Breakout Room Activity

Bay Area/Mid-State Region - June 2, 2021 (10:00 am - 12:00 pm)

Please record your notes on your breakout room slide.

Recovery Capital

Social	Physical	Human	Cultural
• Family	• Housing	• Education	• Access to Recovery Supports
• Friends	• Clothes	• Positive health	• Laws and Regulations that Promote Recovery
• Peers	• Transportation	• Values	• Supportive Language about Recovery
• Partners	• Insurance	• Knowledge	
• Co-Workers	• Money	• Experience	
		• Interpersonal Skills	
		• Sense of Purpose	

Breakout Room 1: Discuss examples of existing program supports and ways to enhance support within each of the four categories of Recovery Capital.

Social

- **Existing:**
    - Having a good wrap around of resources (case managers, SUNs, BH staff, community partners, etc)
- **Enhance:**
    - Having peer recovery support; and knowing when is the best time to implement it

Physical

- **Existing:**
    - BH and SUN program is connected to health center - easy link for medical referrals

- **Enhance:**

Human

- **Existing:**
- **Enhance:**
    - Help them with interpersonal life factors
    - Praise them for the resources they do still have within themselves

Cultural

- Existing:

- Enhance:

Breakout Room 2: **Discuss examples of existing program supports and ways to enhance support within each of the four categories of Recovery Capital.**

Social

- **Existing:** Referring to 12-step; Counseling component to refer to therapy, also family members; program for father's in recovery, reentry from incarceration
- **Enhance:** More available services post-COVID, e.g., MARA meetings, easier access in county complex, advertising more group opportunities; get groups going again; advertising MAT group

Physical

- **Existing:** Screening for HepC with mobile van,
- **Enhance:** Building relationships with outside agencies for housing, food, mobile showering center, mobile wound clic
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Human

- Existing:

- Enhance:

Cultural

- Existing:

- Enhance:

Breakout Room 3: Discuss examples of existing program supports and ways to enhance support within each of the four categories of Recovery Capital.

<u>Social</u>

- **Existing:** 24/7 cell phone available for any patient to call. Patients are referred to in-patient clinic or other services. Meet patients where they are and refer them to different supports/resources even if they don't admit to having a substance use disorder.
  -Try to keep groups consistent and familiar with each other. (Social connections)

- **Enhance:**

<u>Physical</u>

- Existing:

- Enhance:

<u>Human</u>

- **Existing:** Trying to reduce the stigma to help educate others instead of judging them. Self advocating and individuals feeling safe about expressing what they are going through.

- **Enhance:**

<u>Cultural</u>

- **Existing:** Getting booth in street fair to share information about the work that is being done and getting into the community.

- **Enhance:**

Breakout Room 4: **Discuss examples of existing program supports and ways to enhance support within each of the four categories of Recovery Capital.**

<u>Social</u>

- **Existing:** Promote bringing in family or trusted other person for education on how the tx process and challenges that may occur from the individual and existing outside structures.

- Enhance:

<u>Physical</u>

- **Existing:** Transportation is provided (to and from appts or pharmacy, counseling).
- Accessibility: access to interim housing to support those w/o traditional methods of contact (phone, text).
- **Enhance:** Increase connections to services and tx figuring out how to overcome the challenges that derive from substance use (memory deficits, sleeping patterns, etc.)

<u>Human</u>

- **Existing**: Values education of patients questions around expectations and evaluating what the educational needs are.

- Enhance:

<u>Cultural</u>

- **Existing:** Language matters, RSS provides mandatory counseling (bh services), social determinants that can impede recovery

- **Enhance:** Increase staffing to provide more supports of pts.

Breakout Room 5: Discuss examples of existing program supports and ways to enhance support within each of the four categories of Recovery Capital.

Social

- **Existing**:Hard to bring family in during covid/HIPAA. Shared medical appointment - open for all substances including nicotine (peer engagement). Use an outreach team to bring in partners as well (encourage both to get in). Medmark: peer to peer groups; brings in other perspectives.
- **Enhance:** Build up peer programs. Build up provider confidence in having these discussion (making patients feel welcome; getting needs met)

Physical

- Existing:

- Enhance:

Human

- **Existing:** Drug and alcohol counselors do a lot of this work. Identify a goal for the week; drivers license, finding work, supporting access to programs.

- Enhance:

Cultural

- Existing:

- **Enhance**: Spanish groups in the future.

Breakout Room 6: **Discuss examples of existing program supports and ways to enhance support within each of the four categories of Recovery Capital.**

Social

- **Existing:**
- **Enhance:** COVID19 has impacted the way clinics can build and provide support groups; Have music provided in clinics.

Physical

- **Existing**: Yoga classes; case coordination and warm hands off to housing/harm reduction programs; programs such as relapse prevention
- **Enhance:** Recruiting mobile units to assist clients, mobile showers, mobile HEP C treatment; Would like to get patients connected to more housing resources
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Human

- **Existing:**
- **Enhance**: being able to implement programs such as anger management, more education and vocational services

Cultural

- **Existing:** Focusing on trauma-informed language and using language to de-stigmatize; focusing on ACEs.
- **Enhance:**