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LINKING TO CLINICAL AND RECOVERY SUPPORT SERVICES:

ENSURING SUCCESSFUL RECOVERY VIA A CONTINUUM OF SERVICES

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Substance Abuse and Mental Health Services Administration

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Services:
Ensuring Successful Recovery via a
Continuum of Services**

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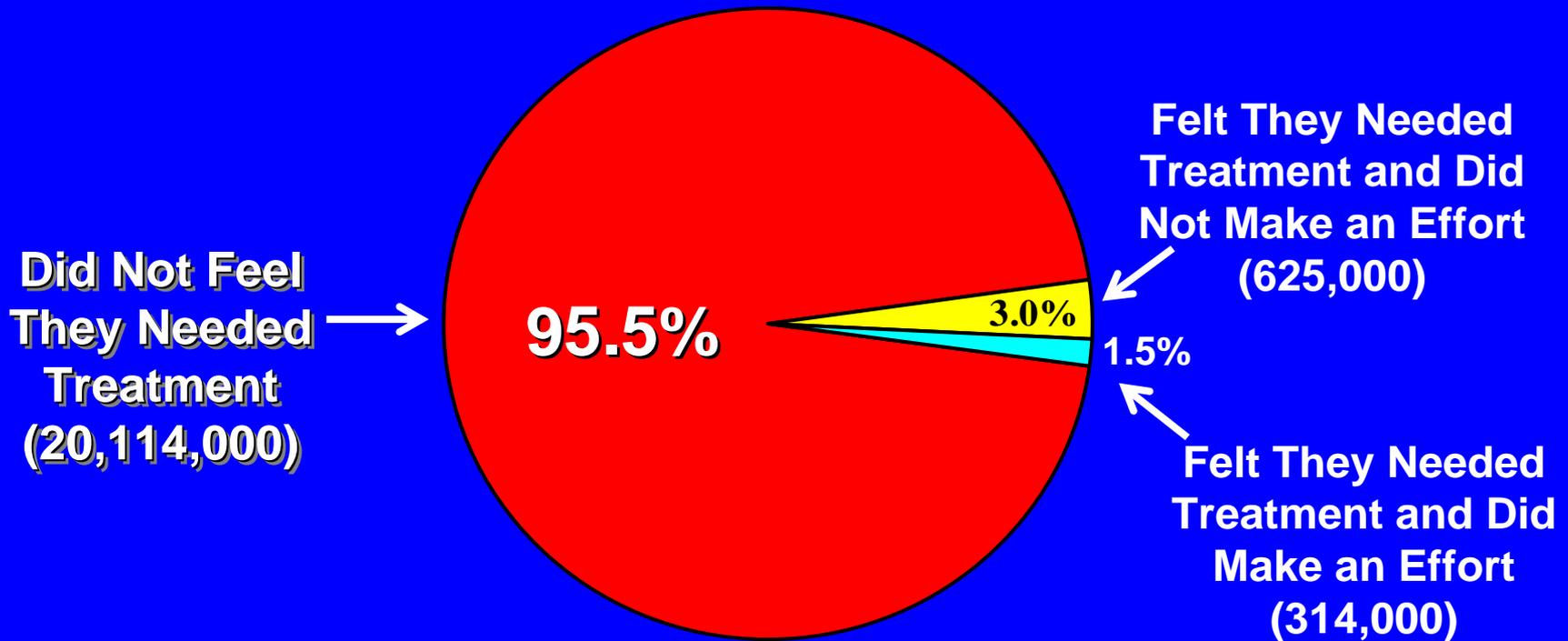
Substance Abuse and Mental Health Services Administration

*“Building resilience...facilitating
recovery...a life in the community for
everyone.”*



