Peer Recovery Coaching in Massachusetts

Public Health Council
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Department of Public Health
Bureau of Substance Addiction Services
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DPH (BSAS) Peer Recovery Coaching in Massachusetts Timeline

2008 CCAR (CT Community for Addiction Recovery) established Recovery Coach Academy Curriculum

2011 BSAS contracted CCAR for two trainings funded by Substance Abuse Mental Health Services Administration’s (SAMHSA) Access to Recovery (ATR) Program

2013 Recruited/hired MA trainers & provided RCA trainings statewide (6 regions)

2014 Public Health Emergency – Opioid Overdose Crisis

2015 Peer Recovery Coaches (PRCs) became a new covered expenditure in Outpatient Procurement (+ATR/STR, Moms Do Care)

2016 MBSACC initiated CARC (Certified Addiction Recovery Coach) requirements

2016 BSAS, in partnership with MBHP, funded Emergency Department Recovery Coach Pilot Programs (11 hospitals)

2016 Created distinct peer Recovery Coaching Supervisor training curriculum statewide

2018 MassHealth approved Peer Recovery Coaching as a reimbursable benefit - BSAS collaborated with MassHealth on performance specifications

2018 RC Workforce Scan looked at BSAS funded/contracted and non-BSAS funded/contracted programs providing PRC services in the state
What a Peer Recovery Coach is NOT!

- Sponsor
- Clinician
- Medical Practitioner
- Clergy
- Caretaker
- Bank
- Personal Driver
- Case Manager
Mentor, Advocate and Change Agent

Assist to Maintain & Sustain Recovery

Supports Multiple Pathways of Recovery

Navigate Systems & Removes Barriers

Encourages Hope & Optimism

Links to Recovery Community

Collaborates on Wellness Plan

Tools Used:
Lived Experience, Stages of Change, and Motivational Interviewing
DMA RC Scan Interviewees Reported - RC Role: Across All Settings

- Connect to wrap-around services and supports
- Identify culturally and linguistically sensitive services
- Navigate criminal justice system
- Attend some appointments

- Prevent relapse
- Identify goals
- Build healthy relationships

- Encourage hope and motivation
- Foster life and coping skills
- Build rapport
- Serve as role model
- Support family
- Share personal story

Service Navigation

Wellness Planning

Recovery Coach

Social and Emotional Support

Community Outreach and Advocacy

Resource Sharing and Linkage

Engagement in Treatment

- Support employment
- Serve as gateway to larger recovery community
- Foster positive social network
- Facilitate access to education

- Engage appropriate level of care
- Support relationships with providers
- Facilitate membership in recovery centers

- Public face of RC services
- Increase awareness of RC services
- Service team member
- Multi-agency engagement
- Fight stigma
Some individuals serve as both Early Engagement PRCs and long-term PRCs.

- Reports to a trained PRC Supervisor if billing MassHealth/BSAS.
- May require more setting-specific trainings.
DMA RC Scan Interviewees Reported -
RC Role: Setting-specific Support

**Outpatient Providers**
- Wellness planning

**Emergency Department**
- Crisis management
- Post-overdose support
- Naloxone education
- Post-discharge follow-up
- Motivation to stay alive and enter treatment

**Drug Courts**
- Court hearings

**Access to Recovery Program**
- Clearing warrants

**Opioid Urgent Care Centers**
- Secure detox bed
- Harm reduction information

**Coalitions**
- Crisis management
- Post-overdose support
- Food and housing resources
- Appointment reminders
- Transportation
- Harm reduction strategies
- Treatment program connection
- Community engagement trainings

**Recovery Coach**

**Moms Do Care Program**
- Pre-natal support
- Six months postpartum support
- Support groups for breastfeeding and for trauma
- Resources for mom and baby
- Home-based support

**Police Departments**
- Crisis intervention
- Rapid placement into treatment
- Risk-based outreach
- Naloxone education and distribution
- Post-jail planning
- Overdose follow-up
- Home visits
- Family and friends support
- Recovery trainings for police

