



Friends of Recovery - NY

Innovation and Integration

What's new for individuals, families,
providers and communities.

Syracuse, NY

September 23rd, 2018

Stephanie Campbell
Executive Director

Agenda



- ▶ Welcome & Introduction
- ▶ Stand up for Recovery: Advocacy in Action Video
- ▶ Peer Professional Supervision overview
- ▶ Peer Supervision Panel
- ▶ Break
- ▶ CRAFT FEGF Overview
- ▶ Family/FSN Panel
- ▶ Engaging the Community
- ▶ Wrap/Evaluations



Who are we?

Friends of Recovery - New York (FOR-NY) is a statewide coalition of people in recovery from addiction to alcohol and other drugs.

The FOR-NY community includes individuals in recovery, our families, friends **and allies**.

Our Mission

To demonstrate the power of recovery from addiction, as well as the tremendous value recovery provides to individuals, families and communities...

Our Vision

We envision a world in which recovery from addiction is both common and celebrated; a world in which the entire spectrum of effective prevention, treatment and recovery support services are available and accessible to all.





Our Beliefs

- Addiction is a public health issue
- Recovery is possible for everyone
- There are many pathways of recovery and everyone finds their own way
- Adequate resources and support are necessary for sustained recovery
- Recovery is about reclaiming a meaningful life as a member of society



Humanize: Real Life Stories

Recovery Education and Training

Education is critical to reducing the stigma associated with addiction and creating an informed society where Recovery for individuals and families becomes a societal norm.

- ❖ *Family-to-Family Resource Guide*
- ❖ *“Our Stories Have Power” – Recovery Community Message Training*
- ❖ *“Science of Addiction & Recovery”*
- ❖ *“The Anonymous People & Generation Found Screenings*
- ❖ *Annual Recovery Conference*
- ❖ *Peer Advocate Training/Recovery Coach Academy Listings*
- ❖ *Recovery Arts Festival*



Organize: The Connecting Tissue Community Engagement

Engage individuals, families and allies impacted by addiction and recovery to:

- * Create a culture of Recovery in communities across New York
- * Ensure addiction is addressed as a public health issue, not a crime
- * Eliminate barriers to getting help
- * Advocate for a system that engages/ supports individuals and families

- ❖ *Community Based Recovery Supports- Statewide Meetings*
- ❖ *Recovery Community Organization (RCO) Toolkit*
- ❖ *Community Asset Mapping Training*
- ❖ *Building Recovery Capital Training*
- ❖ *Technical Assistance to local RCOs, Youth Clubhouses & Recovery Community & Outreach Centers*



Mobilize: Energizing for Change

Public Policy and Advocacy

Adequate resources & support are necessary for sustained recovery to:

- * Ensure addiction is addressed as a public health issue, not a crime
- * Eliminate barriers to getting help
- * Advocate for system that engages/ supports individuals and families
- * Develop non-punitive, nonjudgmental recovery services

- ❖ *Recovery Talks:
Community Listening Forums*
- ❖ *Recovery Needs / Life in Recovery
Surveys*
- ❖ *Technical Assistance to local
RCOs*
- ❖ *Policy/Advocacy
Committee*

The State of Recovery in NY

Current issues and campaigns affecting the recovery community.



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Stand up for Recovery: Advocacy in Action



Impressions?

Overview:

Peer Professional Supervision

Theresa Knorr
Director of Education and Training



EXPONENTS

Peer Supervision Panel:

Firsthand experience with the supervision of peers

Allison Weingarten, Moderator



- ▶ Jordan Eubanks, Lead Peer Specialist, Helio Health
- ▶ Cameron Farash, Program Coordinator, Recovery Support Navigator Team, Liberty Resources, Inc.
- ▶ Danyell Kampf, Peer Engagement Specialist Coordinator, Rescue Mission of Utica

