



CREATING RECOVERY-READY COMMUNITIES

Young People in Recovery

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 - What We Can Do About It
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 - Common Messaging Mistakes
- **Young People in Recovery**
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U.S. OPIOID CRISIS



A TIMELINE OF OPIATE USE

MID 19TH CENTURY – MORPHINE IS FIRST ISOLATED, IN ADDITION THE HYPODERMIC NEEDLE IS INVENTED, MAKING ADMINISTRATION OF MORPHINE MORE EXACT AND DIRECT

EARLY 20TH CENTURY – FURTHER SYNTHETIC OPIOIDS ARE DERIVED AND ISOLATED

1914 – *HARRISON NARCOTICS TAX ACT* OUTLAWS NON-MEDICAL USE OF MORPHINE AND OTHER SYNTHETIC OPIATES (HOWEVER OPIATES ARE USED AS A TREATMENT FOR DEPRESSION AND ANXIETY UNTIL THE 1950'S, IN ADDITION TO THEIR MEDICINAL VALUE FOR PAIN RELIEF)

1970 – THE *CONTROLLED SUBSTANCE ACT* IS PASSED, SCHEDULING DRUGS BASED ON THEIR MEDICINAL MERIT

1971 – THE UN CONVENTION ON PSYCHOTROPIC SUBSTANCES OCCURS, SIGNALING AN INTERNATIONAL SHIFT IN THE CONTROL AND REGULATION OF MOST MIND-ALTERING SUBSTANCES, TRIGGERING FEDERAL MANDATES AND DRUG-REFORM IN MANY COUNTRIES.

1990– MEDICAL RESEARCH BEGINS TO INDICATE THAT OPIATE-DERIVED ANALGESICS ARE A SAFE AND EFFECTIVE TREATMENT OPTION FOR CHRONIC PAIN PATIENTS LONG-TERM, AND AN EFFECTIVE SHORT-TERM TREATMENT OPTION FOR POST-OPERATIONAL PAIN MANAGEMENT



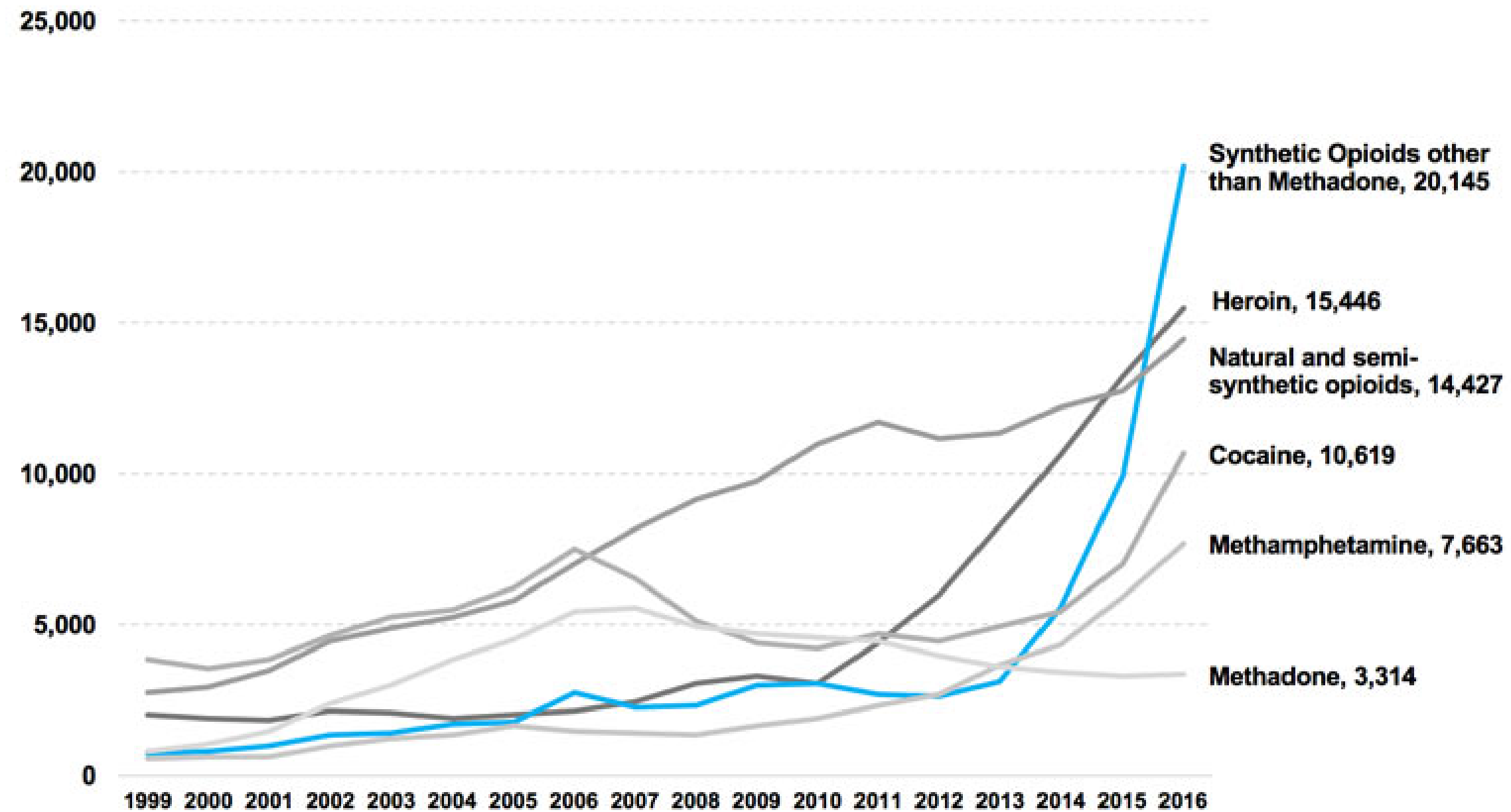
WHAT HAPPENED NEXT?

