March Ecosystem Enrichment

Employment Support for Individuals in Recovery



March 24th, 2022



Welcome to Ecosystem Enrichment!

- more!
- -no matter where they start!
- about previous or upcoming sessions

Monthly professional development opportunity for workforce professionals - career coaches, business services representatives, training instructors, and

 Information that helps connect a complex system of services so that jobseekers can get the support they need to find, obtain, and maintain quality employment

 Broadly applicable workforce development skills/knowledge with local context

• Join us each month for more, invite others you think are a good fit, and reach out if you have questions

Housekeeping Items

• The session is being recorded, the PowerPoint and other materials will be sent out after the session.

• Please mute yourselves to make sure that speakers can be heard, and we do not experience feedback. No need to keep video on unless you want!

• This session is structured with several presenters, information regarding each presenter's organization will be shared after the session along with any helpful links/websites shown

• Feel free to share your own thoughts, reactions, and reflections to the topics as we go along. If time allows, we can move to participant questions, so please send those to me privately!



Welcomes and Introductions

Indiana Recovery Network Presentation

YMCA of Greater Indianapolis Presentation

Wrap-Up

Closing Remarks

RECOVERY RESOURCES AND PROFESSIONALISM







JAYME WHITAKER, - DEPUTY DIRECTOR, INDIANA ASSOCIATION OF PEER RECOVERY SUPPORT SERVICES

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PROFESSIONAL RECOVERY SUPPORT APPROACH:

MULTIPLE PATHWAYS TO RECOVERY

- Supports the Individual • Adaptable to Individual Culture Provides Structure and Process • Supports and builds personal values • Builds positive social culture • Supports voice & choice • Evidence-based • Grows and expands with the Client • Clinical, Recovery-centered, Medically
 - supported & Faith-based

TYPES OF RECOVERY

Abstinence-based - complete and sustained cessation of one's primary drug(s), any other nonmedical psychoactive drug and/or gambling (with nicotine and caffeine historically excepted)

Moderation-based recovery - the sustained deceleration of alcohol, other drug use and/or gambling to a subclinical level, that is, a level that no longer meets diagnostic criteria

Medication-assisted recovery - the use of medically monitored pharmacological drugs to support recovery from addiction

CONTEXT OF RECOVERY

Solo (natural) recovery – involves the use of one's own interpersonal and interpersonal resources (family, kinship and social network) to resolve addiction problems without the benefit of professional treatment or involvement in a recovery support group

Treatment-assisted recovery - involves the use of professional help in the initiation and stabilization of recovery

Peer-assisted recovery - involves the use of structured recovery mutual aid groups to initiate and/or maintain recovery.

FRAMEWORKS OF RECOVERY

Religious – a framework in which severe addiction problems are resolved within the rubric of religious experience, religious beliefs, prescriptions for daily living, rituals of worship and support of a community of shared faith

Spiritual - frameworks of recovery that flow out of the human condition or wounded imperfection, involve experiences of connection with resources within and beyond self and involves a core set of values (e.g., humility, gratitude and forgiveness). Religious and spiritual frameworks of recovery can closely co-exist and overlap

Secular - a style of recovery that does not involve reliance on any religious or spiritual ideas (God or Higher Power), experiences (conversion), or rituals (prayer)

RECOVERY TERMINOLOGY

In Recovery - a term used to imply a way of living and/or a lifestyle

Recovered - a term used to imply that a person's medical condition has been resolved

Recovering - a term used to imply that recovery takes constant vigilance throughout one's life

CERTIFIED PEER RECOVERY PROFESSIONALS

WHAT IS A CERTIFIED PEER PROFESSIONAL?

- A **Peer** is someone with lived experience (mutuality) in the areas of Mental Health and/or Addiction.
- A **Certified Professional** is someone who is trained and tested to be proficient in specific modalities that relate to His/Her/Their specific profession.
- A **Certified Peer Professional** is someone in recovery from mental health and/or addiction who has been trained and tested to be proficient in specific modalities that relate to the recovery community profession.

