

## 7. Recovery Supports (Family, Peer Specialists, 12 Step Recovery, and other Self-Help Resources)

Recovery Supports reinforce gains made in treatment and improve quality of life. Recovery-oriented activities include providing a menu of traditional treatment services as well as alternative therapies, to include peer recovery coaching, acupuncture, meditation, and music and art therapy. Recovery support services, such as employment assistance, childcare, care management, and housing support, may enhance the engagement of individuals and their families in achieving and sustaining recovery. (SAMHSA). Although critical support “services” and “therapies” are an essential part of recovery for individuals with co-occurring disorders, it is well-recognized that recovery is possible in the context of equally important community-based, natural supports, such that can be found with family members, and twelve-step meetings and networks, along with a wealth of other community groups, organizations, and resources.

Skill	Knowledge	Resources/ Sources of Information
<p>7.1. Able to provide information and resources for various recovery supports.</p>	<ul style="list-style-type: none"> <li>● Have a working knowledge on the following:               <ul style="list-style-type: none"> <li>○ Recovery Oriented System of Care (ROSC)</li> <li>○ Peer Support</li> <li>○ Recovery Specialists</li> <li>○ AA, NA, CDA approaches to recovery</li> <li>○ History of AA</li> <li>○ 12 Steps and 12 Traditions</li> <li>○ “Where and When” (handouts/websites)</li> <li>○ SMART Recovery</li> <li>○ Wellness Centers</li> <li>○ NAMI Person to Person</li> <li>○ Meditation/Mindfulness</li> </ul> </li> </ul>	<p><b>Faces and Voices of Addiction</b>  <a href="https://facesandvoicesofrecovery.org/about/">https://facesandvoicesofrecovery.org/about/</a></p> <p><b>ROSC - SAMHSA</b>  <a href="https://www.samhsa.gov/sites/default/files/rosc_resource_guide_book.pdf">https://www.samhsa.gov/sites/default/files/rosc_resource_guide_book.pdf</a></p> <p><b>ROSC - Recovery Anne Arundel</b>  <a href="https://recoveryannearundel.org/">https://recoveryannearundel.org/</a></p> <p><b>Peer Recovery Support Specialist</b>  <a href="https://bha.health.maryland.gov/CLINICAL%20SERVICES/Documents/ATR/PRSS_PresentationCConquest.pptx">https://bha.health.maryland.gov/CLINICAL%20SERVICES/Documents/ATR/PRSS_PresentationCConquest.pptx</a></p> <p><b>Guide to Mutual Aid Resources</b>  <a href="https://facesandvoicesofrecovery.org/resources/mutual-aid-resources/">https://facesandvoicesofrecovery.org/resources/mutual-aid-resources/</a></p> <p><b>Broadening the Base of Addiction Mutual Help</b>  <a href="http://www.williamwhitepapers.com/pr/2012%20Broadening%20the%20Base%20of%20Addiction%20Mutual%20Help.pdf">http://www.williamwhitepapers.com/pr/2012%20Broadening%20the%20Base%20of%20Addiction%20Mutual%20Help.pdf</a></p> <p><b>A Brief Guide to AA</b>  <a href="https://www.aa.org/assets/en_US/p-42_abriefguidetooa.pdf">https://www.aa.org/assets/en_US/p-42_abriefguidetooa.pdf</a></p> <p><b>Narcotics Anonymous: Its History and Culture</b>  <a href="http://www.williamwhitepapers.com/pr/2011%20Narcotics%20Anonymous%20History%20and%20Culture.pdf">http://www.williamwhitepapers.com/pr/2011%20Narcotics%20Anonymous%20History%20and%20Culture.pdf</a></p> <p><b>Double Trouble Recovery</b>  <a href="http://www.bhevolution.org/public/doubletroubleinrecovery.page">http://www.bhevolution.org/public/doubletroubleinrecovery.page</a></p> <p><b>Smart Recovery</b>  <a href="http://www.smartrecovery.org/">http://www.smartrecovery.org/</a></p> <p><b>Twelve Step Facilitation: An Adaptation for Psychiatric Practitioners and Patients</b></p>

