

Community-Based Recovery Supports

Bi-Monthly Teleconference

July 26, 2018 – 1:00pm – 3:00pm



Facilitators: **NYC:** Stephanie Campbell **Albany:** Allison Weingarten **Rochester:** Van Smith
Ogdensburg: Jenny Pryce

Welcome: Stephanie Campbell – Executive Director, FOR-NY **1:00 pm**

Brief Introductions: (name, recovery role, affiliation, updates) **1:10 pm**

Include any new Community-Based Recovery Supports projects/initiatives in your community

1. Albany
2. New York City
3. Rochester
4. Ogdensburg

OASAS Updates:

- **Youth Clubhouses/Mini Grants:** Maria Morris-Groves: Getting close to contracting with new centers opening in NYC including one in each borough **1:20 pm**
- **Access Centers, COTIs, Recovery Center, Peer Engagement Providers, Family support navigators, hospital diversion and wrap around** – Susan Brandau and Marialice Ryan; Tonight is Alumni Association quarterly meeting which we are looking to make statewide; We will provide information and opportunities for peers to get involved. The Pre-recovery conference institute will be Sunday August 19 from 1-5. The event is being planned by peers and over 100 people are already registered. Programs should bring posters to show off their programs! There will be new money for State Opioid Response; We are working to replicate the CRPA curriculum; New training should include workplace readiness.

Friends of Recovery NY Updates - Community-Based Recovery Supports **1:30 pm**

- 2018 Recovery Conference and Pre-conference institute- one does not have to be a licensed OASAS provider to attend. We are very excited for our keynote presentations, workshops and a dance on Sunday evening!
- Upcoming Trainings/Webinars: Trainings offer recertification credits; peer professional supervision will be offered in November and we are also developing a CRAFT family training;
- YVM-NY Upcoming Events and Updates: 1000 miles “Rock and Ride.” Events include youth leadership team meetings and events at clubhouses and giving gifts away; first 4 have been successful, have all had media; 8 more rock and rides are being planned until September.

Families in Support of Treatment (F.I.S.T.) **1:45 pm**

F.I.S.T. is a Not-For-Profit organization designed to organize, support, educate, guide, and provide resources to families who are struggling with a loved one's addiction. In this discussion we will learn how family members are a crucial part of the recovery movement and how F.I.S.T.'s model may be replicated in other parts of the state in order to build recovery capital.

‘It’s a we thing’ Anthony, person in long term recovery for 25 years and also a LMSW, Counselor. In 2012 Anthony saw insurance issues--you don’t meet medical necessity, you cannot get the help you need. People are in recovery when they say they are. Families were ready to come out and say “not one more death” in 2013. Anthony started organizing with families who had been impacted. Families said “This is what fail first looks like.” After an advocacy campaign, in 2014- “Fail First” policies became illegal. Families held listening forums all over downstate to educate the community about the problems of addiction. The group filed to be a 501 (C) 3 organization and named themselves Families in Support of Treatment (F.I.S.T.). FIST planned a walk in Long Island and unexpectedly had 1000 people show up. Long Island families no longer live in the shadows, now voices are heard. OASAS, opened first recovery community center in Long Island “THRIVE.” This is a place for people to go to be “fed” spiritually, mentally, emotionally. A large amount of funding has come from checks made out to FIST in memory of lost loved ones. FIST has now opened an office and hired a full time program coordinator. Anthony volunteers as Executive Director. Among other services, FIST provides social supports and educational workshops as well as tabling events. FIST is involved in annual recovery walk and hosts a speaker series. FIST phone number: 631-822-3398

A mother, Nicole spoke about being a family member in recovery. After struggling with her son's addiction, Nicole realized that she needed to take care of herself in order to help her son. Her son is now in recovery and thanks his mom for taking care of herself. "The best gift I could give my son was a healthy mother."

Harm Reduction Advocates: A critical pathway to recovery

2:15 pm

The Harm Reduction pathway provides recovery supports and services along a continuum of care that engages people along an entire spectrum. A key principle of Harm Reduction includes affirming the idea that people should be able to enter any door and be supported in moving in a positive direction to the extent that they are ready in their journey to recovery, as they define it. The discussion led by Harm Reduction advocates from Exponents, Drug Policy Alliance, Project Safe Point, and VOCAL-NY will look at the valuable ways in which their advocacy efforts and services are saving lives.

Joe Turner- Exponents has a long and deep history (going back to 1988 when people were dying of AIDS) of harm reduction including supported needle exchange and providing risk reduction techniques. The bottom line is dead addicts don't recover. At Exponents, abstinence is not required to access services. People are in recovery when they say they are. Our many programs- include 24 course classroom experience teaching folks life coping skills, recurrence prevention, harm reduction drug treatment program. Engagement is the opportune word. We meet folks where they are and not where we think they should be. We believe advocacy is a part of recovery. Addiction is about 'me me me.' We build a sense of community and belonging. Harm reduction is about more than drugs; it is about being in this world. We look at harms in society race, class and gender.

Dionna King- Drug Policy Alliance- We work to change policies to be compassionate towards people who use drugs. We make sure people are engaged. We believe people should not be criminalized for their drug use. We ask that advocates give harm reduction space in that narrative. Harm reduction often gets pushed to the fringes of this space, but not everyone's recovery journey looks the same.

Will - VOCAL-NY - Will shared his personal story about how Harm Reduction helped him stay alive and thrive. After tragic loss, Will used drugs for 4 years. When Will was ready to get better, he asked his Higher Power for help and two days later, law enforcement intervened. Will was connected with a Harm Reduction program where people showed him love again. Will started working as a recovery coach and he joined VOCAL-NY and the drug users union, fighting for safe consumption sites (SCS). SCS's are places where people who use drugs can talk. It is important for advocates to go to Albany, fill up the rooms, and educate on what harm reduction is.

Stephanie Lao- Project Safepoint, regional harm reduction covers 12 counties in Capital Region. Someone can be helped even if abstinence is not something they are ready for. What keeps people away is stigma. In setting our agenda, we meet people where they are at and acknowledge where they are at. We establish relationships with people and get closer with them which helps them to make behavioral change.

Catherine- NYS Drug Policy Alliance -Policy coordinator, works in Ithaca, advocacy for safer consumption space and law enforcement assisted diversion. Catherine shared her experience as a person in mental health recovery. Catherine commented that recovery and harm reduction are not as separate as we think. We are part of a continuum. A friend of Catherine's was in traditional treatment- and was kicked out for non-compliance and died. Even if someone is not ready for abstinence harm reduction is about not leaving people. When people are ready, we give them what they need.

Harm Reduction Community went to Portugal as a cohort, where they invest in harm reduction more than treatment because that is what keeps people alive. Portugal overdose are extremely low. There is evidence that points that harm reduction works, OASAS acknowledges this as evidenced by their development of the COTI program which utilizes Harm Reduction as a tool.

Closing and Next Steps

2:45 pm

NEXT MEETING: September 27, 2018

1:00-3:00 pm