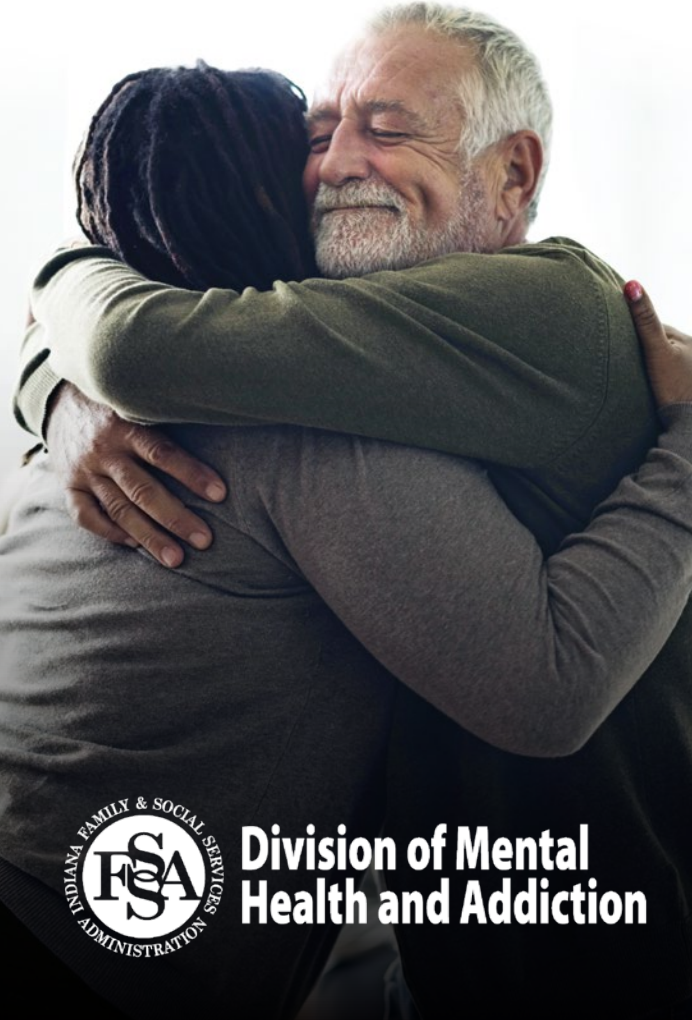


RECOVERY SUPPORT WORKGROUP

Our mission is to recommend and promote identified needed supports and resources for individuals in wellness and recovery from mental health and substance use disorders across Indiana.



Division of Mental Health and Addiction

Recovery support services engage and support individuals in treatment and provide a range of ongoing services and supports following treatment to help individuals maintain long-term recovery. Behavioral health programs and recovery community organizations provide recovery support services. They are often delivered by trained case managers, recovery coaches and peer support workers.

The Substance Abuse and Mental Health Services Administration identifies four main dimensions that support recovery: Health, home, purpose and community. Recovery supports help individuals fulfill these domains and can include employment support, housing assistance, transportation and peer support, among others.

OUR PROCESS

1. RSW subgroups (state-wide stakeholders and people with direct lived experience) meet monthly to make data-informed recommendations around policy, collection of data, funding or legislation that address gaps in recovery supports for Hoosiers.
2. Subgroups and stakeholders then report out quarterly to the whole RSW team for recommendations and input.
3. RSW reviews and prioritizes recommendations and reports to the Mental Health and Addiction Planning and Advisory Council and the DMHA director, after which recommendations get dispersed accordingly to the state agency, funder or policymaker as necessary.

PURPOSE OF THE RECOVERY SUPPORTS WORKGROUP*

- » To break down silos within systems and in the continuum of recovery, which includes identifying other state agencies or community groups that are conducting the same or similar needs, assessments or activities, and to coordinate and communicate these efforts to individuals, providers and local community agencies across the state.
- » Identify existing gaps and needs in the system, as well as those supports, and services requested by individuals in recovery; identify strategies and recommend/advise DMHA (and any other applicable state agency) for funding/implementation.
- » Identify resources to assist and impact with social determinants of health and ensure they are communicated and connected with individuals in recovery.
- » To expand and improve recovery supports across Indiana.

**The collective member input from 2020 member survey*



State of Indiana

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THE RECOVERY SUPPORT WORKGROUP IS DRIVEN BY SAMHSA'S DIMENSIONS OF RECOVERY

Health. Managing one's disease, supporting physical and emotional wellness.

Home. Having a stable and safe place to live.

Purpose. Conducting meaningful life activities.

Community. Having relationships and social networks.

SAMHSA'S DIMENSIONS OF WELLNESS

Social

Occupational

Financial

Environmental

Physical

Intellectual

Spiritual

Emotional

OUR PRIORITIES (RECOVERY SUPPORT WORKGROUP SUBGROUPS)

There are currently seven subgroups formed by the Recovery Support Workgroup. The first five are consumer-identified gaps or barriers to recovery support and treatment and can change based upon the annual consumer survey. All fall under SAMHSA's Dimensions of Recovery.

Consumer-identified subgroups:

Personal support networks. These include support from persons such as families and friends and places which are welcoming.

Peer support services. Peer support for both consumers and families includes support and self-help groups, and others with similar experiences, such as recovery fellowships.

Hobbies and interests. Create flexible funding streams targeted to payment for community-based classes (such as quilting, pottery or woodworking) or membership in gyms, YMCA and similar groups.

Prevention and wellness. Expand and improve access to Indiana agencies providing supports for medical and dental care.

Safe and affordable housing. Consumers report securing safe housing and access to related supports a priority. However, in some cases, affordable housing does not equal safe housing.

Necessary subgroups added:

Employment supports. Employment is intrinsically essential. Employment supports should be provided liberally, without limitation due to diagnosis and provided as often as needed without restrictive timeframes (particularly in the areas of long-term "follow along" services).

Data analysis. Data from the Management Performance Hub, DARMHA and the Indiana Recovery Council informs and assists in driving recovery-focused outcomes for priority areas and subsequent recommendations of each of the other subgroups.