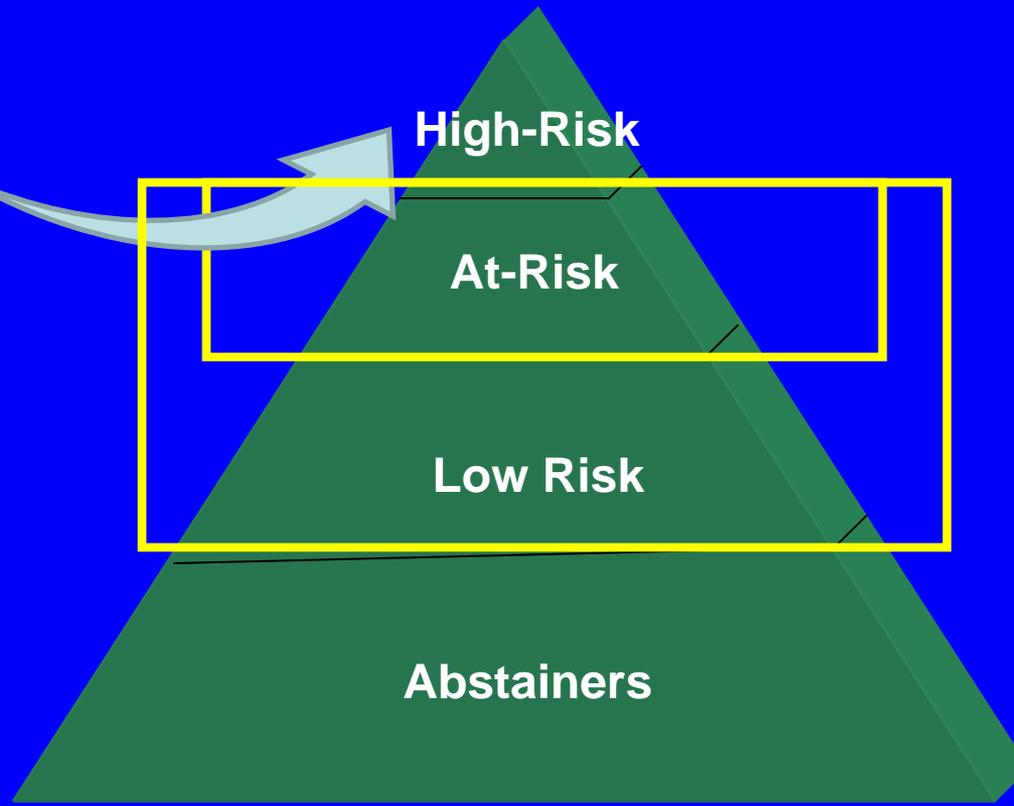
“Expanding and enhancing substance abuse treatment services and recovery support services nationwide.”

Most People in Need of Treatment Do Not Seek It



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

Traditional Substance Abuse Intervention



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

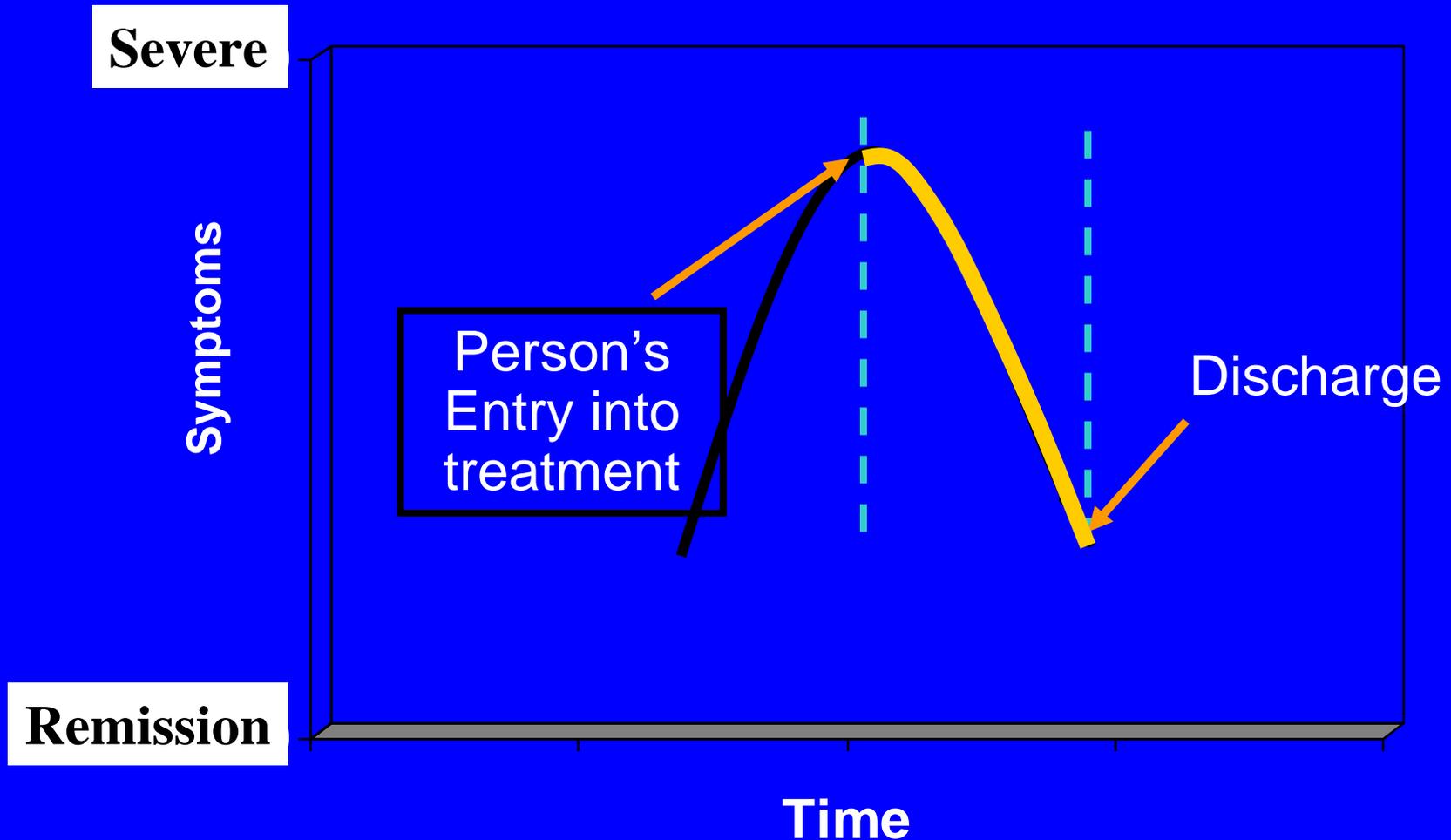
- Screening Only (negative): 76.2%
- Brief Intervention: 17.1 %
- Brief Treatment: 3.6 %
- Referral to Treatment: 3.1 %

