

ATTC EDUCATIONAL PACKAGES FOR OPIOID USE DISORDERS PEER SUPPORT WORKERS



ATTC

Addiction Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration

DISCLAIMER

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The opinions expressed herein are the views of the authors and do not reflect the official position of the Department of Health and Human Services (DHHS), SAMHSA, or CSAT. No official support or endorsement of DHHS, SAMHSA, or CSAT for the opinions described in this document is intended or should be inferred.

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INTRODUCTION

The Addiction Technology Transfer Center (ATTC) Network Coordinating Office (NCO), funded by the Substance Abuse and Mental Health Services (SAMHSA), has designed three competency-based guides to raise awareness of resources available to build the capacity of the workforce to address the opioid crisis. The digital guides are relevant to psychologists, counselors, social workers, peer support workers, and other behavioral health professionals who intersect with people at risk for misuse of, or who are already misusing, opioids. Contemporary use of prescription or illicit opioids has led to the current opioid crisis in the US, where opioid overdose has increased fivefold since 1999 and where every day more than 115 people die of an opioid overdose. It is important to acknowledge the continuum of prevention, treatment, and recovery when addressing people who have, or are at risk of developing, an opioid use disorder. Therefore, we have organized the guides to align with this continuum.

The methods used to develop the guides follow:

- Initial development and planning meeting between senior SAMHSA and ATTC NCO staff identified the need for the document and target audiences. The need was identified through an increase in requests to SAMHSA to educate the behavioral health field on understanding and addressing opioid use.
- Senior staff at the ATTC NCO held several exploratory meetings to review materials that are currently available on the ATTC and SAMHSA websites. In addition, senior staff identified the core competencies for each of the target audiences (psychologists and counselors, social workers, and peer support workers) to use for a crosswalk of competencies and resources.
- ATTC NCO senior staff conducted a crosswalk of competencies and resources through an iterative process of resource review and matching those resources to particular competencies.
- The identified competencies and resources were then sent out for review by subject matter experts (SMEs) from the Bringing Recovery Supports to Scale Technical Assistance Center Strategy (BRSS TACS), Council on Social Work Education (CSWE), International Certification & Reciprocity Consortium (IC&RC), and NAADAC, the Association for Addiction Professionals.
- ATTC NCO senior staff reviewed the SMEs' recommendations and made recommended revisions.
- ATTC NCO senior staff conducted two rounds of review to come to consensus on the final arrangement of the crosswalk of the competencies and matching resources.

It is the hope of the ATTC NCO that this digital guide will give the behavioral healthcare workforce information to be able to enhance their professional knowledge and skills so that all can have an appropriate, active role in preventing, treating, and/or supporting recovery from opioid use disorders.

QUICK GUIDE

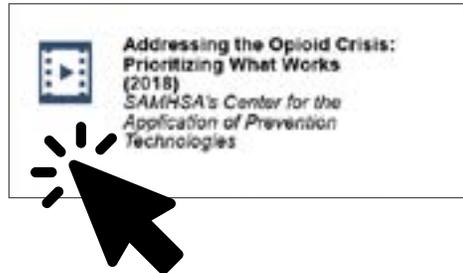
Step 1. Choose an Area of Focus

There are 16 competencies listed in this interactive guide to assist Peer Support Workers providers in enhancing their professional knowledge, attitudes, and skills in preventing, treating, and supporting recovery of patients and communities with opioid use disorders. Refer to the Table of Contents to identify the competency that matches your learning or professional objectives.



Step 2. Click on a Resource Icon

Resources listed below each competency were selected to address the knowledge, skills, and attitudes required to meet such competency. Each has been vetted and recommended by senior staff at the ATTC Network Coordinating Office. Click on an icon to transfer you to the resource for further exploration.



Resources are presented in a variety of formats to appeal to a larger audience with diverse learning styles. View the resource format key below for further clarification.