PRESCRIPTIONS FOR OPIATES SKYROCKETED THROUGH THE 90'S INTO THE 2000'S, AS RESEARCH CONTINUED TO INDICATE THAT OPIOID ANALGESICS WERE A SAFE AND EFFECTIVE PAIN MANAGEMENT OPTION FOR MANY PATIENTS SUFFERING FROM CHRONIC PAIN.



US Addiction Crisis

Drugs Involved in U.S. Overdose Deaths, 2000 to 2016



What does the previous graph tell us?

While illegal stimulants (methamphetamine and cocaine) had peaks and valleys (likely driven by supply, availability, and demand) ALL opioids were linked to an increase in over-dose related death over time

The largest increases in overdose-related deaths comes between 2010 and 2016, with synthetic opioids other than Methadone jumping from <5000 to 2010 to >20,000 in 2016, effectively quadrupling the number of deaths in a 6 year time span



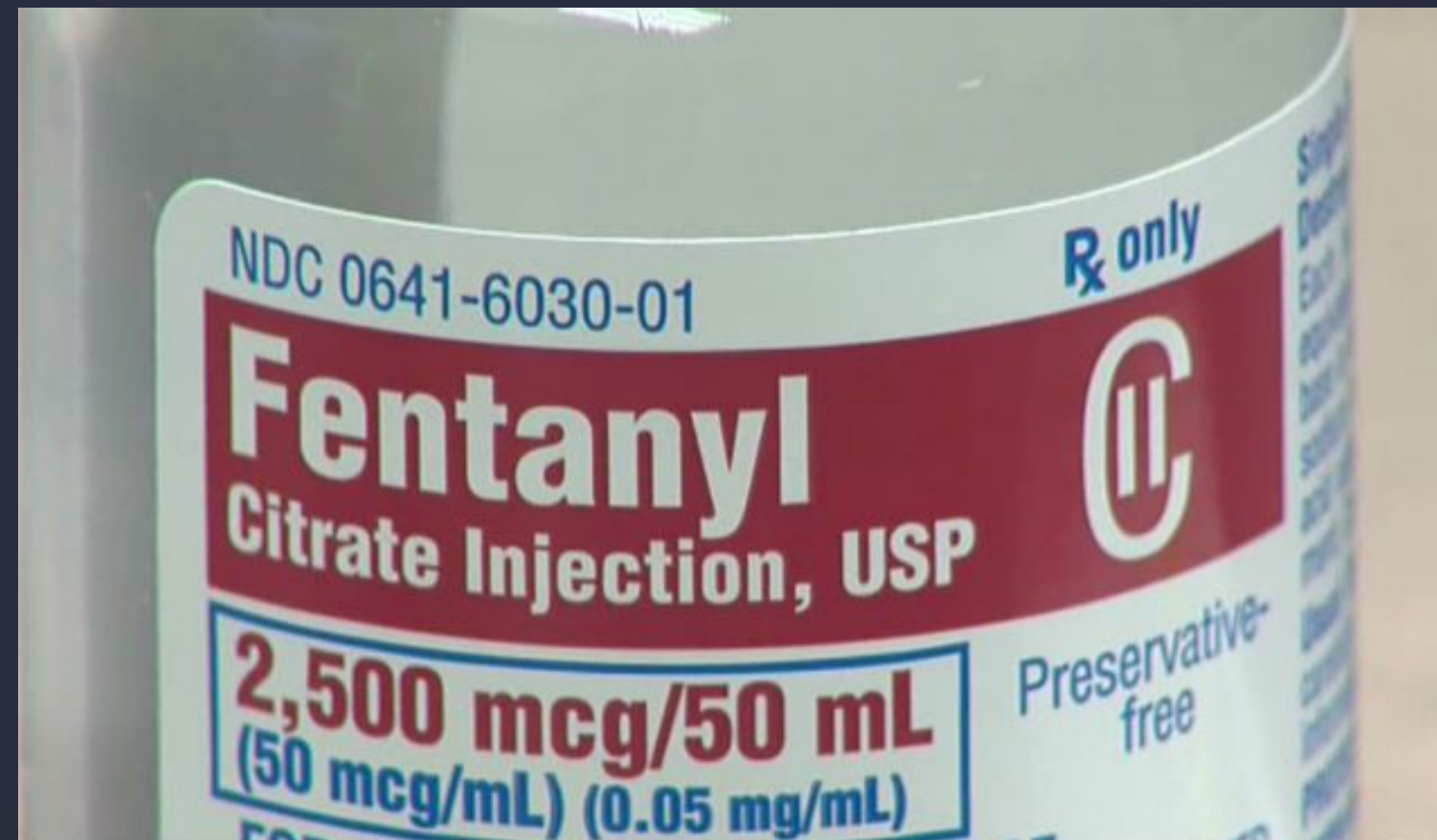
What is Heroin?