Recovery Defined

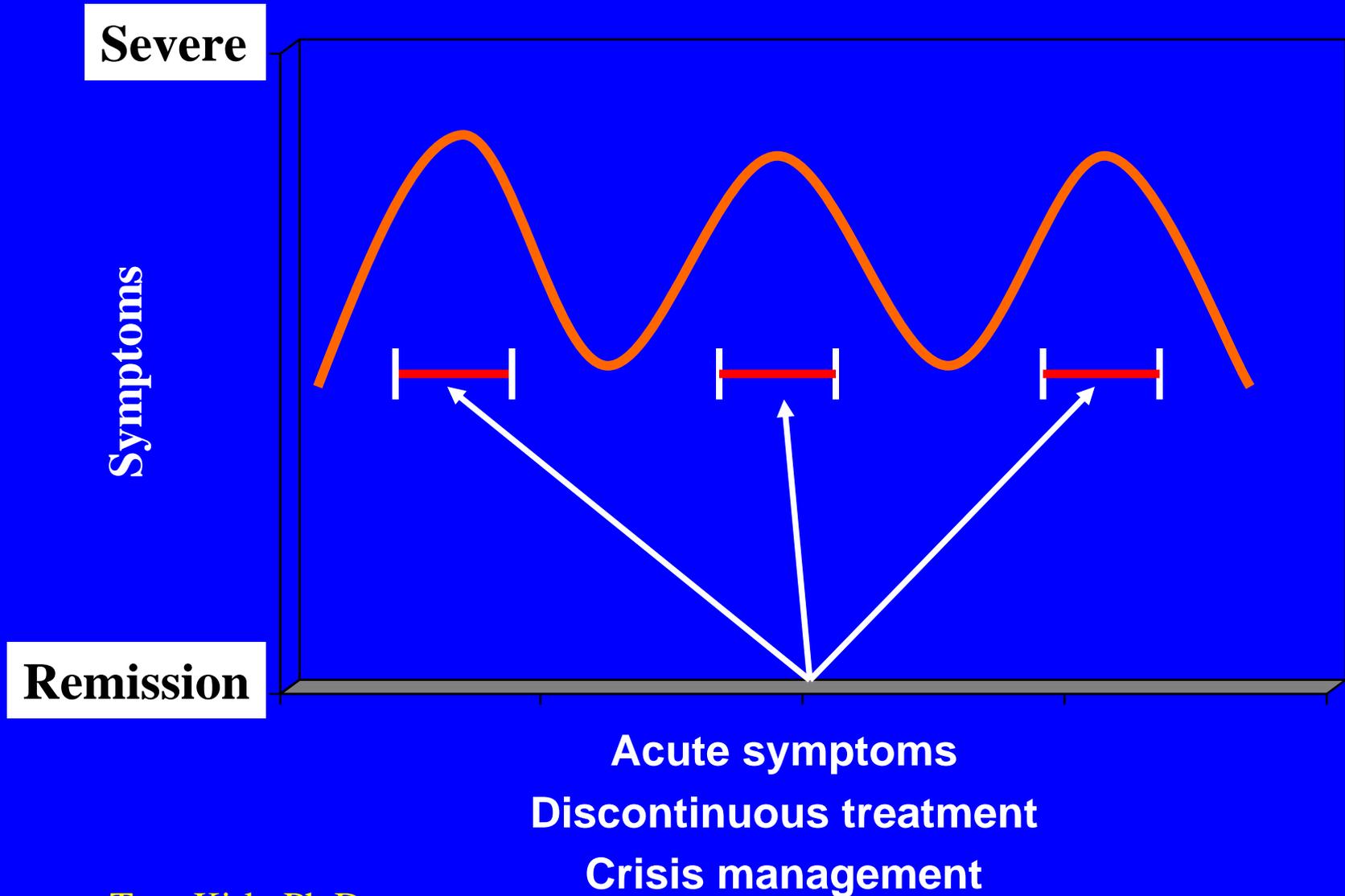
“Recovery from alcohol and drug problems is a process of change through which an individual achieves abstinence and improved health, wellness, and quality of life.”

