



# PEER2PEER RECOVERY PROJECT



Project Director:  
Mike Bryant

Peer Recovery Specialist  
Coordinator:  
Dave Simons

Peer Recovery  
Specialist:  
Debra Walker

Funded by:



Phone: 508-567-5086



# PEER2PEER RECOVERY PROJECT

## OBJECTIVES OF P2P

- Increase clients' recovery capital and ability to manage symptoms of SUD/CODs while enrolled in the Project
- Ensure adequate health care (including dental) and increase number of clients engaging in tobacco cessation activities & knowledgeable of opioid overdose prevention
- Increase number of clients with a stable source of income, including increasing the number of clients obtaining and retaining employment
- Increase housing placement and stability
- Improve clients' social functioning & community & family connectedness

Funded by:



Phone: 508-567-5086



# PEER2PEER RECOVERY PROJECT

## ABOUT PEER2PEER RECOVERY PROJECT

- P2P is an exciting new Steppingstone project that is funded by SAMHSA for a 3-year period. P2P first 5-6 month start up will take place at 506 N. Main St, following which the project will move to 175 N. Main St. permanently.
- P2P's **purpose** is to provide a peer recovery support system of gender responsive services and activities for persons in Fall River, MA who are in recovery or contemplating recovery from substance use.
- The **goal** of P2P is to provide a peer model that capitalizes on the expertise of individuals with similar lived experience to assist others to achieve and maintain their recovery and improve their overall quality of life.
- P2P will provide a safe and confidential place for individuals to learn from peers with lived experience, share their challenges and become empowered. Each individual path to recovery is respected and each individual is met at whatever point in recovery they are at.

Project Director:  
Mike Bryant

Peer Recovery Specialist  
Coordinator:  
Dave Simons

Peer Recovery  
Specialist:  
Debra Walker

Funded by:



Phone: 508-567-5086

# PEER2PEER RECOVERY PROJECT

## P2P MODEL - FOUR TYPES OF SUPPORT

Type of Support	Description	Peer Support Service Examples
<b>Emotional</b>	Demonstrate empathy, caring, or concern to bolster person's self-esteem and confidence.	Peer mentoring Peer-led support groups
<b>Informational</b>	Share knowledge and information and/or provide life or vocational skills training.	Parenting class Job readiness training Wellness seminar
<b>Instrumental</b>	Provide concrete assistance to help others accomplish tasks.	Child care Transportation Help accessing community health and social services
<b>Affiliational</b>	Facilitate contacts with other people to promote learning of social and recreational skills, create community, and acquire a sense of belonging.	Recovery centers Sports league participation Alcohol- and drug-free socialization opportunities

Funded by:



Phone: 508-567-5086

# PEER2PEER RECOVERY PROJECT

## WHY IS P2P NEEDED IN FALL RIVER?

- ▶ MA has been at center of national opioid epidemic in recent years – over 1,300 opioid overdose deaths statewide in 2015.
- ▶ Fall River is one of the state’s hotspots for opioid abuse with 4<sup>th</sup> highest rate of opioid deaths in MA from 2009-2012; rate of overdose deaths increased by 35% from 2012-2014.
- ▶ Opioid use is on the rise - admissions data from MA DPH-licensed treatment programs in FR area show that 63% of all people who entered treatment identified heroin as primary drug of choice, compared to 40% in 2005.
- ▶ There is a shortage of available beds in long-term clinical stabilization and transitional service programs in MA; many clients who exit detox programs are facing long waitlists for long-term care, putting them at high-risk for relapse.
- ▶ SUD outpatient treatment providers in Fall River generally have waitlists of 2-3 months for new patients; inpatient residential treatment have waitlists ranging from 2-8 weeks.

Funded by:



# PEER2PEER RECOVERY PROJECT

## WHY IS P2P NEEDED IN FALL RIVER?



- ▶ Timely treatment access is important to people with SUDs due to ambivalence about seeking treatment, low tolerance for waiting, and continuous drug use while on waiting lists.
- ▶ Fall River has also experienced a drastic increase in homelessness over the past several years, which is strongly linked with SUD. In 2015, over 63% of guests at the First Step Inn emergency shelter had co-occurring disorders (substance use and mental health) and 24% had a substance use disorder.

Funded by:

# PEER2PEER RECOVERY PROJECT

## HOW DOES P2P ADDRESS THESE NEEDS?

- ▶ Individuals who are waitlisted for SUD programs can receive immediate peer support.
- ▶ Research shows that peer recovery support services lead to increased retention in treatment, improved outcomes, and a higher percentage of individuals maintaining their recovery.
- ▶ Because they are designed and delivered by peers who have been successful in the recovery process, peer recovery services embody a powerful message of hope, as well as a wealth of experiential knowledge. They can effectively extend the reach of treatment beyond the clinical setting into the everyday environment of those seeking to achieve or sustain recovery.
- ▶ Persons in early recovery often face the need to abandon friends and social networks that promote their SUD, but have no alternatives to replace social connection. Peer recovery supports help them make friends and build new social networks through recovery-oriented socialization activities.

Funded by:





# PEER2PEER RECOVERY PROJECT

## EVIDENCED-BASED PRACTICES

P2P will assist participants on their journey to recovery from SUD through the utilization of the following EBPs:

- ▶ Peer Recovery Support
- ▶ Motivational Interviewing
- ▶ Seeking Safety and Trauma-Informed Care
- ▶ Double Trouble in Recovery



What Are Peer Recovery Support Services?



