



# Recovery Support Services

## A Full Menu of Options for Every State

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# OVERVIEW

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## GOAL

Enhance or support the provision of peer and other recovery support services designed to **improve treatment access** and **retention** and support long-term recovery.

## OBJECTIVE

Establish and/or enhance statewide and community-based recovery support systems, networks, and organizations to develop capacity at the state and local levels to **design and implement peer and other recovery support services as vital components of recovery-oriented continuum of care.**

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# PEER SUPPORT IS AN EVIDENCE-BASED PRACTICE

- **Peer support services are an evidence-based model of care** which consists of a qualified peer support provider who assists individuals with their recovery from mental illness and **substance use disorders**.
- CMS recognizes that the experiences of peer support providers, as consumers of mental health and substance use services, can be **an important component in a State's delivery of effective treatment**.
- States are increasingly interested in covering peer support providers as a **distinct provider type** for the delivery of counseling and other support services to Medicaid eligible adults with mental illnesses and/or substance use disorders.

# EVIDENCE SUGGESTS THAT PEER SUPPORT & COACHING

- Reduces the number of admissions and days spent in hospitals and increased time in the community
- Reduces use of acute services (e.g., emergency rooms, detoxification centers)
- Increases engagement in outpatient treatment
- Increases active involvement in care planning and self-care
- Improves social functioning
- Increased hope, quality of life, and satisfaction with life
- Reduces substance use
- Reduces depression and demoralization
- Improves chances for long-term recovery
- Increases rates of family reunification
- Reduces average service costs per person

# MENU OF RECOVERY SUPPORT SERVICES

- Recovery community organization (RCO)
- Collegiate Recovery Community (CRC)
- Recovery High School
- Recovery Housing
- Alternative peer group or youth recovery community centers
- Recovery Coaching
- Telephone-based recovery support
- Virtual /teleconference recovery support (rural settings)
- Recovery Community Center
- Family/parent recovery support
- Family/ parent recovery coaching
- Support for children of addicted parents
- Medication-assisted recovery support groups
- Peer-led harm reduction activities
- Peer-led Recovery and Life Skills Curriculums (YPR Chapters)
- Peer recovery supervision
- Pro-social activities

# MENU CONTINUED

- Recovery Outreach – recovery coaching in emergency rooms post overdose reversal
- Recovery Outreach – recovery coaching in public safety settings (police, fire)
- Recovery Outreach – recovery coaching in jails and prisons
- Recovery Outreach – recovery coaching in courts (veterans, mental health, juvenile, family and drug courts)
- Recovery navigators in child welfare and TANF settings



# WORKFORCE DEVELOPMENT

- Development of, or delivery of, recovery coaching curriculum
- Development of, or delivery of recovery residence manager/administrator curriculum and/or Medication Assisted Recovery Housing curriculum
- Volunteer recruitment, screening, orientation, retention
- Certification of recovery support workers
- Development of academic studies (majors, minors, certification programs, and advanced degrees) that provide knowledge and skills to support treatment and recovery services for people seeking recovery.
- Employment and education programs for people in recovery
- Accreditation of organizations providing peer recovery support services
- Development of addiction and recovery education programs in community colleges and four year institutions of higher education
- Certification of recovery housing to national standards
- Accreditation of recovery high schools

# PUBLIC AWARENESS

Community Listening Forums

Public Service Announcements (PSAs)

Educational Forums

- Good Samaritan Laws
- Use of Narcan overdose reversal
- Recovery messaging
- Stigma Reduction

Communities (people in long-term recovery, families, friends, allies) host public events that advocate for “peer recovery support services”.



# CAPACITY BUILDING

- Starting a recovery community organization
- Starting a Young People in Recovery chapter
- Starting a recovery high school
- Starting a recovery housing organization or program
- Coordinating and increasing recovery housing options
- Accrediting an existing organization providing peer recovery support services using national standards (Council on Accreditation of Peer Recovery Support Services)
- Accrediting a recovery high school using national standards
- Certifying recovery housing using national standards
- Creation or delivery of a recovery coaching curriculum
- Creation or delivery of a recovery residence manager and/or administrator curriculum
- Creation of a recovery workforce and/or supervision certification program
- Establishing partnerships and MOU's between recovery support providers and emergency departments, law enforcement, housing providers, schools/colleges, employers, hospitals, correctional facilities, drug courts, treatment providers, child welfare agencies, social services

# WHAT IS A STATEWIDE NETWORK?

Statewide networks expand the capacity and enhance the quality of recovery support services and the recovery workforce by organizing recovery peers, family and/or organizations.

Moreover, they strengthen the voice of lived experience enabling peers and families to play **meaningful role in local and state policy and program development.**

# WE CAN HELP

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[Association of Recovery Community Organizations](#)

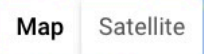
[Association of Recovery in Higher Education](#)

[Association of Recovery Schools](#)

[National Alliance for Recovery Residences](#)

[Young People in Recovery](#)

Click on links above



ASSOCIATION OF  
**RECOVERY**  
**COMMUNITY**  
**ORGANIZATIONS**

FACES & VOICES OF RECOVERY

ABOUT

WHAT WE DO

NEWS & EVENTS

RESOURCES

ARCO

GET INVOLVED

FACES &  
VOICES  
OF RECOVERY

DONATE

## Shaping the Future of Recovery

"It is time that we who have harvested the fruits of recovery pay it forward with our time, our talents, and yes, our financial contributions." William L. White

DONATE TODAY