According to NIDA (National Institute on Drug Abuse), Heroin is an opioid drug made from morphine, a natural substance taken from the seed pod of the various opium poppy plants grown in Southeast and Southwest Asia, Mexico, and Colombia. Heroin can be a white or brown powder, or a black sticky substance known as black tar heroin.



What is Fentanyl?

According to NIDA (National Institute on Drug Abuse), Fentanyl is a powerful synthetic opioid analgesic that is similar to morphine but is 50 to 100 times more potent.



In Other Words...

The illegal and unregulated production of an incredibly powerful opioid (Fentanyl) mixed with an already powerful, illegally produced, and addictive narcotic (Heroin) has led to the dramatic uptick in overdose deaths that we see today. Although the overprescribing of opioid analgesics can be seen as the catalyst in some ways for the current crisis we find ourselves in, it is not in and of itself the direct cause of the rapid rise of overdose deaths.



US Addiction Crisis

In addition to the human cost of the opioid epidemic, abuse of tobacco, alcohol, and illicit drugs is costly to our Nation, exacting more than \$740 billion annually in costs related to crime, lost work productivity and health care.

	Health Care	Overall	Year Estimate Based On
Tobacco	\$168 billion	\$300 billion	2010
Alcohol	\$27 billion	\$249 billion	2010
Illicit Drugs	\$11 billion	\$193 billion	2007
Prescription Opioids	\$26 billion	\$78.5 billion	2013



Addressing Stigma



Why is Messaging Important?

The Problem:

- Many people do not believe that recovery is possible
- Discriminatory policies remain
- The public and policy makers don't understand recovery



Why is Messaging Important?

The Solution:

- A strong national recovery movement organized around young people at the local, state, and federal levels
- Putting a young person's face and voice on recovery to break down misconceptions and stigma in order to change attitudes
- Advocating to change discriminatory policies



WHAT IS A MESSAGE?



30-DAY PLAN

An exchange of information using
words



90-DAY PLAN

It's crucial to know what you want to
say and the impression you'd like to
leave

CORE MESSAGING: PERSON IN RECOVERY



**I'M A PERSON IN
LONG-TERM
RECOVERY , WHICH
MEANS...**

Long-term recovery has given me new hope and stability

I've been able to create a better life for myself, my family and my community

I'm speaking out so that others have the opportunity to achieve long-term recovery, as I have

I am now enrolled in school, something I never thought would be possible...collegiate recovery communities make that a reality

COMMON MESSAGING MISTAKES

I'M AN
ADDICT/
ALCOHOLIC

I'M A
RECOVERING
ADDICT (OR
ALCOHOLIC)

INFORMATION
ABOUT 12-
STEP
PROGRAMS
(E.G.,
MEMBERSHIP
IN AA, NA OR
AL-ANON)

A
"DEFINITION"
OF
RECOVERY
OUTSIDE OF
THE REALM
OF QUALITY
OF LIFE

MANY PATHS

TO RECOVERY



Messaging Activity

In small groups, or with a partner, please complete the messaging activities in the handout.

