

# New Federal Efforts to Advance Recovery Across the Nation

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**U.S. Department of Health and Human Services**

National Alliance for Recovery Residences  
**October 10, 2023**



**SAMHSA**  
Substance Abuse and Mental Health  
Services Administration

- **57.8 million adults** (22.8% of the population) 18+ had any **mental illness**
  - **1 in 3** adults aged **18 to 25**
  - **1 in 4** adults **18+**
- **Overdose** remains a **leading cause** of injury-related deaths
  - More than **107,000** lives lost
- Approximately **one death by suicide every 11 minutes**
  - Leading cause of death for people aged 10 to 14
- Teenagers are experiencing high levels of sadness, anxiety, and substance misuse





# Federal Efforts to Address US Behavioral Health Needs

## HHS Overdose Prevention Strategy



<https://www.hhs.gov/overdose-prevention/>

## President Biden's Unity Agenda

- A National Certification Program for Peer Specialists
- Promote the mental well-being of our frontline health workforce



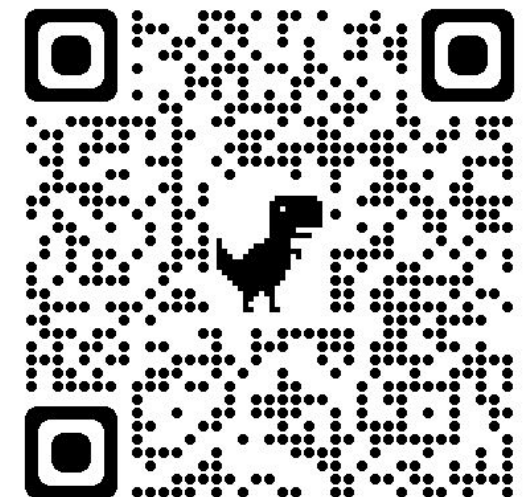
FACT SHEET: Addressing Addiction and the Overdose Epidemic

MARCH 01, 2022 • STATEMENTS AND RELEASES

<https://www.whitehouse.gov/wp-content/uploads/2022/04/National-Drug-Control-2022Strategy.pdf>

**SAMHSA**  
Substance Abuse and Mental Health  
Services Administration

# SAMHSA Priorities and Overarching Principles







**2 in 3 adults** who had a **mental health issue** considered themselves to be **in recovery** or **recovering**.

**7 in 10 adults** who had a **substance use problem** considered themselves to be **in recovery** or **recovering**.

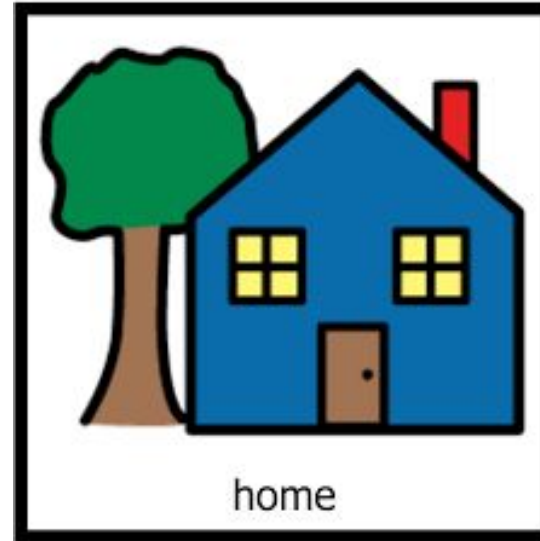
RECO  VERY

**SAMHSA's  
Working  
Definition of  
Recovery**

**A process of change through which individuals:**

- ✓ **Improve their health and wellness,**
- ✓ **Live self-directed lives, and**
- ✓ **Strive to reach their full potential**

