

IS YOUR COMMUNITY RECOVERY READY?

Public Science Collaborative, Iowa State University
May, 2021

Public Science Collaborative

Science consulting for the public good



Shawn Dorius



Cass Dorius

GREAT TO SEE YOU!

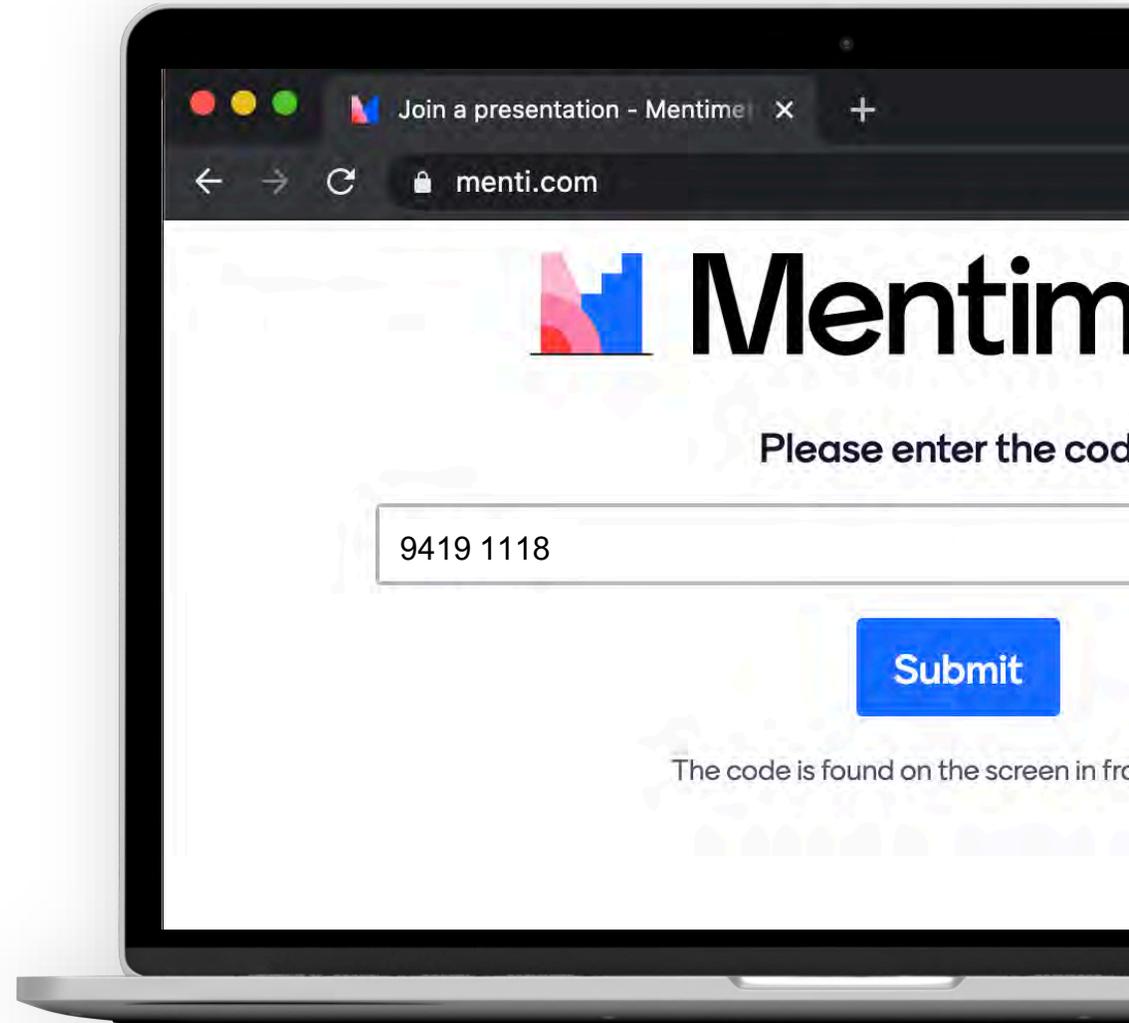


IOWA STATE UNIVERSITY

HOW DO YOU DEFINE RECOVERY?

GO TO www.menti.com

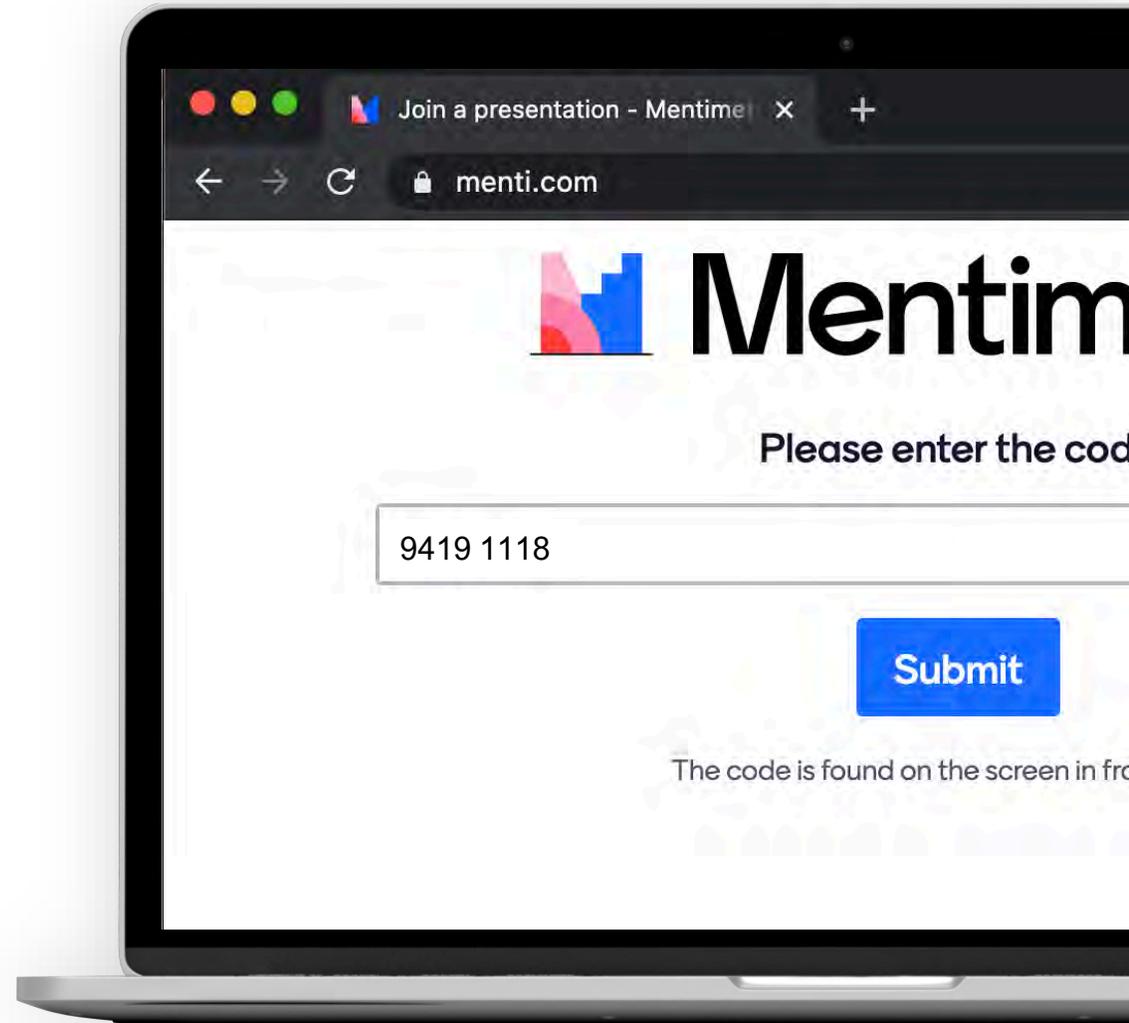
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WHAT DOES A RECOVERY
READY COMMUNITY LOOK
LIKE?

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HOW DO WE DEFINE RECOVERY?

“a process of improved physical, psychological, and social well-being and health after having suffered from a substance-related condition”

--Recovery Research Institute (2017)

“a process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their potential”

--SAMSAH (2011)

“The experience through which individuals, families, and communities impacted by alcohol and other drug problems use ...resources... to voluntarily solve these problems, heal wounds..., actively manage their ...problems, and develop a healthy, productive, and meaningful life.”