		<p><a href="http://ictp.uw.edu/sites/default/files/12_Step_Facilitation_Richard_Ries_MD_09-15-2016.pdf">http://ictp.uw.edu/sites/default/files/12_Step_Facilitation_Richard_Ries_MD_09-15-2016.pdf</a></p> <p><b>What are Peer Recovery Support Services?</b>  <a href="https://store.samhsa.gov/system/files/sma09-4454.pdf">https://store.samhsa.gov/system/files/sma09-4454.pdf</a></p> <p><b>Self-Help, Peer Support, and Consumer Groups - Self-Help Groups (Addiction)</b>  <a href="https://findtreatment.samhsa.gov/locator/link-focSelfGP.html#.XefghuhKiUm">https://findtreatment.samhsa.gov/locator/link-focSelfGP.html#.XefghuhKiUm</a></p> <p><b>AA Meeting Locator</b>  <a href="https://www.annapolisareaintergroup.org/find_meeting.php">https://www.annapolisareaintergroup.org/find_meeting.php</a></p> <p><b>NA Meeting Locator</b>  <a href="https://www.na.org/meetingsearch/">https://www.na.org/meetingsearch/</a></p> <p><b>NAMI Anne Arundel</b>  <a href="http://www.namiaeac.org/">http://www.namiaeac.org/</a></p> <p><b>On Our Own</b>  <a href="http://www.onourownmd.org/">http://www.onourownmd.org/</a></p>
<p>7.2. Able to identify and engage with natural supports to promote recovery.</p>	<ul style="list-style-type: none"> <li>● Understand that recovery supports include natural supports, which are personal relationships typically developed in the community often involving give-and-take. These relationships enhance the quality and security of an individual’s life. They may include: <ul style="list-style-type: none"> <li>○ Family or friends.</li> <li>○ Association with students in a regular classroom or members of a 12 step program.</li> <li>○ Meeting members at a congregation or acquaintances at a support group</li> <li>○ Colleagues at the work place.</li> <li>○ Daily or regular contact with those who work or live in the neighborhood.</li> <li>○ Associations developed through participation in clubs.</li> <li>○ Organizations or civic groups.</li> </ul> </li> <li>● Understand the various roles support(s) play in the treatment and recovery process.</li> <li>● Understand the importance of incorporating natural supports into the treatment and recovery process to promote long lasting change.</li> </ul>	<p><b>Natural Supports - They are All Around You</b>  <a href="https://www.dds.ca.gov/Publications/docs/Natural_Supports.pdf">https://www.dds.ca.gov/Publications/docs/Natural_Supports.pdf</a></p> <p><b>The Role of Community and Family Supports in Helping People Manage Their Complex Health Conditions</b>  <a href="https://www.samhsa.gov/sites/default/files/programs_campaigns/recovery_to_practice/slides-integratedhealth3-20170802.pdf">https://www.samhsa.gov/sites/default/files/programs_campaigns/recovery_to_practice/slides-integratedhealth3-20170802.pdf</a></p> <p><b>Exploring and Involving a Person’s Circle of Support to Improve Their Health and Recovery</b>  <a href="https://www.integration.samhsa.gov/about-us/CIHS_Family_Involvement_Webinar.pdf">https://www.integration.samhsa.gov/about-us/CIHS_Family_Involvement_Webinar.pdf</a></p> <p><b>Core Element: Engaging Natural Supports and Community Resources</b>  <a href="https://static1.squarespace.com/static/545cdfcce4b0a64725b9f65a/t/58acbe3d3a04118ebe401ca8/1487715902086/IHT+Practice+Profile_08_Engaging+Natural+Supports.pdf">https://static1.squarespace.com/static/545cdfcce4b0a64725b9f65a/t/58acbe3d3a04118ebe401ca8/1487715902086/IHT+Practice+Profile_08_Engaging+Natural+Supports.pdf</a></p> <p><b>Caring Together: Families as Partners in the Mental Health and Addiction System</b>  <a href="https://www.camh.ca/-/media/files/pdfs---public-policy-submissions/caring-together--bw-final-pdf.pdf">https://www.camh.ca/-/media/files/pdfs---public-policy-submissions/caring-together--bw-final-pdf.pdf</a></p> <p><b>Engagement Checklist</b>  <a href="http://www.bhevolution.org/public/document/iddt_engagement_checklist.pdf">http://www.bhevolution.org/public/document/iddt_engagement_checklist.pdf</a></p>

