

# Lobby

Please introduce yourself in the chat and share any personal connection you can make between recovery and/or prevention.

*“My recovery is about wellness. Prevention is about wellness.”*



Pacific Southwest (HHS Region 9)

PTTC

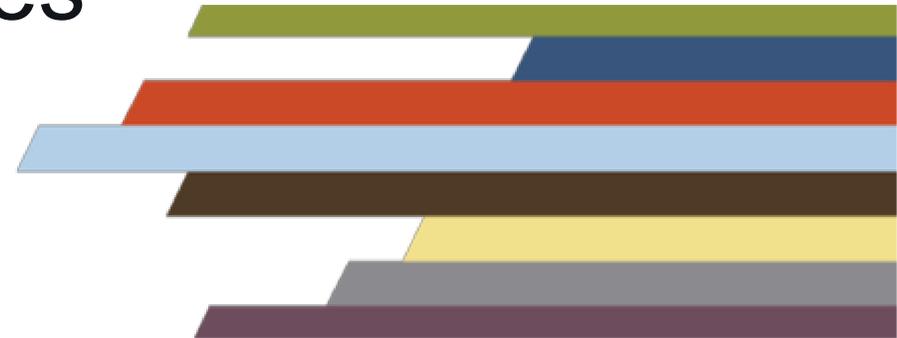
Prevention Technology Transfer Center Network

Funded by Substance Abuse and Mental Health Services Administration



# Intersection Between Substance Misuse Prevention and Recovery Approaches

*Sandra Del Sesto M.Ed, ACPS*



# Disclaimer

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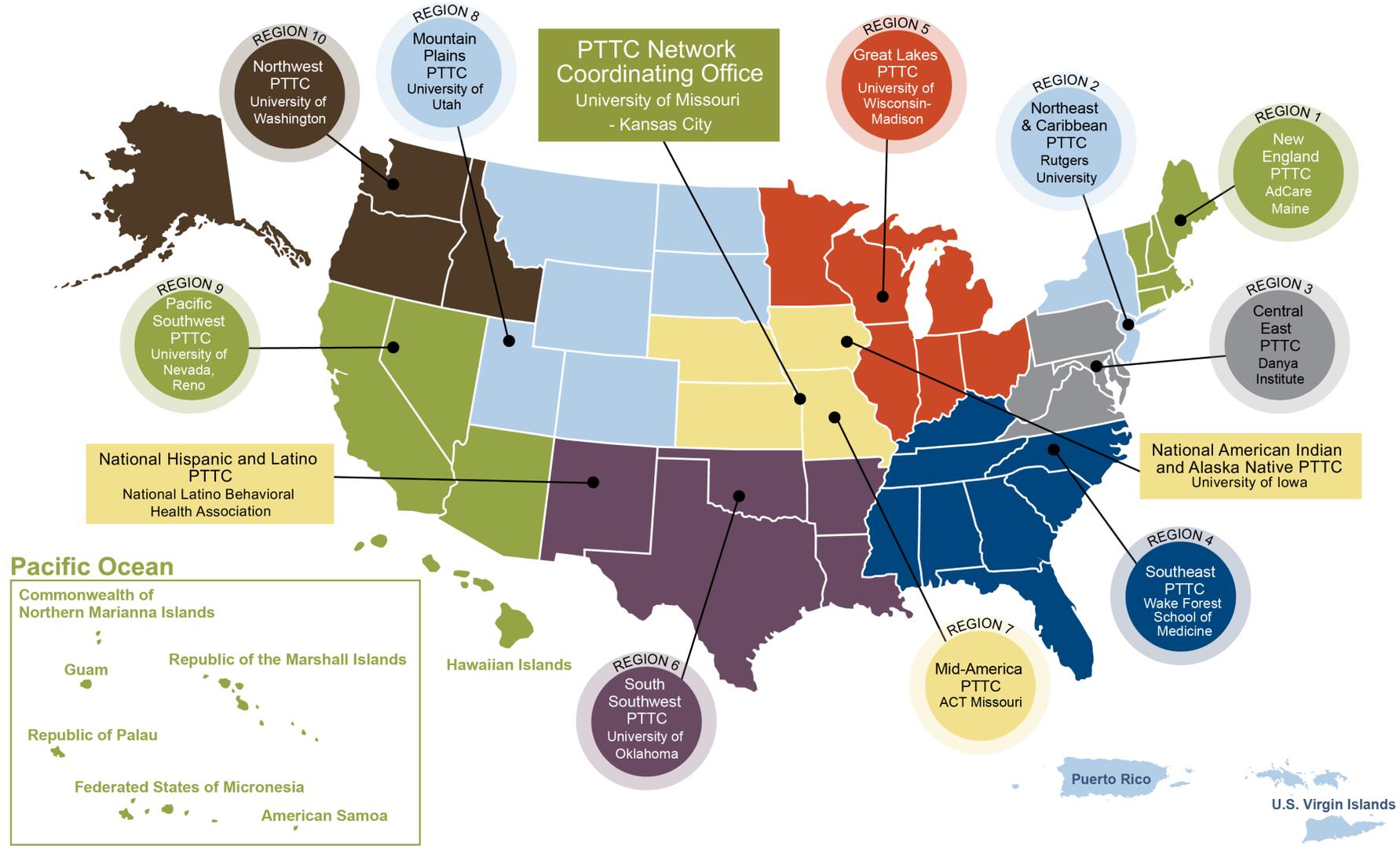
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**PTTC**

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**PTTC Network**



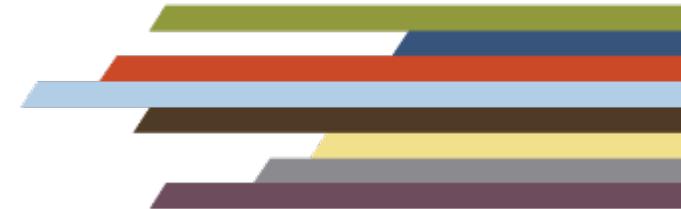
# Purpose of the TTCs

1

Develop and strengthen the **workforces** that provide substance use disorder and mental health disorder prevention, treatment, and recovery support services.

2

Help people and organizations incorporate **effective practices** into substance use and mental health disorder prevention, treatment and recovery services.