Source: CSAT National Summit on Recovery, 2005

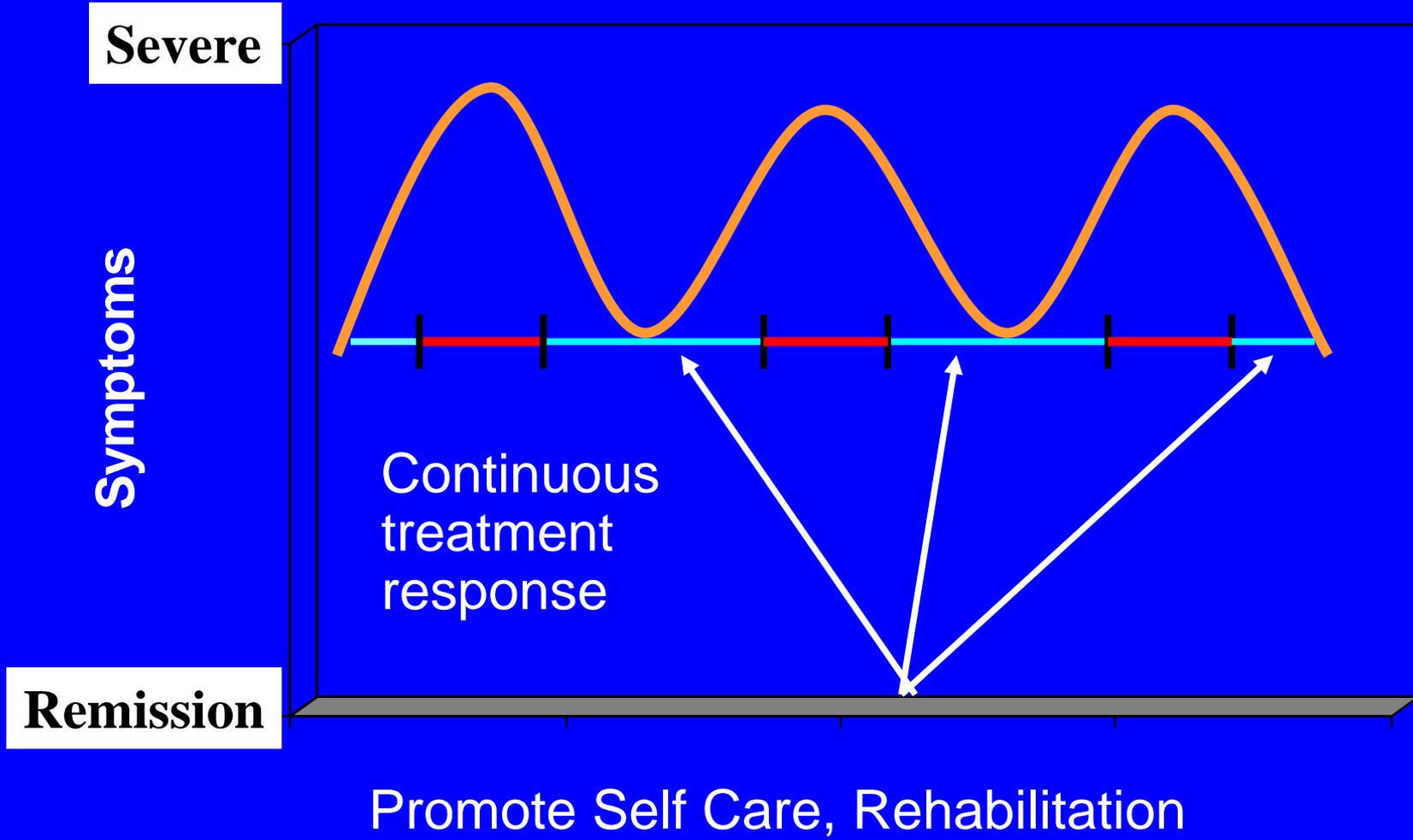
Traditional Approach to Treating Substance Abuse Disorders