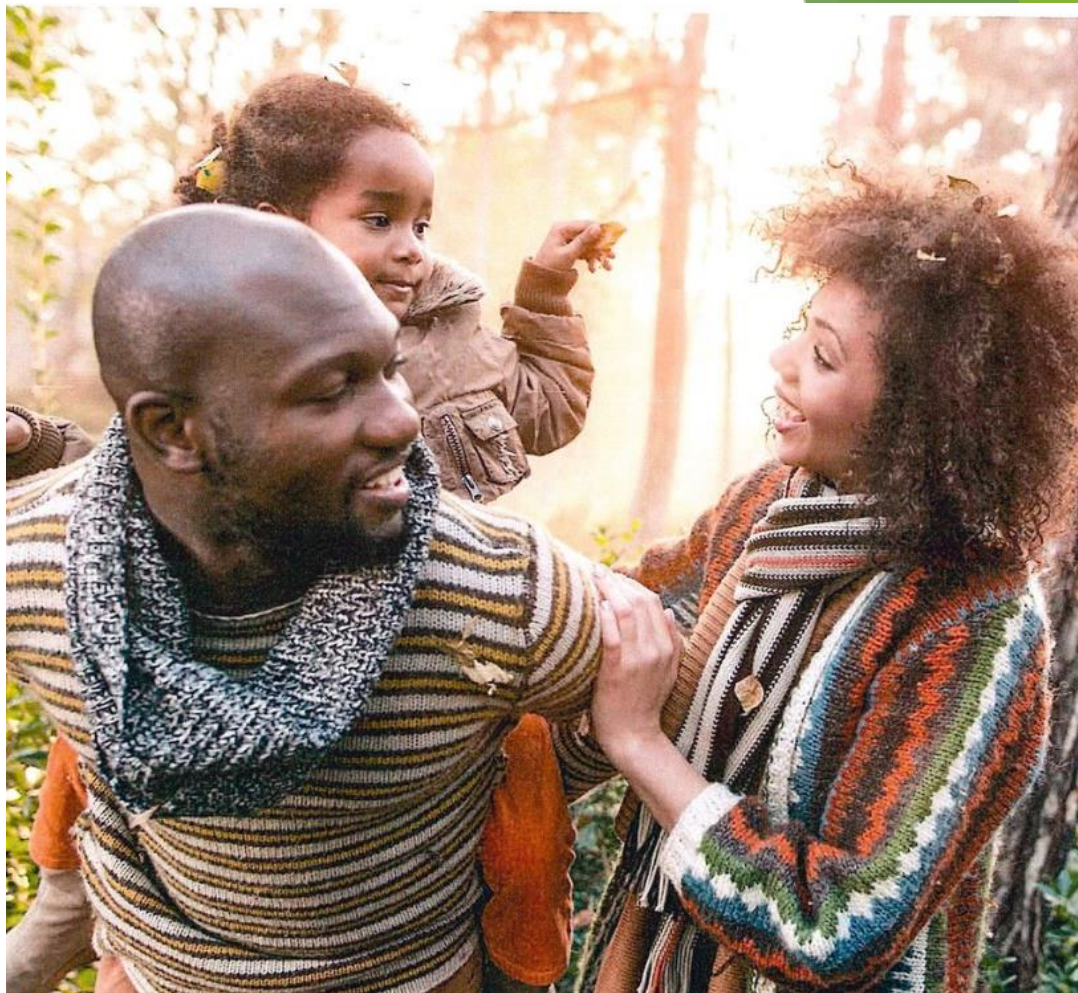


15 Minutes Please

Overview:

CRAFT Family Education Group Facilitators

Theresa Knorr



CRAFT Family Education Group:

GOALS

1. Improve Quality of life regardless of whether our loved one enters Recovery or not.
 - Improve relationships and emotional and physical health
2. Empower use of our abilities and relationship to positively influence loved one toward change
 - Understanding how we effect our loved one and how our loved one affects us (and work to modify that pattern to achieve different results.)
 - When we are less stressed/angry this leads to a change in our communication patterns and that may lead to a change in our loved one's behavior
3. Reduce our loved one's harmful substance use
 - Take steps to help our loved one see Recovery as more attractive than using
4. Engage our loved one into treatment or recovery support services or other recovery pathway.



CRAFT FEG Outline:

1. Motivational Strategies for Engaging Loved Ones
2. Enriching our lives as family members/Safety concerns
3. Why our loved one likes to drink/use drugs (Functional Analysis)
4. Functional Analysis (part 2)
5. Understanding our role in motivating change
6. Communication Skills
7. Use of Positive Reinforcement/Rewards
8. Time Out from Positive Reinforcement (withdrawing reward)
9. Natural Consequences of Substance Use
10. Problem Solving
11. Inviting our Loved One to Treatment/Recovery
12. Review/ Letting go of resentments / Barriers and set backs

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Family Panel:

Family Support Navigators

FSNs are family members.