After completing the final activity, please share your message with your partner or small group.

After we finish the activity, I'll ask for some volunteers to share their messages aloud with the group.



YOUNG PEOPLE IN
RECOVERY

CREATING RECOVERY-READY COMMUNITIES



#RECOVERYREADY

VISION:

A WORLD WHERE EVERYONE CAN ACCESS THE
NECESSARY RESOURCES TO RECOVER FROM
SUBSTANCE USE DISORDER

MISSION:

TO PROVIDE THE TRAINING AND NETWORKS
ALL INDIVIDUALS, FAMILIES AND COMMUNITIES
NEED TO RECOVER AND MAXIMIZE THEIR FULL
POTENTIAL



YPR Chapters: Overview

- Chapters engage young people in or seeking recovery and their allies in communities across the country to take a stand for recovery.
- Chapters support young people in or seeking recovery by empowering them to obtain stable employment, secure suitable housing, and continue and complete their educations.
- Chapters also advocate on the local and state levels for their communities to become more “recovery-ready”

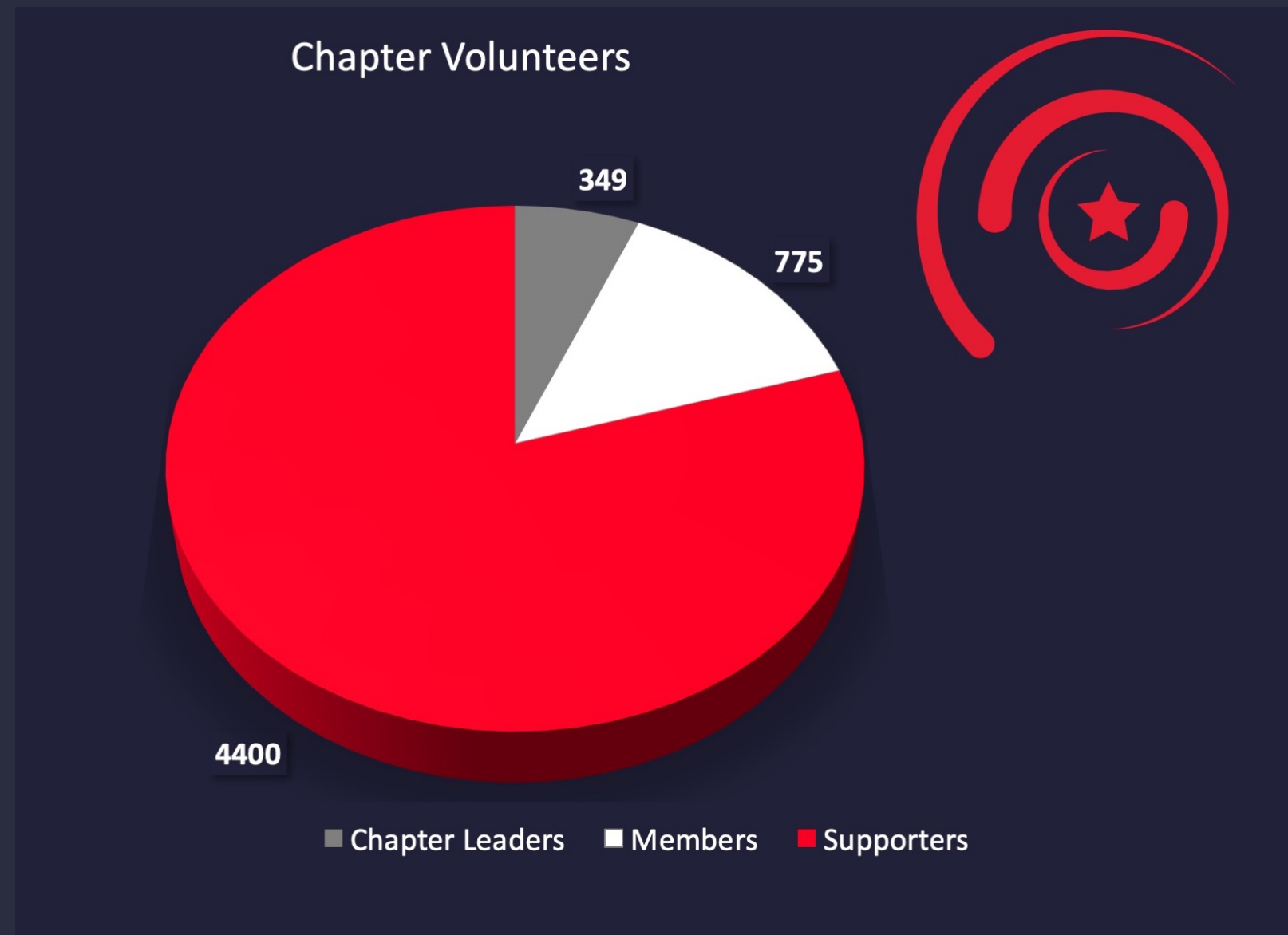


YPR Chapters: Volunteers

- Chapter leaders drive chapter activity by directing the work of chapter members. Leaders dedicate at least 5 hours per week to the chapter and communicate weekly with YPR National.
- Chapter members volunteer with the chapter to assist with events, participate in strategic planning for the chapter's activities, and serve on workgroups or committees within the chapter.
- Chapter supporters sign up and are called upon to engage in advocacy activities such as letter-writing, call-in campaigns, and attending events like rallies, town halls, workshops, and community forums to support the local chapter.



YPR Chapters: Outcome Data



Chapter Events: Overview