RESOURCE FORMAT KEY



Online Courses
Training
Curriculum



Presentation
Slides,
PowerPoints



Toolkit



PDF Documents
Bibliography
Fact Sheet



Mobile Apps



Report
Peer-
Reviewed
Article



Webinars
Movie
YouTube Video



Checklists



Pamphlets



Interactive
Journals



Handbooks
Books/Textbooks



Technical
Assistance
Publication (TAP)



Research
Database



Distance
Educational
Events
Requiring Travel



Treatment
Improvement
Protocol (TIP)



Chart



Websites



Articles
Blog Posts



Curriculum

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Understand the role of prevention in addressing the opioid crisis	6
Understand naloxone distribution and use as an opioid antagonist	8

INTERVENE WITH INDIVIDUALS AT RISK FOR OPIOID USE DISORDERS

Recognize signs of opioid misuse and coping strategies, including the grief process	10
Know when to refer to a clinician or supervisor	11
Understand interactions of physical and behavioral health related to opioid misuse.	12
Recognize potential risk factors for opioid overdose.	13

PROVIDE SAFE, INFORMED, PERSON-CENTERED CARE FOR PEOPLE WITH OPIOID USE DISORDERS

Share lived experiences of recovery and model appropriate use of personal story and self-advocacy	14
Understand person-centered resiliency and recovery planning for all ages and stages	15
Understand impact of trauma and responses to trauma	16
Understand impacts of labels, stigma, and discrimination related to opioid misuse, and demonstrate cultural sensitivity and acceptance of individual experiences by using guiding principles pertinent to population served	17
Be able to apply the following evidence-based practices to promote recovery in individuals with opioid use disorders: (a) shared decision-making; (b) motivational interviewing; (c) wellness recovery action planning.....	21

UNDERSTAND YOUR ROLE

Help peers to manage crises related to opioid misuse	22
Provide information about skills related to health, wellness, and recovery and link peers to resources, services, supports, and psycho-education materials pertinent to opioid use disorders.....	23
Help individuals and families recognize their natural supports.....	24
Demonstrate knowledge of community resources and those specific to opioid misuse and physical health and how to navigate the benefits system.....	25
Acknowledge that personal wellness is a primary responsibility	26

COMPETENCY: UNDERSTAND THE ROLE OF PREVENTION IN ADDRESSING THE OPIOID CRISIS

Source: *The President’s Commission on Combating Drug Addiction and the Opioid Crisis*



Addressing the Opioid Crisis: Prioritizing What Works (2018)
SAMHSA’s Center for the Application of Prevention Technologies



Collaboration to Prevent Opioid Misuse and Overdose: Eliminating Silos (2018)
SAMHSA



Seeing the Whole Elephant: The Critical Role of Collaboration in Addressing the Opioid Crisis (2018)
SAMHSA



Overdose Prevention: Don’t Run—Call 911 (2018)
NAADAC



PREVENTION AND THE CONTINUUM OF CARE

Prevention is an important component of the continuum of care, which represents a comprehensive approach to behavioral health. Each component of the continuum (promotion, prevention, treatment, and recovery) presents opportunities for addressing behavioral health problems and for collaborating across sectors.

*SAMHSA Center for the Application of Prevention Technologies
Prevention and Behavioral Health*



Preventing Prescription Drug Misuse: Selected Strategies and Associated Risks (2017)

SAMHSA's Center for the Application of Prevention Technologies



The Role of Prevention in Addressing Opioid Overdose (2016)

SAMHSA's Center for the Application of Prevention Technologies



Facing Addiction in America: The Surgeon General's Report on Alcohol, Drugs, and Health (2016)

The Surgeon General's Office



Preventing Drug Use Among Children and Adolescents (2003)

National Institute on Drug Abuse

COMPETENCY: UNDERSTAND NALOXONE DISTRIBUTION AND USE AS AN OPIOID ANTAGONIST

Source: *Surgeon General's Advisory on Naloxone and Opioid Overdose*



**Addressing the Opioid Crisis:
How Naloxone Is Changing
the Way We Think About
Prevention (2018)**
SAMHSA



**SAMHSA Opioid Overdose
Prevention Toolkit (2018)**
SAMHSA



**Medication and Counseling
Treatment – Naloxone
(2018)**
SAMHSA



**Preventing Opioid Overdose:
Increasing the Availability of
Naloxone (2018)**
*SAMHSA's Center for the
Application of Prevention
Technologies*



Be Prepared. Get Naloxone. Save a Life.

