LINKING TO CLINICAL AND RECOVERY SUPPORT SERVICES:
ENSURING SUCCESSFUL RECOVERY VIA A CONTINUUM OF SERVICES

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“Building resilience...facilitating recovery...a life in the community for everyone.”
“Expanding and enhancing substance abuse treatment services and recovery support services nationwide.”
Most People in Need of Treatment Do Not Seek It

21.1 Million Needing But Not Receiving Treatment for Illicit Drug or Alcohol Use

Did Not Feel They Needed Treatment (20,114,000)

Felt They Needed Treatment and Did Not Make an Effort (625,000)

Felt They Needed Treatment and Did Make an Effort (314,000)

95.5%

3.0%

1.5%
Screening, Brief Intervention, and Referral to Treatment (SBIRT): Program Goals

- Identify patients who may not perceive a need for behavior change.

- Provide brief motivational counseling to alter negative behaviors.

- Link to other needed services to support recovery.
CSAT’s SBIRT Program: Services Received

- Screening Only (negative): 76.2%
- Brief Intervention: 17.1%
- Brief Treatment: 3.6%
- Referral to Treatment: 3.1%
Recovery Defined

“Recovery from alcohol and drug problems is a process of change through which an individual achieves abstinence and improved health, wellness, and quality of life.”

Source: CSAT National Summit on Recovery, 2005
Traditional Approach to Treating Substance Abuse Disorders

Severe

Symptoms

Person’s Entry into treatment

Remission

Discharge

Time

Resource: Tom Kirk, Ph.D
A Traditional Service Response

Severe

Acute symptoms
Discontinuous treatment
Crisis management

Remission

Resource: Tom Kirk, Ph.D
A Recovery-Oriented Response

Severe

Symptoms

Continuous treatment response

Promote Self Care, Rehabilitation

Remission

Resource: Tom Kirk, Ph.D
Helping Individuals Move Into a Recovery Zone

- Severe
- Improved Outcomes
- Cost Effective
- Recovery Zone

Improved client outcomes

Resource: Tom Kirk, Ph.D
Benefits of a Recovery-Based Approach

• Most clients undergo 3 to 4 episodes of care before reaching a stable state of abstinence ¹

• Chronic care approaches, including self-management, family supports, and integrated services, improve recovery outcomes ²

• Integrated and collaborative care has been shown to optimize recovery outcomes and improve cost-effectiveness ³

¹ Dennis, Scott & Funk, 2003
² Lorig et al, 2001; Jason, Davis, Ferrari, & Bishop; 2001; Weisner et al, 2001; Friedmann et al, 2001
³ Smith, Meyers, & Miller, 2001; Humphreys & Moos, 2001)
Recovery-oriented systems of care support person-centered and self-directed approaches to care that build on the strengths and resilience of the individual, their families, and communities to take responsibility for their sustained health, wellness, and recovery from alcohol and drug problems.

Source: CSAT National Summit on Recovery, 2005
Recovery Systems:
Person-Centered and Self-Directed
Recovery Systems:
Comprehensive menu of services and supports
Recovery Systems: Outcomes-driven approaches to care

Menu of Services
- Person
- Family
- Community

Systems of Care
- Evidence-Based Practice
- Cost Effectiveness
- Perception Of Care
- Retention
- Wellness

Outcomes
- Abstinence
- Employment
- Crime
- Homelessness
- Health

Addiction Services System
- Alcohol/Drug Treatment
- Vocational
- Mental Health
- Health Care
- HIV Services

Mental Health System
- Primary Care System
- Organized Recovery Community
- Vocational Services

Criminal & Juvenile Justice System
- HIV Services
- Faith Community
- Indian Health Services

Housing System
- Educational
- Housing/Transportation
- Spiritual

Education System
- Family/Child Care

Faith Community
- Indian Health Services

Social Services
- Child Welfare and Family Services

Menu of Services
- Financial
- Legal
- Adult
- VSO & Peer Support
- Case Mgt

Health Insurance
- Tribal Authorities

Wellness
- Abstinence
- Employment
- Crime
- Homelessness
- Health

Access/Capacity
- Social Connectedness
Recovery Systems: Ongoing process of systems improvement

Recovery

Outcomes

Systems of Care

Services & Supports

Person Family Community

Abstinence

Addiction Services System

Alcohol/Drug Treatment

Vocational

Mental Health

Health Care

HIV Services

Criminal Justice System

Vocational Services

Primary Care System

Mental Health System

Employment

Crime

Homelessness

Wellness

Health

Retention

Perception Of Care

Cost Effectiveness

Evidence-Based Practice

Social Services

Housing Authority

Indian Health Services

Child Welfare and Family Services

Family/Child Care

Educational

Housing/Transportation

Spiritual

Adolescent Svcs.

Financial

Legal

Case Mgt

Financial

Peer Support

Tribal Authorities

Health Insurance

Tribal Authorities

Access/Capacity

Social Connectedness

Ongoing Systems Improvement
Recovery Support Services that Can Assist People in Recovery

- Case management (e.g., health care, criminal justice, employment, child welfare)
- Peer-led support groups
- Re-building constructive family and personal relationships
- Life skills training
- Health and wellness activities
- Alcohol- and drug-free social/recreational activities
- Peer coaching or mentoring
Access to Recovery (ATR)

- Federal Initiative designed to promote recovery-based systems of care by providing:
  - Choice in providers
  - Vouchers
  - Access to non-traditional providers (e.g., faith-based organizations)
Examples of Services Paid for with ATR Vouchers

- Substance abuse treatment
- Employment coaching
- 12-step groups
- Recovery coaching
- Spiritual support
- Child Care
- Housing Support
- Literacy Training
ATR Outcomes

- Since the inception of ATR in 2004, nearly 300,000 individuals have received treatment and/or recovery support services.

- Among active grants:
  - Abstinence rates have increased by 47%
  - Employment rates have increased by 39%

Source: SAMHSA, SAIS, data collected through 4/29/09
SAMHSA’s Health Information Network:

- 800-729-4727
- www.samhsa.gov/shin