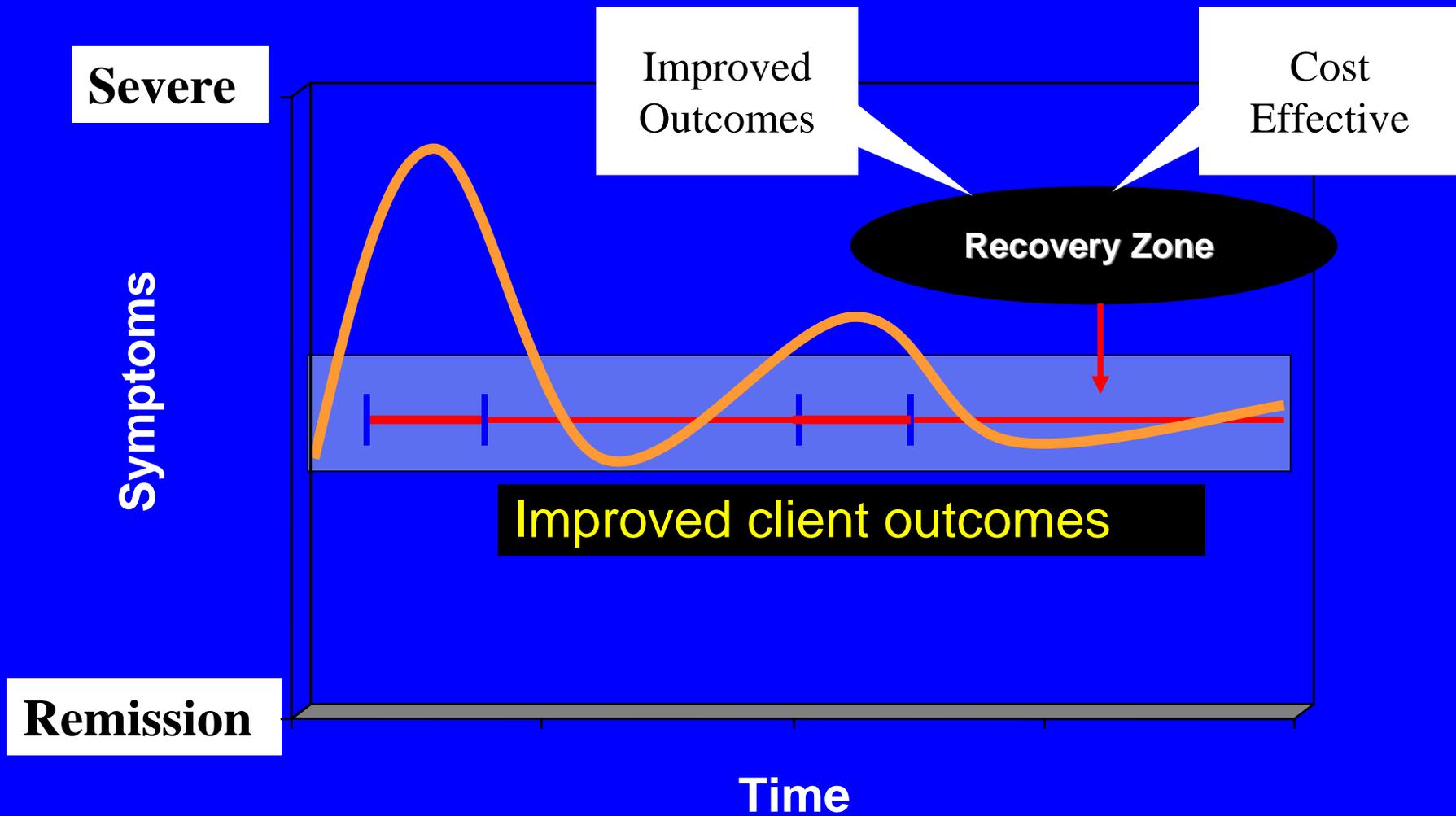
A Traditional Service Response



A Recovery-Oriented Response



Helping Individuals Move Into a Recovery Zone



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

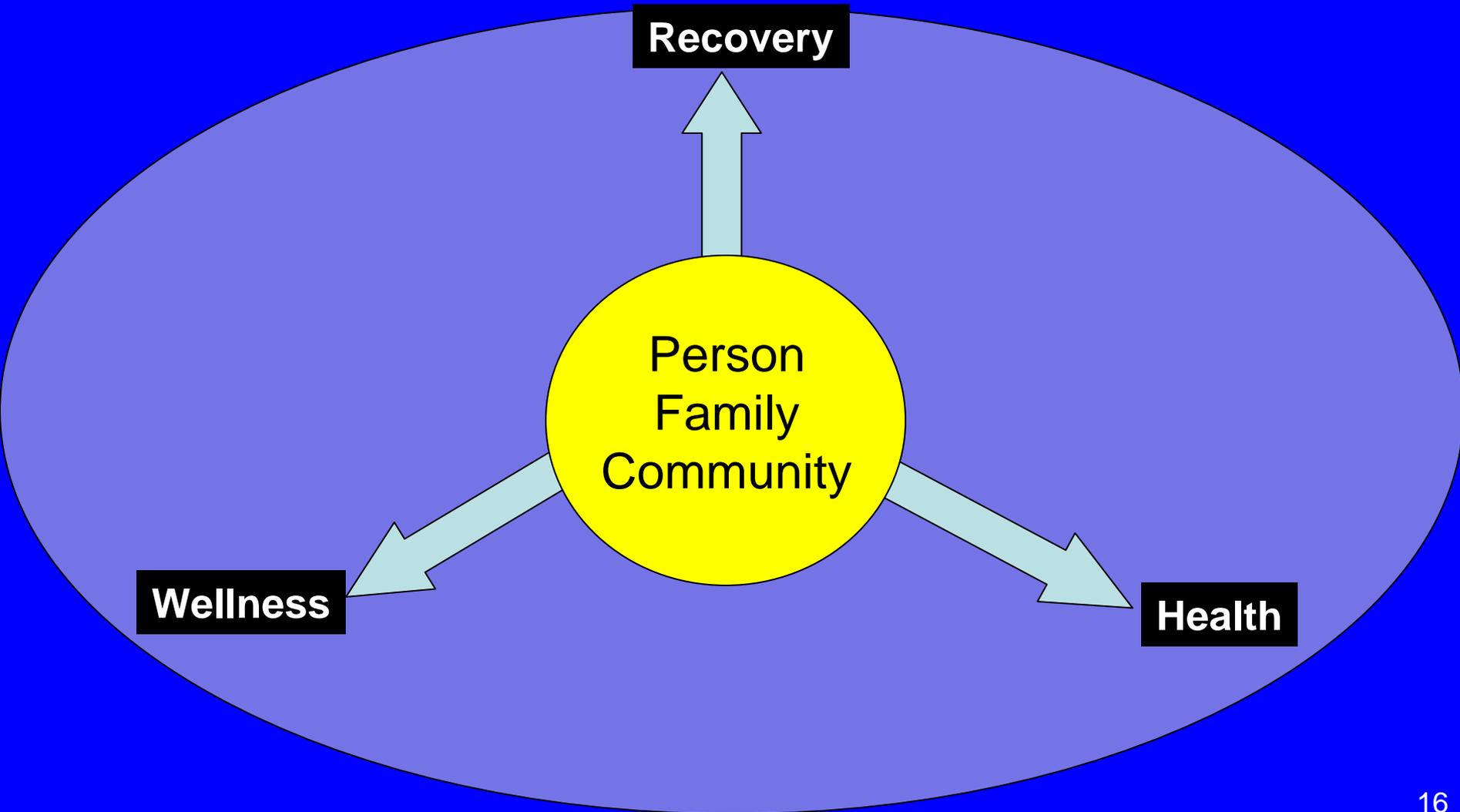
³ Smith, Meyers, & Miller, 2001; Humphreys & Moos, 2001)

Recovery-Oriented Systems of Care