For patients currently taking high doses of opioids as prescribed for pain, individuals misusing prescription opioids, individuals using illicit opioids such as heroin or fentanyl, health care practitioners, family and friends of people who have an opioid use disorder, and community members who come into contact with people at risk for opioid overdose, knowing how to use naloxone and keeping it within reach can save a life.”

*Surgeon General's Advisory on Naloxone
and Opioid Overdose
Surgeon General of the United States
Public Health Service,
VADM Jerome Adams*





Harm Reduction and Opioid Misuse: Looking Beyond Naloxone (2018)

SAMHSA's Center for the Application of Prevention Technologies



Opioid Overdose and the Role of Prescriber Education (2018)

SAMHSA's Center for the Application of Prevention Technologies



Preparing for Naloxone Distribution: Resources for First Responders and Others (2018)

SAMHSA Center for the Application of Prevention Technologies



Guide to Developing and Managing Overdose Prevention and Take-Home Naloxone Projects (2018)

Harm Reduction Coalition



Get Naloxone Now (2017)

Get Naloxone Now is endorsed by ATTC Northeast and Caribbean

**COMPETENCY:
RECOGNIZE SIGNS OF OPIOID MISUSE AND
COPING STRATEGIES, INCLUDING THE
GRIEF PROCESS**

Source: Combined Core Competencies for Colorado's Peer Specialists



**Understanding and
Overcoming Opioid Abuse
(2018)**

*American Psychological
Association*



**Tips for Survivors: Coping
With Grief After a Disaster or
Traumatic Event (2017)**

SAMHSA



**Recognizing and Recovering
from Opioid Use Disorder:
Keys for Success for Patients
and Families (2018)**

*Advocates for Opioid Recovery
Online Course*



**Opioid Overdose
Prevention Toolkit (2016)**

SAMHSA



OPIOID ADDICTION IS A CHRONIC BRAIN DISEASE

Addiction is a primary, chronic disease of brain reward, motivation, memory, and related circuitry. Dysfunction in these circuits leads to characteristic biological, psychological, social, and spiritual manifestations.

*American Society of Addiction Medicine Fact Sheet:
Treating Opioid Addiction as a Chronic Disease*

COMPETENCY: KNOW WHEN TO REFER TO A CLINICIAN OR SUPERVISOR

Source: *Combined Core Competencies for Colorado's Peer Specialists*



SBIRT: Screening, Brief Intervention, and Referral to Treatment (2018)

SAMHSA-HRSA Center for Integrated Health Solutions



Talking About Overdose With People Who Use Opioids (2018)

SAMHSA'S Center for the Application of Prevention Technologies



HealthKnowledge: • Foundations of SBIRT (2016)

ATTC Network



Advocacy for Medication Assisted Recovery: An Interview with Walter Ginter (2009)

William White Papers



“The advent of peer recovery support services is an important milestone within the history of addiction treatment and recovery. Such services stand as potentially important resources to speed recovery initiation, enhance service retention in treatment, and facilitate the transitions to recovery maintenance ... ”

*William White, Selected Papers
Blog, Power of Peer Support*

COMPETENCY:
UNDERSTAND INTERACTIONS OF PHYSICAL AND BEHAVIORAL HEALTH RELATED TO OPIOID MISUSE

Source: Combined Core Competencies for Colorado's Peer Specialists



NIDA: Neurobiology of Drug Addiction (2018)
 NIDA



Chronic Substance Use and Cognitive Effects on the Brain: An Introduction (2016)
 SAMHSA



Heroin, Prescription Opioids, and HIV: What Clinicians Need to Know (2018)
 Pacific Southwest ATTC



NIDA: Drugs, Brains, and Behavior: The Science of Addiction (2014)
 NIDA

What are the other health consequences of opioid use disorder?

People with a substance use disorder often have one or more associated health issues, which could include **lung or heart disease, stroke, cancer, or mental health conditions**. Imaging scans, chest X-rays, and blood tests can show the damaging effects of long-term drug use throughout the body.



Adapted from NIDA, Drugs, Brains, and Behavior: The Science of Addiction

COMPETENCY: RECOGNIZE POTENTIAL RISK FACTORS FOR OPIOID OVERDOSE

Source: *Combined Core Competencies for Colorado's Peer Specialists*



Opioid Overdose Prevention Toolkit (2016)

SAMHSA



Preventing Prescription Drug Misuse: Understanding Who Is At Risk (2016)

SAMHSA's Center for the
Application of Prevention
Technologies

Those at higher risk of opioid overdose include people who:



- are opioid dependent, in particular following reduced tolerance (following detoxification, release from incarceration, cessation of treatment);
- inject opioids;
- use prescription opioids, in particular those taking higher doses;
- use opioids in combination with other sedating substances;
- use opioids and have medical conditions such as HIV, liver or lung disease or suffer from depression; and
- household members of people in possession of opioids (including prescription opioids).

*World Health Organization (WHO) Information
Sheet on Opioid Overdose*

COMPETENCY: SHARE LIVED EXPERIENCES OF RECOVERY AND MODEL APPROPRIATE USE OF PERSONAL STORY AND SELF-ADVOCACY

Sources: 1) SAMHSA Core Competencies for Peer Workers in Behavioral Health Services
2) Combined Core Competencies for Colorado's Peer Specialists



Share Your Story (2018)
SAMHSA BRSS TACS



**Survivors' Lives Changed
Forever Due to Opioids (2018)**
National Safety Council



**Storytelling Training Part II
(2016)**
Great Lakes ATTC



**Reflections: Ernie Kurtz on
the History of AA, Shame, and
Storytelling with Bill White
(2013)**
Great Lakes ATTC

By sharing their experiences, peers bring hope to people in recovery and promote a sense of belonging within the community.

SAMHSA
Peer Support
and Social Inclusion



**In My Own Words: A
Compilation of Essays
by Individuals Supported
by Medication-Assisted
Treatment in Long-Term
Recovery (2011)**
ATTC Network

**COMPETENCY:
UNDERSTAND PERSON-CENTERED
RESILIENCY AND RECOVERY PLANNING
FOR ALL AGES AND STAGES**

Source: Combined Core Competencies for Colorado's Peer Specialists



Recovery LIVE! Opioid Use Disorder, Medication, and Recovery (2017)
SAMHSA



Decisions in Recovery: Treatment for Opioid Use Disorders (2016)
SAMHSA



Plan Your Recovery Personal Stories (2016)
Plan Your Recovery

What Is Person-Centered Care?

Person-centered care—also known as patient-centered care—means consumers have control over their services, including the amount, duration, and scope of services, as well as choice of providers.

SAMHSA, Person- and Family-centered Care and Peer Support



COMPETENCY: UNDERSTAND IMPACT OF TRAUMA AND RESPONSES TO TRAUMA

Sources: 1) *Combined Core Competencies for Colorado's Peer Specialists* 2) *Mental Health America Peer Services Toolkit*



A Primer on Attachment, Trauma, and Substance Use Disorders (2014)
NAADAC



Trauma and Justice Strategic Initiative: Trauma-Informed Care and Trauma-Specific Services (2012)
National Hispanic & Latino ATTC/SAMHSA



SAMHSA's Concept of Trauma and Guidance for a Trauma-Informed Approach (2014)
SAMHSA



The Power and Price of Survival: Understanding Resilience, Stress, and Trauma (2nd Edition) (2011)
ATTC Network



TIP 57: Trauma-Informed Care in Behavioral Health Services (2014)
SAMHSA



Some communities have been exposed to disproportionate levels of trauma and violence. For example, American Indians, Alaska Natives, and African Americans have experienced historical trauma that can be transmitted from one generation to the next. Military service members, veterans, and their families have dealt with the losses, fears, and injuries associated with ongoing wars.