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- Recovery trainings for police
Typical Pathway to becoming a Peer Recovery Coach in Massachusetts

1. Lived Experience in Addiction
2. Stable Recovery
3. Recovery Coach Academy
4. Other Trainings (Ethical Considerations, Cultural Competency, Mental Wellness, Addictions 101, Motivational Interviewing)
5. Work/Volunteer as PRC - 500 hours initial and ongoing supervision by trained PRC Supervisor
6. Apply for Certification

Not all RC’s follow this pathway
The Recovery Coach Academy (RCA), developed by CT Community for Addiction Recovery (CCAR) in 2008, is a 5-day intensive training delivered in a retreat-like environment, focusing on providing skills needed to guide, mentor and support anyone who would like to enter into or sustain long-term recovery from an addiction to alcohol or other drugs.

- The CCAR model is currently used nationwide for training recovery coaches.
- CCAR requires that trainers of RCA take the CCAR RCA and a CCAR-approved Training of Trainers.
- BSAS provides CCAR RCAs and has permission to conduct Training of Trainers in MA.
- Other organizations/individuals also provide the CCAR RCA in MA separate from BSAS.

The training includes: role and functions of a recovery coach, values/principles, stages of recovery, culture, recovery, stages of change, power and privilege, ethics, boundaries, coaching, motivational interviewing and wellness planning.
The BSAS-funded Recovery Coach Academy (RCA) application requires:

- 2 years of abstinence from active use of illegal drugs, alcohol and non-prescribed medication
- Stable pathway of recovery
- Connected within the recovery/addictions community as a volunteer or employed
- Access to and/or supervised by a BSAS-trained PRC supervisor
- High School Diploma or Equivalency
Common Expectations to be HIRED as a Recovery Coach

*Depends on setting and funding

- 1-6 yrs. abstinence from illegal drugs, alcohol and non-prescribed medication and in recovery

- Completed 5-day RCA & actively working towards a CARC (Certification Addiction Recovery Coach - MBSACC)

- Supervised by an BSAS-trained Peer Recovery Coach Supervisor

- High School Diploma or Equivalency
BSAS Peer Recovery Coach Supervisor Training

Training
3 days

Independent Work
One-month Organization Assessment & RC Observations

Coaching

Collaborative Review

2 Webinars
1. Keeping fidelity to the model
2. Advocacy
BSAS Expanding Peer Recovery Workforce FY13-FY18

Number of Individuals Trained in Massachusetts
Recovery Coach Academy (RCA): 1208
RCA Ethical Considerations: 573
BSAS RC Supervisors: 331
BSAS Deaf Recovery Coaches working: 16
BSAS P.T. Recovery Support Trainers: 17
CARC MBSACC Certified Recovery Coaches: 85+

BSAS Suite of Trainings Offered for Recovery Coaches
Motivational Interviewing, Addictions 101, Mental Wellness, Cultural Competence/Humility, Self-Care, MSR for Recovery Coaches
Some Current Research

BSAS FY18 Peer Recovery Coach Scan
• DMA Health Strategies conducted a scan of 209 RCs working in 33 BSAS funded and/or contracted programs in FY18

MGH Recovery Coach Efficacy 2018 Report
• “6 months after engagement with a recovery coach, compared to the 6 months prior to the engagement with a recovery coach, patients have a 44% increase in attendance at outpatient primary care and behavioral health visits, a 25% decrease in inpatient admissions, and a 13% decrease in Emergency Department visits.”
  (MGH provided BSAS this paragraph with permission)
Careers of Substance Website

- **Recovery Coach/ Peer Worker Main Page**
- **Recovery Coach and Recovery Coach Supervisor Training Calendar** *(with dates and locations)*
- **Full Statewide Substance Use Training Calendar**
- **Job Postings** – post and search positions and resumes
Thank You

Gracias

Any Questions?