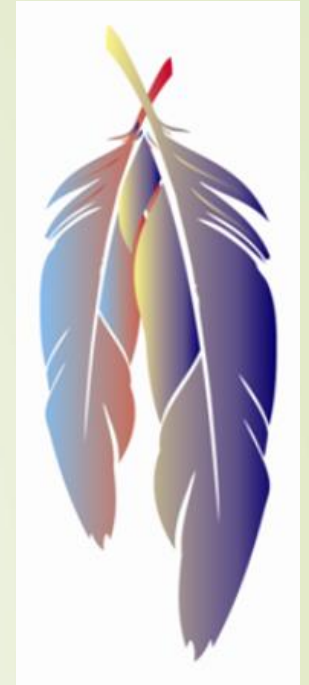
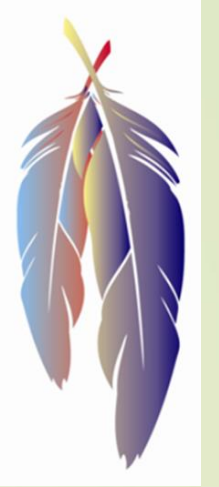


# Transitional Recovery & Culture Project (TRAC)

Key Elements of  
Peer to Peer Recovery Support

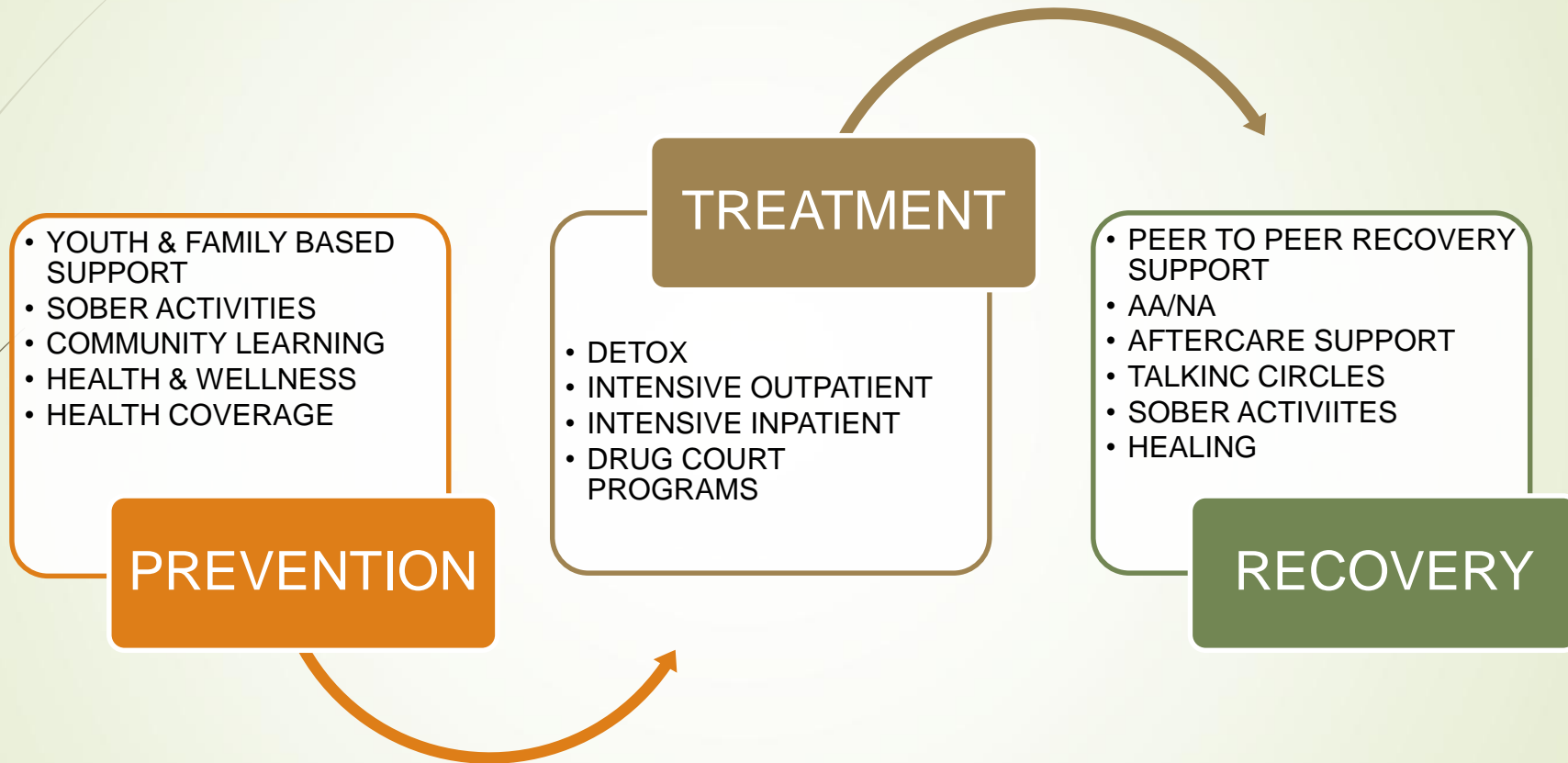


# Background



- Funded through a 3 year grant from SAMHSA (Substance Abuse & Mental Health Services Administration) - Sept. 2013 thru Sept. 2016.
- Pilot Project of the Rocky Mountain Tribal Leaders Council
- Project is meant to foster community readiness for recovery support and provide a safe forum for those in recovery to learn about leadership, culture, self care and resiliency.
- Outcome is increased rates of sobriety; increase in community readiness for recovery support; better quality of life for those in recovery.

# Cohesive Community Approach




# What is Peer to Peer Recovery Support?

- A member of the community who is strong in their own recovery (Peer Mentor) serves as a mentor to a peer who is new to their own recovery journey (Peer).
- Peer mentors provide general recovery support and draw upon the strength and values of Native culture to do so.
- Peer mentors help peers via referrals to community resources (housing, education, wellness, employment, culture).
- Peer mentors focus on the strengths of the individual and foster leadership.
- Peer mentors help peers incorporate recovery values and strategies into their everyday lives.






# Peers

- Native Americans in Recovery or ready for Recovery
  - Adults
  - Veterans
  - Substance Abuse
  - Mental Health Issues (Co-occurring)
  - Chronic Diseases &/or Chronic Pain
  - Unhealthy coping skills from stress, trauma, poverty