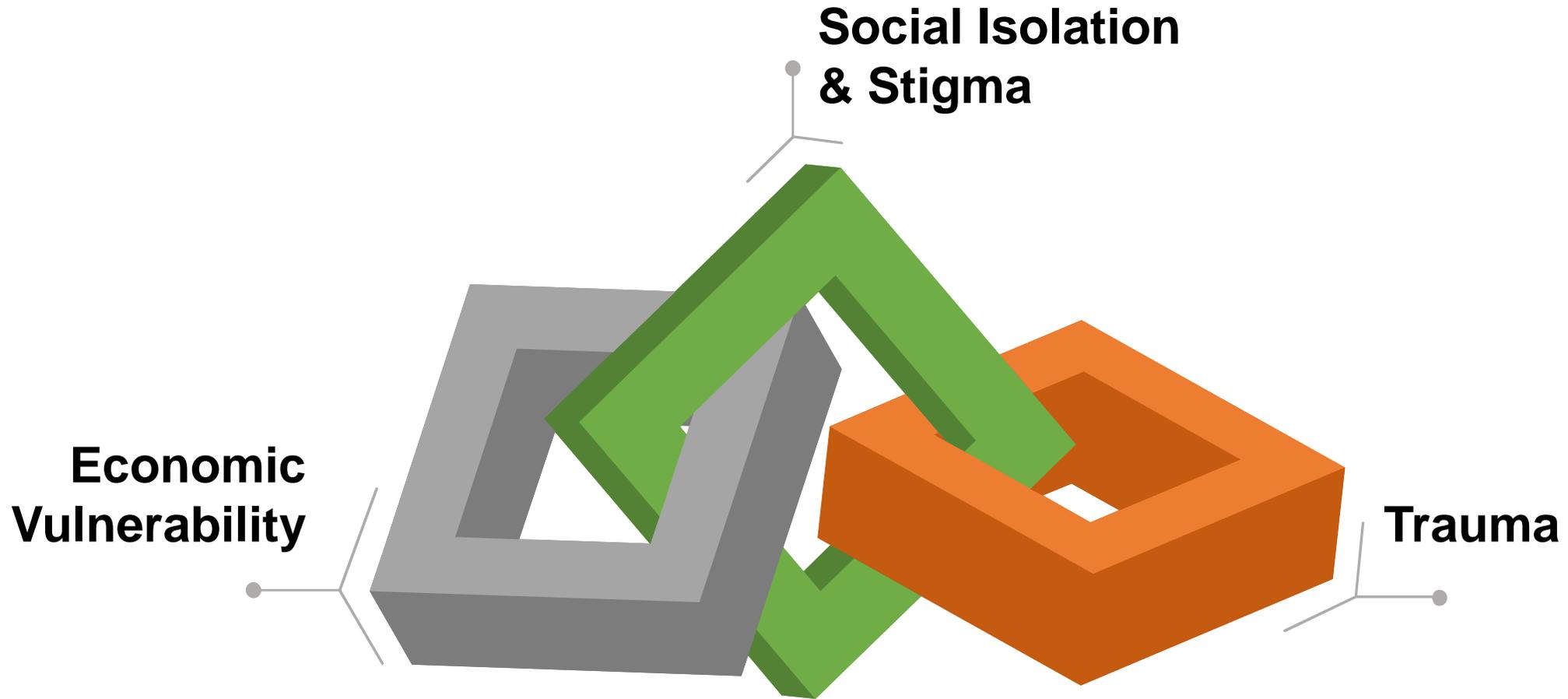
--Bill White (2007)



BACKGROUND

- Used a two-generational approach to understand family context
- Included both rural and urban populations
- Conducted face-to-face, in depth interviews with adults with a history of substance use
- Utilized a “NOT ABOUT US WITHOUT US” framework

TRIGGERS OF RELAPSE & INITIATION





RECOVERY INSIGHT

The time right after treatment is critical

“I mean, it seems like things got worse when I got out of treatment, things got worse then before I was in treatment, or even in treatment, things got worse right after. And maybe that's the hardest part about relapse is just not—I mean it's so intensive in treatment. And then you just kinda' get booted out like put in the cold and it's really fucking hard. It's really hard.” –Maria



RECOVERY INSIGHT

The time right after treatment is critical

“Like, you live there for three months, you have no job, no income or anything and like, when you leave, you're really...you don't...you know, you can't get a place to live without a job and you just leave and then you're like, well, now what? So a lot of my peers have relapsed after leaving because it's a lot to deal with.”

—Amy



RECOVERY INSIGHT

Access to resources helps

“If I wasn't able to get on that program up in [city], I don't know what would have happened cause they gave me free bus passes, helped me get clothes. Um, they just helped me do a bunch of stuff to kind of you know get a foothold in cause, in my position...Some people you know when they go through treatment, they have family behind 'em to help 'em out, you know what I mean? Maybe give them rides and stuff. I didn't, I didn't have that. And you know what I mean? I would have had no money. Like you can't ride a bus to go look for a job if you ain't got no money. You know what mean? Like sometimes you're in a very bad boat and some of the programs out there are lifesavers.”—Vincent



RECOVERY INSIGHT

Transportation and geographic isolation are key

“And that's probably part of the reason why I'm sweating is cuz' the last three days I haven't gone [to the methadone clinic]. I'm trying to see if I can get through withdrawal. Um, and it's actually, it's been okay. But I know that's kind of a long acting thing, so I don't know when I'm supposed to be feeling withdrawal terribly but I'm kind of trying to figure it out. It's a real pain in the ass to drive to Cedar Rapids every day. ... It's a lot. It's gas, it's money, it's time. And it's me going to Cedar Rapids and then being close to where I can get shit and it's just too tempting too.” –Maria



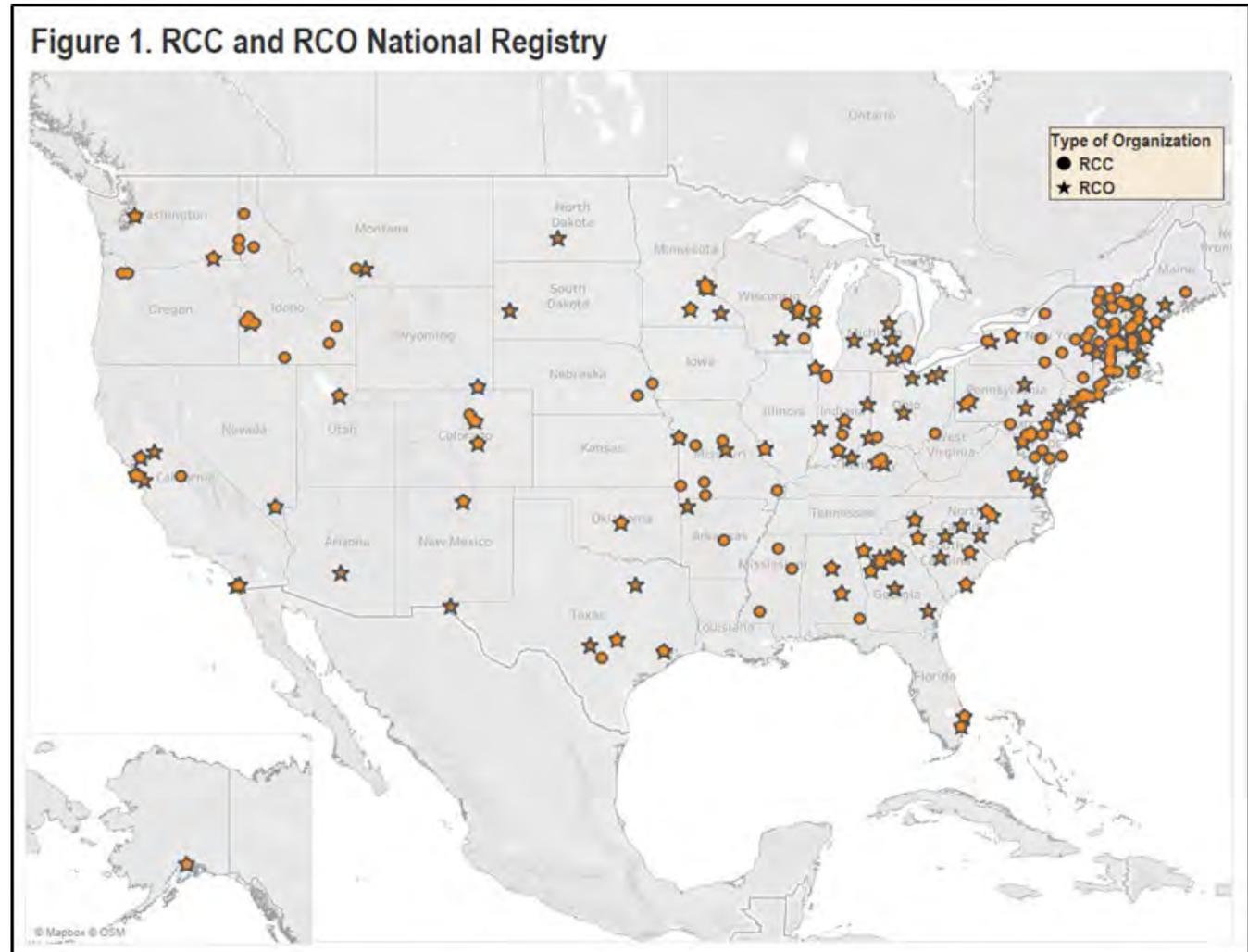
RECOVERY INSIGHT

Job and financial training needed

“I need help with my finances. I sucked at money and [my mom] tried to help me. A couple of times that I spent too much money, because I was an emotional spender and she took it personal, like I was not following her rules versus I'm an addict and I am still learning a new way of life. And she just: "Your counselor is making way too many excuses for you. And there's more life than being an addict." But, when you're an addict you don't understand what that is. Everything revolves around your next high, your next use.” –Melissa

RECOVERY COMMUNITY CENTERS (RCC)

- One-stop, community-based substance use recovery hubs
- Comprised of people in recovery
- Volunteer and peer led
- Facilitate a range of services
- RCC ethic: *There are many paths to recovery and all are welcomed*
- Emerged in urban northeast, spreading nationally, has largely remained urban