Theresa Knorr, Moderator

- ▶ Brendan Norton, Saratoga Prevention Council
- ▶ Ambi Daniel, Center for Family Life and Recovery, Utica
- ▶ Anne Rhodes, HFM Prevention Council





Engaging the Community

Allison Weingarten, Director of Policy and Interim ED



Engaging the Community:

It's important for service providers to get involved!

Recovery Talks

Building your RCO from the Group up

Community Asset Mapping

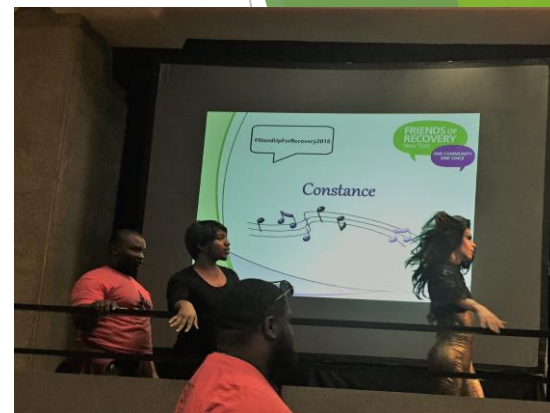
45 Second Elevator Speech



Advocacy Day



Stand Up For Recovery Day
Tuesday March 6, 2018



Stand Up for Recovery with FOR-NY March 6th, 2018

What: Stand Up For Recovery Day 2018

When: March 6th, 2018 8am-3pm

Where: Empire State Plaza Concourse-
Convention Hall, Albany, NY

Why: On behalf of millions of individuals and families in New York impacted by addiction, Friends of Recovery New York (FOR-NY), the statewide Recovery Community Organization (RCO) is committed to educating decision makers and the general public about addiction recovery and calls for the end of discrimination that blocks access to addiction treatment, housing, employment, education and community-based recovery supports.



Over 700 recovery supporters
attended last year's Stand Up For
Recovery Day- the results were
remarkable!

**Let's Make 2018
Even Bigger!!**



Register Today!

March 6th, 2018

To register contact AWeingarten@FOR-NY.org

Advocacy In Action

How do we turn an idea into a reality?



What is Advocacy?

4 Parts

- ▶ Speaking Out
- ▶ Humanizing
- ▶ Organizing
- ▶ Mobilizing



What can Advocacy Lead to?



Just this last year:

- ▶ **1. Insurance Parity—[S.1156](#)** (Ortt)/A.3694 (Gunther) This legislation will require the Superintendent of Financial Services to collect and publish key data from insurers and health plans regarding their coverage for addiction and mental health care in a number of areas. Not only will this information allow the government to ensure that insurers and health plans are in compliance with parity laws, it will enable consumers to make informed decisions regarding insurance options, to select the plan that will best suit their needs. This is a key win for the recovery community! See our memo of support [here](#).
- ▶ **2. Ending Patient Brokering—[A.7689](#)** (Rosenthal)/ S6544 (Akshar) This legislation would amend the Mental Hygiene Law by making it a misdemeanor for any provider to solicit, receive, accept or agree to receive or accept any payment for the referral of a person as a potential patient for substance use disorder services. This legislation will help to further deter the practice of patient brokering in NYS thereby creating a safer environments for individuals and families seeking help. This is also an incredible win for the recovery community!
- ▶ **3. Passage of the Opioid Stewardship Fund**
Article VII Part NN Title 2A establishes the Opioid Stewardship Act which creates a \$100 million “opioid stewardship fund.” Such fund will be paid to New York State OASAS to provide opioid treatment, recovery and prevention and education services; and to provide support for the prescription monitoring program registry. The fund will be paid into by pharmaceutical manufacturers and distributors—not the consumers—as of January 1, 2019. Creating a new funding stream for prevention, treatment and recovery is a first step to **ensure that our budget demands in years to come have a clear way of being funded.**
- ▶ **4. Establishment of the Independent Substance Use Disorder and Mental Health Ombudsman Program**
Article VII Part FF establishes the Office of the Independent Substance Use Disorder and Mental Health Ombudsman. The role of the ombudsman helps Substance Use Disorder consumers “ensure that they receive appropriate health insurance coverage.” This role is integral to our top priority of **Insurance Parity**.