Professional Development, Recovery Advocacy, Career Pathways for those in recovery, Professional Recovery Community

RECOVERY MANAGEMENT EXAMPLES

Peers Use Complex and
Evidenced-based approaches
Peers utilize scientific but
non-clinical approaches

Stages of Recovery

Stages of Change

- Fulfillment
- Integration
- Connectedness
- Deepening
- Stabilization

- Maintenance
- Action
- Preparation
- Contemplation
- Pre-contemplation

PEER PROFESSIONALISM WORKSHOP SERIES

Overview

- Meant to build off of RCA & Ethics
- We are exploring Peer Perspective Only: A little about everything
- (6hr) Full day Foundations Training that focuses on foundational knowledge, science and theory that are fundamental to help peers work in the challenging climate of recovery.
- A year long series of (2hr) workshops, offered once a month. These workshops focus on building on the theory and science learned in the foundation training and continue to expand the knowledge base and grow adaptive development of those working in the peer field.
- You can enter the series anywhere and complete the series, as the series will start over once it's completed.
- Workshop & Certificate of Completion
- Questions?

PEER PROFESSIONALISM WORKSHOP SERIES

• Workshop 2	• Worksho
 Applied Ethics 	∘ Welln
 Bill of Rights 	• R1 Lec
 Neurodiversity/Acceptance 	• Addie
• Workshop 3	 Workshop
 Community Collaboration/Matrix 	• Welln
 Systems Overview 	• R1 Lec
 Whole Health Approach 	• Addie
• Workshop 4	 Workshop
 Personal Recovery in Professionalism 	• Welln
 Utilizing Supervision 	• R1 Lec
 Mental Health Spectrum 	• Addie
• Workshop 5	 Workshop
 Functional Communication 	• Welln
 Mandatory Reporting 	• R1 Lec
 Trauma Response 	• Addie
• Workshop 6	 Workshop
 Recovery Capital Overview: Risk/Protective Factors 	• Welln
 Applying Change Theory 	• R1 Lec
 Emotional Regulation 	• Addie
Workshop 7	
 Group Leadership 	
 Testimony vs. Disclosure 	
 Toxic Stress & Recovery 	

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ATTITUDE

POWER OF THREE

TRAINING/TOOLS

EMOTIONAL IQ

BUILDING PEER PROFESSIONALISM

Working to develop and expand a peers:

- Role Satisfaction
- Job Effectiveness
- Professional Growth
- Agency Role Development
- Career Pathway
- Personal Development

- Teamwork
- Team Member Support
- Job Done Mentality
- Problem Solving
- Critical Thinking Skills
- Education/Training
- Workplace/ Agency/ Role Values
- Policies & Procedures
- Personal Safety
- Cultural Responsiveness
- Self-Management Skills
- Evaluation Skills

Professional Areas of Training:

PROFESSIONALISM BUSINESS EDUCATION

- Email
- Phone Skills
- Appointments & Meetings
- Social Media
- Time Management
- Appearance
- Technology
- Calendars/Scheduling
- ZOOM Platforms
- Communication Skills
- Active Listening



PEER PROFESSIONALISM: CERTIFICATION & TRAINING ICAADA, STANLEY W. DEKEMPER TRAINING INSTITUTE & IAPRSS

ICAADA

- Peer Certification/ CredentialingAgency
- Peer Credentialing
 Support
- Peer Credentialing and Certification
 Oversight

SWD TRAINING INSTITUTE

- Peer Training and Education
- Peer Training
 - Support and Training Oversight

IAPRSS

Peer Certification/ CredentialingAgency
Peer Credentialing Support

TRAINING/ SKILLS: CONSUMMATE LEARNER

We are only as strong professionally as our education and our training.

- Indiana Association of Professional Peer Support Services
- Stanley D. DeKemper Training Institute
- ICAADA

Certifications for Peer Professionals
Recovery Education
Professional Development
Certification/ Ethics
Supervision and Accountability
Recovery Community Membership

INDIANA RECOVERY NETWORK

INDIANA RECOVERY NETWORK





STRUCTURE OF THE IRN

- The concept of the IRN was conceived in 2017 to create a statewide network for recovery organizations.
- The website is modeled after SAMHSA's Four Dimensions of Recovery (Health, Home, Purpose, and Community).
- Statewide resources include connecting to peer supports, news, events, and videos.
- IRN now has 90-member organizations, 1/3 are Recovery Community Organizations (RCOs).
- We hold reoccurring monthly meetings open to all individuals across the state.