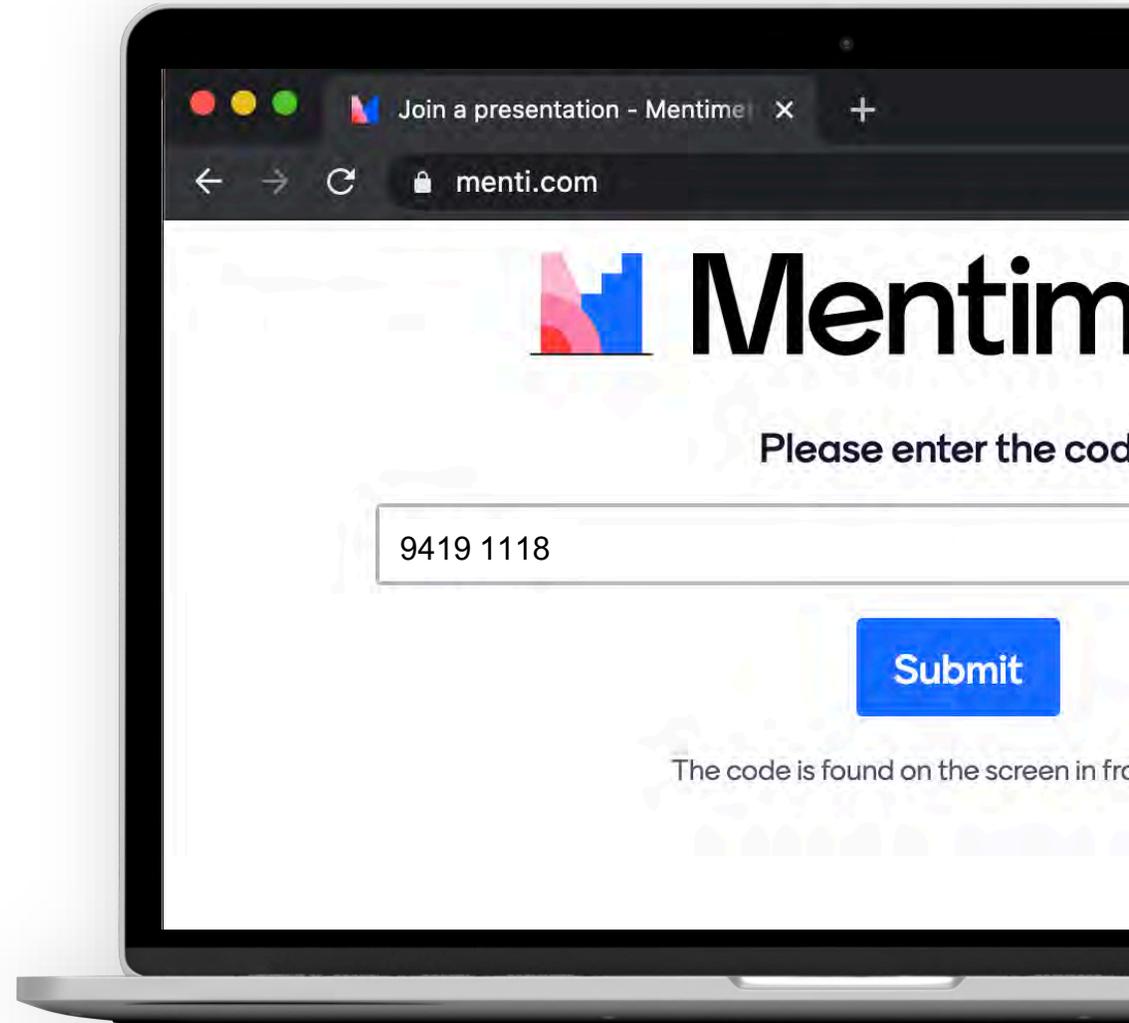
MOST COMMON RECOVERY COMMUNITY CENTER SERVICES

Basic needs assistance	Medication-assisted treatment
Child care services	Mental health support
Education assistance	Mutual-help groups
Employment assistance	NARCAN training and/or distribution
Expressive arts	Opportunity to volunteer / give back to the center
Family support services	Peer-facilitated recovery support groups
Financial services	Recovery advocacy outreach and opportunities
Health insurance education	Recovery coaching
Health, exercise, and nutrition programs	Recreational/social activities
Housing assistance	Smoking cessation support
Legal assistance	Technology/internet access

Source: Kelly JF, Stout RL, Jason LA, Fallah-Sohy N, Hoffman LA, Hoepfner BB. One-Stop Shopping for Recovery: An Investigation of Participant Characteristics and Benefits Derived From U.S. Recovery Community Centers. Alcohol Clin Exp Res. 2020 Mar;44(3):711-721.

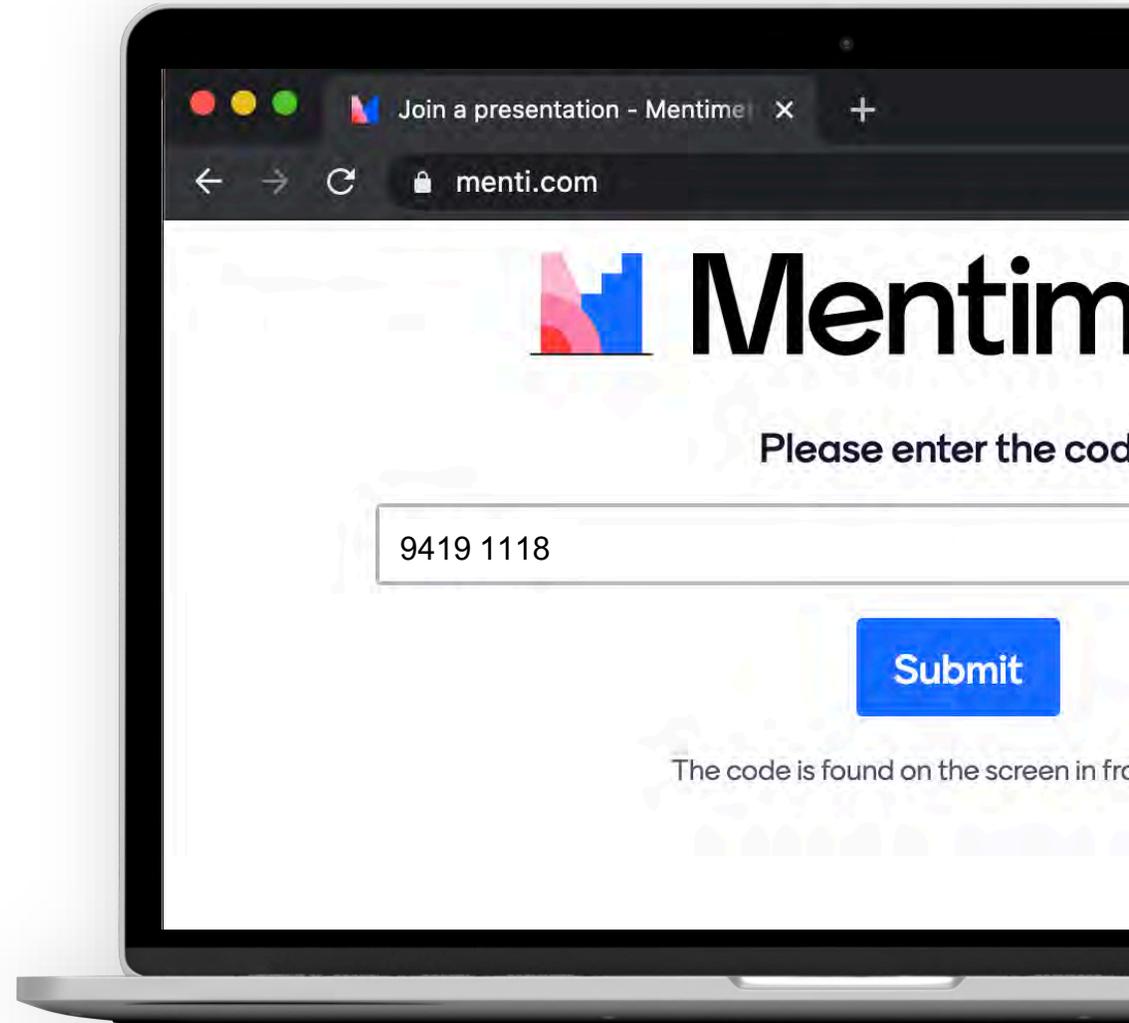
WHAT ARE THE MOST USED
RECOVERY SERVICES?