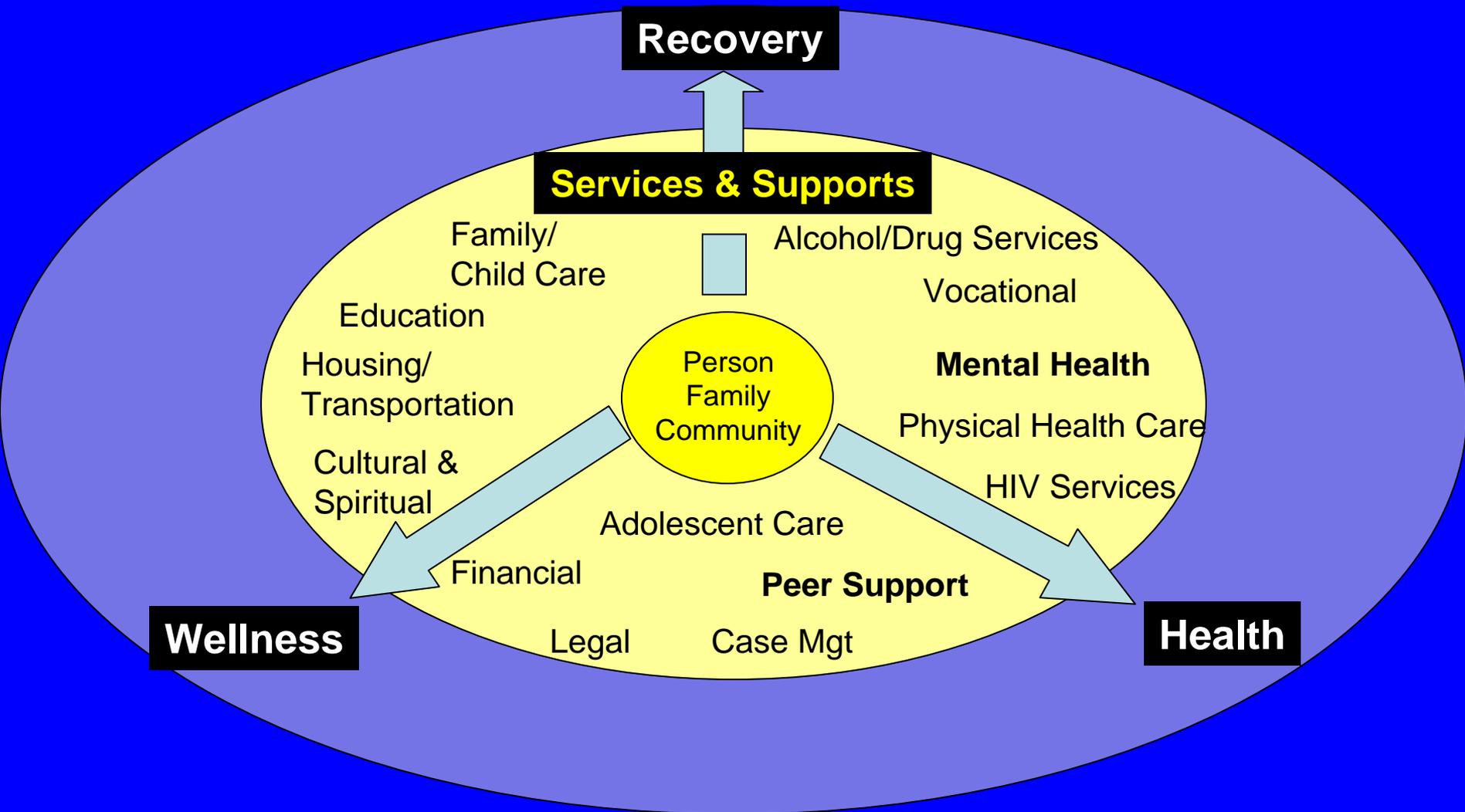
Recovery-oriented systems of care support person-centered and self-directed approaches to care that build on the strengths and resilience of the individual, their families, and communities to take responsibility for their sustained health, wellness, and recovery from alcohol and drug problems.

