Clinical and Non-Clinical Roles & Services for Recovery-Oriented Behavioral Health Providers

Presented by:
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Webinar Objectives

- Review the definitions of ROSC, Recovery and Recovery Management
- Raise and expand awareness about Recovery Management; its relationship within a ROSC and how it impacts both clinical and non-clinical roles.
- Describe clinical and non-clinical roles and services
- Understand the importance of role clarity and role integrity
- Understand how these roles when bundled support long-term recovery
Recovery-oriented systems of care (ROSC) are networks of formal and informal services developed and mobilized to sustain long-term recovery for individuals and families impacted by severe substance use disorders. The system in ROSC is not a treatment agency, but a macro level organization of a community, a state or a nation.

William “Bill” White
What is Recovery?
Getting involved with things I enjoy (e.g. church, friends, dating, support groups, etc)
Learning what I have to offer
Seeing myself as a person with strengths
Taking one day at a time
Knowing my illness is only a small part of who I am
Having a sense that my life can get better
Having dreams again
Believing I can manage my life and reach my goals (bravery and hope)
Being able to tackle everyday
Having people I can count on

--Davidson et al.
What is Recovery?
From a Community’s Perspective

- **Discovering** who I am
- **Lifelong effort** to become the best we can be
- **Change**
- **Regaining health** – physical / mental / spiritual / relationships
- **New beginning** – becoming what you want to be
- **Personal** – different for each person
- **Hope**
- **Bravery** – facing a different way of life
- **Repairing** what is broken
- **Re-establishing** oneself from crises
- **Living** life on life’s terms
A philosophy for organizing treatment and recovery support services to enhance pre-recovery engagement, recovery initiation, long-term recovery maintenance, and the quality of personal/family life in long-term recovery

(William White)
ROSC as a Conceptual Framework & Road Map

**SOCIAL SUPPORT**

- Peer Support
- Housing Improvements
- Employment Opportunities
- Family Education
- Physical Health
- Healthy relationships
- Life skills training

**NAMI**

- Treatment and Medication Support
- AA and NA
- Faith-based Support
- RCOs
Many Paths to Recovery

- Mutual Support groups
- Other peer support
- Professional treatment
- Nontraditional methods
- Medical interventions
- Medication-assisted treatments
- Family support
- Faith
- On your own
- And more!
The question is not: “Which of these roles is THE most important in the recovery process?”

The question is: “How can such resources be bundled and sequenced in ways that widen the doorway of entry into recovery and enhance the quality of recovery?”
## Example of: Clinical and Non-Clinical Roles

<table>
<thead>
<tr>
<th>Clinical</th>
<th>Non-Clinical</th>
</tr>
</thead>
<tbody>
<tr>
<td>❑ Counselor</td>
<td>❑ Recovery Coach</td>
</tr>
<tr>
<td>❑ Case Manager</td>
<td>❑ Peer Coach</td>
</tr>
<tr>
<td>❑ Psychologist</td>
<td>❑ Sponsor</td>
</tr>
<tr>
<td>❑ Psychiatrist</td>
<td>❑ Peer Recovery Coach</td>
</tr>
<tr>
<td>❑ Social Worker</td>
<td>❑ Peer Specialist</td>
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<tr>
<td>❑ Physicians</td>
<td></td>
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<tr>
<td>❑ Nurses</td>
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</tbody>
</table>
So What's the Difference

Distinguishing Between Clinical and Non-Clinical Roles and Services
Clinical Services involve diagnosis and treatment by health care professionals that include addiction and other professionals in recovery.

Non-Clinical means that the relationship is closer to the reciprocity of friendship.
Two Distinctions

One:

✓ Where Clinically Recovery Oriented and Addiction Treatment Services may focus inward on personal wounds,

✓ Non-Clinical Services involves a focus outward, connecting with resources and relationships beyond self.

Two Distinctions

Two:

✓ Where Clinically Recovery Oriented and Addiction Treatment Services often values the experience of emotional catharsis.

✓ Non-Clinical Services extols the value of emotional control.

Clinical vs Non-Clinical Services

Role

Delineation/Clarity
Clinical: Emphasis on formal education (theory and science) vetted by the profession.

Non-Clinical: Emphasis on experiential knowledge and training, vetted by the community.
Organizational Context

- Clinical: Works within organizational hierarchy of treatment organization & with direct supervision

- Non-Clinical: Organizational setting span treatment organizations, allied service, organizations and recovery community organizations, varied degree of supervision
Service / Support Framework

- Clinical: Works within a particular organizational treatment philosophy.

- Non-Clinical: Works across multiple frameworks of recovery via choices of those with whom they work.
Service / Support Relationships

- Clinical: Significant power differential
  extreme separation of helper/helpee:
  explicit ethical guidelines: high external accountability

- Non-Clinical: Minimal power differential:
  ethical guidelines being developed:
  moderate external accountability
Style of Helping

- **Clinical:** Formal, Personally Guarded and Strategic

- **Non-Clinical:** Varied by organizational setting, but generally personal and informal
Use of Self

- Clinical: Self-Disclosure discouraged or prohibited

- Non Clinical: Strategic use of one’s own story, role model expectation
Temporal Orientation

- Clinical: Considerable focus on past experiences

- Non-Clinical: Focus on present; What can you do today to strengthen your recovery

Counselor: Brief and ever Briefer

Recovery Coach: Measured in months or years (via sustained recovery checkups)
The question is not:

“Which of these roles is THE most important in the recovery process?”

The question is:

“How can such resources be bundled and sequenced in ways that widen the doorway of entry into recovery and enhance the quality of recovery?”

What if we really believed?

What Would Look Different?

What Would We Want to See?
IF WE REALLY BELIEVED,
Our resource allocation wouldn’t look like this:

- Peer Support Services
- Treatment
- Support to the Recovery Community
Recovery and Resilience Oriented System of Care

In the model, clinical care is viewed as one of many resources needed for successful integration into the community.
All content regarding ROSC provided by
Dr. Ijeoma Achara
Achara Consulting, Inc.
Recommended Resources

Monographs

- Recovery Management
- Recovery Management and Recovery-Oriented Systems of Care: Scientific Rationale and Promising Practices
- Practice Guidelines for Resilience and Recovery Oriented Treatment

Websites:

- www.attcnetwork.org/greatlakes
- http://www.facesandvoicesofrecovery.org/
- http://beta.samhsa.gov/brss-tacs
- http://www.centerstone.org/
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Questions?