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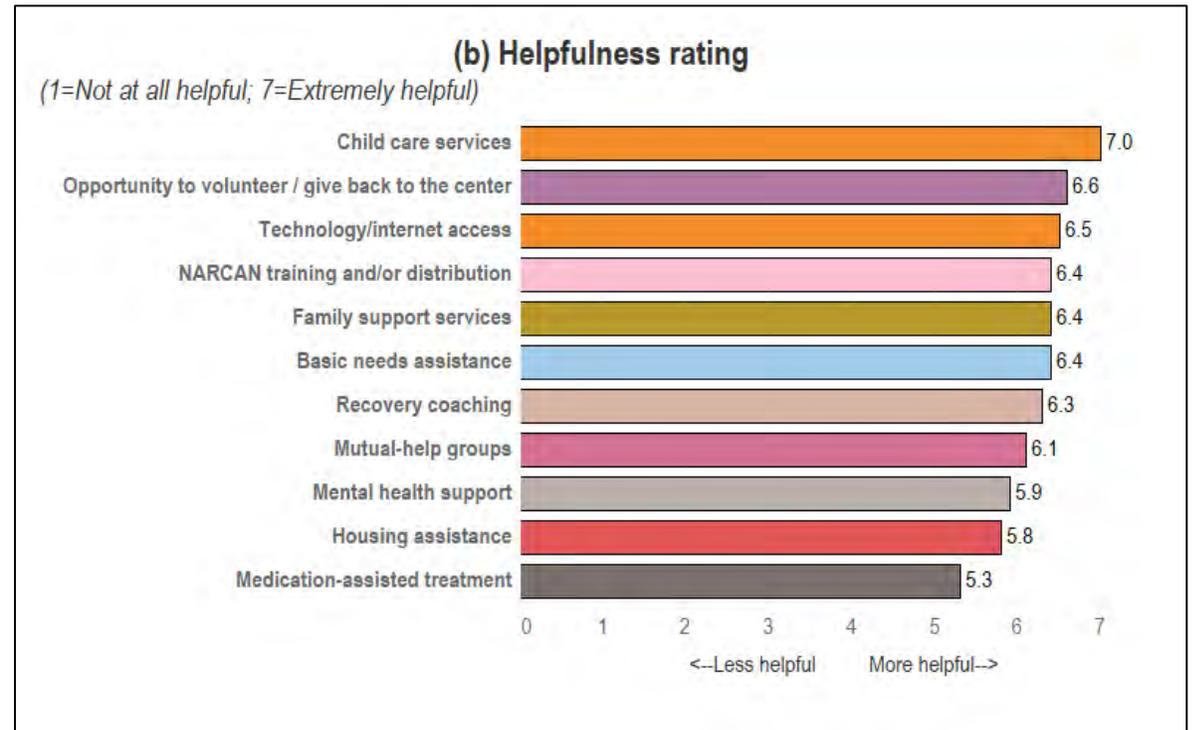
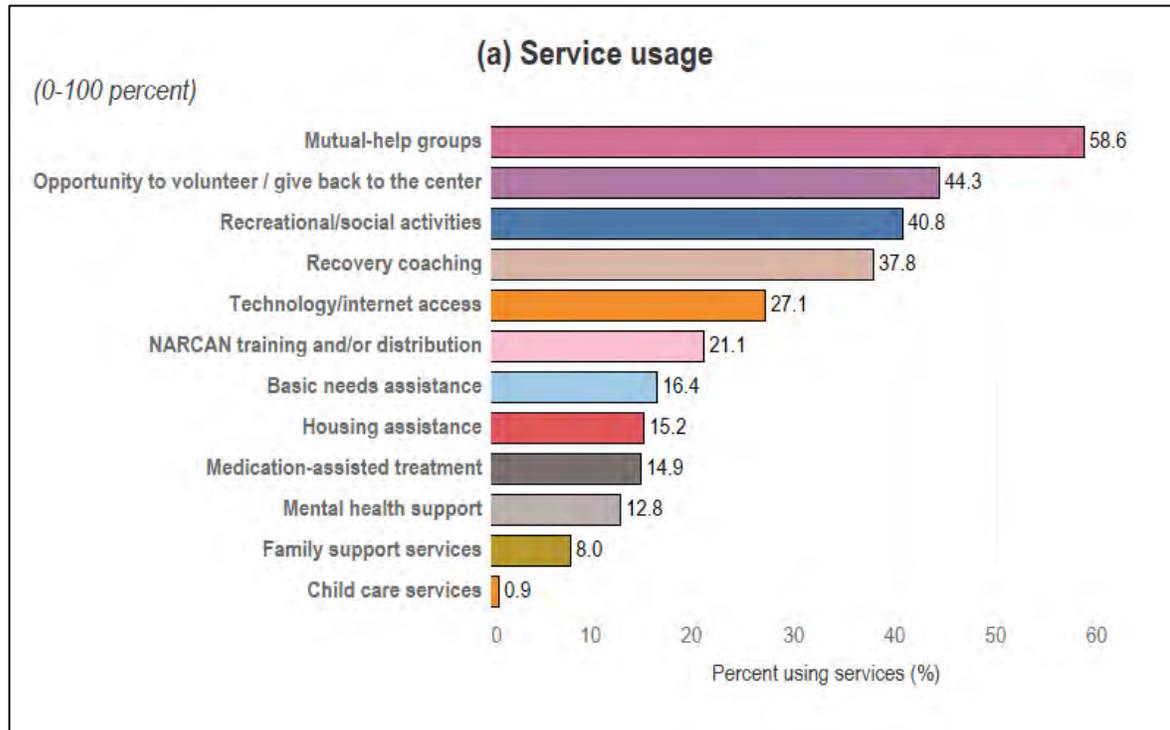


WHAT ARE THE MOST HELPFUL RECOVERY SERVICES?

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MOST *USED* AND MOST *HELPFUL* SERVICES



MOST COMMON RECOVERY COMMUNITY CENTER SERVICES

Basic needs assistance	Medication-assisted treatment
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Community, service, friendship



ADVANCING SUBSTANCE USE RECOVERY IN IOWA

Our **GOAL** was to create an evidence-based community selection process for developing Recovery Community Centers (RCC) in Iowa

What we've done:

- Interviewed 28 RCC\RCO directors across the country
- Conducted an environmental scan of recovery resources in Iowa
- Created an index to measure community recovery readiness
- Created an RCC start-up toolkit
- Prototyping an online 'Meetings Finder'
- Developed online resources for website

TALK TO NATIONAL LEADERS

Figure 1. RCC and RCO National Registry

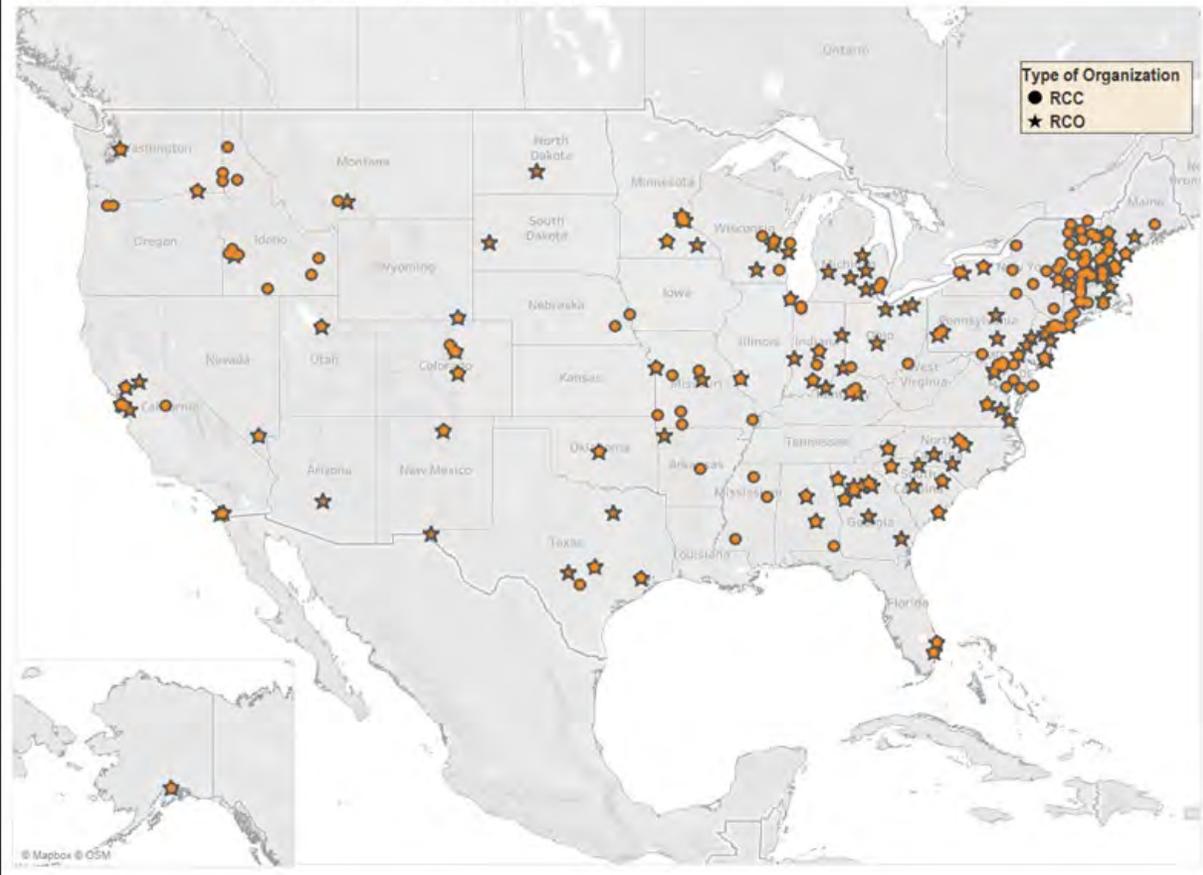
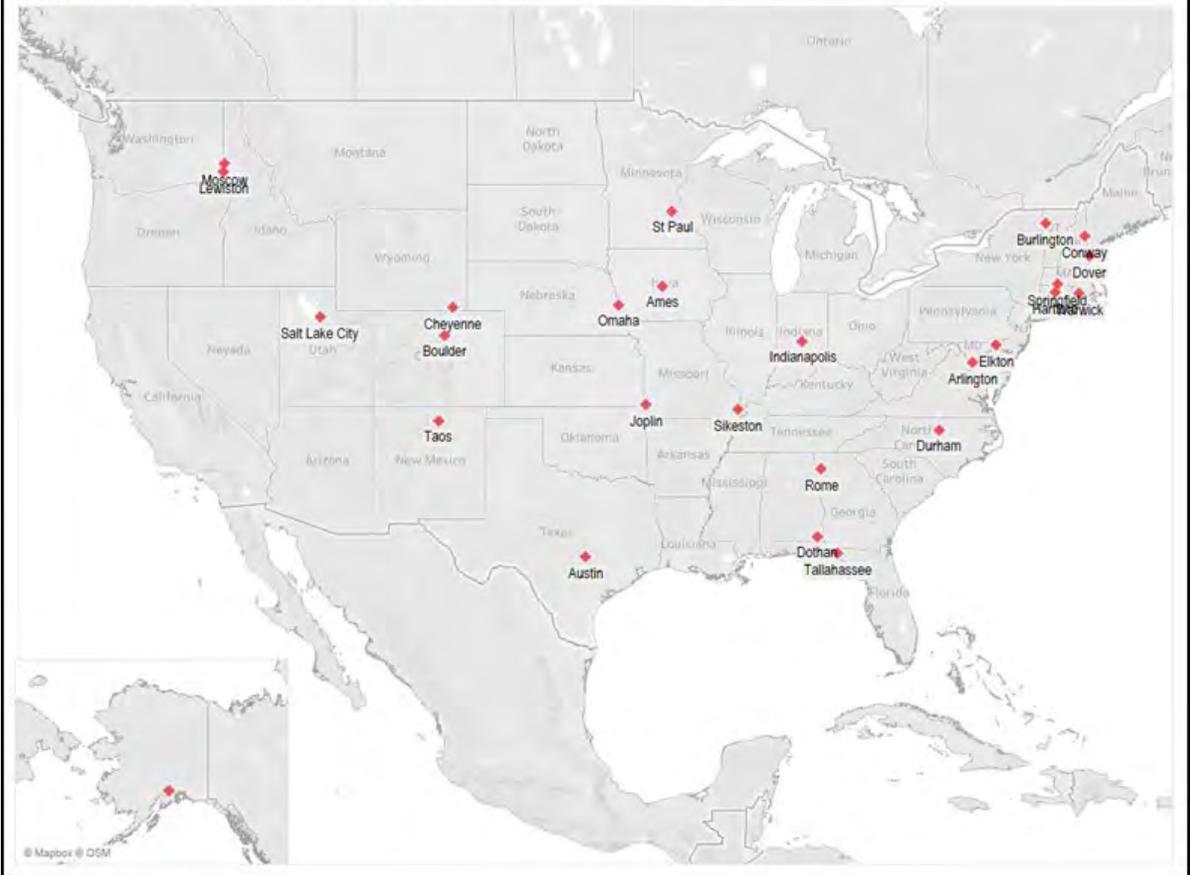