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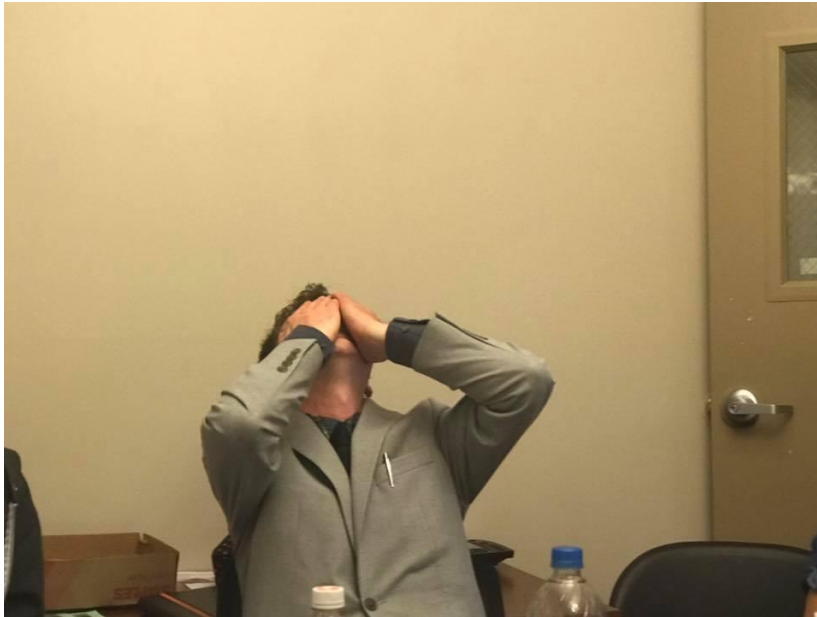
Bottom Line: Advocacy Works!



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So, Where to Begin?



Things to know when developing an Advocacy Plan

- ▶ Know who your Allies are and form an advocacy committee
- ▶ Decide what is most important to your group—create a mission statement
- ▶ Develop the 45 second elevator pitch
- ▶ Decide who you will deliver your message to:
 - ▶ Newspapers
 - ▶ Online media
 - ▶ Face to face (door to door or meeting with legislators)
 - ▶ Phone calls
 - ▶ And more

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The 45 Second Elevator Pitch as an advocacy tool

- A “pitch” is what anyone should be able to understand in the time it takes to ride between floors in an elevator
- A “pitch” is an invitation to be a part of your group, not just a solicitation.
 - It explains what you do, why it matters, and the opportunity for others to be a part of the vision.
 - It **shouldn't** say “Help Us.”
 - It **should** communicate how you can help each other. In other words, the group's impact on the community you share.

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Allison Weingarten's: Elevator Pitch Example

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Who are we targeting?

- ▶ The public
- ▶ Elected Officials [Decision makers, Community Leaders, Law Enforcement]
- ▶ The Media
- ▶ Anyone else?



Our Stories Have Power (OSHP)



Next Steps: How do we engage our partners?

- ▶ Who are our partners?
- ▶ How can we engage them to create a unified message?



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Ideas for 45 Second Elevator Pitches

- ▶ What is my plan of action?
 - ▶ Who will I reach out to?
 - ▶ When will we meet to discuss?
 - ▶ How will we follow up?
- ▶ What is the target date for the 45 Second Elevator Pitch?
 - ▶ Remember “Stand Up For Recovery Day” is March 6!
 - ▶ Make sure to include time to practice!



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How To Talk About Addiction

PUT PEOPLE FIRST

Avoid terms like



Junkie



Addict



Druggie

Instead use terms like



People with
addiction



People who
are fighting
addiction



People who
struggle with
substance use
disorder (SUD)

Avoid "clean"



If you're now clean,
it means before
you were dirty

Instead say "in recovery"



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Wrap UP:

Where do we go
from here?



Evaluations!!



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Thank You

- ▶ On behalf of Friends of Recovery New York (FOR-NY) thank you for your time, your commitment and your service!
- ▶ **“Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has.”** - Margaret Mead
- ▶ If you have additional questions or comments, please feel free to contact us!



Connect with us:

- ▶ Facebook.com/Recovery-NY
- ▶ Twitter.com/Recovery_NY
- ▶ LinkedIn.com/company/FOR-NY
- ▶ YouTube.com:
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