

PEER RECOVERY SUPPORT

THE WAY WE DO IT NOW	NEW POSSIBILITIES
Alcohol & drug treatment system does not fund any peer recovery support models & no structured peer support exist in this service system	Recovery coaches: recovering people who help those in need of recovery support find community resources & learn life skills to maintain recovery
	Peer Recovery Mentors: people in long-term recovery who serve as role models for successful living & who support 'clean' life skills development
	Recovery mentors & coaches who partner with treatment providers to assist treatment participants with learning how to live clean & sober within their communities
	Recovery Support Groups, Telephone Recovery Support outreach calls, 'Relapse Prevention warm lines', help to locate safe housing & employment

What we know: People in long-term recovery demonstrate what is possible by example, inspiring hope for those who suffer from the devastation of addiction. Recovering women & men are often viewed as more credible because they work to maintain their own recovery. Recovery can be a daily challenge to maintain & it is easy to give up, especially when there are no examples of what is possible!

NATURAL SUPPORT

THE WAY WE DO IT NOW	NEW POSSIBILITIES
Parents, spouses, children & friends of individuals who are struggling with addiction recovery, & who report they lack education & support to understand the recovery process. They frequently don't know how to help their loved ones	Mutual support groups for these key people to assist them in providing support to loved ones in recovery
Stigma & discrimination exists within communities & neighborhoods; recovering people report numerous problems related to housing, employment, medical care and other issues	People in long-term recovery educating neighborhoods about recovery, serving as visible proof about the reality of recovery, inspiring hope and dispelling stigma & discrimination by increasing understanding about recovery
Churches & faith-based organizations provide support to many community members, including those in recovery. There is frequently a lack of understanding about addictive illness and the healing power of recovery within these frameworks	Faith-based communities that understand addiction as an illness from which recovery is possible; and that establish recovery support opportunities for members

What we know: Many long-term recovering people report that natural supports have been central to helping them maintain recovery

A NEW BEGINNING TO SUPPORT ADDICTION RECOVERY WITHIN OUR COMMUNITIES

TREATMENT

THE WAY WE DO IT NOW	NEW POSSIBILITIES
Research is done with people whose addictive illness is most advanced & 'evidence based' treatment practices are designed to help this particular group	Research is done with people in long-term recovery to understand & define the types of supports that helped each maintain recovery over time
Available treatment is short term, based on acute care model – even though addiction is a long-term illness, requiring long-term care	Treatment is developed based on a long-term care model, recognizing that addiction recovery will require different interventions at various stages in the recovery process
Treatment outcomes are studied on a short-term basis- generally 6 months to 1 year to determine how well they work	Treatment outcomes are studied on a long-term basis to identify most effective intervention strategies at different recovery stages
	Treatment practice models are based on recovery needs expressed by people in long-term recovery

What we know: most people who recover from addictive illness get better without treatment; many use 12 Step Programs & many others stop using & start healing with support from families, friends, churches, & community-based supports

MUTUAL RECOVERY SUPPORTS

THE WAY WE DO IT NOW	NEW POSSIBILITIES
12 Step Programs that are completely self-supporting & provide daily support to many individuals & families; local 12 step 'clubhouses' where members can gather, share support & socialize	The addition of community-based mutual recovery support meetings that specifically help individuals & families on different recovery pathways
Augusta-based RTW/Holistix support groups for those recovering from alcohol/ drug & mental health issues; emerging support groups developed by people in recovery for people in recovery	Community based recovery centers where anyone in need of recovery is welcomed & can gain support regardless of their recovery pathway
Central Maine Recovery Group / Drop-in Center in Waterville where recovery resources are available, shared support & phone line support	

What we know: The reality is that many people who succeed in maintaining recovery long-term use a variety of different mutual recovery supports to assist them. Mutual recovery support is a powerful adjunct to help with long-term recovery maintenance & teaches life skills throughout various recovery stages

HOW DO WE GET TO WHERE WE WANT TO BE?

- Women and men in long term recovery are needed. We encourage you to step forward to help us identify the recovery supports that are needed in Maine.
- People in long-term recovery demonstrate, by their successes, that there is a solution to the ravages of addiction: RECOVERY. And there are many pathways we take in our recovery journeys.
- People in recovery demonstrate that addiction affects individuals from every walk of life and that people from every walk of life can also recover. We can teach this through example.
- A larger Recovery Network must be configured that builds in elements of the supports that have helped recovering people maintain recovery over time.
- To obtain needed resources, recovering people must organize to teach our communities about what is possible through recovery & to demonstrate how lives can be healed.
- Through this organized effort, we must educate our legislators about the most effective spending plans to promote recovery in our state.
- We must actively participate in development of treatment & community based recovery support programs that will be available to those in need of recovery support.

HOW YOU CAN HELP!

Join us for our next Recovery Systems Coalition Meeting at MAAR's Augusta office on. Call (207)458-4366 for more information. Help us plan our next strategic steps!

Contact any of these Coalition members to learn more about our efforts and how you can be of help:

Ronni Katz 756-8116 or RMK@portlandmaine.gov

Peter Wohl 626-3448 or pwohl@crisisandcounseling.org

Deb Dettor 458-4366 or ddettor@masap.org

Jim Mello at firstlightcs@yahoo.com

Visit Central Maine Recovery Center at 77 College Ave., Waterville or call them at 877-9922

Host a local coffee meeting in your community with others who want to develop local recovery support networks

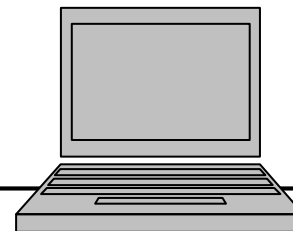
Check out the following websites:

<http://www.masap.org/site/recovery.asp>

<http://www.myspace.com/recoverymaine>

<http://www.ccar-recovery.org/>

<http://www.facesandvoicesofrecovery.org/>



Read some of Bill White's writings:

http://www.facesandvoicesofrecovery.org/resources/publications_white.php