Figure 2. Location of Interview Participants



ADVICE FROM NATIONAL LEADERS

Support Many Pathways

Success for the recovery community rests on the ability of the RCC or RCO to support many individual pathways to recovery. "Recovery should be like a buffet. Everything should be available in the portions that an individual wants."

Create Allies, Not Competitors

Make the treatment community and those working locally in recovery services strong allies through outreach, human connection, and good marketing. "We don't compete, as an RCC. We should be a center, kinda like Switzerland. We have to be a place for the community to come together."

Market Recovery

RCC founders should engage in outreach with the community early and often. This can help to avoid "not in my backyard" thinking and create a trusting, positive foothold in the local recovery community and the wider community.

Curb Certifications

Certifications for peers support specialists and recovery coaches professionalize their positions in the recovery world. However, be careful of over-certification, as time spent in development takes away from the hands-on work of recovery. Certifications should assure the individual can support others in recovery.



Use Recovery Language

Language is important, and recovery organizations should use recovery-specific language in their work, communications, and mission. Recovery requires a longer-term commitment than treatment, and must be presented to the community, funders, and people in recovery with thoughtful language.

Move at the Speed of Trust

The beginning of an RCC or RCO is an exciting time filled with possibilities. Take time to deliberately assess the capacity of a new organization and develop an initial portfolio that is realistic and achievable. Take the time to do the thinking and engage the energy required to build a robust organization with a solid foundation.

Pay Recovery Staff

Volunteers are an important part of the recovery community, but a core paid staff is necessary for an efficient and effective recovery network. Paid staff can be held accountable for work and progress within an organization. Additionally, paying staff improves the economic well-being of people in recovery.

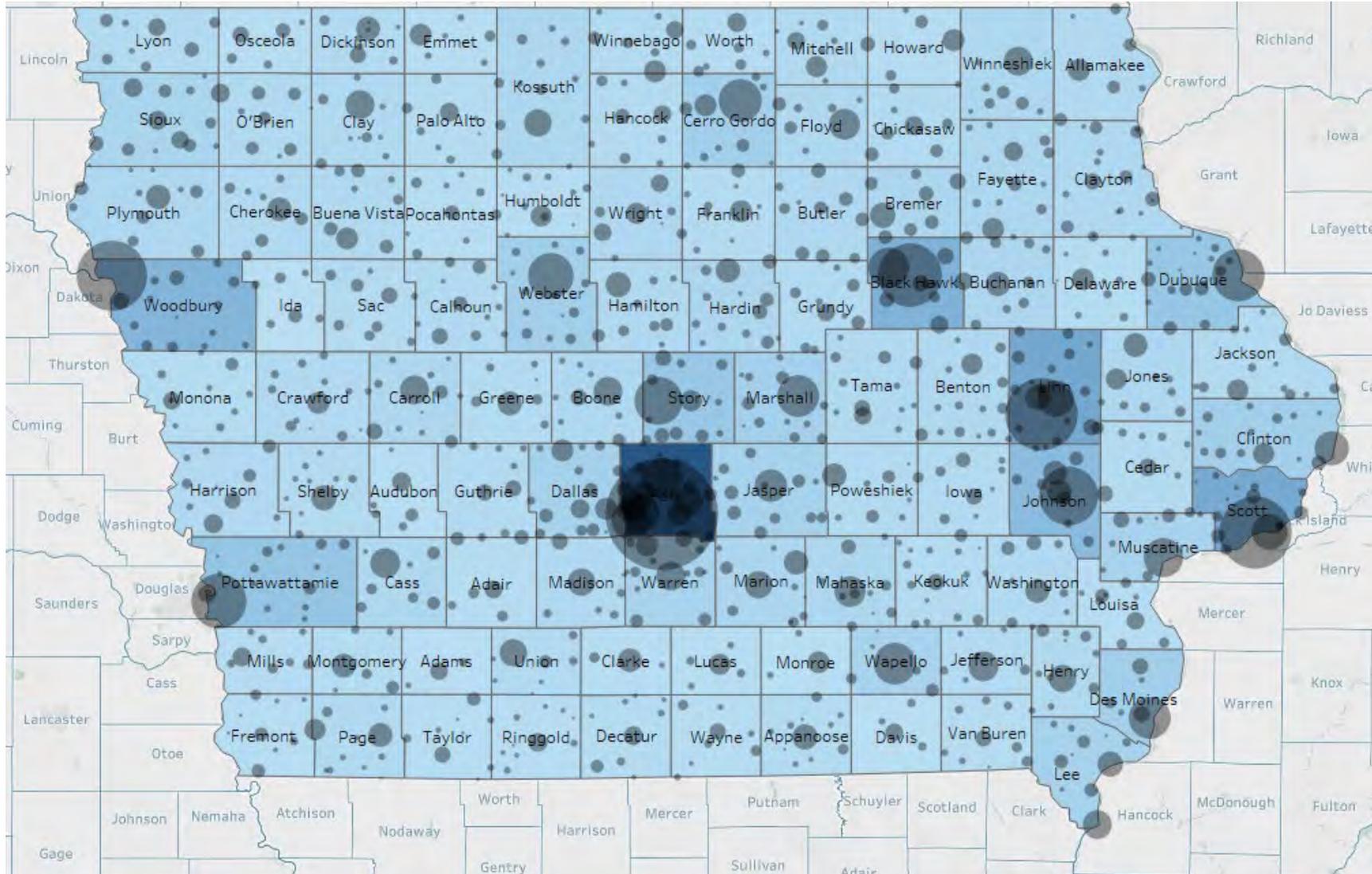
Promote Holistic Funding

Avoid fee-for-service or for-profit funding models. Find a funding model that allows for a holistic and personalized approach to recovery. Progress toward recovery must be understood as an individualized, unique path, and a recovery network needs to be able to meet each individual in as many different ways as they need.

IDENTIFY COMMUNITY RECOVERY RESOURCES



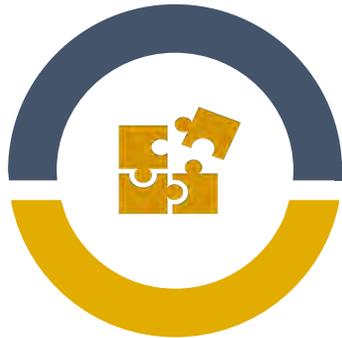
TOTAL NUMBER OF RECOVERY RESOURCES



RECOVERY READY COMMUNITY INDEX

Breadth

The sum of all resources in a community. For example, three churches and five childcare centers equals eight total resources.



Size

Population adjusted measure of the number of peer support and mutual aid meetings in a community. Important for reducing bias.



Depth

The number of distinct types of resources available in a community. For example, having both churches and childcare centers equals two points toward breadth.



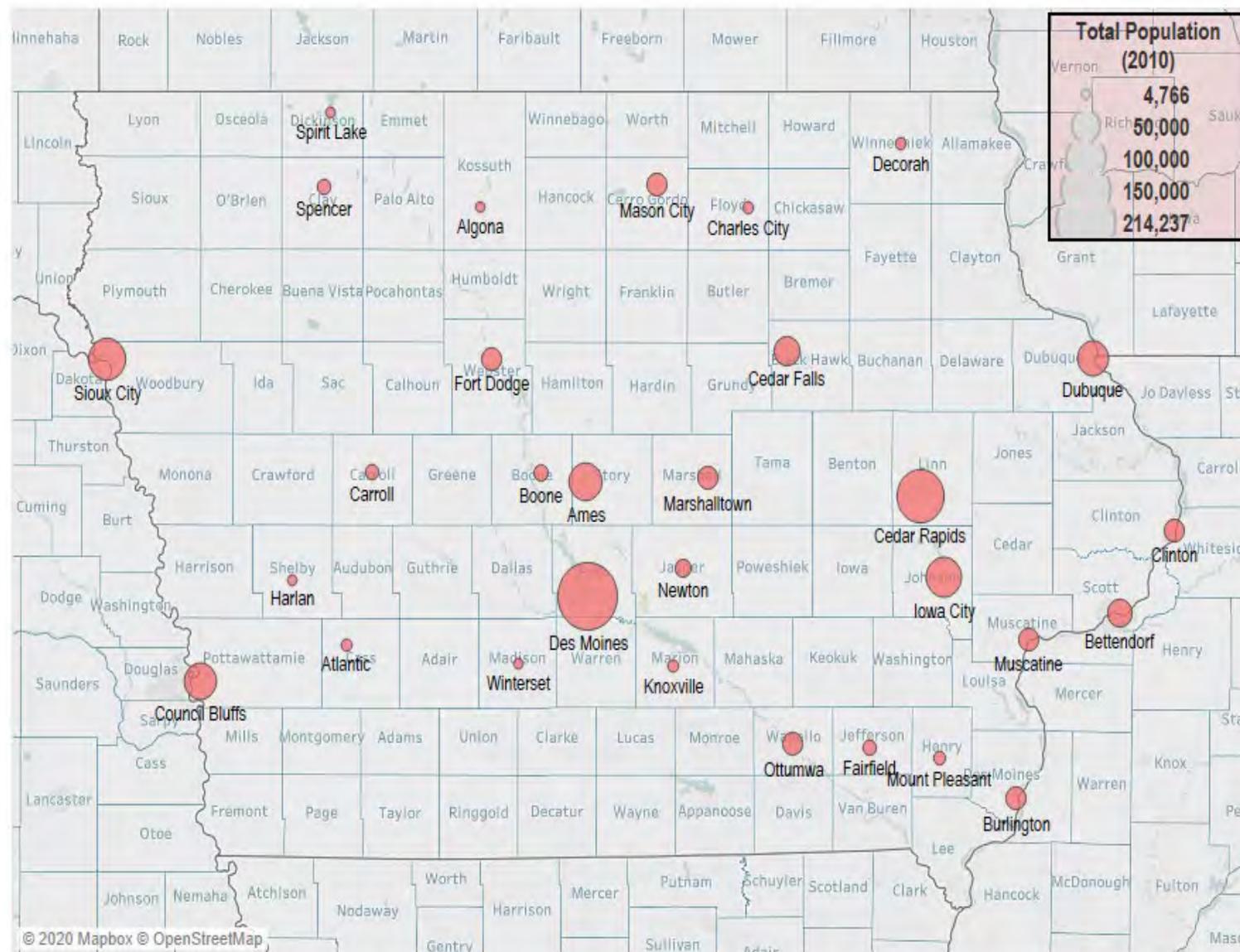
Culture

The number of peer support and mutual aid meetings in a community. If a community hosts ten meetings per week, the score is ten.



IDENTIFIED 30
RECOVERY
READY
COMMUNITIES
ACROSS THE
STATE

Figure 1. Recovery Ready Communities



NOTES: Circles identify the top 30 recovery ready communities in Iowa. The size of circles are scaled to the size of the total population of each city.

Recovery Iowa

Get Support

Voices of Recovery

Community Recovery

Recovery Tools

Assist Loved Ones

Get Involved



Alcoholics Anonymous

All types / all formats

Monday

From: 00:00 am

To: 11:59 pm

Search meeting



Find a meeting near me

Do you need help to find your meeting?

Yes
help me find the meeting

No
Go straight to all meetings list

Don't show this dialog again

Group

11:00 am

Location Temporarily Closed

Ames, IA 50014, USA

312 626 6799 Meeting ID: 825 7275 8819
ouponline@gmail.com

758819#,,,0#,,1935#

Meeting 2

11:00 am

Meeting 3

12:00 pm

Meeting 4

1:00 pm

Alcoholics Anonymous

What type of meeting are you looking for?



Alcoholics Anonymous



Narcotics Anonymous

or

- Adult Children of Alcoholics
- Al-Anon/Alateen
- Buddhist Recovery
- Celebrate Recovery
- CRUSH
- Crystal Meth Anonymous

- Dual Recovery Anonymous
- Nar-Anon
- Pill Anonymous
- Refuge Recovery
- SMART Recovery

WHAT

WHERE

WHEN

Meeting 3

Meeting 4

11:00 am

Location Temporarily Closed

USA

Meeting ID: 825 7275 8819

35#

11:00 am

12:00 pm

1:00 pm



Alcoholics Anonymous

All types / all formats

Monday

From: 00:00 am

To: 11:59 pm

Search meeting



Find a meeting near me

Where do you want to meet?



Near my current location

or

Address, city or zip, etc.



Search for a location

WHAT

WHERE

WHEN



11:00 am

Location Temporarily Closed

USA

Meeting ID: 825 7275 8819

935#

11:00 am

12:00 pm

1:00 pm

Meeting 3

Meeting 4

When do you want to meet?

Monday **Tuesday** Wednesday Thursday Friday Saturday Sunday

Start time

From: 00:00 am

To: 11:59 pm

Go to meetings

WHAT

WHERE

WHEN

Recovery Iowa

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Alcoholics Anonymous

All types / all formats

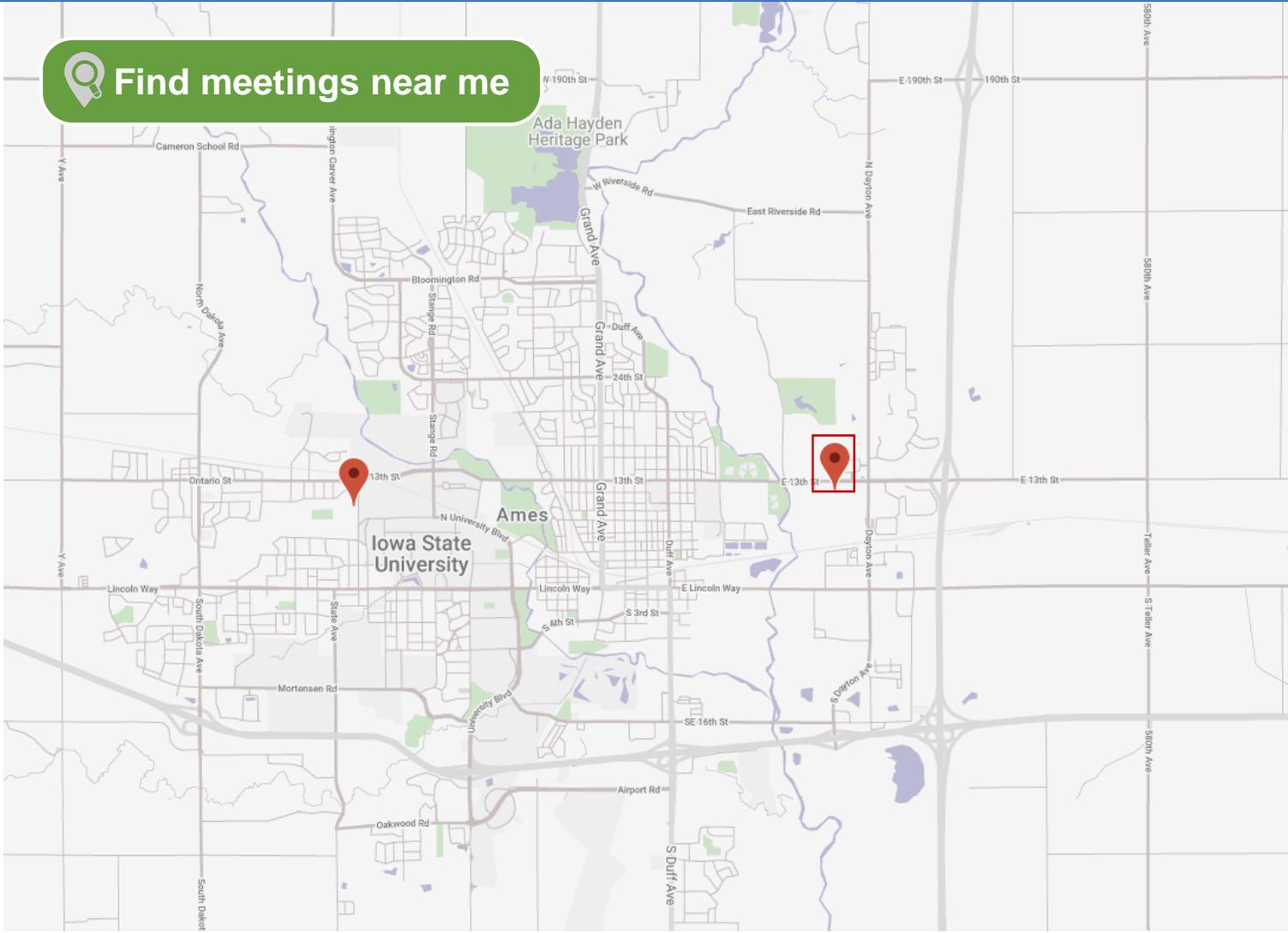
Monday

From: 00:00 am

To: 11:59 pm

Search meeting

Find meetings near me



Noon Group

11:00 am

- Big Book
- Discussion
- Closed
- Location Temporarily Closed

[1015 N Hyland Ave, Ames, IA 50014, USA](#)

* Dial-in audio-only: +1 312 626 6799 Meeting ID: 825 7275 8819
Group contact: noongrouponline@gmail.com

Virtual meeting phone:
+13126266799,,82572758819#,,,0#,,1935#

Meeting 2

11:00 am

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1:00 pm

Recovery Iowa

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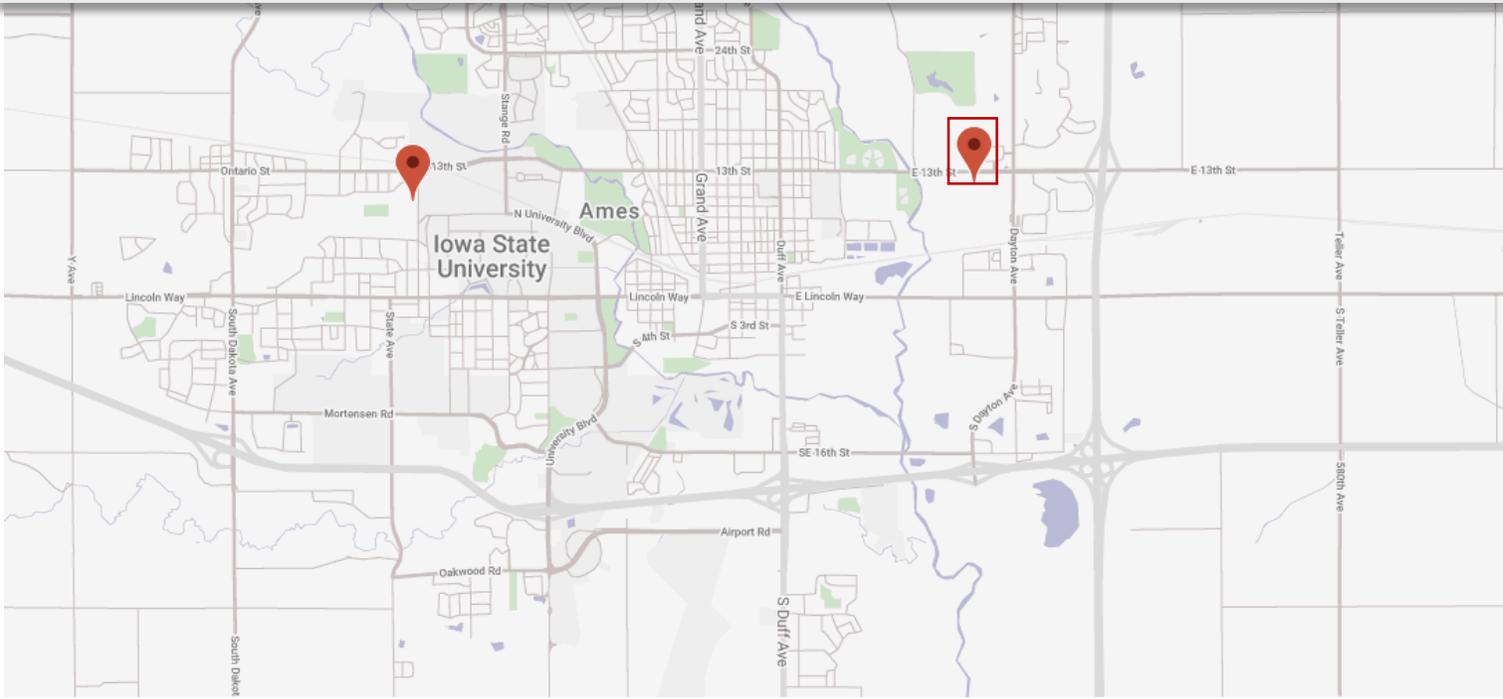


Get my current location

or

Search for a location

Address, city or zip, etc.



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Big Book

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Recovery Iowa

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Alcoholics Anonymous

All types / all formats

Monday

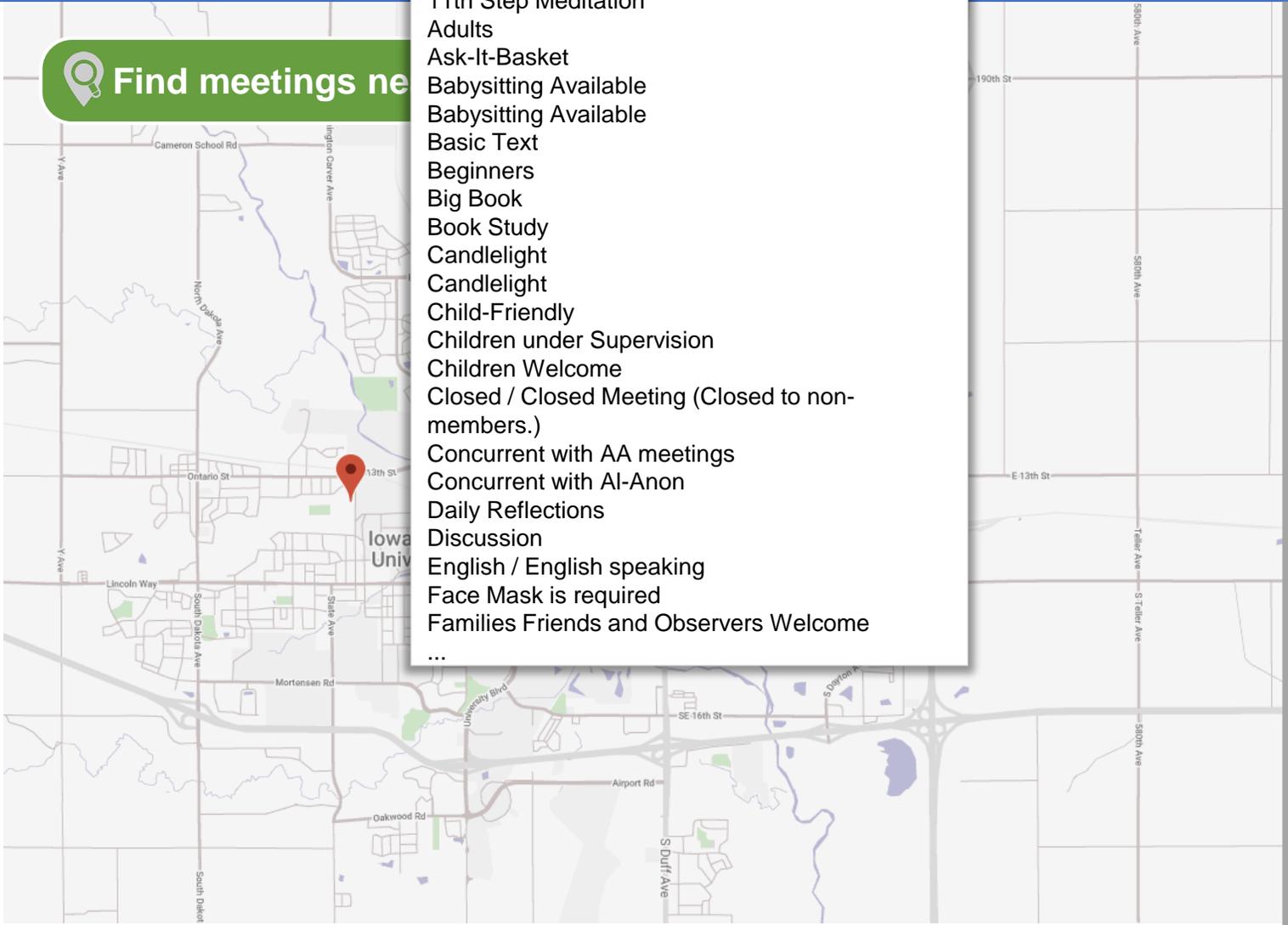
From: 00:00 am

To: 11:59 pm

Search meeting

Find meetings near me

- 11th Step Meditation
- Adults
- Ask-It-Basket
- Babysitting Available
- Babysitting Available
- Basic Text
- Beginners
- Big Book
- Book Study
- Candlelight
- Candlelight
- Child-Friendly
- Children under Supervision
- Children Welcome
- Closed / Closed Meeting (Closed to non-members.)
- Concurrent with AA meetings
- Concurrent with AI-Anon
- Daily Reflections
- Discussion
- English / English speaking
- Face Mask is required
- Families Friends and Observers Welcome
- ...