# 4 Dimensions of Recovery





# Policy Changes Presenting New Opportunities

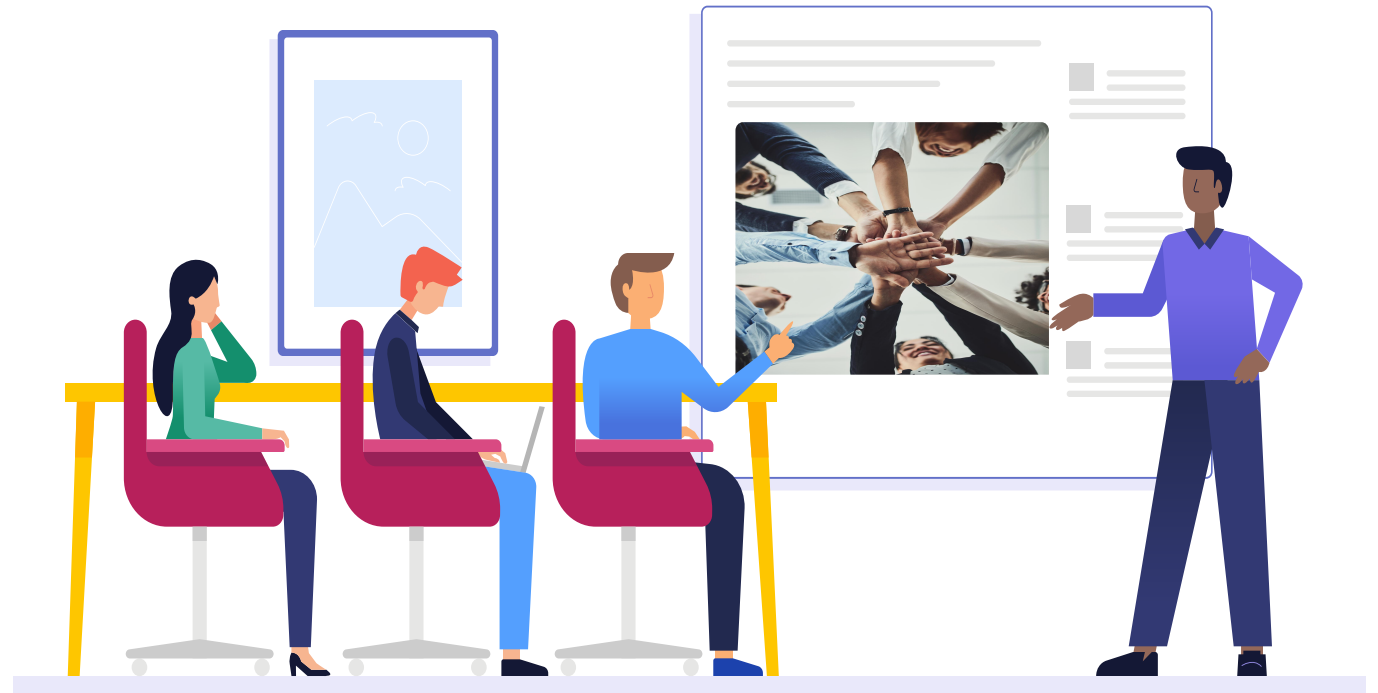
- Supported Block Grant Name Change – **Substance Use Prevention, Treatment and Recovery Support Block Grant.**
- **Grantees required** to account for and report how funds are used **to support recovery.**
- **Establishment of SAMHSA's Office of Recovery**





# SAMHSA's Office of Recovery

- **Building on SAMHSA's long history of supporting recovery**
- **Announced September 2021 – first-ever Federal office geared toward recovery from mental health and addictions**
- **Engaged in series of dialogues with recovery community leaders in allies to help identify the focus of the Office including National Recovery Summit**
- **Formalized in September 2022**



# **SAMHSA National Recovery Agenda**

## **Aim & Purpose**

### ***Advancing Recovery Across the Nation***

To forge partnerships to support all people, families and communities impacted by mental health and/or substance use conditions to

- pursue recovery,
- build resilience and
- achieve wellness.



# Operating Principles & Values

**Hope:** Recovery emerges from hope and is the catalyst of the recovery process.

**Person Driven:** Self-determination and self-direction are the foundations for recovery.

**Many Pathways:** Pathways are built on individual's unique needs and highly personalized.

**Holistic** – Recovery encompasses an individual's whole life including mind, body, spirit, and community.

**Peer Support:** Sharing of experiential knowledge and skills play an invaluable role in the process.

**Relational:** An important factor is the presence and involvement of people who believe in an individual's ability to recover

**Culture:** Culture and cultural background including values, traditions, and beliefs are key for a person's journey to recovery.