THE IRN AND RCOs

- Connection and collaboration between recovery community organizations throughout the state.
- Connection for individual's and families to recovery community organizations throughout the state.
- Bridging gaps in services and eliminating silos.
- Website visitors can easily locate RCOs with a search by city or zip code.
- IRN provides technical assistance to new and emerging RCOs.



WHAT IS AN RCO?

- Recovery Community Organization (RCO) is an independent, grassroots, non-profit organization providing a variety of activities available to all community members not restricted to individuals enrolled in a specific educational, treatment, or residential program.
- RCO's are led and governed by the local recovery community, peers are often the driving force.
- RCO's do not provide clinical treatment services, can provide support pre- and post-treatment.
- Recovery support services for individuals, families, and adolescents.



PEERS AND RCOs

- Can be statewide with a focus on
 - advocacy and education
- - resources, life skills and skills development
- classes
- Provide safe social activities, yoga, art classes, community clean-ups and

 - volunteer days
- Provide training opportunities for peer supports, educate organizations and

 - community stakeholders on the value of peers and recovery
- RCOs can be faith based or secular

- Provide direct services through peer
 - supports, linkages to community

IRN REGIONAL RECOVERY HUBS

- Created in response to COVID-19 restrictions in partnership with FSSA/DMHA, MHAI and the IRN with support from the Governor's Office Next Level Recovery Program
- Comprised of 20 recovery organizations throughout the state covering all 92 Indiana counties
- Hubs deliver community-based peer supports to individuals with mental health and or substance use concerns, FREE of charge

RECOVERY ORGANIZATIONS





RECOVERY COMMUNITY ORGANIZATIONS (RCO)

RECOVERY ENGAGEMENT CENTERS



RECOVERY COMMUNITY CENTERS



RECOVERY CAFES



DROP IN CENTERS



RECOVERY COALITIONS

RN REGIONAL RECOVERY HUBS (RRH)







Regions served: Northwest The Artistic Recovery Integrative Wellness

Northeast

Oaklawn Turning Point SOC

Central

Café

IAIC

Southwest

- Wabash Valley Recovery
- Safe Haven Recovery Engagement Center
- Peace Zone

Southeast

- Scott Co. T.H.R.I.V.E.
- Connection Café
- 1 Voice

Indiana Regional Recovery Hubs

Division of Mental Health and Addiction



- Liberty House Recovery Café Recovery Connections PACT
- Phoenix Paramedic QRT

Jay Co. Drug Prevention Coalition

IAIC, PACE, MRCI, Recovery Café Indy, Never Alone Project, The People's Circle Recovery





ADDRESS: 1431 N. Delaware St. Indianapolis, IN 46202

PHONE & EMAIL: 317-638-3501 jmiller@mhai.net

Indiana Addictions Issues Coalition (IAIC) is a statewide RCO

Focus on advocacy, education, and policy/legislative changes.

IAIC provides direct peer support services, naloxone distribution, and collaboration with community partners.

Indianapolis, IN

Peer support services available to Marion, Hendricks, Hamilton, Hancock, Putnam, Morgan, Johnson, Shelby, and Rush counties.



PUBLIC ADVOCATES IN COMMUNITY RE-ENTRY

ADDRESS: 2855 N. Keystone Ave. Suite 170 Indianapolis, IN 46218

PHONE & EMAIL: 317-612-6800 jreed@paceindy.org The Recovery Resource Center is a collaborative initiative dedicated to providing a central point of information for substance use treatment and recovery.

Ethical principles are based on core values of services, social justice, dignity and worth of the person, importance of human relationships. Programming includes peer to peer recovery coaching, support and supervision, recovery community center and support groups.

Indianapolis, IN

Peer support services available to Marion County.



ADDRESS: 1145 E. 22nd St. Suite 205 Indianapolis, IN 46202

PHONE & EMAIL: 317-917-8000 alaforge@americanindiancenter.org The People's Circle Recovery Café is a program under The American Indian Center of Indiana, Inc. which promotes the empowerment of American Indians/Alaska Natives and Native Hawai'ians in Indiana to achieve personal, social, cultural, and economic growth that enhances their quality of life.

The Recovery Café is an alternative, therapeutic, supportive community, founded on the truth that every human being is precious and worthy of love regardless of their earlier trauma, mental and emotional anguish, addictive behaviors, or past mistakes. The People's Circle Recovery Café provides direct peer support services, culturally based support groups, and collaboration with community partners.

Indianapolis, IN

Peer support services available to Marion County, available virtually statewide.



ADDRESS: 907 N. Delaware St. Indianapolis, IN 46202

PHONE & EMAIL: 317-772-0102 mecca.andrews-hill@webloom.org Recovery Café Indy is a peer-based healing community of individuals in recovery from homelessness, addiction, trauma, and other mental health challenges. The café is membership based but guests are always welcomed.

Recovery Cafe Indy was founded on the certain belief that every human being is beloved regardless of past trauma, mental and emotional anguish, addictive behaviors or mistakes made. Recovery Café Indy provides direct peer support services, recovery circles, a school for recovery, service work, and skills development classes.

Indianapolis, IN

Peer support services available to Marion County.

WHAT STEPS CAN WE TAKE TO SUPPORT INDIVIDUALS IN RECOVERY?



STIGMA EDUCATION

Illicit drug use disorder is the most stigmatized health condition in the world

If perceived not to be someone's fault or under their control, stigma is lower Portraying opioid use disorder as treatable may help reduce stigma associated with the condition

How we talk about people with substance us disorder induces biases
STIGMA IS VISABLE AND INVISABLE

- From within
 - blame self, feel hopeless
- Recovery Community

 medications vs. abstinence
- Clinicians and medical providers
 treatment is ineffective
- General Public
 - choice/moral failing vs. disease

EFFECTS OF PREJUDICE, **DISCRIMINATION & STIGMA**

Stigma excludes people with MH and SUD from activities that are open to other people:

- Employment, housing
- Health care (including MH/SUD treatment)
- Social acceptance, social activities

Prejudice and discrimination often become internalized by people with MH/SUD and leads to "keeping secrets"

• Lower self esteem because of guilt/shame • Avoid getting help • Don't seek treatment • MH/SUD less likely to decrease or end

SCIENCE OF LANGUAGE General public polled for biases towards people with use disorders/substance use disorders.

Negative bias for people described as:

- Addict
- Alcoholic
- Medication-assisted treatment
- Relapse



Positive association toward people described as:

- Long-term recovery
- Pharmacotherapy
- Medication-assisted recovery
- Recurrence of use

THE POWER OF POSITIVE LANGUAGE

Using positive language increases public support for:

- Effective substance use and mental health policies
- Additional funding for substance use and mental health services
- Interactions and engagements with those who experience substance use and mental health concerns



Language matters but can change depending on the setting we are in. Choosing when and where to use certain language and labels can help reduce stigma and discrimination towards substance use and recovery.



SOURCE: Ashford, R. D., Brown, A. M., & Curtis, B. (2018). Substance use, recovery, and linguistics: The impact of word choice on explicit and implicit bias. Drug and Alcohol Dependence, 189, 131-138.

PREFERRED RECOVERY LANGUAGE

WHAT ELSE CAN BE DONE?

Reflect on the types of information you want to disseminate at work

When developing new materials – seek input from stakeholders

Train staff on stigma – especially negative impacts related to stigma

ANTI-STIGMA RESOURCES

- Indiana Recovery Council "Stigma Never Helps" campaign -https://stigmaneverhelps.com
- Know the O Facts campaign through the Governor's office Next Level Recovery program https://www.in.gov/recovery/know-the-facts
- SAMHSA free anti-stigma resources https://www.samhsa.gov/

QUESTIONS?



