

Peer Recovery Support Services



USARA

Utah Support Advocates
for Recovery Awareness

Who We Are

Utah Support Advocates for Recovery Awareness (USARA) is a non-profit Recovery Community Organization founded in 2006.

USARA's mission is to **celebrate, advocate, support,** and **empower** people in all stages of addiction recovery through connecting to resources, building community, and raising awareness that **long term recovery is possible.**

We:

- Are non-clinical & peer-driven
- Are grassroots and volunteer based
- Celebrate all pathways to recovery



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SAMHSA's Working Definition of Recovery

A process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential.

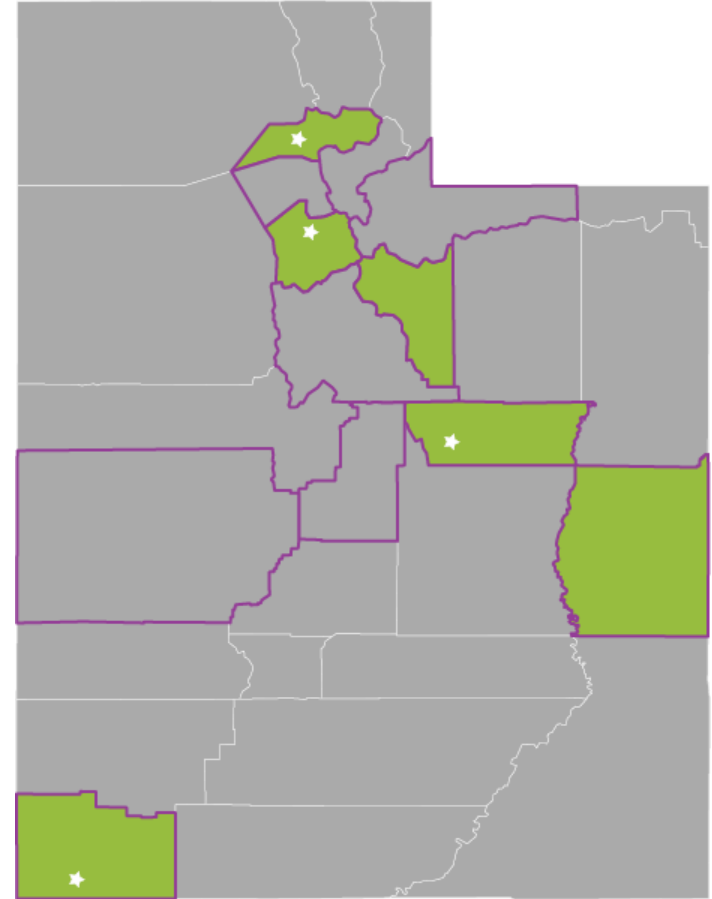
The Substance Abuse and Mental Health Services (SAMHSA) recognizes there are many different pathways to recovery and each individual determines his or her own way.

Recovery Support Services are targeted to assist individuals needing support services outside of treatment in order to maintain their recovery and build a meaningful life in the community.

Peer Recovery Support Services (PRSS)

Peer-based recovery support is the process of giving and receiving assistance to help others in their efforts to achieve long-term recovery from alcohol and/or other drug-related problems.

This support is provided by people who are non-clinical, although they are experientially trained to assist others in initiating recovery, maintaining recovery and enhancing the quality of personal and family life in long-term recovery (William White, 2009).



Recovery Support Strategic Initiative

Four Major Dimensions that Support Life in Recovery

HEALTH - Overcoming or managing one's disease(s) or symptoms –for example: abstaining from use of substances if one has an addiction problem-and manage recovery by making informed, healthy choices that support physical and emotional wellbeing.

HOME - A stable and safe place to live.

PURPOSE - Meaningful daily activities such as job, school, volunteerism, family caretaking, or creative endeavors, and the independence, income and resources to participate in society.

COMMUNITY - Relationships an social networks that provide support, friendship, love and hope.

(SAMHSA and Utah DSAMH has established initiative priorities)

Recovery Capital

Determining Recovery Capital can help someone establish their Recovery Management plan and goals:

- **SOCIAL Capital** includes the resources a person has as a result of their support relationships, including family, friends, obligations to programs and groups to which they belong.
- **PHYSICAL Capital** is defined as tangible assets; Home, job, and money that can increase recovery stability.
- **HUMAN Capital** includes skills, positive health, aspirations, hopes and personal resources that will enable the individual to prosper.
- **CULTURAL Capital** includes the values, beliefs and attitudes that link to pro-social behaviors and the ability to be a part of a community and a contributor to society.

(BARC) Brief Addiction Recovery Capital

On a scale of 1-6, please indicate your level of agreement with the following statements:

There are more important things to me in life than using substances	--None--
In general I am happy with my life	--None--
I have enough energy to complete the tasks I set myself	--None--
I am proud of the community I live in and feel part of it	--None--
I get lots of support from friends	--None--
I regard my life as challenging and fulfilling without the need for using drugs or alcohol	--None--
My living space has helped to drive my recovery journey	--None--
I take full responsibility for my actions	--None--
I am happy dealing with a range of professional people	--None--
I am making good progress on my recovery journey	--None--

Bridges Community – Treatment – Recovery Community



- Increases recovery engagement
- Reduces incidences of substance use
- Supports individuals to identify their own recovery pathway
- Helps to overcome common challenges
- Bridges the gap between clinical services and life in recovery
- Empowers and celebrates individuals personal success and achievements