- All-recovery meetings: Mutual-aid support groups designed to enhance community amongst people in or seeking recovery and their allies. Not meant to replace any existing program or pathway, but meant to supplement as recovery support for both loved ones and those in or seeking recovery.
- Workshops: Comprehensive trainings to enhance recovery capital in the areas of employment, housing, education, and recovery messaging.
 - Recovery messaging trains people in recovery and their allies to speak effectively about substance use disorder and recovery to empower instead of reinforce negative public attitudes.
- Pro-social activities: Provide a space for people in recovery and their allies to have fun, build community and foster goodwill within the greater community. Events have included game nights, volleyball tournaments, go-karting, hiking, yoga, baseball games, and more.
- Advocacy: Events like community forums, town halls, and rallies to support and educate the public about recovery. Chapters also participate in the political process by testifying before state legislatures and presenting for other state or local agencies.



Phoenix Program: Overview

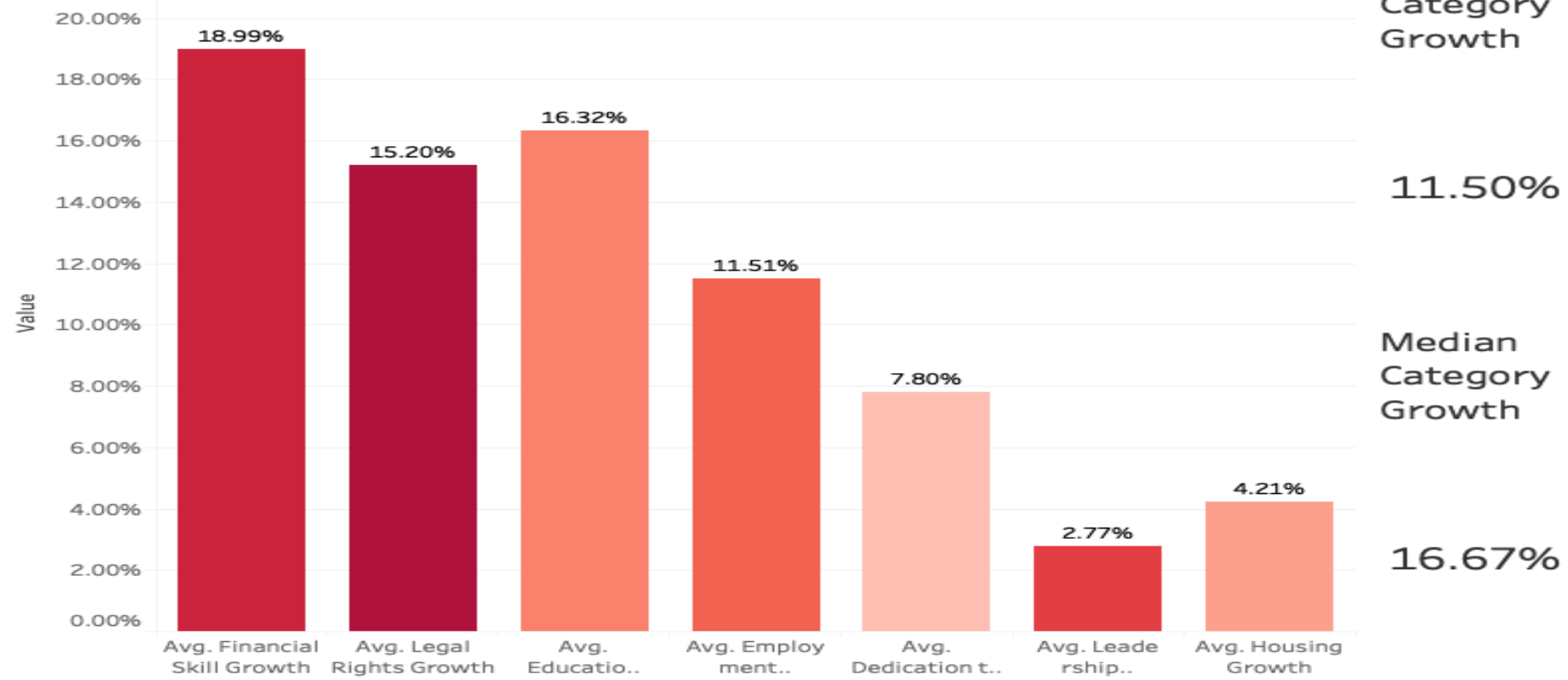
- The Phoenix Program is a multi-purpose support program offered exclusively by Young People in Recovery to criminal justice organizations, diversionary courts, and law enforcement agencies to promote education and access to resources for criminal-justice involved persons.
- The Phoenix Program follows a “peer-to-peer” model, which allows certified peers with lived experiences to directly serve at-risk individuals.
- Data is collected over the course of the 8-week curriculum with quarterly follow-ups for 18 months after the individual completes the curriculum.
- The Phoenix Program helps build a community which is, in turn, supported by our chapters through all-recovery meetings, workshops, and pro-social activities.



