

# Howard County Health Department's Peer Recovery Overdose Prevention Program

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# Addiction & Recovery

- **Addiction** is a condition that results when a person ingests a substance (e.g., alcohol, cocaine, nicotine) or engages in an activity (e.g., gambling, sex, shopping) that can be pleasurable but the continued use/act of which becomes compulsive and interferes with ordinary life responsibilities, such as work, relationships, or health. Users may not be aware that their behavior is out of control and causing problems for themselves and others. <https://www.psychologytoday.com/basics/addiction>
- **Recovery from Mental Disorders and/or Substance Use Disorders:** A process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential.

[http://blog.samhsa.gov/2012/03/23/defintion-of-recovery-updated/#.V\\_5pPE1TGUk](http://blog.samhsa.gov/2012/03/23/defintion-of-recovery-updated/#.V_5pPE1TGUk)

# Recovery is Facilitated by Social Support

- Research has shown that recovery is facilitated by social support
- Four types of social support
  - Emotional, informational, instrumental, affiliation
    - Some examples: Peers mentoring, self-help, parenting classes, wellness seminars, transportation, child care, sports league.

(Cobb, 1976; McLellan et al., 1998; Salzer, 2002)

# What are Peer Recovery Support Services?

- Supports provided by peers in recovery to help people become and stay engaged in the recovery process and reduce the likelihood of relapse.

Recovery Community Services Program [RCSP], the Substance Abuse and Mental Health Services Administration/Center for Substance Abuse Treatment [SAMHSA/CSAT], 2009)

# How Can a Peer Recovery Support Specialists Assist?

- Bring hope to people in recovery
- Promote a sense of belonging within the community
  - Build healthy social networks
- Role model practical living experience of recovery
- Mentoring/coaching recovery skills
- Facilitate access to services, resources, and supports

(Maryland Peer Advisory Council; SAMHSA, 2009)

# Certified Peer Recovery Specialist (CPRS)

- Maryland's Peer Recovery Specialist credentialing
- Maryland Addictions & Behavioral Health Professionals Certification Board (MAPCB)
  - Certification requirements
    - 500 hrs experience, 46 hrs training, 25 hrs supervision, 2 yrs sustained recovery, 3 recovery references, \$100 fee
  - 2 yr recertification renewal requirements
    - 20 CEUs, \$100 fee

# Settings for Peer Recovery Support Services

- Wellness and recovery community centers
- Recovery housing centers
- Counseling centers
- Detention centers/prisons
- Drug courts
- Medical settings
- Social services
- Faith-based settings

(RCSP, SAMHSA/CSAT, 2009)

# Measurable Outcomes of Peers Recovery Support Services

- Reduced recidivism rates
- Greater adherence to care
- Increased number of individuals in treatment
- Increased naloxone distribution
- Reduction in overdose deaths
- Reduction of clinical staff time spent on behavioral health issues

(Department of Health Mental Hygiene [DHMH]/Behavioral Health Administration [BHA])





# Peer Support Reduces Health Care Cost

- Research has shown that Peer Support Shown to Relieve Community Health Burdens, Reduce Costs and Improve Access to Care
    - Peers for Progress, a program of the American Academy of Family Physicians Foundation, the Patient-Centered Primary Care Collaborative
      - Peer support was found to play a vital role
        - Group visits, support groups or individual coaching provided by Community Health Workers
        - Practical and adaptable to a variety of practice settings
- (Patient-Centered Primary Care Collaborative, Leawood, KS – May 2015)

# Overdose Survivors' Outreach Project

## DHMH/BHA

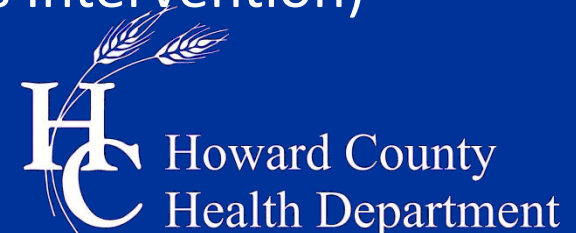
- Behavioral Health Systems Baltimore
  - Bon Secours Hospital and Mercy Medical Center
    - SBIRT screening program to include field follow up to overdose survivors with outreach peers
- Anne Arundel Department of Health Department
  - Baltimore Washington Medical Center embeds peers from the LHD in the ED to refer overdose survivors to treatment

# A Model Program: Peer Recovery Support Specialists Working with the Police

- Gloucester Police Department's Heroin Addict Treatment Program Catching On
  - (CBS Boston, *November 1, 2015*)
- ANGEL Program
  - Gloucester police department uses peer recovery support specialists to divert individuals from drug arrest to treatment
  - Distributes naloxone
- Police Assisted Addiction and Recovery Initiative
  - A nonprofit that helps police departments adopt Gloucester's program, 40 police departments in 9 states have adopted the some aspects of the program

# Howard County Health Department's Peer Recovery Support Specialists

- Current setting for the peers at the HCHD:
  - HCHD, Bureau of Behavioral Health, outpatient clinic
  - Howard County Detention Center, outpatient clinic
  - On Our Own of Howard County (wellness and recovery community center)
  - Howard House (residential halfway house)
  - Warm hand offs from regional residential treatment centers to outpatient clinics/community services
  - Rt. 1 Resource Center (Grassroots Crisis Intervention)
  - Community outreach



# HCHD Peer Recovery Overdose Prevention Program

- Expansion efforts/pilot programming being established/implemented:
  - Linking individuals and their families at risk of an opioid overdose to Peer Recovery Support Services
    - Offer resources, referrals, follow-up services, and Overdose Response Program training with naloxone to individuals and family members to attempt to reduce opioid overdoses

# HCHD Peer Recovery Overdose Prevention Program

- Community agencies involved in the expansion efforts/pilot program planning:
  - Grassroots Crisis Intervention (Agreement signed)
    - Peers on-call for crisis intervention, peer consultation with crisis case workers, linkage and referral to services
  - Howard County Police Department (Agreement signed)
    - Peers on-call to meet police at the scene of an overdose, follow-up outreach, linkage and referral to services
  - Howard County Fire and Rescue (Agreement pending)
    - Peers on-call to meet Fire and Rescue at the scene of an overdose, follow-up outreach, linkage and referral to services
  - Howard County General Hospital (Agreement pending)
    - Plans pending further discussions

# HCHD Peer Recovery Overdose Prevention Program

- Program evaluation data collection:
  - Number of calls
  - Day and time of calls
  - Type of calls
  - Demographics of the individuals
  - Outcome of calls

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