CONTACT US:

- Jayme Whitaker- Deputy Director, Indiana Association of Peer Recovery Support Services jwhitaker@mhai.net
- <u>https://icaada.org</u> <u>https://www.iaprss.org/</u> https://icaada.org/training/

- Heather Rodriguez Director, Indiana Recovery Network & Manager of Recovery Community Development, IAIC <u>hrodriguez@mhai.net</u>
- https://www.indianarecoverynetwork.org/

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YMCA of Greater Indianapolis

OUR PURPOSE DEFINES US

The Y is a nonprofit organization committed to strengthening community by connecting all people to their potential, purpose and each other. Working locally, we focus on empowering young people, improving health and well-being and inspiring action in and across communities.

OUR HISTORY

The original YMCA was born in London, England, in 1844. The beginning of the YMCA in Central Indiana goes back nearly as far: 1854, to be exact.



YMCA Locations

YMCA Website



OUR FOCUS

At the Y, we believe that to bring about meaningful change in individuals and communities, we must be focused and accountable. We measure success by how well we engage communities in our three areas of impact:

YOUTH DEVELOPMENT

Empowering young people to reach their full potential.

HEALTHY LIVING

Improving individual and community well-being.

SOCIAL RESPONSIBILITY

Giving back and inspiring action in our communities.



YMCA Summer Camp Youth Development Center

CAMP TYPES

TRADITIONAL CAMP LOCATED AT YMCA FACILITY CENTERS



Campers enjoy the amenities a YMCA has to offer, like swimming pools, gyms, sports fields, and other outdoor spaces. Activities at Traditional Camp can include swimming, arts & crafts, archery, gaga ball, and so much more!

DISCOVERY CAMP LOCATED AT SCHOOLS OR CHURCHES



Campers rotate through STEAM based activities (Science, Technology, Engineering, Arts, & Math). Campers can also choose to add on enrichment and sports clinics as part of their camp day for an additional fee.

QUESTIONS? Contact us at DayCamp@indymca.org or (317) 484-9622.

The Y is the largest provider of Before & After School Care and Summer Day Camp in Indianapolis. With over 100 Before & After School Care sites and over 25 Summer Day Camp Locations, we are confident we have a program to meet your needs!



Find More Camp Info Here!

OUTDOOR EXPLORERS CAMP LOCATED AT PARKS



Campers get outdoors to explore and learn! Activities can include fishing, nature hikes, plant & animal identification, creek stomping, fort building, and so much more!

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YMCA Commitment to America Developing Changemakers

Anchored in the YMCA's heritage as a youth-serving organization, our Commitment to America is a response to issues facing our communities today by developing new generations of changemakers who will create communities we all want to live in. With the belief that if the Y deepens and broadens its impact with young people, they will transform communities by influencing systems change, bridging social divides, and giving back.

Therefore, in response to the Y's national Commitment to America, the YMCA of Greater Indianapolis has designed a comprehensive community development model to drive systems change for young people and the communities the YMCA serves.

IMPACT & INNOVATION

Support and foster academic achievement, career exploration, encourage lifelong healthy habits, & foster civic engagement.

OPPORTUNITY

Postsecondary opportunities and career readiness and education programs.

ACCESS

Provide safe, welcoming and inclusive environments, in physical and virtual spaces.

EDUCATION

Leadership development, postsecondary advancement, workforce development, civic engagement, and mentoring.



Collegiate and Workforce Development Programs Social Responsibility and Community Impact Department

Programs Offered:

The goal for our collegiate and workforce development programs is to continue the pathway for individuals to engage in programming and further develop their career skills.

These programs will engage and support individuals through a unique model that partners with universities and certification programs for nontraditional students to develop new generations of changemakers who will create communities we all want to live in.

Collegiate Partnerships

Provides college students exposure to YMCA career opportunities via structured internships and service learning experiences around the areas of impact.

AmeriCorps

National service program. **Our Y AmeriCorps members** will help implement the Youth Empowerment programs across each district.

Project Connect

This program is focused on adult education and workforce development certification programs utilizing the ABC approach (Any job, Better job, Career).



