

**Substance Abuse Recovery Specialist Services**  
**Office of Substance Abuse**  
**Maine Department of Health and Human Services**

The Substance Abuse and Mental Health Services Administration's (SAMHSA) mission supports and prioritizes the development of a recovery oriented systems of care through the Center for Substance Abuse Treatment (CSAT).

A leader in New England, the Connecticut Department of Mental Health and Addiction Services turned its delivery system into a recovery-oriented system of care (ROSC) in 1999. The Connecticut Community for Addiction Recovery (CCAR) has played a major role in this transformation by developing majority volunteer based:

- ❑ Recovery community centers
- ❑ Recovery coaching
- ❑ Telephone support
- ❑ Recovery housing
- ❑ Recovery oriented employment services

In 2008, 276 CCAR volunteers contributed 13,080 hours with the monetary value contributing to \$336,797. States such as Vermont, Rhode Island, New Hampshire, Arizona and Massachusetts have also implemented a ROSC to date.



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The Office of Substance Abuse Treatment Team is responsible for assisting service providers with the coordination, planning, and implementation of addiction programs. The Treatment/Recovery Specialist collaborates with treatment providers, the recovery community, the Office of Adult Mental Health Services, and Maine Alliance for Addiction Recovery to augment services to those in recovery from substance abuse.

Program Goals:

- ❑ Make the shift from an acute care model of treatment to a chronic care approach known as recovery-oriented systems of care.
- ❑ Accessible services that engage and retain people seeking recovery.
- ❑ Provide care that is age and gender appropriate, culturally competent and within the person's community and home using natural supports.
- ❑ Development of recovery coach/peer support specialist.

Program Activities:

- ❑ Conduct focus groups throughout the state gathering data of recovery communities needs.
- ❑ Collaboration with Maine Alliance for Addiction Recovery to implement recovery coaching throughout the state.
- ❑ Provide technical assistance and support to treatment agencies to help bridge the gap between treatment and long term recovery.
- ❑ Routinely perform site visits at treatment agencies to ensure contractual requirements are met.
- ❑ Assist in the creation of a recovery-oriented system of care in the State of Maine.
- ❑ Provide technical assistance and training to treatment programs around recovery-oriented systems of care.
- ❑ Collaborate with agencies and individuals on the creation of recovery housing statewide.

Return on Investment :

Addiction treatment and recovery support services have repeatedly been shown to be effective with many people achieving recovery. As with any chronic disease, however, discrete treatment episodes, supported by continuing recovery support services, are often needed to help people achieve and maintain recovery. Treatment for addictive disorders is not typically a "one-shot" type of intervention. Research indicates that cost savings are associated with a chronic care model when compared to an acute care model (Zarkin, Bray, Mitra, Cisler, & Kivlahan, 2005). Research also shows us that every \$1 spent on addiction treatment saves \$7 in crime and criminal justice costs. With the added savings related to health care, the savings-to-cost ratio was 12:1. (NIDA, Principles of Addiction Treatment, 1999)

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