Source: CSAT National Summit on Recovery, 2005

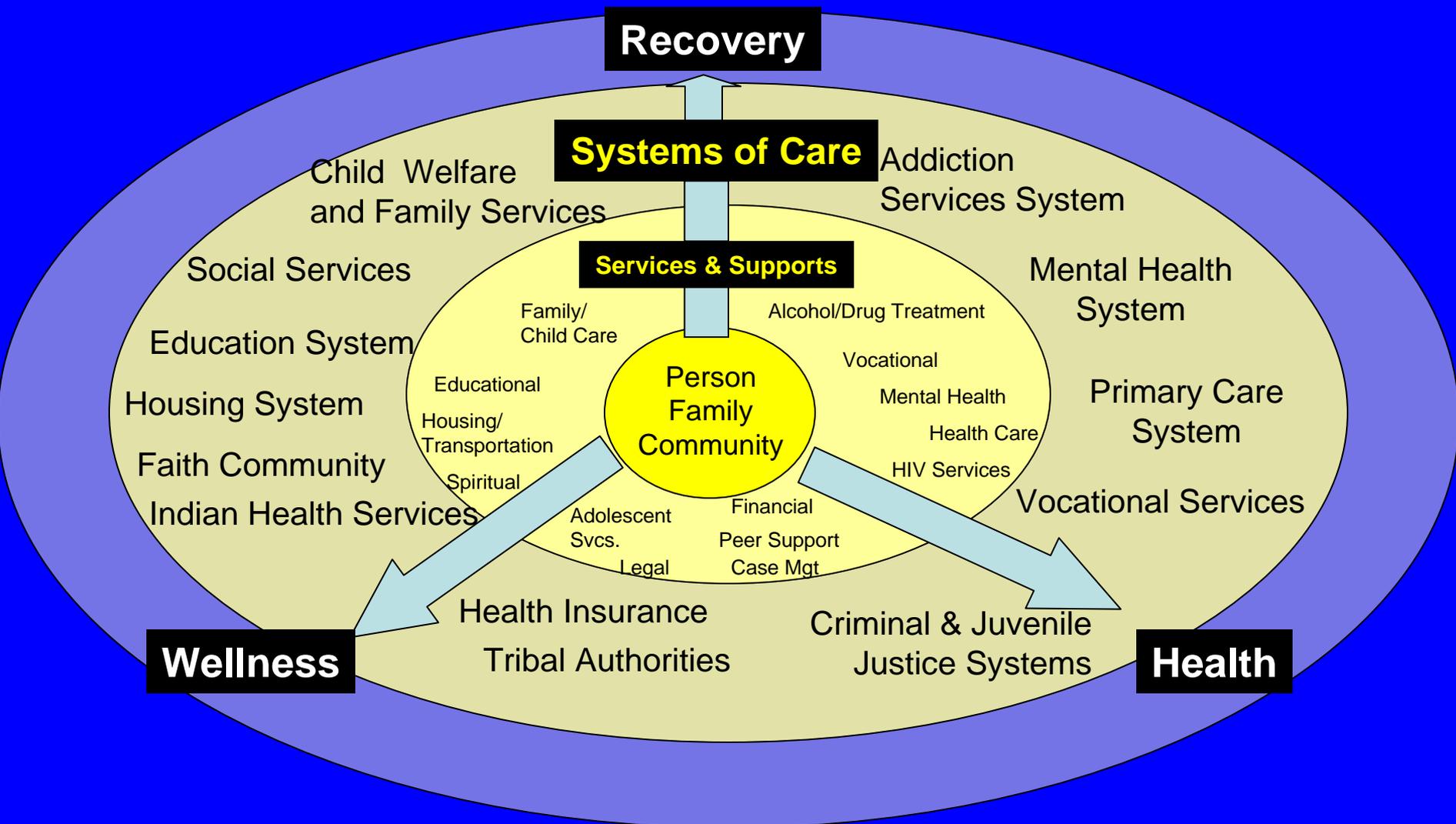
Recovery Systems: *Person-Centered and Self-Directed*