# PTTC Network Approach

## ***The PTTCs...***

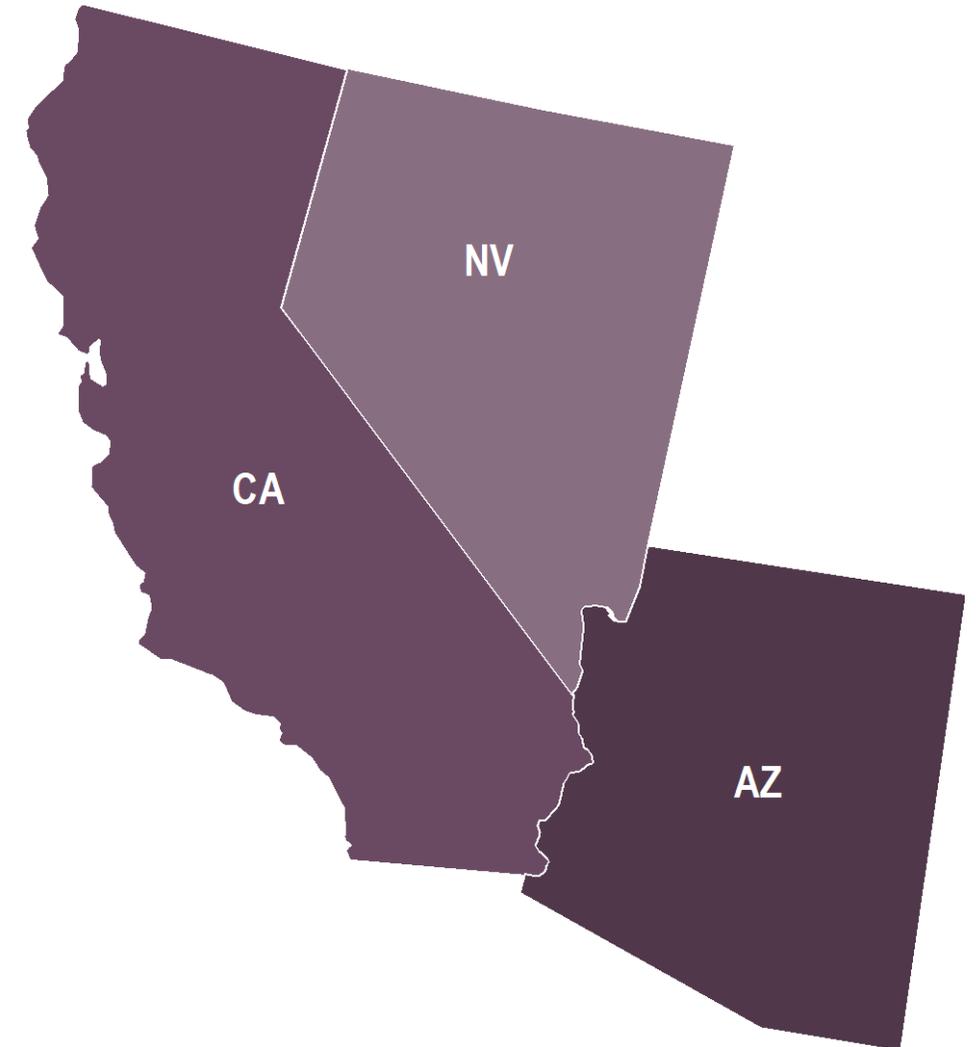
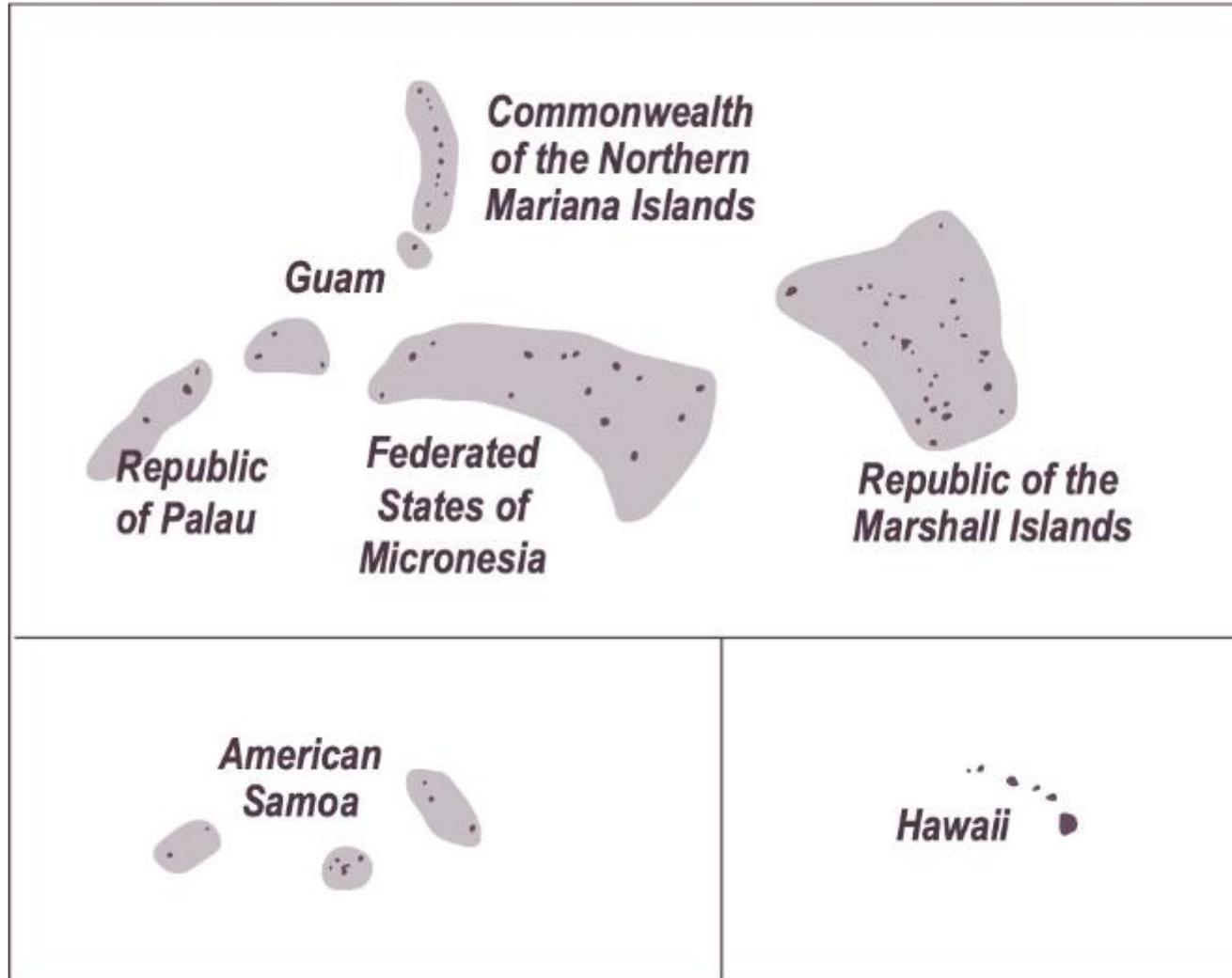
Develop and disseminate tools and strategies needed to improve the quality of substance abuse prevention efforts

Provide training and resources to prevention professionals to improve their understanding of

- prevention science,
- how to use epidemiological data to guide prevention planning, and
- selection and implementation of evidence-based and promising prevention practices.

Develop tools and resources to engage the next generation of prevention professionals

# Pacific Southwest





## Land acknowledgement

We acknowledge that the University of Nevada, Reno is situated on the traditional homelands of the Numu (Northern Paiute), Wašiw (Washoe), Newe (Western Shoshone), Nuwu (Southern Paiute) peoples. These lands continue to be a gathering place for Indigenous Peoples and we recognize their deep connections to these places. We extend our appreciation for the opportunity to live and learn on their territory.

# Housekeeping

- Technology assistance email  
Karen at [ktotten@casat.org](mailto:ktotten@casat.org)
- Webinar recording
- Certificates of attendance



# Mark your Calendars!\*

## **The Collaboration Continuum: Connecting Across Fields to Prevent Suicide and Substance Misuse**

September 15

*Please visit [pspttc.org](https://pspttc.org) for registration and more information!*

\*all times 3:00 Pacific, unless otherwise noted.



# Intersection Between Substance Misuse Prevention and Recovery Approaches

Sandra Del Sesto. M.Ed, ACPS

# Introductions

- Who we are
- Where we work or volunteer
- How long we have been in our field
- Our understanding of prevention and recovery



# Our roadmap

- Learning objectives
- Beginning the conversation
- Definitions of terms
- Focus on prevention
- Focus on recovery
- Making the application
- Areas of collaboration
- Personal action planning
- Closing

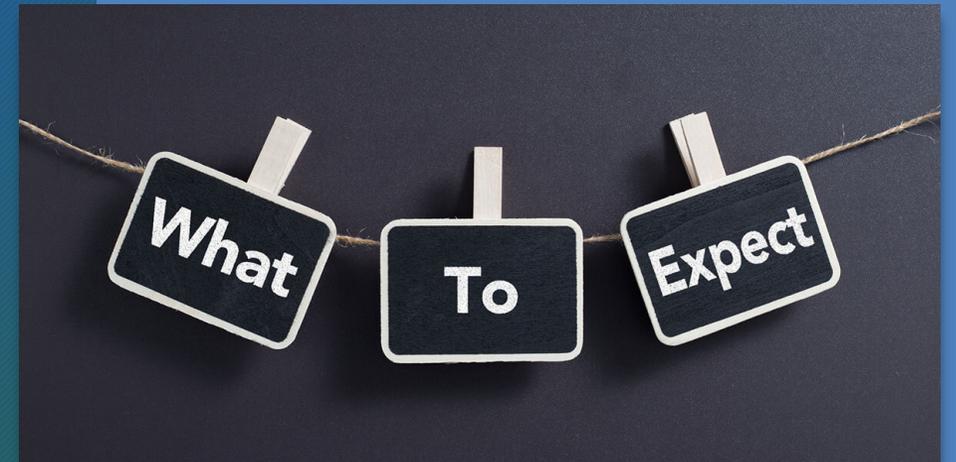
# Learning objectives

By the end of this training, participants will be able to describe:

- Common terms used in prevention and recovery
- The intersections between prevention and recovery approaches
- A more holistic approach to the continuum of care
- Specific ways in which prevention and recovery practitioners can better support one another

# Expectations for learning

- What are your expectations for this training?
- What do you hope to learn?