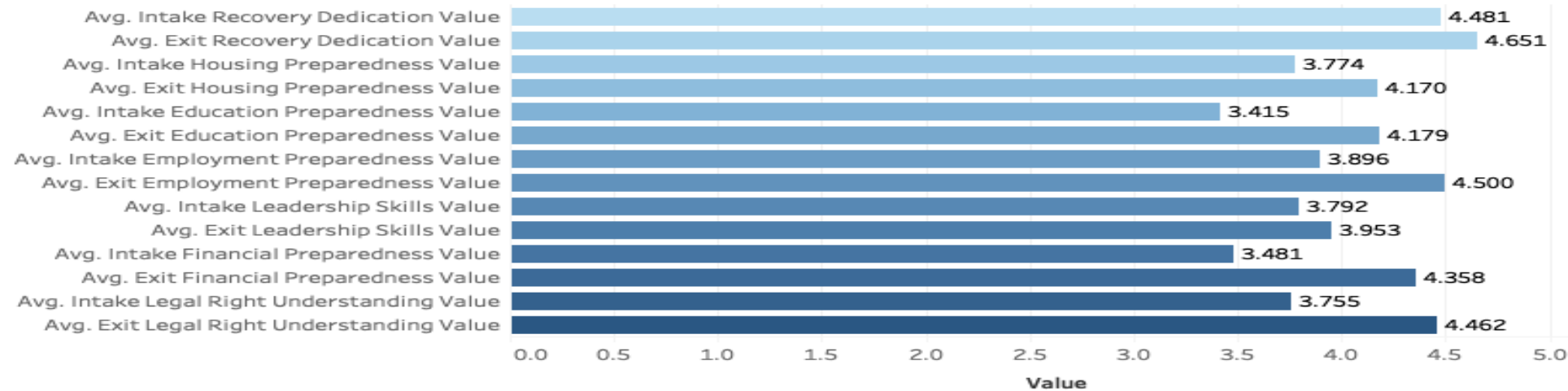
Phoenix Program: Outcome Data

Program Offering
Phoenix

Categorical Growth - 7 Pillars



Avg Intake/Exit Scores - 7 Pillars



Phoenix Program: Data Defined

- YPR's primary concern is outcome data and the most appropriate evidence-based measure is the Assessment of Recovery Capital (ARC). ARC scores measure how confident a participant feels in certain key areas such as education, employment, housing, and maintaining their recovery.
- Individuals are assessed at the start of the curriculum (intake), and upon completion of the program (exit). Additionally, individuals are assessed on a quarterly basis for 18 months following program completion.
- The intake and exit assessments reveal to us the growth in confidence or decrease in confidence over the course of the curriculum.
- The yellow and blue bars at the top of the screenshot indicate average assessment scores at program intake and at program exit.
- The green and yellow bars at the bottom of the screenshot are individual participants ARC scores. As you can see, across all participants thus far, there has been an average increase in recovery capital confidence of 10.44%.