SAMHSA, Trauma and Resilience Resources



COMPETENCY:

UNDERSTAND IMPACTS OF LABELS, STIGMA, AND DISCRIMINATION RELATED TO OPIOID MISUSE AND DEMONSTRATE CULTURAL SENSITIVITY AND ACCEPTANCE OF INDIVIDUAL EXPERIENCES BY USING GUIDING PRINCIPLES PERTINENT TO POPULATION SERVED

Source: Combined Core Competencies for Colorado's Peer Specialists



Talking About Overdose With People Who Use Opioids (2018)

SAMHSA'S Center for the Application of Prevention Technologies



Fast Focus: The Opioid Epidemic and Socioeconomic Disadvantage (2018)

Institute for Research on Poverty



Examining Our Biases About People Who Misuse Opioids (2018)

SAMHSA's Center for the Application of Prevention Technologies



Opioid Misuse in Rural America (2018)

USDA



Reframing the Opioid Prevention Narrative: Addressing Misperceptions (2018)

SAMHSA



HealthKnowledge: Understanding the Basis of Race, Ethnicity, and Culture (2018)

*ATTC Network
New England ATTC*

COMPETENCY:

UNDERSTAND IMPACTS OF LABELS, STIGMA, AND DISCRIMINATION RELATED TO OPIOID MISUSE AND DEMONSTRATE CULTURAL SENSITIVITY AND ACCEPTANCE OF INDIVIDUAL EXPERIENCES BY USING GUIDING PRINCIPLES PERTINENT TO POPULATION SERVED

Source: Combined Core Competencies for Colorado's Peer Specialists



Health Disparities in Latino and African-American Communities (2018)
SAMHSA



ATTC Center of Excellence: YMSM + LGBT Resources (2018)
ATTC Network



Introduction to Special Series on Addiction in the LGBTQ Community (2018)
Cambridge Health Alliance BASIS



Cultural Competency and Spirituality (2017)
Mid-America ATTC; Family-Centered Behavioral Health Support for Pregnant and Postpartum Women



The National Network to Eliminate Disparities in Behavioral Health (NNED)

The NNED supports information sharing, training, and technical assistance among organizations and communities dedicated to the behavioral health and well-being of diverse communities. The NNED identifies and links “pockets of excellence” in reducing disparities and promoting behavioral health equity.





Language Matters: Using Affirmative Language to Inspire Hope and Advance Recovery (2017)
Mid-America ATTC



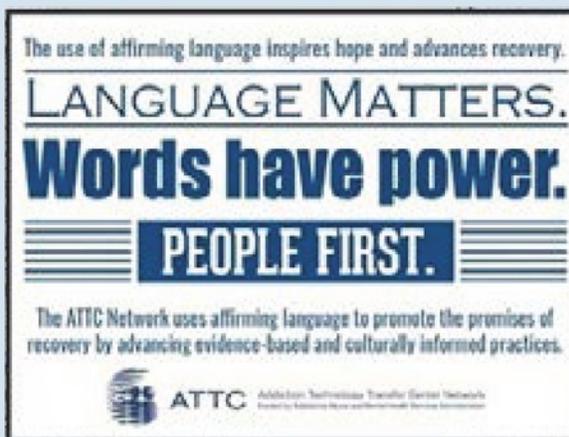
Words Matter: How Language Choice Can Reduce Stigma (2017)
SAMHSA's Center for the Application of Prevention Technologies



Engaging Diverse Populations in Recovery Support Services (2016)
SAMHSA



Cultural Competency for Understanding and Addressing the Prevention Needs of Lesbian, Gay, Bisexual, Transgender, and Queer/Questioning (LGBTQ) Populations (2016)
SAMHSA Center for Application of Prevention Technologies



Language Matters

Mid-America ATTC developed the Language Matters Awareness Card in conjunction with the ATTC Network's initiative to reduce stigma and discrimination through the use of person-first language.