  - Good People Bad Choices
  - In over their heads
- 



# Peer Mentors:

- ▶ LIVED EXPERIENCE
  - ▶ WELL VERSED IN COMMUNITY RESOURCES
  - ▶ REFLECTION OF COMMUNITY
  - ▶ ROLE MODEL
  - ▶ STRONG REFERRALS - CONNECT THE DOTS
  - ▶ INFORM LEADERSHIP & POLICY
  - ▶ EMPOWERING
  - ▶ NON-JUDGEMENTAL
  - ▶ HOPEFUL ACTIVE IN ONGOING HEALTH EDUCATION & TRAINING
  - ▶ TRIBAL BEST PRACTICES
  - ▶ SPIRITUALITY
- 

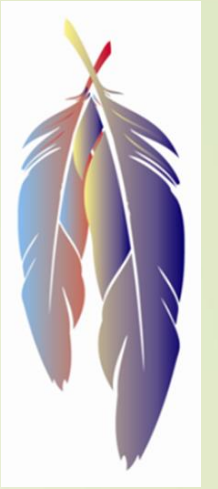
# Training

- TRAUMA INFORMED (ACE, HISTORICAL TRAUMA)
- CORE COMPETENCIES
- ETHICS & CONFIDENTIALITY
- SELF CARE & BOUNDARIES
- HOW ADDICTION & RECOVERY AFFECTS THE BRAIN – UNDERSTANDING RELAPSE
- PARENTING CLASSES
- FAS/FAE AWARENESS
- MT PEER NETWORK
- BEHAVIORAL HEALTH
- HEALING & WELLNESS
- DEALING WITH STIGMA & STEREOTYPES



Peer Recovery Support services include:

- One on One Peer Mentorship
- Group Sessions
- Holistic Wellness Plans
- Culture Based Support
- Any positive effort or activity to help a Peer in Recovery
- Field Trips
- Advocacy
- Sober Activities
- Recovery Month Events
- Volunteer Opportunities





# Cost

- It costs approx. \$1,000 for (1) Peer Mentor to serve (1) peer for 6 months
- 67 hours at \$15.00/hour = 8 – 10 hours per month per peer
- Varies depending on needs of peer
- For 5 Peer Mentor to serve 100 peers = \$50,000
- Annual Mileage for 5 Peer Mentors at 200 miles/per month = \$6,210 (at least)
- Staff = \$80,000 (2 FTE) (Supervision, Referrals, Data Entry, Reporting)
- Training = \$10,000
- Sober Activities = \$3,000 - \$5,000
- Average Annual total budget - \$150,000 - \$250,000 or more