My Recovery is E.P.I.C. Program: Overview

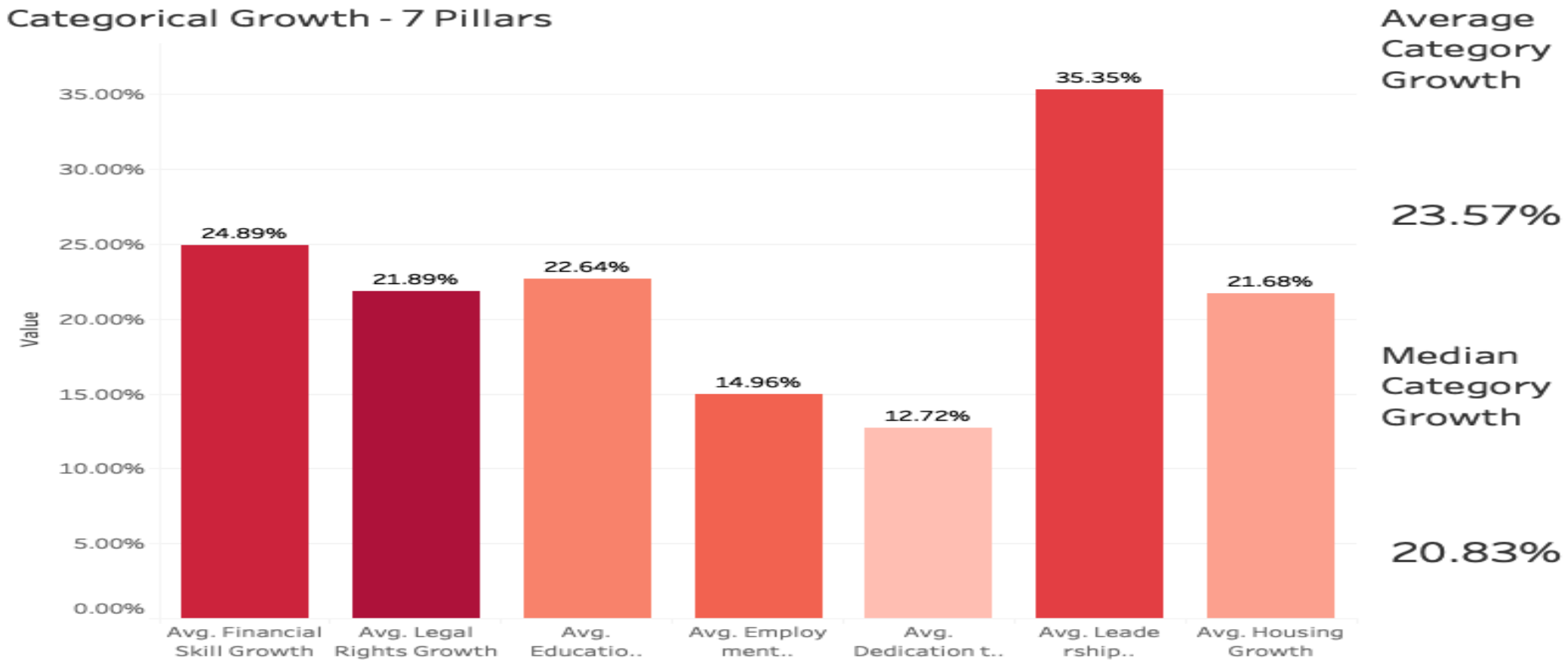
- * My Recovery is E.P.I.C. (also simply referred to as “E.P.I.C.”) is a life-skills curriculum offered exclusively by Young People in Recovery that equips participants with tools to access housing, education, employment, purpose and community; four areas SAMHSA identifies as critical to a successful life in recovery. YPR and our partners have found that individuals who are more actively engaged in their life-planning are also more successful in their treatment and recovery process, becoming more informed decision-makers. E.P.I.C. stands for: Engaged; Peer Driven; Integrated; Community.
- * The E.P.I.C. Program follows a “peer-to-peer” model, which allows certified peers with lived experiences to directly serve at-risk youth.
- * Data is collected over the course of the 8-week curriculum with quarterly follow-ups for 18 months after the individual completes the curriculum.
- * My Recovery is E.P.I.C., like the Phoenix Program, helps build a community which is, in turn, supported by our chapters through all-recovery meetings and pro-social activities
- * My Recovery is E.P.I.C is coming soon to CO, with three MOU’s already signed with partner agencies.