# Activity 1: Framing the Discussion



- **Prevention**

- In the chat box, write words or phrases that describe prevention.

- **Recovery**

- Repeat the above exercise for recovery.

- **Group Discussion:**

- Identify the similarities and differences between the two lists.

# Exploring concepts

BREAKOUT  
SESSION

- **Prevention**

- What are we preventing?
- What is the goal/focus of prevention?
- In what environment(s) does prevention take place?
- What models/frameworks are used?

- **Recovery**

- From what are we recovering?
- What is the goal/focus of recovery?
- In what environment(s) does recovery happen?
- What models/frameworks are used?

# Framing our discussion: Things to remember



- Prevention and recovery share common goals.
- Prevention and recovery have distinct sets of services, funded through separate sources.
- Collaboration and coordination of activities should focus on common goals but cannot include blended or shared SAMHSA funding.

Our language



WORDS  
HAVE  
POWER

# First, let's talk about

Stigma is

- Labeling
- Negative
- Blaming



# Stigma results in discrimination

- Withholding help
- Avoidance
- Segregation
- Coercion



# Words are important



If you want to care for something  
you call it a “flower.”

If you want to kill something,  
you call it a “weed.”

Don Coylis

# To reduce stigma, we can start with the words we use...

SAY THIS	NOT THAT
Substance Use Disorder Person with a substance use disorder, person experiencing a drug/alcohol problem	Addiction Addict, substance abuser, alcoholic, junkie
Misuse, harmful use, problem use	Abuse
Substance use disorder	Habit or drug habit
Person who misuses alcohol/drugs	User
Person in long term recovery	Reformed addict, former addict, recovering addict
Recurrence Abstinent, not using	Relapse Clean

# Non-stigmatizing language norms

- Use “person first” language.
- Frame the conversation as a health issue.
- Emphasize that a SUD is a treatable disease.
- Use examples of people who are in long-term recovery.
- Discuss the fact that people can and do change. Share hope!

Let's take  
a moment

To address some key concepts



# POLL: Behavioral health terms



Explore which terms are more and less familiar to you:

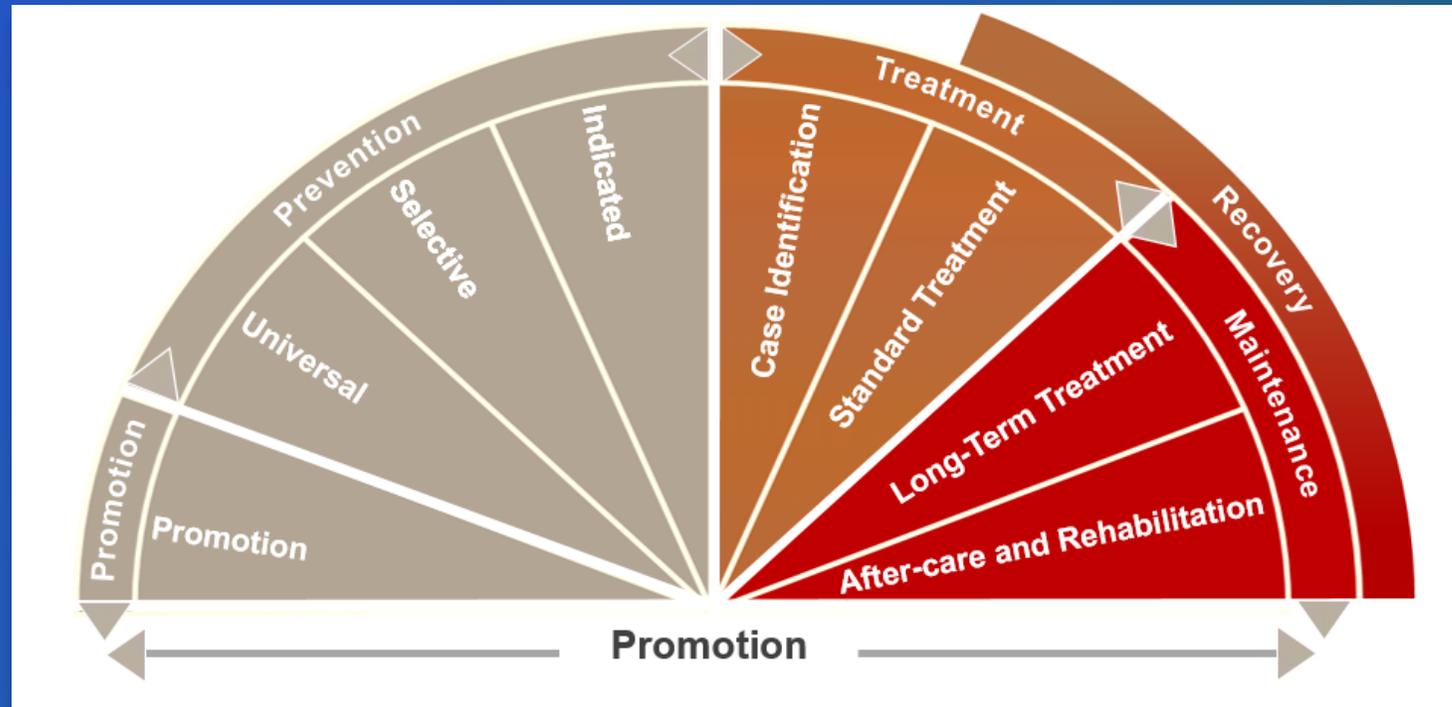
- Behavioral Health
- **The Continuum of Care**
- Health Promotion
- Prevention
- Treatment
- Engagement
- Recovery Capital



# Behavioral Health

Behavioral health  
can be considered a  
*state of*  
*mental/emotional*  
*being and/or*  
choices and actions  
*that affect*  
wellness.<sup>1</sup>





# A continuum of care model

# Health promotion

Health promotion is the process of enabling people to increase control over, and to improve, their health.

It moves beyond a focus on individual behavior towards a wide range of social and environmental interventions.<sup>3</sup>