**Addresses Trauma:** Supports should be trauma-informed to foster safety and trust.

**Strengths and Responsibilities:** Individuals, families and communities have strengths and resources that serve as a foundation for recovery.

**Respect:** Community, systems and societal acceptance and appreciation including rights and eliminating discrimination are crucial in achieving recovery.

- **Accountability** – We take responsibility to follow through our personal commitments and to our stakeholders to deliver on the purpose of the Office of Recovery.
- **Empathy** – The team will strive to understand the experiences of others to ensure communication, promote equity and recognize the diverse needs of American's pathways to recovery and resilience.
- **Passion** – Our team's personal experience leads our commitment to do what we can to elevate recovery and resilience.
- **Teamwork** – We value the voice of our entire team and share ideas and responsibilities to promote recovery and resilience.
- **Innovation** – We encourage and support innovation that advances recovery and resilience across the Nation.

# SAMHSA National Recovery Agenda Goals

Inclusion

Equity

Peer Services

Social Determinants

Wellness



# Goal #1: Inclusion

*Nothing About Us  
Without Us*

To foster the meaningful involvement of an array of people with lived/living experience to improve behavioral health practice & policy and to foster the social inclusion of people with behavioral health conditions.







# Office of Recovery Events to Foster Inclusion & Knowledge

## Recently Convened

- Recovery Research Technical Expert Panel (TEP)
- Warm Lines TEP
- Peers & Psychiatrist Dialogue
- Digital Recovery Innovations TEP
- Family Caregiving TEP
- Region 5 Recovery Stakeholder Meeting
- Tribal Recovery Summit
- Criminal Justice Dialogue
- Collegiate Recovery Dialogue

## Still to Come

- Region 3 Recovery Stakeholder Meeting
- National Peer Workforce Summit
- Intersection of Housing First and Recovery Housing

# NATIONAL RECOVERY MONTH

HOPE IS REAL. RECOVERY IS REAL.



**SAMHSA**

Substance Abuse and Mental Health  
Services Administration



# **SAMHSA's National Recovery Month Walk**

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**September 7th 2:00 PM  
Eastern**