Noon Group

11:00 am

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- Discussion
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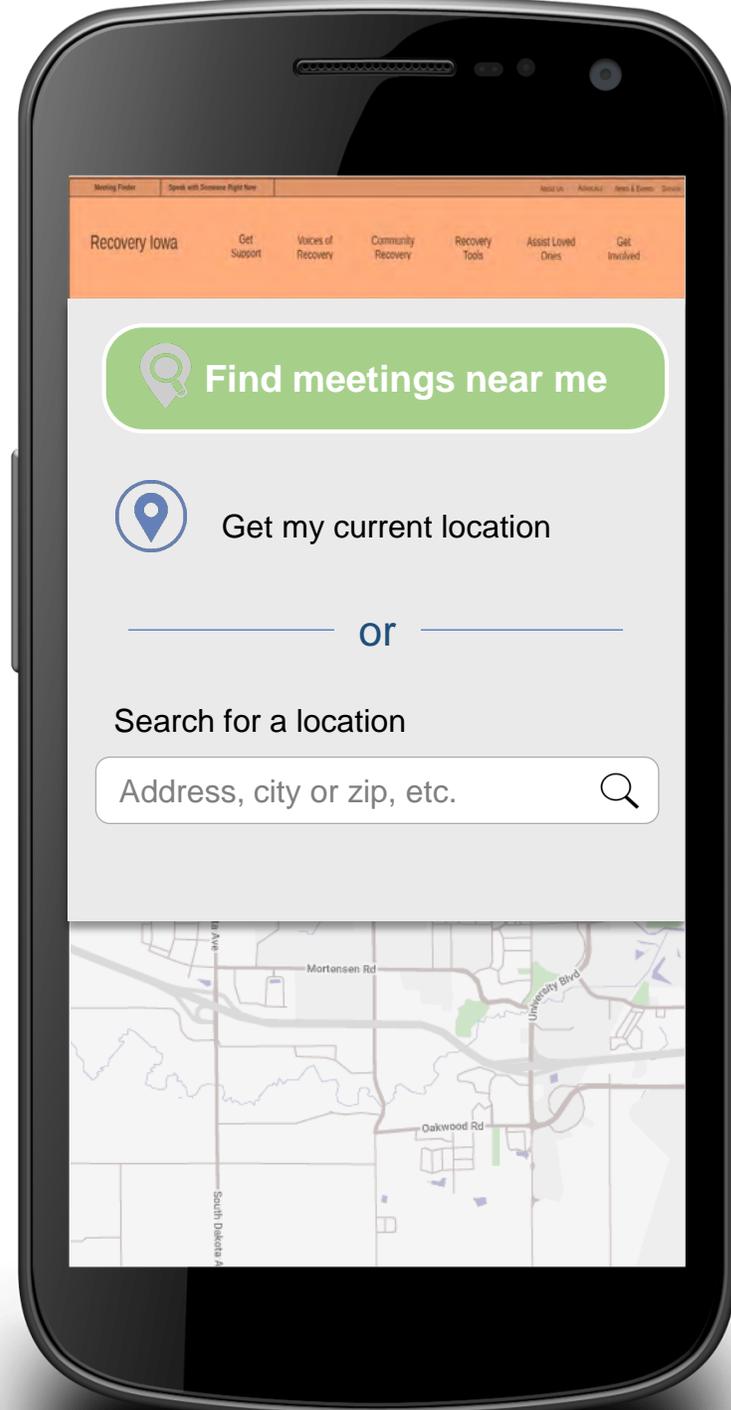
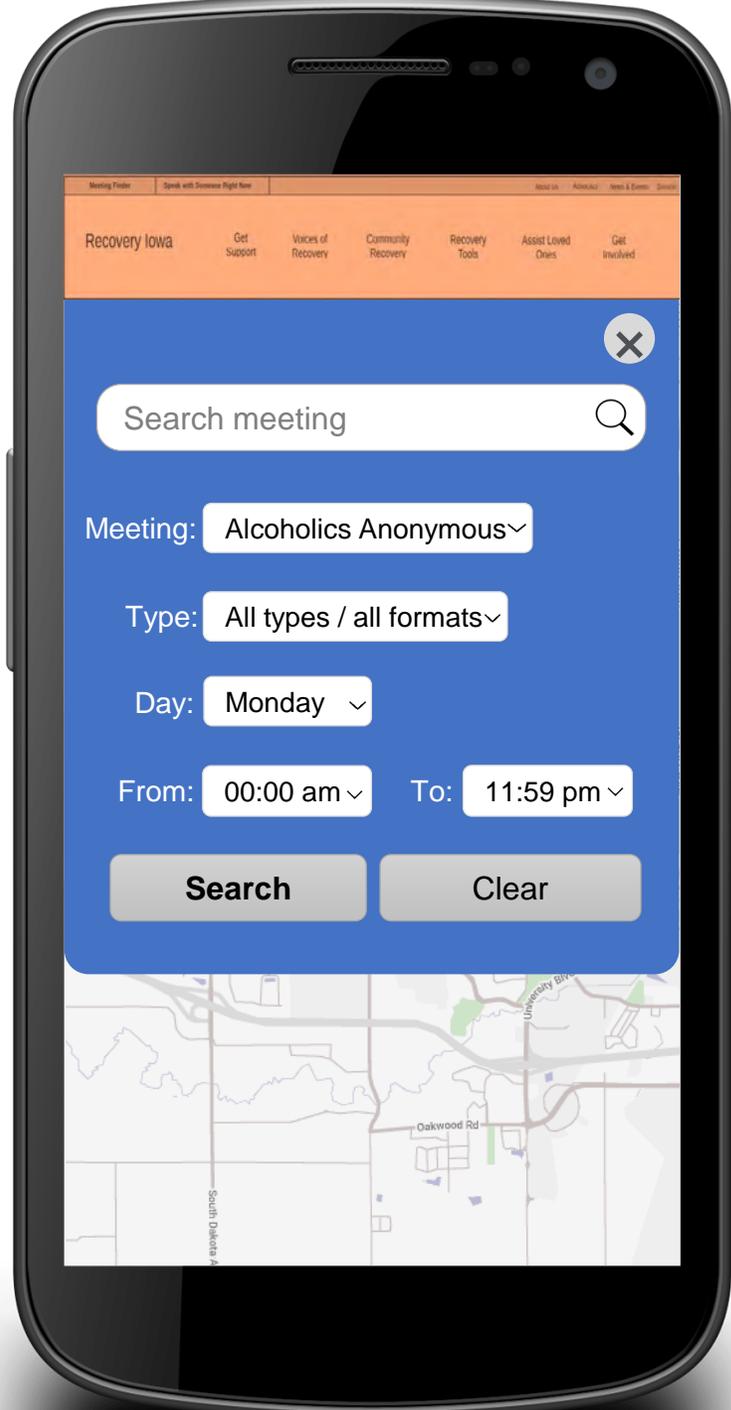
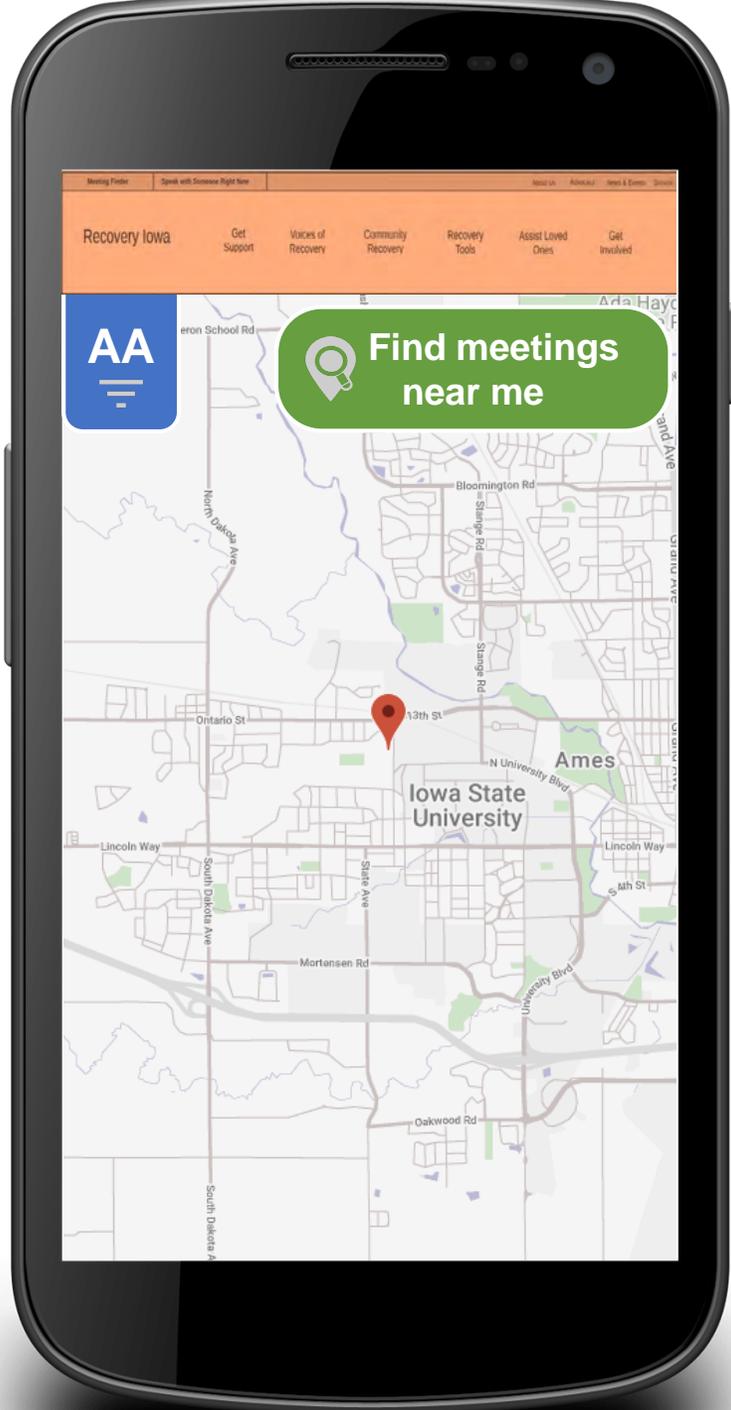
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Iowa's Recovery Ready Community Network

[Home](#) [What is Recovery?](#) [Recovery Ready Community Index](#) [Recovery Resources](#) [Health Resources](#) [Other Resources](#) [Community Characteristics](#) [Key Terms](#)

Is Your Community Recovery Ready?

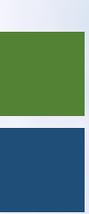
Every community in Iowa has the potential to promote recovery and resilience among its citizens. We have partnered with the Iowa Department of Public Health to better understand which Iowa communities are poised to join with national partners in building a Recovery Community Center (RCC) network to encourage, empower, and support people in recovery.

Who are we?

The Public Science Collaborative is a university-based partnership of social and data scientists, clinicians, computer scientists, and outreach specialists. We work together to understand and address the grand challenges of our day by helping motivate data insights into action.

**Public Science
Collaborative**
Science consulting for the public good

**EXPLORE RECOVERY IOWA ONLINE
WITH PSC VIDEO TUTORIALS, REPORTS,
AND DATA DASHBOARDS**



OUR NEXT STEPS



- **WORKING WITH A SMALL NUMBER OF COMMUNITIES FOR POTENTIAL RECOVERY COMMUNITY CENTER DEVELOPMENT**
- **ENGAGING WITH COLLEGIATE RECOVERY COMMUNITIES**
- **LAUNCH OUR 'RECOVERY IOWA' WEBSITE (PROXY RCO)**



QUESTIONS?

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