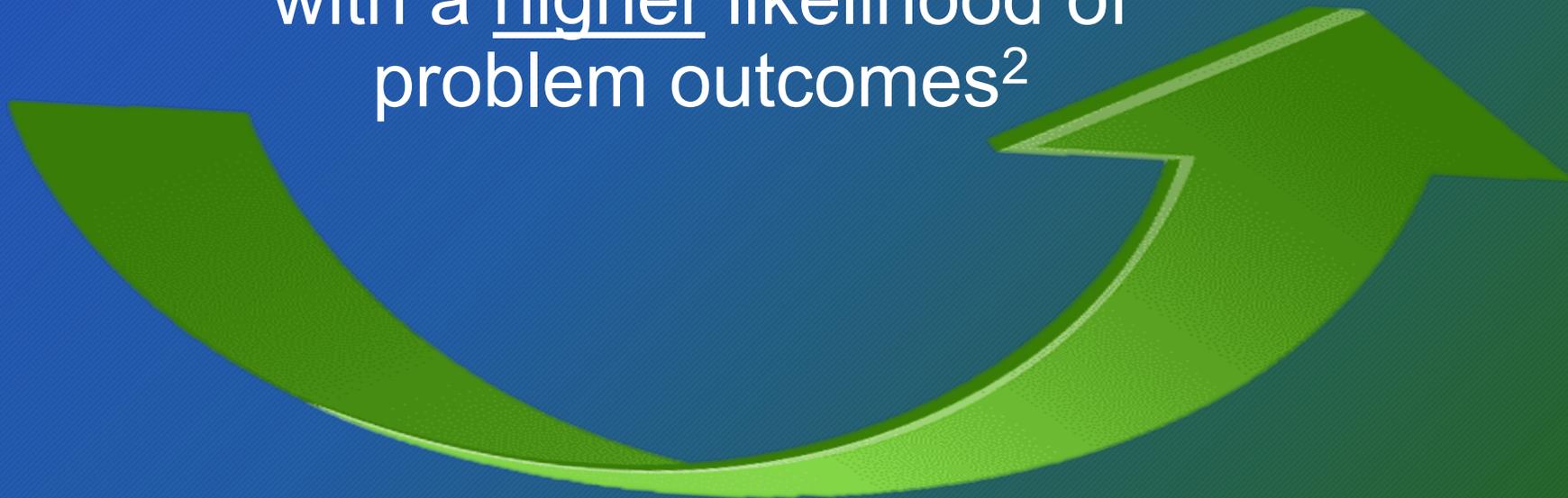


# Prevention

- Interventions that occur prior to the onset of a disorder and are intended to reduce the risk of the disorder
- Promotes emotional health and wellness, prevents or delays the onset of and complications from substance misuse disorders and mental illness, and identifies and responds to emerging behavioral health issues
- Creates conditions and fosters attitudes that promote well-being<sup>4</sup>

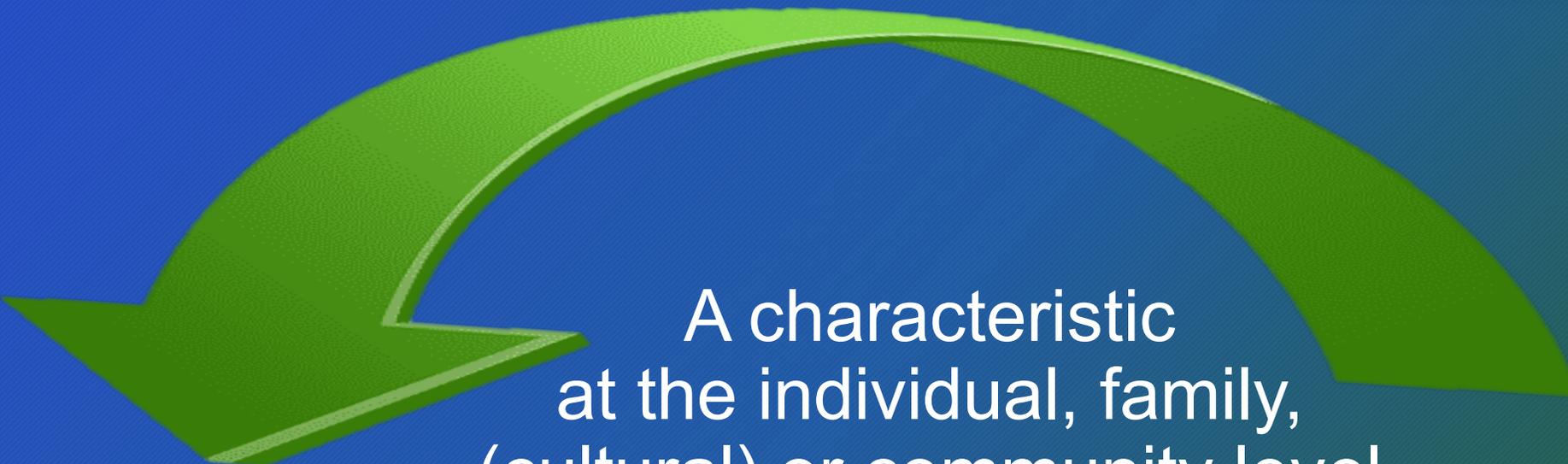
# RISK factor

A characteristic at the biological, psychological, family, community, or cultural level that precedes and is associated with a higher likelihood of problem outcomes<sup>2</sup>



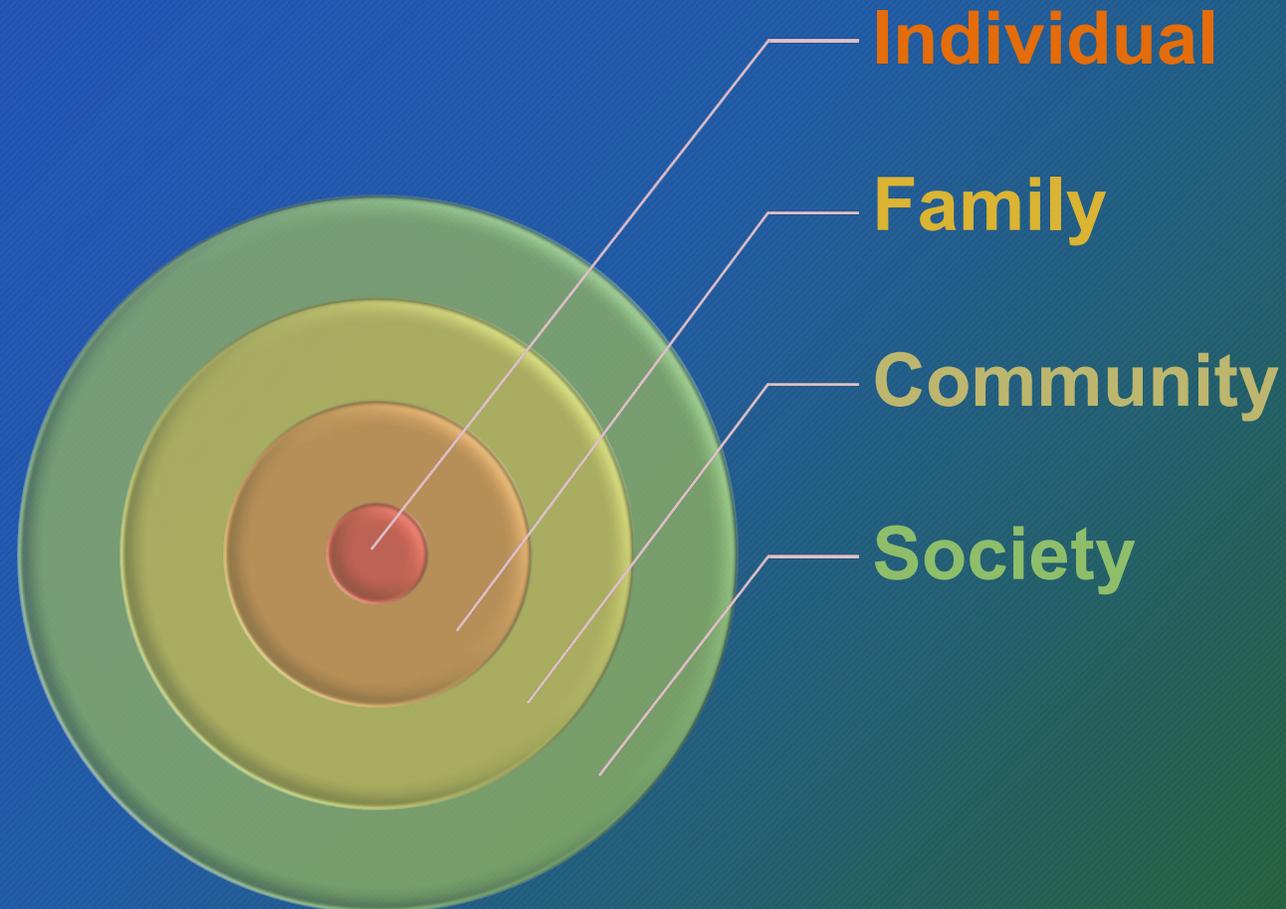
# PROTECTIVE factor

BREAKOUT  
SESSION



A characteristic  
at the individual, family,  
(cultural) or community level  
that is associated with a lower  
likelihood of problem outcomes<sup>2</sup>

