

## Supporting recovery in community

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### Background

Recovery is a *process* of change, based on hope, through which people improve their health and wellness, live self-directed lives, and strive to reach their full potential. The four major dimensions that support recovery are health, home, purpose, and community. Every person's recovery is unique and there is no wrong path to recovery. Recovery Support Services (RSS), including peers/recovery coaches, remove barriers to recovery as well as support the recovery process.

### Recovery in community

With legislative support, Washington is removing the gap in recovery support services by utilizing block grant funding. Recovery support is now available to individuals recovering from any substance use issue. Community recovery support partners have expanded services from only opiate use disorder to any substance use disorder and stimulant use disorder.

The community partners provide the recovery support services available in their recovery community organization and many will also provide services provided by other agencies. Individuals direct their own recovery path. Services funded include Oxford Housing, peer support, mutual support groups, recovery residences, transportation, basic needs, accountability groups, education and employment services, emotional support, information and referral, and mentoring.

### State Opioid Response

SAMHSA's State Opioid Response III (SOR III) grant addressed the opioid crisis by increasing medication-assisted-treatment, reducing opiate overdose related deaths through prevention, treatment, and recovery activities for opioid use disorder (OUD) and stimulant misuse. In September 2022, Washington state was awarded the State Opioid Response Grant III by SAMHSA to continue the work of the previous SOR grants.

To support the full continuum of care in Washington State, \$3,531,212 of the awarded grant

will support recovery for individuals with OUD or stimulant misuse. Grant funds are contracted with seven community-based organizations, Peer Washington, Everett Recovery Café, Clark County, Comprehensive Healthcare, Spokane Recovery Café, Skagit County, and Okanogan Behavioral Healthcare. Organizations employ Recovery Care Managers who assist individuals in recovery planning and removing recovery barriers.

### Community support

All community partners provide and connect every SOR III recovery participant to a support group specific to individuals with an OUD and/or stimulant misuse. A mutual support group is made up of individuals with similar challenges and history. The group is affirming and offers community wherein members can connect to others, resources, discuss challenges, and support each other regardless of their recovery paths.

Each community organization provides, or partners with other organizations, to provide the recovery support services available in their community. Individuals direct their own recovery path, with assistance from their Recovery Care Manager. Some of the supports funded through SOR III include Oxford housing, recovery residences, peer support, mutual support groups, transportation, basic needs, education and employment services, emotional support, information and referral, and mentoring.

### Partners

More than 4,300 providers collaborate(d) with Washington State to support recovery. Integral to the success of the recovery support program, and more importantly the individuals supported with recovery support funding, are the commitment and support of community partners. Supporting individuals in community reduces isolation, encourages attachment, decreases homelessness, increases rate of employment, and provides stability.

### Support for community-based recovery

Meaningful support begins with the fact that each person is important. Every individual has a story and recovery path that must be valued and

validated. Community-based recovery organizations are currently supporting substance use disorder individuals from all recovery paths.

Continuing to support individuals recovering from substance use disorder through community is an essential part of a recovery-oriented system of care. As Washington endeavors to support people, and their loved ones, who are struggling with substance use disorders, it is critical that we use a comprehensive, compassionate, and effective approach.

## Program outcomes

For 2022 through 2023, Recovery in Community Program served 4071 individuals, spending approximately \$3000 per individual.

State Opioid Response II (Recovery Support Services) served 583 individuals, spending approximately \$5000 per individual.

## Budget

For Federal Fiscal Year 2022-2023:

- Substance Abuse Block Grant Funds:  
\$3,387,150.00
- State Opioid Response III (Recovery Support Services) funds \$3,531,212

## More information

Contact: Kira Schneider, MPH, CPC  
Substance Use Disorder Recovery Supports  
program manager  
[Kira.Schneider@hca.wa.gov](mailto:Kira.Schneider@hca.wa.gov)