Cultural Competency for Working With Immigrant Populations (2016)
SAMHSA Center for Application of Prevention Technologies

**COMPETENCY:
UNDERSTAND IMPACTS OF LABELS, STIGMA,
AND DISCRIMINATION RELATED TO OPIOID
MISUSE AND DEMONSTRATE CULTURAL
SENSITIVITY AND ACCEPTANCE OF INDIVIDUAL
EXPERIENCES BY USING GUIDING PRINCIPLES
PERTINENT TO POPULATION SERVED**

Source: Combined Core Competencies for Colorado's Peer Specialists



**Cultural Activation Prompts
(2016):**

- Gaining Awareness, Part I
- Gaining Awareness, Part II

SAMHSA



**TIP 59: Improving Cultural
Competence (2015)**

SAMHSA



**Risk and Protective Factors
for Substance Abuse and/
or Mental Health Problems
Among Alaska Native and
Native American Populations
(2013)**

*SAMHSA Center for
Application of Prevention
Technologies*



**Cultural Elements in
Treating Hispanic and Latino
Populations (2013)**

ATTC Network



**Through the Diamond
Threshold: Promoting
Cultural Competency in
Understanding American
Indian Substance Misuse
(2011)**

ATTC Network

COMPETENCY:

BE ABLE TO APPLY THE FOLLOWING EVIDENCE-BASED PRACTICES TO PROMOTE RECOVERY IN INDIVIDUALS WITH OPIOID USE DISORDERS:

- (A) SHARED DECISION-MAKING
- (B) MOTIVATIONAL INTERVIEWING
- (C) WELLNESS RECOVERY ACTION PLANNING

Sources: 1) *Combined Core Competencies for Colorado's Peer Specialists* 2) *Mental Health America Peer Services Toolkit*



Shared Decision-Making Tools (2018)
SAMHSA BRSS TACS



Motivational Interviewing for Peer Support Providers (Session 2) (88 min.) – April 9, 2015
SAMHSA BRSS TAC



Cultivating Change Talk, Part 2 (2018)
Institute for Research, Education, & Training in Addictions



MI Skill Building: How to Recognize, Respond to, and Elicit Change Talk, Part 1 (2017)
Institute for Research, Education, and Training in Addictions



HealthKnowledge (2016):
• **Tour of Motivational Interviewing**
Mid-America ATTC



Motivational Interviewing for Peer Support Providers (Session 1) (87 min.) – February 12, 2015
SAMHSA BRSS TACS



What Is Motivational Interviewing?

Motivational interviewing (MI) is a patient-centered method for enhancing intrinsic motivation to change health behavior by exploring and resolving ambivalence.

Source: American Academy of Pediatrics, Motivational Interviewing

COMPETENCY: HELP PEERS TO MANAGE CRISES RELATED TO OPIOID MISUSE

Source: SAMHSA Core Competencies for Peer Workers in Behavioral Health Services



Peer Support Specialist Foundations (2018)
ATTC Mountain Plains



Implementing Innovative Approaches to Crisis Services: Peer-Led Crisis Respite and Opioid Overdose Prevention Programs (70 min.) – March 16, 2016
SAMHSA BRSS TACS Policy Academy



Harm Reduction and Opioid Misuse: Embracing Positive Change (2018)
SAMHSA Center for the Application of Prevention Technologies



Crisis Counseling Assistance and Training Program (CCP) Guidance (2016)
FEMA/SAMHSA Guide



As of May 2018, Recovery Coaches who are part of the ED2Recovery network have made 526 contacts with those seeking recovery following an opioid overdose or other opioid-related admission in Wisconsin emergency departments.

*ATTC/NIATx Service Improvement Blog
Community Resilience:
Recovering Together*



COMPETENCY:
PROVIDE INFORMATION ABOUT SKILLS RELATED TO HEALTH, WELLNESS, AND RECOVERY AND LINK PEERS TO RESOURCES, SERVICES, SUPPORTS, AND PSYCHO-EDUCATION MATERIALS PERTINENT TO OPIOID USE DISORDERS

Sources: 1) SAMHSA Core Competencies for Peer Workers in Behavioral Health Services
2) Combined Core Competencies for Colorado's Peer Specialists.