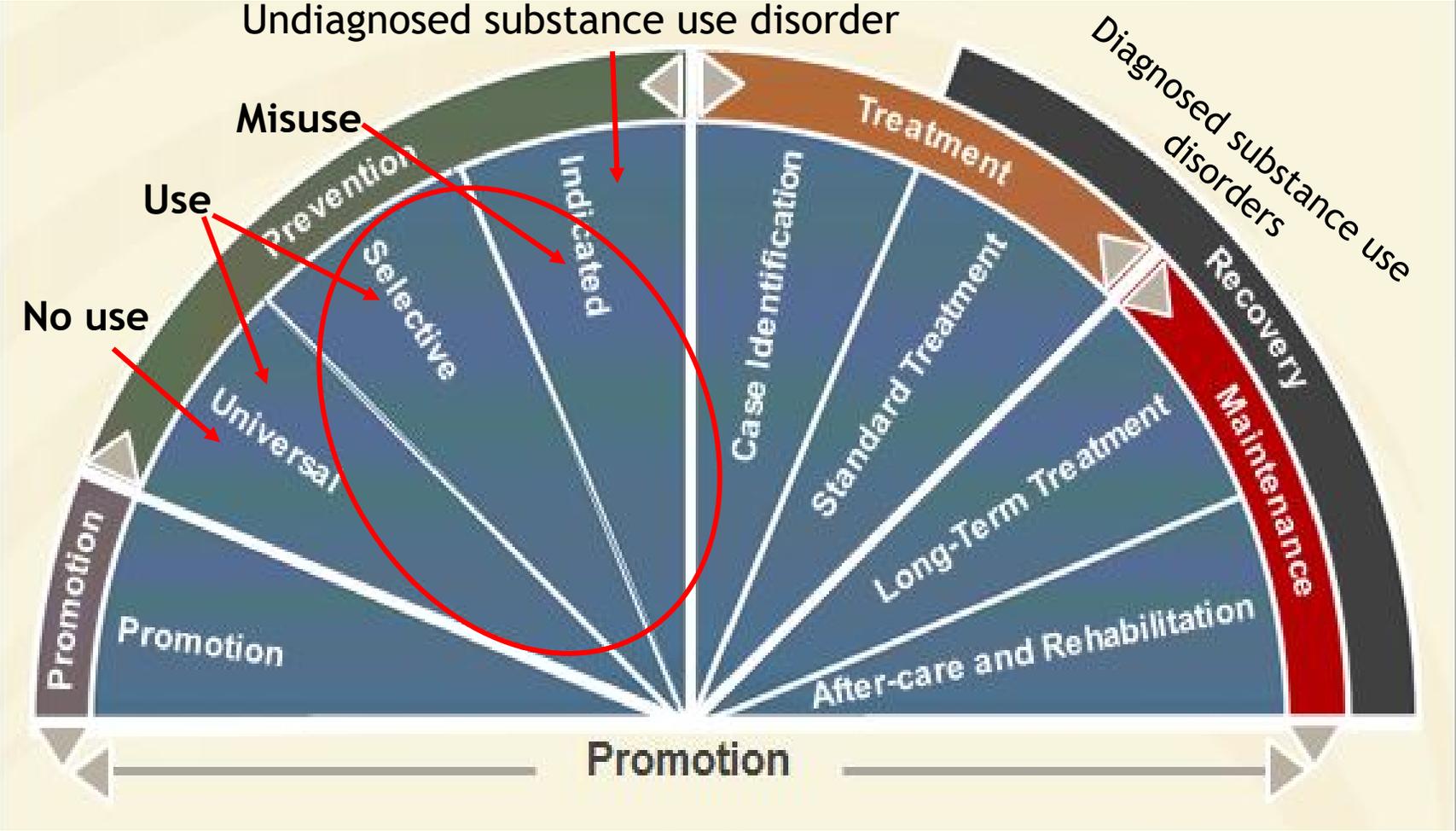
# Multiple Contexts / Domains<sup>2</sup>



# A wellness model: Resiliency

Resiliency is the strength individuals and communities attain by reducing risk factors and increasing protective factors.<sup>5</sup>

# Continuum of Care



# Recovery

“A process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential.”<sup>5</sup>



# The prevention dynamic



## A health management model of recovery

“Recovery is the ongoing experience [of] actively managing continued vulnerabilities to such problems...”<sup>6</sup>

William White



# Recovery

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Is wellness<sup>5</sup>

---

Is contagious<sup>5</sup>

---

Differs from person to person

---

Almost always involves connectedness

---

Requires choice

# POLL: Unassisted recovery

What percentage of people with a diagnosable substance use disorder get well without treatment or mutual aid?

- 10%
- 25%
- 40%
- 60%
- 75%

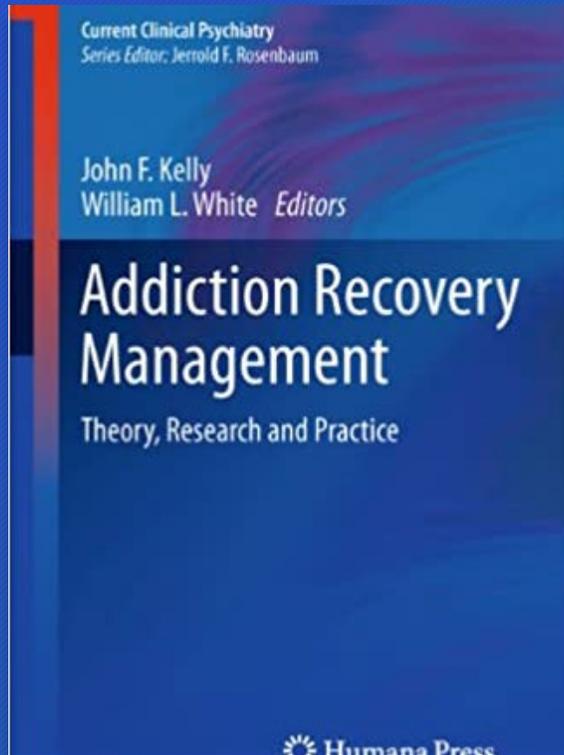


# Understanding recovery: Points to keep in mind

- 60% of those who meet the criteria for a substance use disorder resolve that disorder without treatment or mutual aid<sup>8</sup> (This does not mean doing it alone.).
- Exposure to the most acute 10% (i.e., those in treatment programs) can limit our understanding of recovery.<sup>9</sup>



# Principles of Recovery Management<sup>11</sup>



- Emphasis on resilience and recovery processes
- Recognition of multiple long-term pathways and styles of recovery
- Empowerment of individuals and families
- Highly individualized and culturally nuanced services
- Heightened collaboration with diverse communities of recovery
- Commitment to best practices

# What is recovery capital?

The internal and external assets required to prevent problems and initiate and sustain long-term recovery.<sup>12</sup>