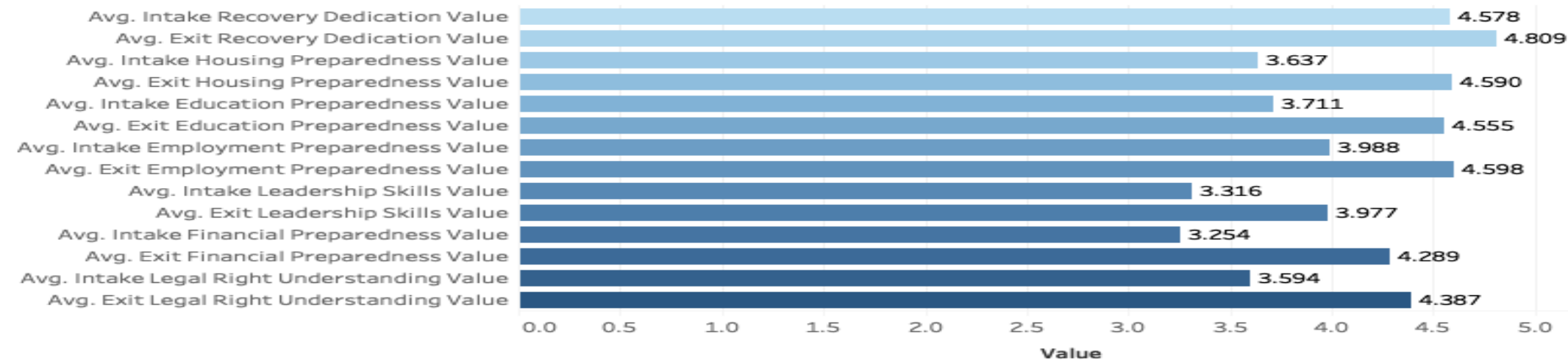
My Recovery is E.P.I.C. Program: Outcome Data

Program Offering
EPIC

Categorical Growth - 7 Pillars



Avg Intake/Exit Scores - 7 Pillars



My Recovery is E.P.I.C. Program: Data Defined

- YPR uses the same measures for My Recovery is E.P.I.C. as it does for the Phoenix Program.
- Again, YPR's primary concern is outcome data and the most appropriate evidence-based measure is the Assessment of Recovery Capital (ARC). ARC scores measure how confident a participant feels in certain key areas such as education, employment, housing, and maintaining their recovery.
- Individuals are assessed at the start of the curriculum (intake), and upon completion of the program (exit). Additionally, individuals are assessed on a quarterly basis for 18 months following program completion.
- The intake and exit assessments reveal to us the growth in confidence or decrease in confidence over the course of the curriculum.
- The yellow and blue bars at the top of the screenshot indicate average assessment scores at program intake and at program exit.
- The green and yellow bars at the bottom of the screenshot are individual participants ARC scores. As you can see, across all participants thus far, there has been an average increase in recovery capital confidence of 25.93%.



- Although this data is Kentucky-specific, we foresee similar outcomes here in Colorado.

WHAT WOULD IT TAKE TO MAKE OUR
COMMUNITIES
RECOVERY-READY?



Milestones



Milestones

- Held three national leadership conferences which served as the training ground to equip our leaders to go back into their communities and save lives.
- Gained national recognition as the thought leaders on how empowering people in recovery can make a difference in this complex public health matter.
- Created, defended, and in some cases defeated national and local legislation to ensure communities have the best possible policies in place, or remove policies that create barriers, to creating recovery-ready communities.
- Currently preparing for our fourth annual national leadership conference which includes a hill day in Washington, D.C.
- Secured numerous key partnerships across multiple industries.



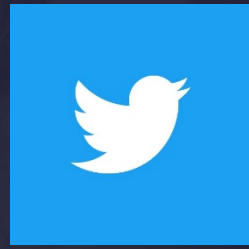
Key Partners



Actions To Be Taken

- Become a YPR Supporter
- Join a YPR Chapter and become a Member
- Start a YPR Chapter
- Join a host of other extraordinary organizations
- Everyone has a role to play in creating a recovery-ready community





YoungPeopleinRecovery.org



CREATING RECOVERY-READY COMMUNITIES