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES  
Substance Abuse and Mental Health Services Administration  
Center for Substance Abuse Treatment  
www.samhsa.gov

Funded by:



Phone: 508-567-5086



# PEER2PEER RECOVERY PROJECT

## THE P2P TEAM



- ▶ P2P team consists of 1 FTE Project Director (PD), 1 FTE Peer Recovery Specialist Coordinator (PRSC), 1 FTE Peer Recovery Specialist
- ▶ Each has a minimum of 3-yrs consistent recovery and will have attended MA Peer Recovery Coaching Academy hosted by Adcare (for SUD) and the Transformation Center Peer Recovery Specialist Certification Program (for MHD SUD)
- ▶ The PRSC and PD will recruit two levels of Peer Volunteers; PV1s will have minimum of 2-yrs recovery and will attend the Peer Recovery Coach Academy. PV2s will have 1-yr sobriety and achievements in one or more key areas (housing, employment, social/family etc.)

Funded by:



# PEER2PEER RECOVERY PROJECT

## PEER VOLUNTEER SERVICES

**PV1s will offer P2P participants one or more of the following:**

- ▶ One-on-one Peer Coaching/Mentoring
- ▶ Telephone support and front desk coverage
- ▶ Facilitate various recovery groups\*
- ▶ Plan and hold special wellness activities\*
- ▶ Plan special community events
- ▶ Assist with P2P newsletter creation
- ▶ Assist with other various P2P activities
- ▶ May join the P2P leadership council

**PV2s will offer P2P participants one or more of the following:**

- ▶ Telephone and front desk coverage
- ▶ Plan and hold special wellness activities\*
- ▶ Assist with P2P newsletter creation
- ▶ Assist with other various P2P activities
- ▶ May join the P2P leadership council

**\*All new groups and activities must be approved by the Project Director or Coordinator prior to facilitation**

Funded by:







# PEER2PEER RECOVERY PROJECT

## P2P SERVICES AND ACTIVITIES

- ▶ P2P participants complete an Assessment of Recovery Capital and Individual Recovery Plan through conversations with PRSC/PRS/PV1
- ▶ IRPs take into account each person's skills, talents, aspirations, and resources
- ▶ Completion of ARC/IRPs help participants see recovery as a holistic process that impacts all areas of their life
- ▶ Participants prioritize recovery goals and track progress through routine recovery check-ups performed either face-to-face or by telephone; frequency of check-ups based on individual participant's needs and risks w/minimum one check-up bi-weekly



Peer to Peer Recovery

### Recovery Wellness Plan

This plan is written, maintained and kept by the recoveree. This is the recoveree's plan. It can be helpful in guiding the conversations between you, the recoveree and your recovery coach.

What is my overall recovery wellness goal?

Funded by:



Phone: 508-567-5086

# PEER2PEER RECOVERY PROJECT

## P2P SERVICES AND ACTIVITIES



- ▶ Central location on N. Main St. will not only be used for one-on-one peer coaching, but ongoing daily peer-led educational groups such as relapse prevention, employment development, life and coping skills, parenting skills, 12-step meetings.
- ▶ Homeless participants will be connected to permanent supportive housing through Project FAHR, Catholic Social Services.
- ▶ Supported referrals to primary and behavioral healthcare (HealthFirst, Seven Hills, STP Outpatient), as well as medication-assisted treatment programs (SSTAR, Habit Opco).

Funded by:

# PEER2PEER RECOVERY PROJECT

## P2P SERVICES AND ACTIVITIES

- ▶ Peer Volunteers are encouraged to develop new health and wellness activities.
- ▶ On-site activities which encourage participants to learn how to have fun and socialize without substances and improve their physical health will include crafts, yoga, cookouts and cooking groups, meditation, and group sports such as walking, biking and running clubs.



Funded by:

# PEER2PEER RECOVERY PROJECT

## OUTREACH AND PROGRAM MARKETING

- ▶ P2P staff will outreach in shelters, streets, hospitals, and other venues to engage individuals in services and develop relationships with peers who share lived experience and cultural backgrounds.
- ▶ Primary goal is to engage individuals in all stages of recovery; staff will use readiness ruler to measure client's readiness for change.
- ▶ P2P staff will use motivational interviewing to elicit behavior change and help clients build recovery network and social safety net should relapse occur.

Readiness Ruler



Funded by:



# PEER2PEER RECOVERY PROJECT

## INSTRUMENTAL SUPPORT



### P2P will assist clients with:

- ▶ Locating and securing housing
- ▶ Accessing vocational/educational services
- ▶ Developing a resume and job interview skills
- ▶ Enrolling in mainstream resource benefits
- ▶ Selecting primary care provider
- ▶ Medication management
- ▶ Transportation to medical appointments, jobs, classes
- ▶ Obtaining child care

Funded by:



# PEER2PEER RECOVERY PROJECT

## THANK YOU!

For more information about P2P, please visit:

[www.steppingstoneinc.org/p2p](http://www.steppingstoneinc.org/p2p)

or call 508-567-5086

Or email [mbryant@steppingstoneinc.org](mailto:mbryant@steppingstoneinc.org) or  
[dsimons@steppingstoneinc.org](mailto:dsimons@steppingstoneinc.org)

Funded by:



Phone: 508-567-5086