Types of recovery  
capital<sup>12,13</sup>

Family

Community

Personal

## Recovery capital in your area

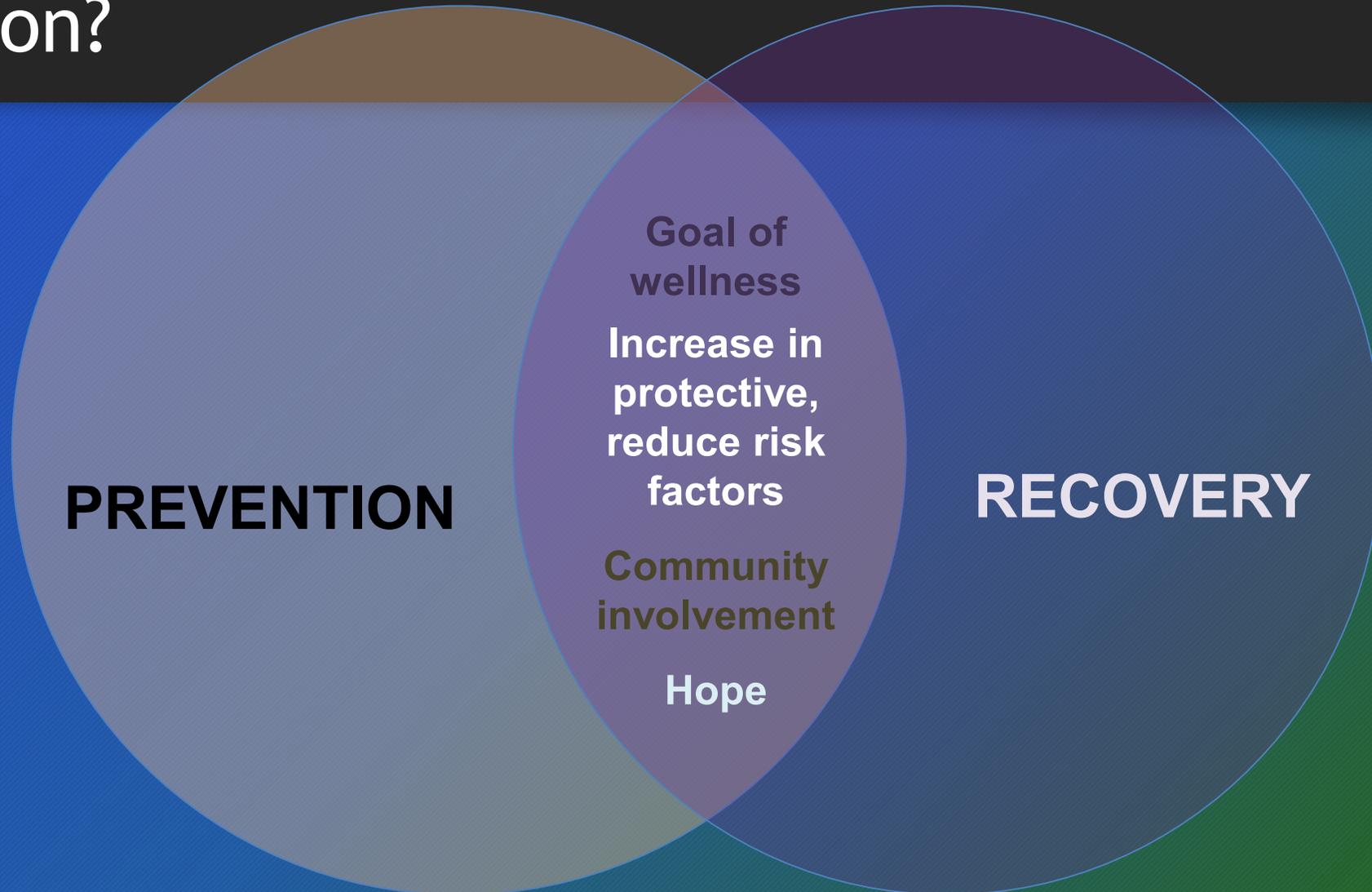
In the chat box, give examples of personal, family and community recovery capital related to the misuse of prescription drugs.



# One size does not fit all: recovering populations

- Indicated populations
- Recovering populations that have not engaged in treatment
- Recovering populations that have engaged in treatment
- Recovering populations from different cultural groups
- Early recovering populations
- Long-term recovering populations

# What do prevention and recovery have in common?



## Distinguishing PREVENTION from recovery

- Comes prior to the diagnosis of a disorder
- Interventions designed to mitigate risk factors and enhance protective factors. Can include:
  - ✓ Education-based programs
  - ✓ Policy
  - ✓ Enforcement
  - ✓ Communication and public education
  - ✓ School and community bonding activities



## Distinguishing prevention from RECOVERY

- Support services begin when a person has committed to his/her recovery
- "Recovery support" includes all services that support the individual in their recovery, such as:

✓ Child care

✓ Employment and housing services

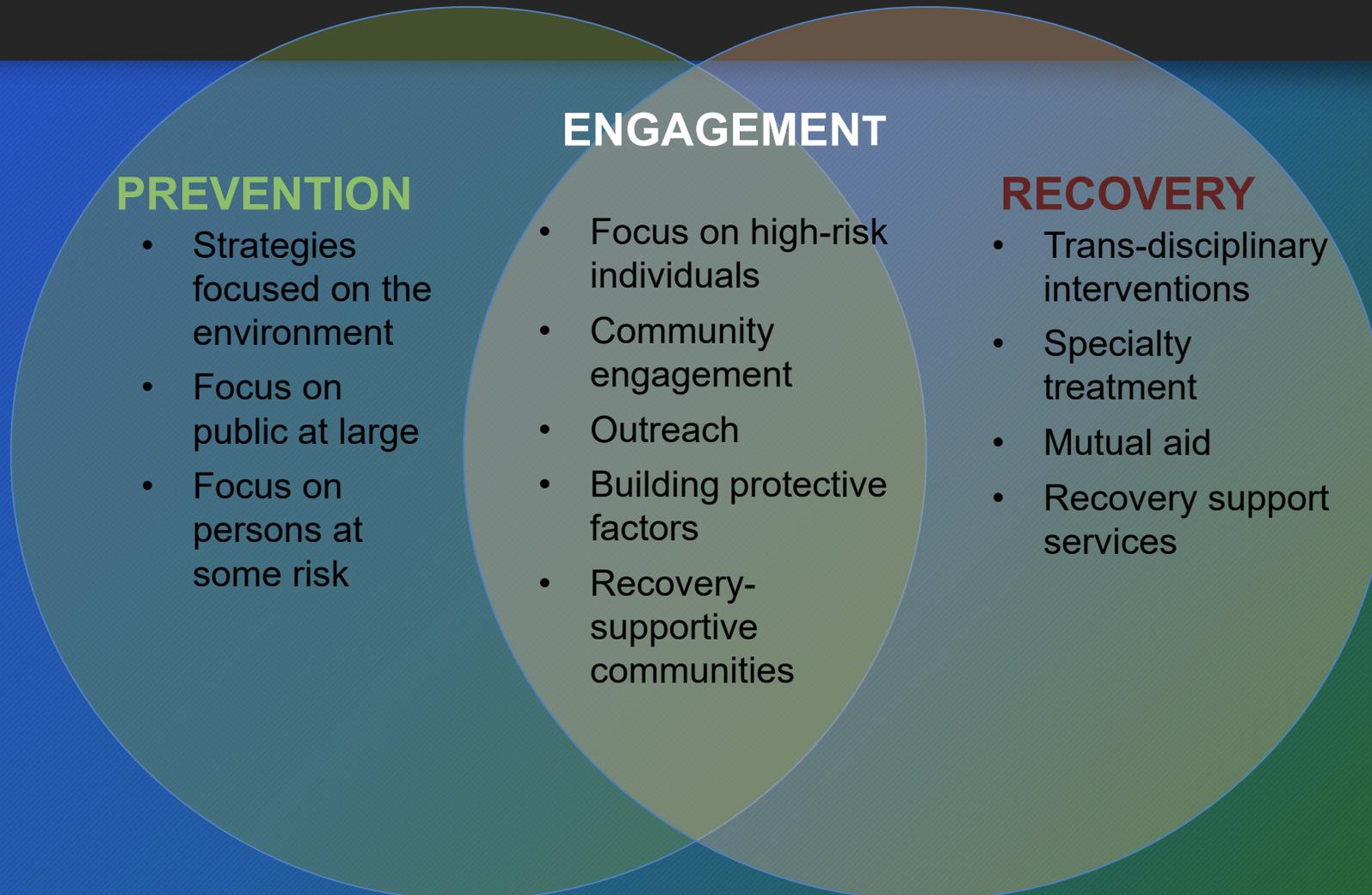
✓ Peer coaching and support groups

✓ Drug-free social activities

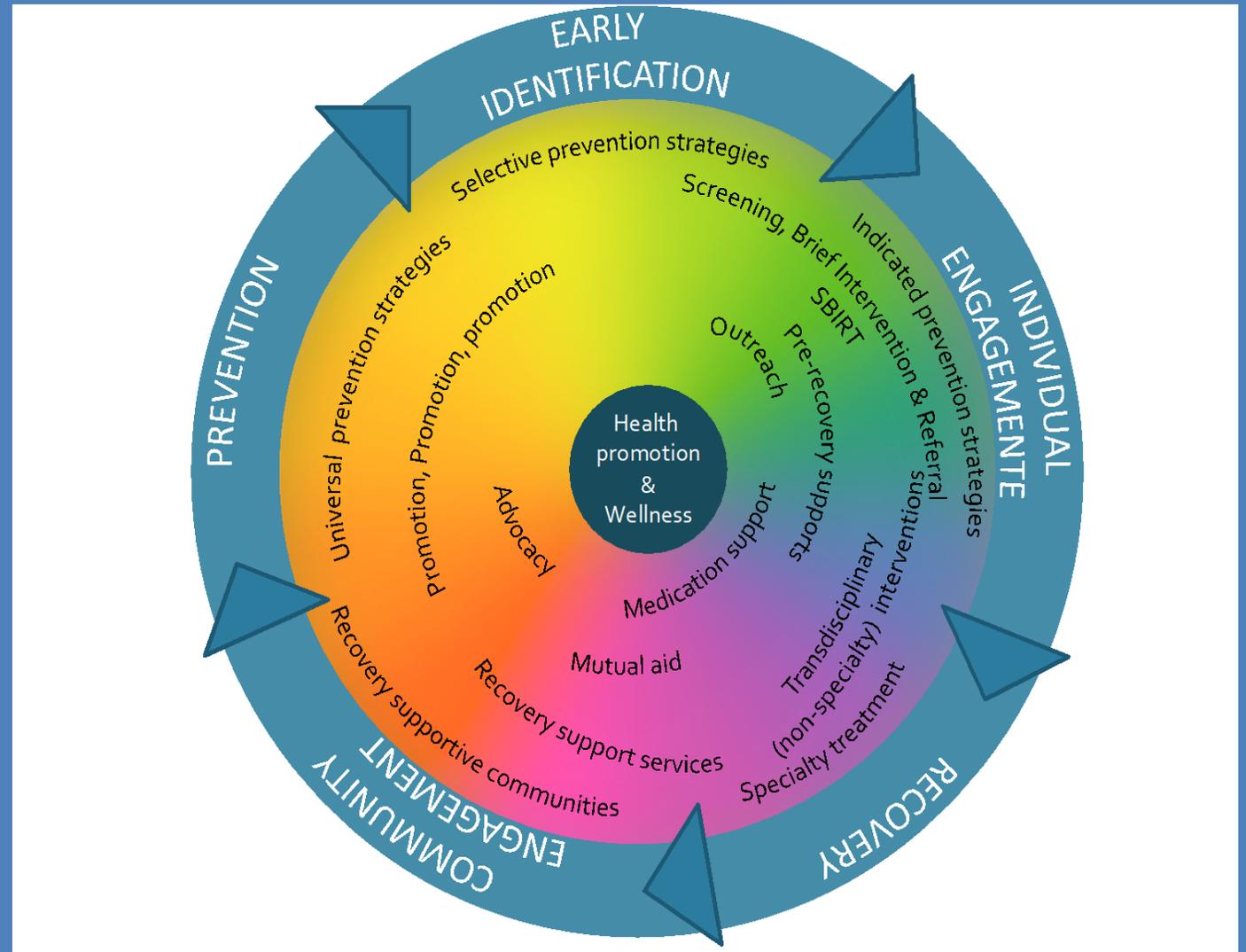
✓ Life skills, job skills and parenting skills training

✓ Advocacy for policies that support persons in recovery and healthy communities.<sup>16</sup>

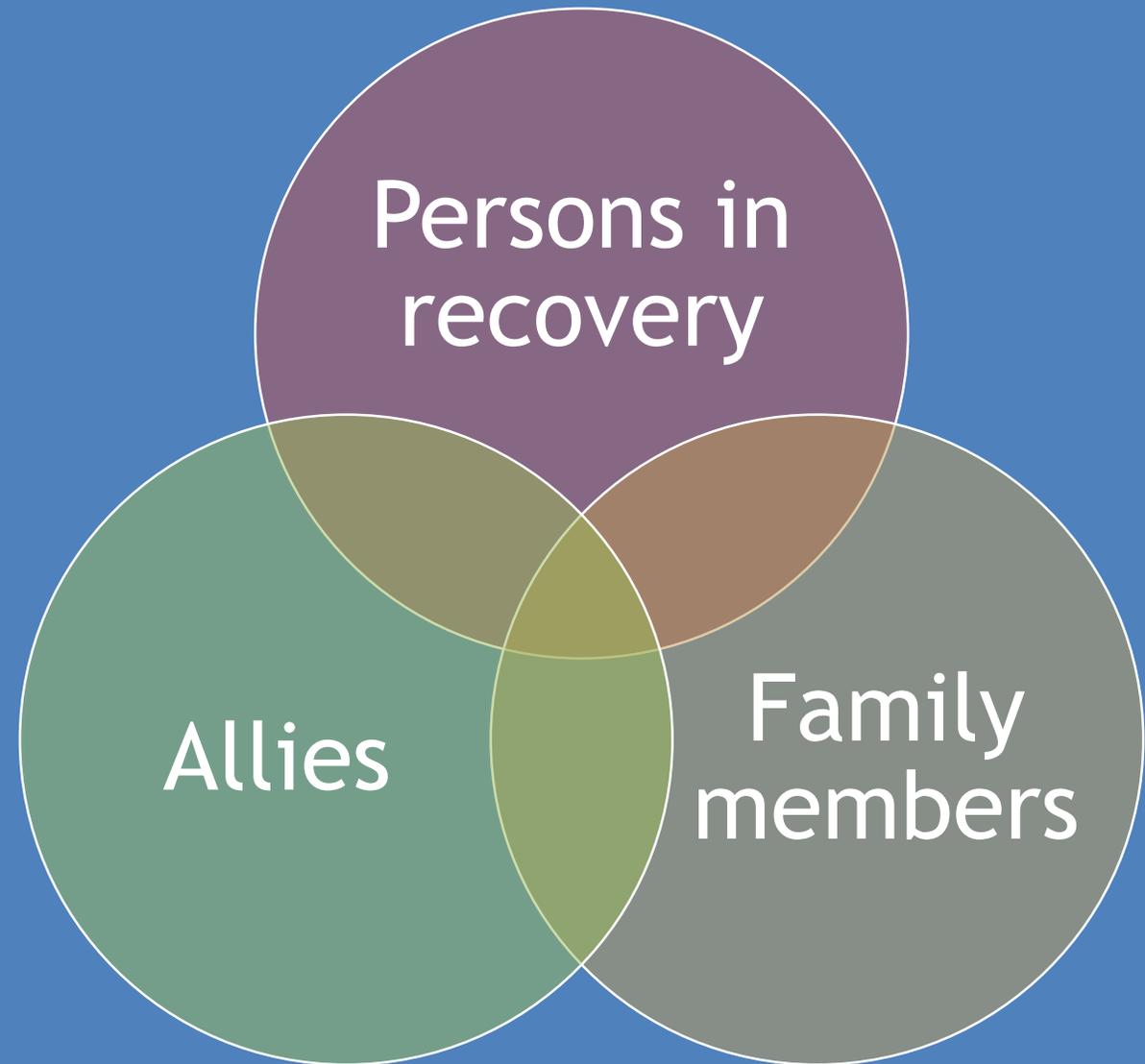
# Health promotion approaches



# The Continuum of Care re-imagined

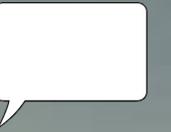


Who  
comprises the  
recovery  
communities?