Recovery Systems: *Comprehensive menu of services and supports*



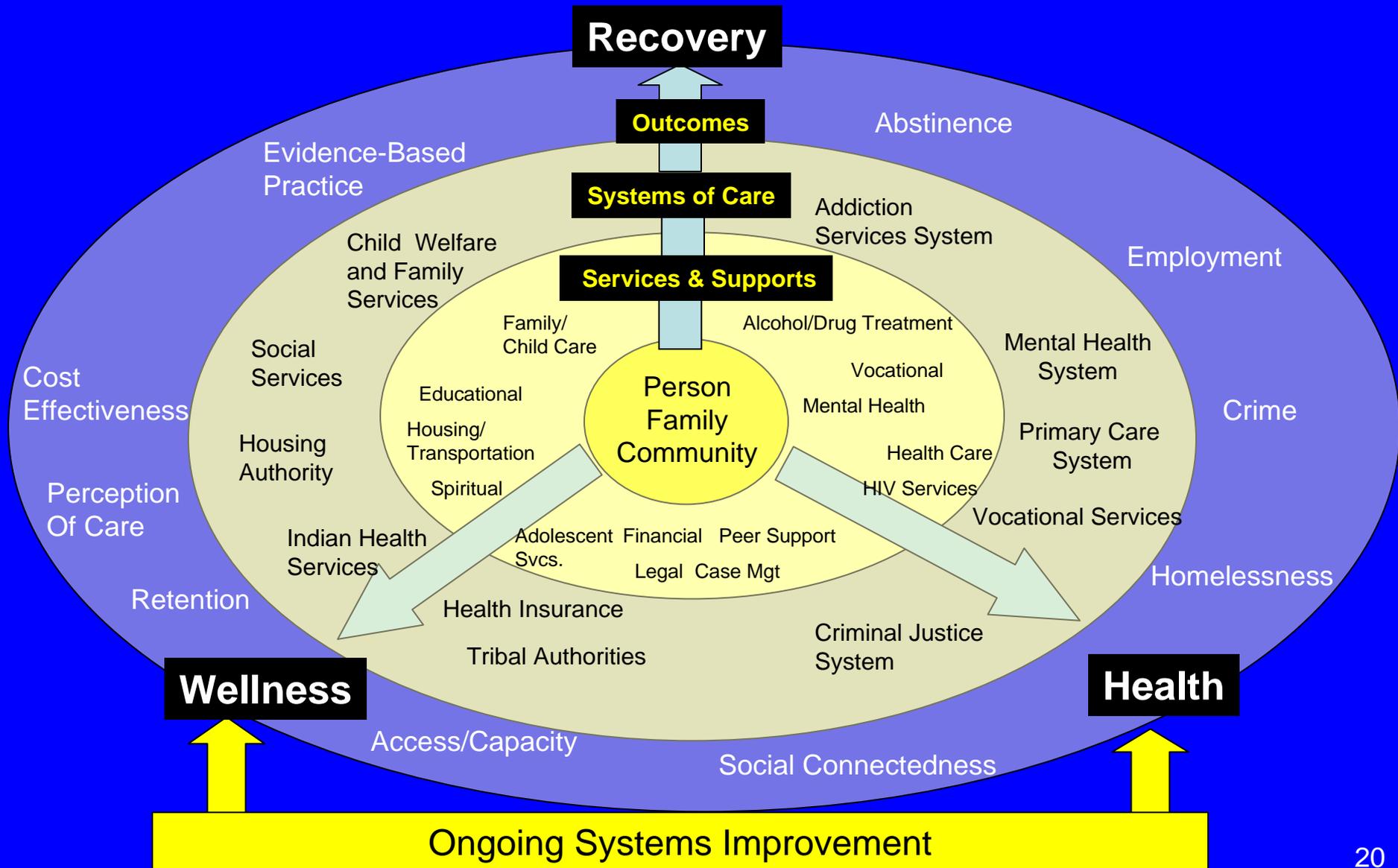
Recovery Systems: *Multiple systems of care*



Recovery Systems: Outcomes-driven approaches to care



Recovery Systems: *Ongoing process of 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)

ATR SITES



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 Publications

SAMHSA's Health Information Network:

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