Project Connect Adult Education and Employment Training Program



- Grant funded program through EmployIndy and DWD Integrated education and training model to prepare adult
- learners for entry-level careers
- Three unique program components:
 - Comprehensive Employment Training
 - Career Coaching
 - Job Placement
- Serves approximately 75 individuals each year
- Current program tracks:
 - Certified Nursing Assistant (CNA) Four cohorts per year
 - ➢ Qualified Medication Aide (QMA) − One cohort per year
 - → HSE Prep Program Rolling Enrollment
 - Employability Skills Training Program (via 180 Skills) Rolling Enrollment

Program Info At a Glance:

Find More Info Here!



YMCA Healthy Living Programs

Chronic Disease Prevention & Return to Health Programs

YMCA DIABETES PREVENTION PROGRAM Evidence-based program to reduce the risk for developing type 2 diabetes

- For those 18+ with BMI ≥25 AND diagnosed with prediabetes via a blood test and/or other risk factors OR qualify from our CDC risk factor quiz administered at our call center
- Evidence-based program to reduce new cases of type 2 diabetes by 58%
- The program emphasizes two primary goals: reduce body weight by 7% and increase physical activity by 150 minute per week
- Classroom setting with Lifestyle Coaches that are trained on a CDC-approved curriculum
- Program covers one year: 19 sessions in first 6 months, and 6 sessions in second 6 months
- Grants, scholarships, and payment plans available; please contact the Y to learn more



ENHANCE® FITNESS

Evidence-based program designed for adults with Arthritis or mobility challenges to decrease the risk of falls or injury

- Increase flexibility, relieve stress, improve arthritic joint stiffness
- Exercises may be performed seated or standing
- Exercise-based classes are one hour, 3 times ٠ per week and led by a certified instructor
- FREE for all participants



LIVESTRONG® AT THE YMCA

Evidence-based program offering adults affected with cancer a safe, supportive environment of physical and social activities that strengthen the whole person

- Participants will work to increase their muscle mass, strength, flexibility and endurance
- Improve confidence and self-esteem •
- Taught by a certified LIVESTRONG instructor
- 12-week program, meets twice a week for 90 minutes each session; participant may bring a support person with them to class
- FREE for all participants



YMCA Healthy Living Programs

Chronic Disease Prevention & Return to Health Programs

MOVING FOR BETTER BALANCE

Evidence-based program to improve balance with Tai Chi-based movements to reduce the risk of falls

- Also gain muscle strength, increase mobility and improve overall physical health
- Led by a certified instructor
- 12-week program, meets twice a week for an hour
- FREE for all participants

BLOOD PRESSURE SELF-MONITORING

Evidence-based program with personalized meetings with a trained Heart Health Ambassador to lower blood pressure

- Also monthly nutrition education seminars
- Program is 4 months (8 sessions total)
- \$35 for Y Members; \$45 All Others; grants and scholarships available

WEIGHT MANAGEMENT

Research-backed program to teach the basics of a well-balanced lifestyle to achieve and maintain a healthy weight

- Virtual and in-person option for classes
- Taught by a trained program facilitator
- 16 week session
- \$150 for Y Members; \$250 All Others; scholarships available

WELLNESS REFERRAL

- Two-week free trial at the Y from Dr. referral
- Two meetings with a trained Wellness Coach ٠
- Together, the coach and patient establish realistic physical activity goals, while adhering to physician recommendations or restrictions

These programs available to all members of the community; you do not need to be a Y member.

Participants must provide their own transportation. Childcare is available per YMCA operating hours.



INDYMCA.org changemylife@indymca.org 317.269.6004



Thank you!

Please feel free to reach out to us with any questions or to connect. www.indymca.org

Ashleigh Coster Association Intercollegiate Services Director YMCA of Greater Indianapolis acoster@indymca.org

Chelsy Winters Association Director of Healthy Living YMCA of Greater Indianapolis cwinters@indymca.org

Wrap-Up



Register Here

Are you a new career coach, navigator, or case manager looking for resources?

<u>Check out the Resource Library</u> where you can access & request materials to help as you serve jobseekers

Are you a seasoned professional with resources to share?

ECOSYSTEM ENRICHMENT

YEARLY SCHEDULE



Closing Remarks

- Quick Ending Poll
- Thanks for joining!

All meetings held from 3:00PM - 4:30PM EST

Please make sure to download the Yearly Schedule and share Monthly Flyers!

Any last thoughts/announcements?