Getting closer:  
*Community engagement*

A prevention-  
prepared community  
is a  
recovery-supportive  
community  
is a  
healthy community.



**BREAKOUT  
SESSION**



**Activity: Opportunities for collaboration**

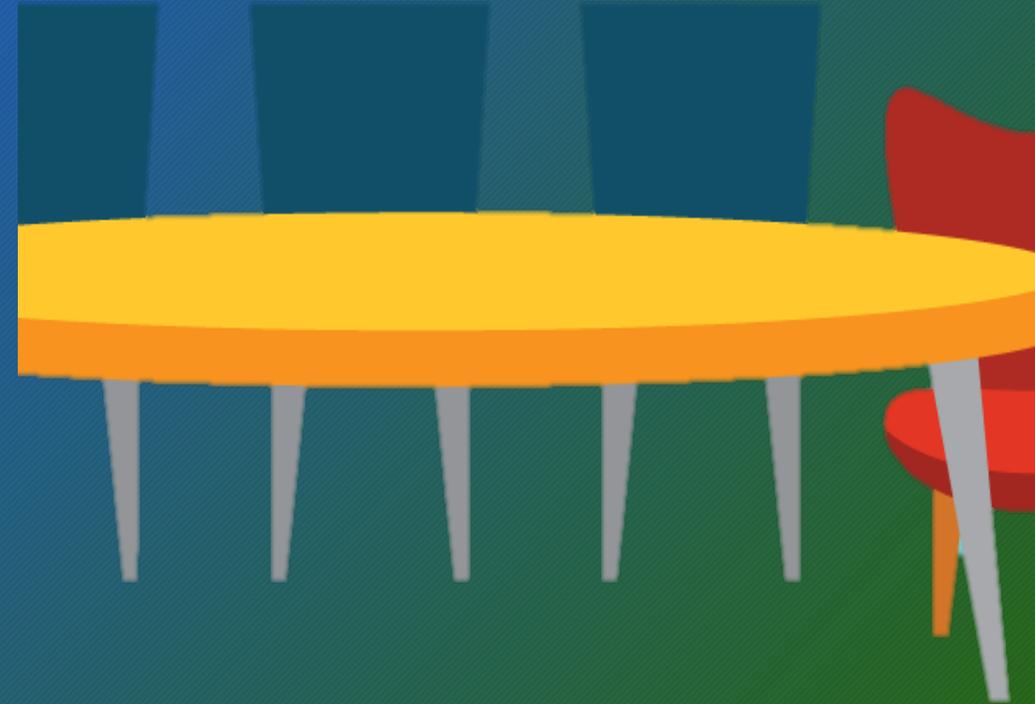
# Examples of collaboration opportunities

- Involve people in recovery, family members and allies in prevention activities and coalitions (“Nothing about us without us!”)
- Offer parenting and life skills programs in recovery settings
- Support recovery high schools and recovery college dorms
- Provide peer education programs
- Host substance free activities jointly
- Advocate for policies that affect health in communities
- Create social media messages supporting recovery and recovery resources
- Educate the public about prevention, recovery and substance use disorders
- Build recovery capital/protective factors at the community level
- Co-plan and share volunteers for events.

# Community versus communities?

“The phrase ‘recovery community’ suggests something monolithic, while the phrase ‘recovery communities’ more accurately reflects the great diversity - including adolescents, the elderly, race/ethnicity, roads to recovery - that characterizes those seeking and finding recovery, all of whom need to:

- be at the table,
- stay at the table, and
- respect the rights of others to be at the table.”



## Activity: Personal Action plan

- Set one or two goals for how you will apply what you learned in this training.
- Try to make these SMART goals:
  - Specific
  - Measurable
  - Achievable
  - Relevant
  - Time-bound



Worksheet: Personal Action Plan

By the end of this training, participants will be able to describe:

- Common terms used in prevention and recovery
- Intersections between prevention and recovery approaches
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- Specific ways prevention and recovery practitioners can better support one another

## Review of learning objectives

Questions?

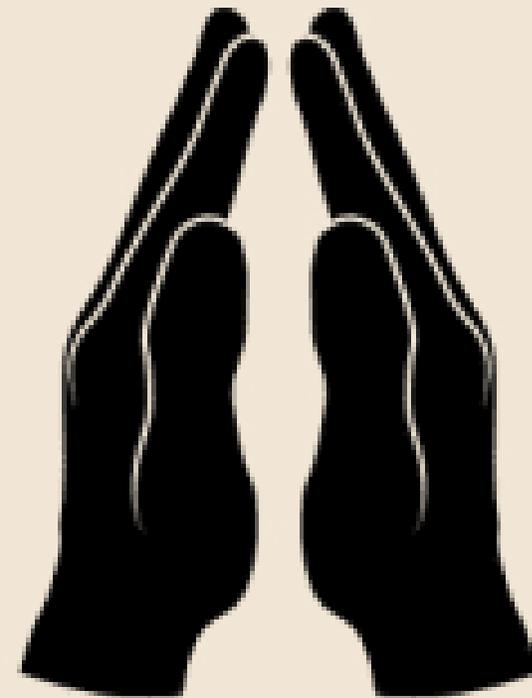


**Sandra Del Sesto**

Email: [sandrapdeslsesto@gmail.org](mailto:sandrapdeslsesto@gmail.org)

If you have  
other  
questions or  
comments,  
please don't  
hesitate to  
contact me.

THANK YOU!



NAMASTE

# References

- <sup>1</sup> Substance Abuse and Mental Health Services Administration (SAMHSA). (2011). *Leading change: A plan for SAMHSA's role and actions 2011–2014* (HHS Publication No. (SMA) 11-4629). Rockville, MD: Author.
- <sup>2</sup> National Research Council & Institute of Medicine. (2009). In M.E. O'Connell, T. Boat, & K.E. Warner (Eds.), *Preventing Mental, Emotional, and Behavioral Disorders Among Young People: Progress and Possibilities*. Washington, DC: The National Academies Press.
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- <sup>4</sup> SAMHSA, *Leading Change 2.0: Advancing the Behavioral Health of the Nation 2015-2018*. HHS Publication No. (PEP) 14-LEADCHANGE2. Rockville, MD: Substance Abuse and Mental Health Services Administration, 2014.
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- <sup>7</sup> *Outreach Competencies: Minimum Standards for Conducting Street Outreach for Hard-to-Reach Populations*. [www.attcnetwork.org/regcenters/productDocs/2/2009%20updated%20Outreach%20Compentencies.pdf](http://www.attcnetwork.org/regcenters/productDocs/2/2009%20updated%20Outreach%20Compentencies.pdf)

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- <sup>12</sup>White, W.L., & Cloud, W. (2008). Recovery capital: A primer for additions professionals. *Counselor*, 9(5), 22-27.
- <sup>13</sup>Cloud, W., & Granfield, R. (2004). A life course perspective on existing addiction: The relevance of recovery capital in treatment. *NAD Publication (Nordic Council for Alcohol and Drug Research)* 44, 185-202.

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- <sup>14</sup> Sheedy C. K., & Whitter M. (2009). *Guiding Principles and Elements of Recovery-Oriented Systems of Care: What Do We Know From the Research?* (HHS Publication No. SMA) 09-4439). Rockville, MD: Center for Substance Abuse Treatment, SAMHSA.
- <sup>15</sup> Faces and Voice of Recovery. (2012). *Recovery Community Organization Toolkit*. Retrieved February 15, 2016: [www.facesandvoicesofrecovery.org/sites/default/files/resources/7.13.15%20FINAL%20Recovery%20Community%20Organization%20Toolkit.pdf](http://www.facesandvoicesofrecovery.org/sites/default/files/resources/7.13.15%20FINAL%20Recovery%20Community%20Organization%20Toolkit.pdf)
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# Post-Webinar Feedback

Please click on the link in the chat to complete a very brief online feedback form!

*Thank you!*



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# Thank You!

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