**Washington, DC**

**Union Station to the  
Ulysses S. Grant Memorial  
at the Capitol**





# MOBILIZE RECOVERY DAY OF SERVICE



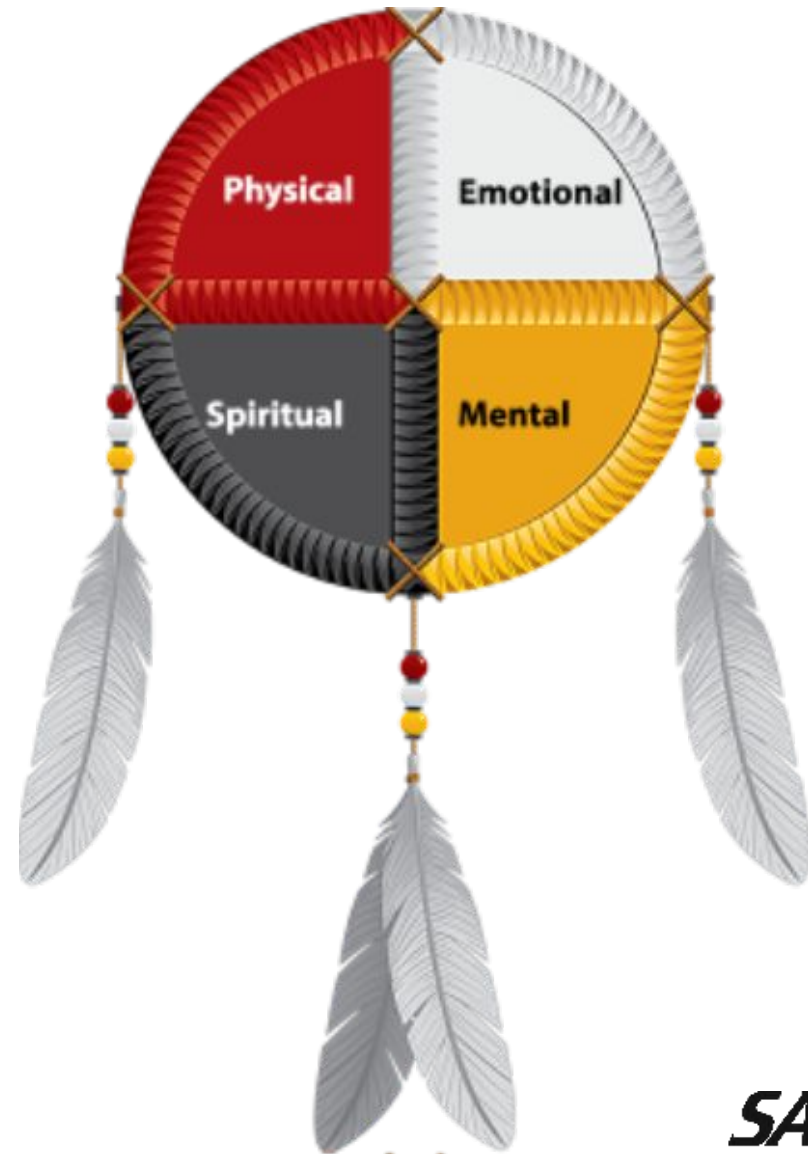
## **Goal #2: Equity**

*Recovery for All*

To increase equity and opportunities for recovery for underserved and under-resourced populations and communities including people of color, youth, older adults, women and girls, LGBTQI+, rural, veterans and people with disabilities.

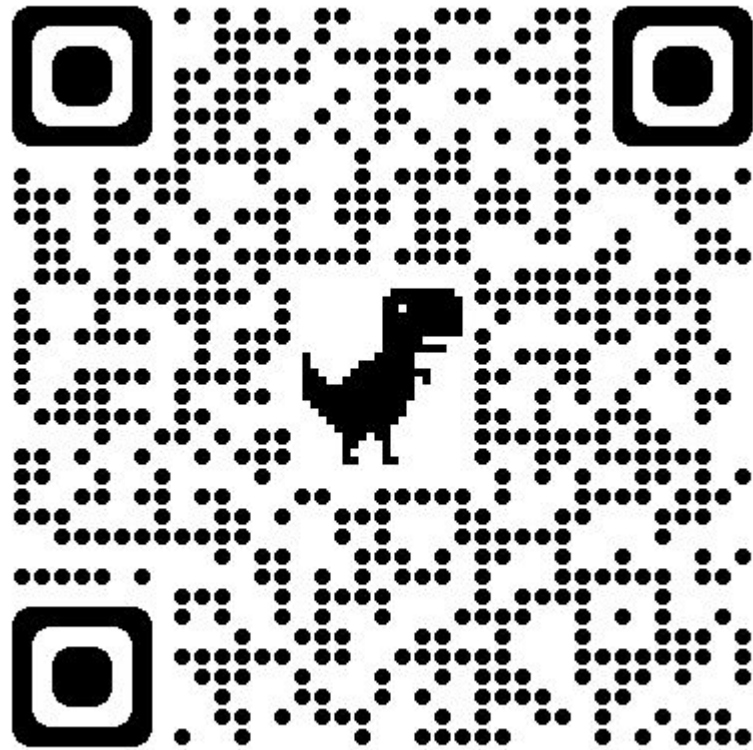


# Tribal Recovery Summit





# Equity in Recovery Infographic



## Recovery is POSSIBLE

**Behavioral Health Equity** is the right of all individuals, regardless of race, age, ethnicity, gender, disability, socioeconomic status, sexual orientation, or geographical location, to access high-quality and affordable healthcare services and support.<sup>1</sup>



**IN THE PAST YEAR...**

-  **NEARLY 1 IN 3** adults had a substance use disorder (SUD) or any mental illness (AMI).
-  **13.5%** of young adults ages 18 to 25 had an SUD **and** AMI.
-  The number of adults ages **18** or older with AMI **and** SUD was **HIGHER** among multiracial groups than others.

## Goal #3: Peer Services

### *Peers Helping Peers*

To expand peer-provided recovery support services within every community.



# Building Peer Provided Services

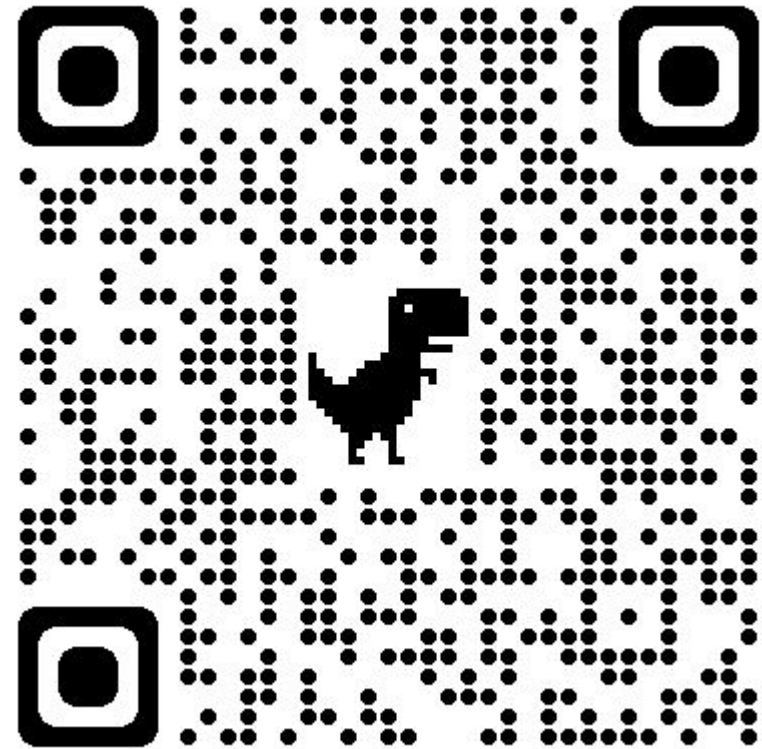
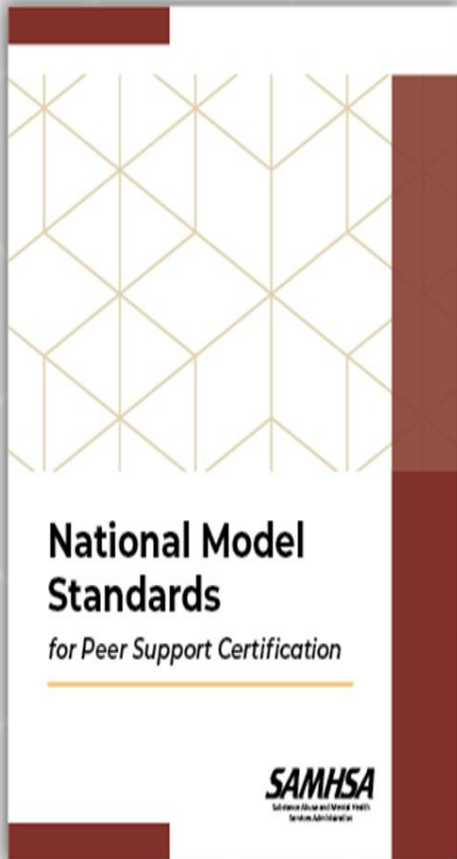
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- Building Communities of Recovery - \$5.4 million
- Consumer & Family Network Grants - \$4.9 million
- Peer Recovery Center of Excellence
- National Consumer & Consumer Supporter Technical Assistance Centers





# National Model Standards for Peer Support Specialist Certification



# Standards to Guide State Certification

1. Authenticity & Lived Experience
2. Training
3. Examinations
4. Formal Education
5. Supervised Work Experience
6. Background Checks
7. Recovery
8. Diversity, Equity, Inclusion & Accessibility
9. Ethics
10. Costs & Fees
11. Peer Supervision

# Goal #4: Social Determinants of Recovery

*Whole Health Care*

To address key social determinants that support recovery including access to high quality and affordable housing, education, social supports, transportation, and employment.

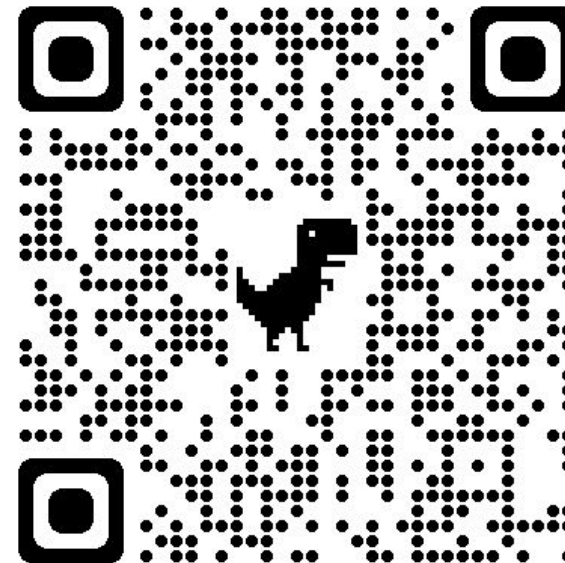




# Support for Recovery Housing

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- SAMHSA's Best for Recovery Housing released last month
- Guidelines are based on the 2018 SUPPORT law that called for Best Practices for operating recovery housing.
- SUPPORT legislation defined 'recovery housing' as a shared living environment free from alcohol and illicit drug use and centered upon peer supports and connection to services that promote sustained recovery from SUDs.
- Builds on NARR Levels of Support Framework
- This ensures that the recovery housing facility adheres to and promotes the use of evidence-based practices.





## Best Practice 1: Be Recovery-Centered

- Health, Home, Purpose & Community
- Family-like relationships and social network that provide support, friendship and hope.
- Helpful for individuals released from residential inpatient, CJ setting and those seeking a safe, substance-free living environment.
- Person-centered and holistic



## Best Practice 2: Promote Person-Centered, Individualized and Strengths-Based Approaches

- Individual's strengths, needs, preferences, and goals at the center of decision making.
- Placement: Interview process, Choice to live in a recovery house that aligns with their gender identity, person-centered planning
- Clear Expectations: in writing and sign



# Best Practice 2 Continued - Referrals

- Certification
- House culture
- Level of support
- Geographic area
- Living Environment
- Current residents
- Use of FDA-approved Overdose Reversal Meds
- Medications
- Staff training & professionalism
- Ethics
- Rights Protection
- Cost
- Recurrence of Use policy

# Best Practice 3: Incorporate the Principles of the Social Model Approach


- Social and interpersonal aspects by teaching and practice of accountability, grace and responsibility
- Values experiential knowledge
- Promotes peer-to-peer and mutual aid rather than provider-client; recovery plans rather than treatment plans
- Encourages residents to participate in their chosen pathway
- Provides a sober, supportive environment with recovery as common bond
- Kindness, guidance, nurturing, unconditional positive regard, structure, safety, empathy, role modeling, trust and belonging

## **Best Practice 4: Promote Equity and Ensure Cultural Competence**

Support diverse populations and be responsive and respectful of cultural beliefs and language

Training on cultural competence and cultural humility – TIP 59: Improving Cultural Competence





**Best Practice 5:  
Ensure Quality,  
Integrity, Resident  
Safety and Reject  
Patient Brokering**


- Ethical practices that place resident safety as chief priority
- Illegal patient brokering
- Aware of these practices, report, and avoid partnering or working with programs that do not keep resident safety and wellness as priority

## **Best Practice 6: Integrate Co-Occurring and Trauma-Informed Approaches**

- **25 Million adults with co-occurring disorders**
- **Trauma is often a precursor to addiction problems**
- **Need to address mental health and be trauma-informed; staff training and supports.**



## Best Practice 7: Establish a Clear Operational Definition

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- Recovery houses are safe, healthy, family-like substance free living environments that support individuals in recovery from addiction. While recovery residences vary widely in structure, all are centered on peer support and connection to services that promote long-term recovery



# Best Practice 8: Establish and Share Written Policies, Procedures and Resident Expectations

Freedom from abuse and neglect

Freedom from forced or coerced labor

Privacy of physical health and behavioral health records

Freedom to manage their own finances

Freedom to have family supports

Freedom from unethical patient brokers

A process to submit and resolve grievances

# Best Practice 9: Importance of Certification

## Physical Environment

Does the home's structure reflect community living?

## Recovery Orientation

To what degree is it recovery oriented?

## Staff Role

Are staff respected peers?

## Community Orientation

Is the community viewed as a resource?

## Governance

Does accountability involve the peers (residents)?

## Practices

Are there actions and/or practices that have shared social meaning and transmitted through customs and traditions, i.e., house rituals?



## **Best Practice 10: Promote the Use of Evidence-Based Practices**

- Outpatient Treatment
- Supportive Services: access health care, employment, social services, and other support services
- Medication Policies: no barriers or restrictions
- Drug Screenings: if suspected use and environments become unsafe; also CJ involved; but not bill third party payors for these services.

# Best Practice 11: Evaluate Program Effectiveness



Collect data on sustained recovery, employment, CJ involvement, transition to permanent housing and social connectedness.



Resident satisfaction surveys.





# Other Recovery Housing Efforts

- Technical Experts Panel Meeting on Recovery Housing and Housing First
- Federal Workgroup on Recovery Housing
- Funding and Technical Assistance

## Goal #5: Wellness

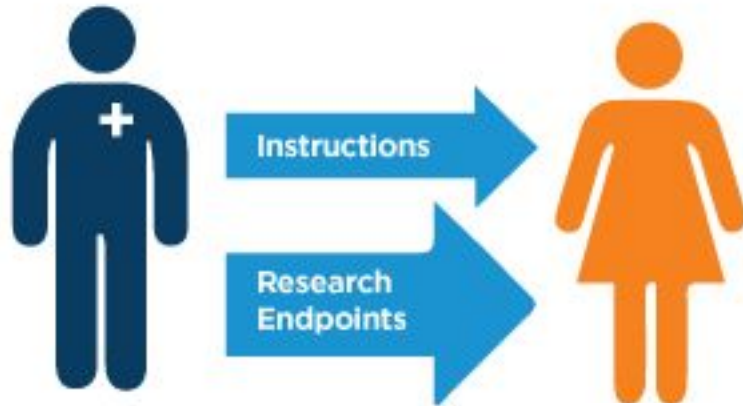
### *Individual, Family & Community Wellness*

To expand holistic, self-care strategies and to integrate recovery-oriented practices and systemic reform into the full continuum prevention, harm reduction, treatment, crisis care, and recovery support

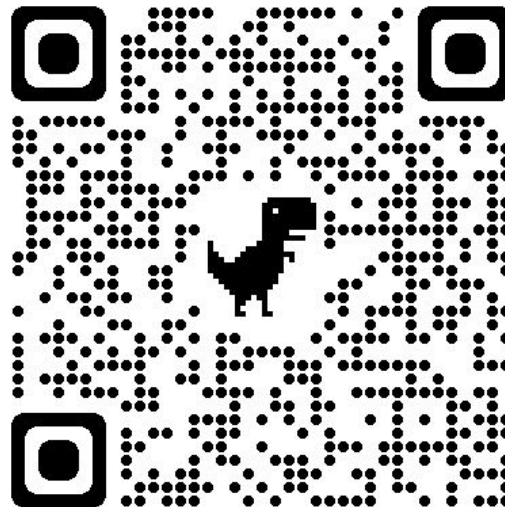
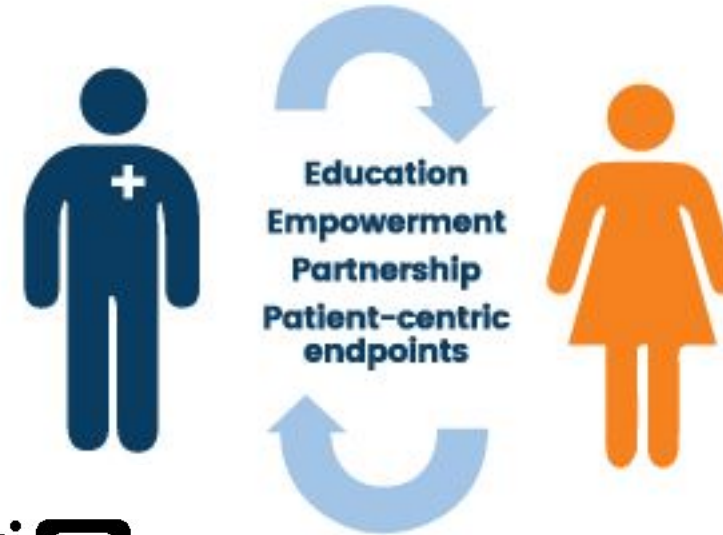


# Shared Decision Making

Traditional **uni-directional**  
research-centered view



New **bi-directional**  
patient-centered view



# Office of Recovery Core Principles

## **Data and Evidence-Driven**

To increase the collection, analysis & reporting of data on recovery and expand the identification & use of evidence and practice-based recovery policies and approaches.



## **Trauma-informed**

To embed trauma-informed practices and approaches in recovery efforts.



## **Rights-focused**

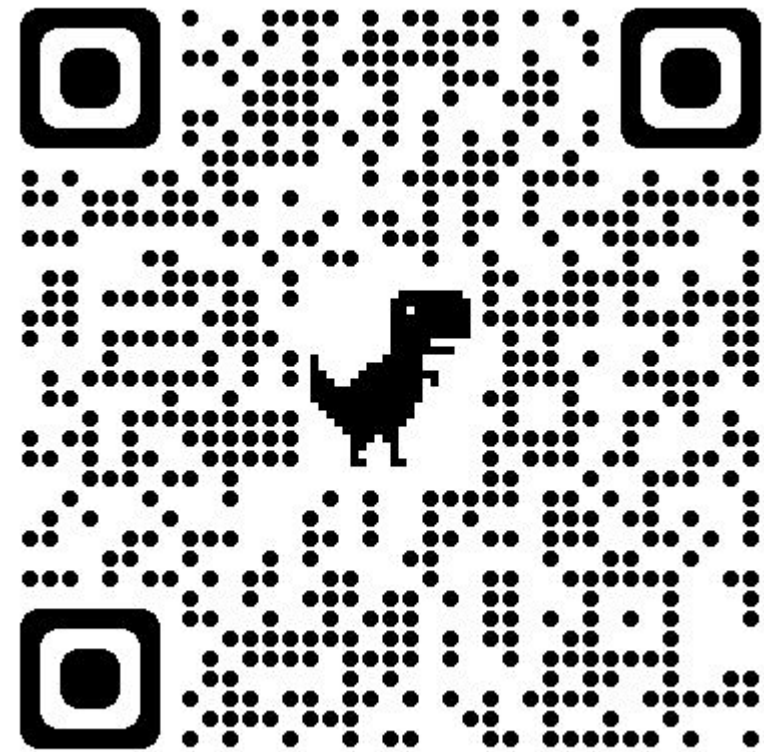
To protect the human and civil rights of people with lived/living experience.







# Release of NSDUH Short Report on Recovery



A stethoscope with a teal tube and silver chest piece is resting on an orange book. The book has the words "Patients Bill of Rights" printed on its cover in a light, sans-serif font. The background is a dark, textured surface, possibly wood.

# Looking Forward

**Requested 10% Set-Aside in Substance Use Block Grants**

**Reviewing Recovery Oriented Systems of Care**

**SPARK**

**Partnering with Recovery Leaders**

# Thank You!

SAMHSA's mission is to lead public health and service delivery efforts that promote mental health, prevent substance misuse, and provide treatments and supports to foster recovery while ensuring equitable access and better outcomes.

**Grant Opportunities**  
[www.samhsa.gov/grants](http://www.samhsa.gov/grants)  
[www.grants.gov/web/grants](http://www.grants.gov/web/grants)