	<ul style="list-style-type: none"> <li>● Understand the potential challenges involved with incorporating natural supports in the treatment and recovery process.</li> </ul>	<p><b>Family Involvement in Substance Use Disorder and Mental Health Treatment and Research</b>  <a href="http://ctndisseminatnlibrary.org/webinars/2015familyinvolvement.pdf">http://ctndisseminatnlibrary.org/webinars/2015familyinvolvement.pdf</a></p> <p><b>Consumer Centered Family Consultation Guidebook</b>  <a href="https://namirensco.files.wordpress.com/2015/01/x194x-family-centered-4-20-11-guidebook-w-changes-as.pdf">https://namirensco.files.wordpress.com/2015/01/x194x-family-centered-4-20-11-guidebook-w-changes-as.pdf</a></p> <p><b>Decision Guide Consumer Centered Family Consultation</b>  <a href="https://www.integration.samhsa.gov/about-us/Decision_Guide_CCFC.pdf">https://www.integration.samhsa.gov/about-us/Decision_Guide_CCFC.pdf</a></p>
<p>7.3. Able to empower natural supports to identify and intervene when behavioral health symptoms and crises emerge.</p>	<ul style="list-style-type: none"> <li>● Understand that with the client’s permission, natural supports can and should be incorporated, at a minimum, into: relapse prevention plans, safety plans and crisis planning.</li> <li>● Understand the steps natural supports can take to assist an individual who is showing signs of relapse or is in a behavioral health crisis.</li> <li>● Understand the importance of sharing information and tools that educate families on substance use and mental health such as information on triggers, the 12 steps, signs of a relapse, side effects to medications, etc.</li> <li>● Understand the importance of sharing treatment and recovery resources with natural supports such as NARCAN trainings, treatment directory locators, and crisis response numbers.</li> </ul>	<p><b>Family Partner Role in Wraparound Crisis and Safety Planning</b>  <a href="http://www.ofsn.org/wp-content/uploads/Family-Partner-Role-in-Wraparound-Crisis-and-Safety-Planning.pdf">http://www.ofsn.org/wp-content/uploads/Family-Partner-Role-in-Wraparound-Crisis-and-Safety-Planning.pdf</a></p> <p><b>Partnering with Families Affected by Concurrent Disorders</b>  <a href="https://www.recoveryonpurpose.com/upload/Partnering%20With%20Families%20Affected%20by%20Concurrent%20Disorders%20Facilitators'%20Guide.pdf">https://www.recoveryonpurpose.com/upload/Partnering%20With%20Families%20Affected%20by%20Concurrent%20Disorders%20Facilitators'%20Guide.pdf</a></p> <p><b>Navigating a Mental Health Crisis Graphic</b>  <a href="https://www.nami.org/NAMI/media/NAMI-Media/Infographics/crisis%20guide/Crisis-Guide-Infographics.pdf">https://www.nami.org/NAMI/media/NAMI-Media/Infographics/crisis%20guide/Crisis-Guide-Infographics.pdf</a></p> <p><b>Navigating a Mental Health Crisis</b>  <a href="https://www.nami.org/About-NAMI/Publications-Reports/Guides/Navigating-a-Mental-Health-Crisis/Navigating-A-Mental-Health-Crisis.pdf">https://www.nami.org/About-NAMI/Publications-Reports/Guides/Navigating-a-Mental-Health-Crisis/Navigating-A-Mental-Health-Crisis.pdf</a></p> <p><b>Nine Strategies for Families Helping a Loved One in Recovery</b>  <a href="http://www.bhevolution.org/public/family_support.page">http://www.bhevolution.org/public/family_support.page</a></p> <p><b>What is Substance Use Treatment? A Booklet for Families</b>  <a href="https://store.samhsa.gov/system/files/sma14-4126.pdf">https://store.samhsa.gov/system/files/sma14-4126.pdf</a></p> <p><b>Children’s Mental Health Matters Family Resource Kit</b>  <a href="https://www.mhamd.org/wp-content/uploads/2016/07/FRK-2016.pdf">https://www.mhamd.org/wp-content/uploads/2016/07/FRK-2016.pdf</a></p> <p><b>Opioid Overdose Toolkit: Safety Advice for Patients and Families</b>  <a href="http://www.prescribethechangeallegany.org/assets/toolkit_patients.pdf">http://www.prescribethechangeallegany.org/assets/toolkit_patients.pdf</a></p> <p><b>SAMHSA treatment locator</b>  <a href="https://findtreatment.gov/">https://findtreatment.gov/</a></p>

<p>7.4. Able to empower natural supports to identify and intervene when behavioral health symptoms and crises emerge.</p>	<ul style="list-style-type: none"><li>● Knowledgeable of resources and programs that support individuals who have a loved one with a behavioral health condition.</li></ul>	<p><b>20 Minute Guide from Center for Motivation and Change</b> <a href="https://the20minuteguide.com/">https://the20minuteguide.com/</a></p> <p><b>Learn2Cope</b> <a href="https://www.learn2cope.org/">https://www.learn2cope.org/</a></p> <p><b>After an Attempt</b> <a href="https://store.samhsa.gov/system/files/sma18-4357eng.pdf">https://store.samhsa.gov/system/files/sma18-4357eng.pdf</a></p> <p><b>NAMI Family to Family</b> <a href="https://www.nami.org/Find-Support/NAMI-Programs/NAMI-Family-to-Family">https://www.nami.org/Find-Support/NAMI-Programs/NAMI-Family-to-Family</a></p> <p><b>Alanon/Alateen</b> <a href="http://www.md-al-anon.org/">http://www.md-al-anon.org/</a></p> <p><b>Pathways Family Wellness Program</b> <a href="https://www.aahs.org/Events/Pathways-Family-Wellness-Workshop(9)/">https://www.aahs.org/Events/Pathways-Family-Wellness-Workshop(9)/</a></p>
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