Opioid Patient Education Handout (2018) (English) (Spanish)
ATTC Network



TurnTheTideRx: For Patients (2018)
Turn the Tide Rx



Peer Recovery PORTAL Network (2018)
MARS Project



Peer Involvement in Integrated Physical and Behavioral Health Services: Promoting Wellness Through Recovery-Oriented Care (90 min.) – February 28, 2013
SAMHSA BRSS TACS



Opioid Factsheet for Patients (2018)
Centers for Disease Control

COMPETENCY:

HELP INDIVIDUALS AND FAMILIES RECOGNIZE THEIR NATURAL SUPPORTS

Source: Combined Core Competencies for Colorado's Peer Specialists



Opioid Epidemic Practical Toolkit: Helping Faith and Community Leaders Bring Hope and Healing to Our Communities (2018)

US Department of Health and Human Services



June 2017: Community Health Centers and First Responders: Strengthening Communities Through Education

- Webinar
 - Discussion Guide
- SAMHSA Road to Recovery*



The Opioid Crisis: Community Is Key to Addressing the Epidemic (2018)

ATTC/NIATx



Recovery Community Organizations (2018)

Faces and Voices of Recovery



Easier Together: Partnering with Families to Make Recovery Possible (2017)

Mid-America ATTC



Responding to the Opioid Epidemic (2017)

ATTC/NIATx 2017

SAMHSA has delineated four major dimensions that support a life in recovery:



Health



Home



Purpose



Community

Find more information at the SAMHSA page, Recovery and Recovery Support

National
Recovery Month

Prevention Works • Treatment is Effective • People Recover

september 2018

COMPETENCY:

DEMONSTRATE KNOWLEDGE OF COMMUNITY RESOURCES AND THOSE SPECIFIC TO OPIOID MISUSE AND PHYSICAL HEALTH AND HOW TO NAVIGATE THE BENEFITS SYSTEM

Source: *Combined Core Competencies for Colorado's Peer Specialists*



Community in Crisis: A Collaborative Approach to Responding to the Opioid Epidemic (2018)
Providers Clinical Support System



Opportunities for Engaging Partners to Prevent Opioid Overdose-Related Deaths (2017)
SAMHSA's Center for the Application of Prevention Technologies



Opioid Epidemic Practical Toolkit: Helping Faith and Community Leaders Bring Hope and Healing to Our Communities (2018)
The Partnership Center and The Center for Faith-Based and Neighborhood Partnerships



Opportunities for Collaborating With Medical Professionals to Prevent Opioid Misuse (2017)
SAMHSA's Center for the Application of Prevention Technologies



Preventing Prescription Opioid Misuse in Utah: Leveraging Partnerships (2017)
SAMHSA's Center for the Application of Prevention Technologies

Recovery Community Organizations (RCOs)

Recovery community organizations focus on the reality of long-term recovery from addiction to alcohol and other drugs for over 20 million Americans and their families. The recovery community organization, its leaders, and members have a singular goal: enhancing the quantity and quality of support available to people seeking and experiencing long-term recovery from addiction.

*Faces and Voices of Recovery
Recovery Community Organization Toolkit*

COMPETENCY:
**ACKNOWLEDGE THAT PERSONAL WELLNESS IS A
 PRIMARY RESPONSIBILITY.**

Source: Combined Core Competencies for Colorado's Peer Specialists



**Work and Well-Being:
 A Guide for Addiction
 Professionals**
Central East ATTC



**Health and Wellness for
 Peer Supporters and Family
 Supporters: Strategies for
 Well-Being, Self-Care, and
 Relapse Prevention**
*SAMHSA'S Program to
 Achieve Wellness*



**Self-Care for Addiction
 Professionals: Why It Counts
 and How to Do It**
NAADAC

SAMHSA's Eight Dimensions of Wellness

What Is Wellness?

Wellness is being in good physical and mental health. Because mental health and physical health are linked, problems in one area can impact the other. At the same time, improving your physical health can also benefit your mental health, and vice versa. It is important to make healthy choices for both your physical and mental well-being.





ATTC