## How to pay for this?

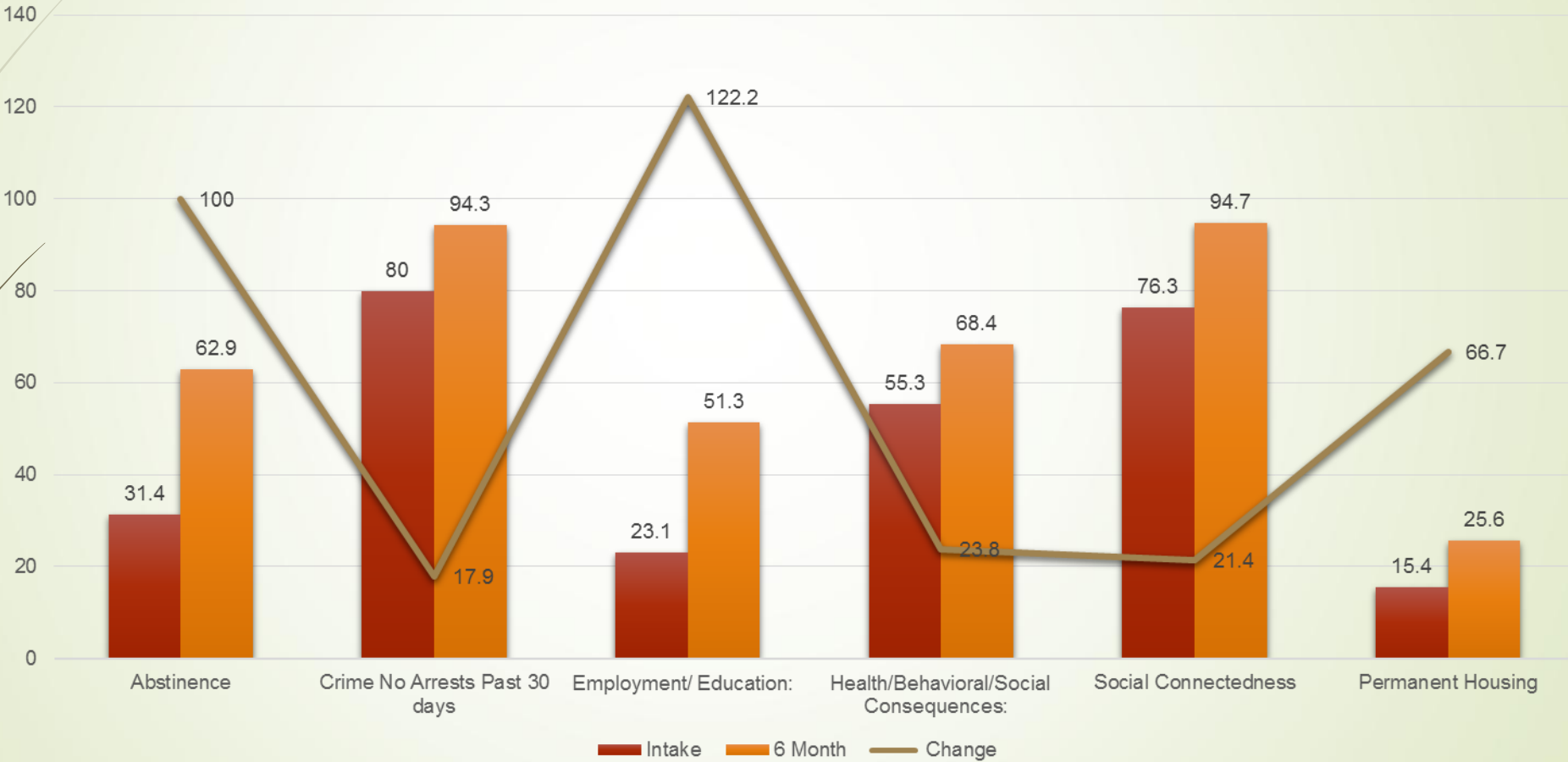
- Grants
- Contracts
- 3<sup>rd</sup> Party Billing
  - MT does not have Peer Specialist Reimbursement Code
- On average, the cost to provide peer recovery support services is \$1,904.00 per Peer.

# Other Key Elements

- Peer Advisory Council
- Welcoming & Easily Accessible Environment
- Community Involvement
- Arts & Creativity
- Patience
- Healthcare Access & Enrollment
- Transforming to a Healing Language
- Peer Mentors are part of the Team!
- Recovery is Possible
- There are Many Paths to Recovery

# GPR Data Outcomes

6-Month GPR Measures & Rate of Change (n=40)





# For more information contact:

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