

# Breakout Room Activity

Capital Region - June 1, 2021 (1:00 pm - 3:00 pm)

***Please record your notes on your breakout room slide.***



# Recovery Capital

## Social

- Family
- Friends
- Peers
- Partners
- Co-Workers

## Physical

- Housing
- Clothes
- Transportation
- Insurance
- Money

## Human

- Education
- Positive health
- Values
- Knowledge
- Experience
- Interpersonal Skills
- Sense of Purpose

## Cultural

- Access to Recovery Supports
- Laws and Regulations that Promote Recovery
- Supportive Language about Recovery

# 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:**
- **Enhance:** Transportation, such as getting clients to peer led meetings. Would require these programs rather recommend.

## Physical

**Existing:** Granite Wellness: Doctor on staff for MAT programs who can get direct physical supports met. Communicare: Have full blown primary care. Also have counseling, SUD services. Have health education, as well as a garden.**Enhance:** Granite Wellness: recommend that clients get involved in physical exercises to improve well-being and self-confidence. Can only recommend because there are no direct services. Communicare is interested to offering mindfulness and physical sessions like yoga.

## Human

- **Existing:** Peer Supports; MAT groups getting support of peers social.
- **Enhance:** Limited due to not having peer supports in the program; getting more connections to outside 12-step programs/similar programs as more of an effective social supports.

## Cultural

- **Existing:** Communicare: Addressing the threshold of languages through the community like bilingual staff.
- **Enhance:** Improving awareness and understanding of cultural awareness. More Evaluation.

# 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:**
  - Groups, social dynamic. Participants are together talking about their lives. Provide information on 12-step recovery.
  - Collateral family services - asking about any support patients already have and getting them involved
- **Enhance:**
  - Stigma within the 12-step recovery - if you are on buprenorphine they aren't "clean". A notion of "cheating". Creating social support where that's not a thing.
  - Family/friend support could be improved

## Physical

- **Existing:** Set aside funds to provide bus tickets. Programs to help take patients to their appointments. Set aside funds to provide housing. Funds for transportation getting patients to appointments and for MAT/drug testing.
- **Enhance:** Having some flexibility on how the grants are awarded and how we can spend them.

## 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.

## Social

- **Existing:** Rapport with providers (using the grant to secure access to treatment - reduce waitlist from 5-6 weeks to 1 week)  
Peer Support Services (NTP)- Patient Advocacy and Advisory Group (Provides feedback to staff to increase a positive patient experience)
- **Enhance:** Peer Support Services integrated into FQHC/settings

## Physical

- **Existing:** FQHC- Ability to address medical concerns onsite
- **Enhance:** Would like to increase holistic care aside from medical focus

## Human

- **Existing:** Sense of purpose/higher achievement for those who attend the PAAG (can they take on being a role model at this time, evaluate with the client's treatment plan)
- **Enhance:** Increase referral adherence (NTP location)

## Cultural

- **Existing:** Recent changes in legislation related to peer support services
- **Enhance:** colocate with alternative services (bureaucracy); Staff proficiency in understanding cultural differences

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

## Social

- **Existing:** MA leads peer-led groups, family involvement, psychoeducation to families; peer led recovery groups (suspended due to COVID), be more accessible via text during COVID
- **Enhance:** Reestablishing Red Road program

## Physical

- **Existing:** Transportation (FQHC), MediCal support, some gift cards for gas, add food to groups
- **Enhance:** Lifestyle groups (walking, cooking), snacks

## Human

- **Existing:** Peer led groups, family involvement
- **Enhance:** Lifestyle groups (walking, cooking), psychoed for depression

## Cultural

- **Existing:** staff are welcoming and non-stigmatizing. Flexibility.
- **Enhance:**

# 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:** MI, CBI, Patient advocacy groups
- **Enhance:** Reestablishing Red Road program, Trauma therapy, Family therapy to support recovery

## Physical

- **Existing:** referrals, gas cards
- **Enhance:** Groups for housing connections

## Human

- Existing:
- Enhance:

## Cultural

- Existing:
- Enhance: