

Recovery LIVE!

Increasing Access to Treatment and Recovery Support Services in Rural Areas

Moderated by: Steven Samra, BRSS TACS Deputy Director

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Bringing Recovery Supports to Scale

Technical Assistance Center Strategy

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Housekeeping Items

- Phone lines are muted. Please participate using the “Questions and Comments” box.
- You can post questions at any time during the presentation.
- The session is scheduled for 60 minutes and is being recorded. We will send all registrants a link to the recording that captures today’s chat.

Presenters

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Executive Director, Montana's Peer Network

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Change Specialist, Change Matrix

Rural and Frontier

- Rural areas are far from population centers and hospitals.
- Specially designated frontier areas are extreme examples of distance, low population density, and lack of services.
- In some cases, there is a statewide shortage of care providers.
- Funding reimbursements for treatment and recovery services may be higher to accommodate for travel.



Using Technology

- Technology provides cost effective ways to connect.
- Options vary: Some areas have better cellular coverage, others have better Internet service.
- The best approach: Combine in-person interaction with staying in touch via technology.

Outreach to New Audiences

- Let's find new audiences with whom we can share people's recovery stories.
- Audiences can communicate the value of treatment and recovery services to other people they know. Spread the word!



Expand Communication Options

- Project ECHO (Extension for Community Healthcare Outcomes) links teams of expert specialists with primary care teams and patients in local areas.



- Through ECHO Care, the specialists and primary care teams consult with one another and provide integrated care.

Peer Support in New Mexico

- New Mexico trains and certifies peer recovery support specialists with lived experience who are assigned to work in rural areas.
- Peers provide one-on-one educational mentoring, support, and community outreach.
- Peers receive AmeriCorps stipends as community health workers.
- Career path: Community college course credit pathway for prior training toward certification as drug/alcohol counselor

Automated and Interactive Text Messages

- An automated texting platform helps to
 - reinforce intensive outpatient guidance post-discharge; and
 - offer motivational messages to reinforce goals set during physician and counselor visits.
- Trained certified peer support workers monitor interactive texts and alerts.
- Most participants own or have access to cell phones but may need help paying for service.



Engage Families

- Engage families early and often
- Family life is central to Native American cultures.
- Individuals who receive residential treatment may find it difficult to reacclimate to life in their local communities. Families can help.
- Families also need support to cope with their experiences.

Engage Many Stakeholders and Sectors

- Law enforcement and courts
- Social services and child welfare
- Mental health, substance use, and primary healthcare providers
- Fight discrimination and shame!
 - In small towns, it's hard to achieve anonymity and privacy.

Online Recovery Support Groups

- Help people find and select compatible online support groups
- Provide community with others anytime and anywhere



- Can include online AA/NA meetings, addiction/recovery discussion forums, Twitter chats, Facebook groups

Discussion



For Further Reading

Rural Behavioral Health: Telehealth Challenges and Opportunities

<https://store.samhsa.gov/system/files/sma16-4989.pdf>

Rural Prevention and Treatment of Substance Use Disorders Toolkit

<https://www.ruralhealthinfo.org/toolkits/substance-abuse>

Tailoring Crisis Response and Pre-arrest Diversion Models for Rural Communities

https://store.samhsa.gov/system/files/diversionruralcommunities_002.pdf

Providing Treatment and Recovery Support in Rural and Frontier Communities – May 2017 Television Broadcast

<https://www.recoverymonth.gov/road-to-recovery/media-series/may-2017-providing-treatment-recovery-support-rural-frontier>

For Further Reading

National Rural Health Association Policy Brief: Definition of Frontier

<https://www.ruralhealthweb.org/getattachment/Advocate/Policy-Documents/NRHAFrontierDefPolicyPaperFeb2016.pdf.aspx>

In the Rooms: 11 Benefits to Seeking Online Support in Recovery

<https://drugabuse.com/benefits-of-online-support-in-recovery/>

Project ECHO: A Revolution in Medical Education and Care Delivery

<https://echo.unm.edu>

Support Groups Central

<https://www.supportgroupscentral.com/>

Contact BRSS TACS

To learn more about BRSS TACS or to ask our presenters follow-up questions, please email recoverylive@c4innovates.com

To request technical assistance, please use the online request form at <https://www.samhsa.gov/brss-tacs/technical-assistance-form>

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