

Mary Jo McMillen

Woman in Recovery

Licensed Substance Use Counselor

Visionary

Peer, Mentee, Mentor, Advocate, Community Leader

Executive Director

Peer Support Innovations



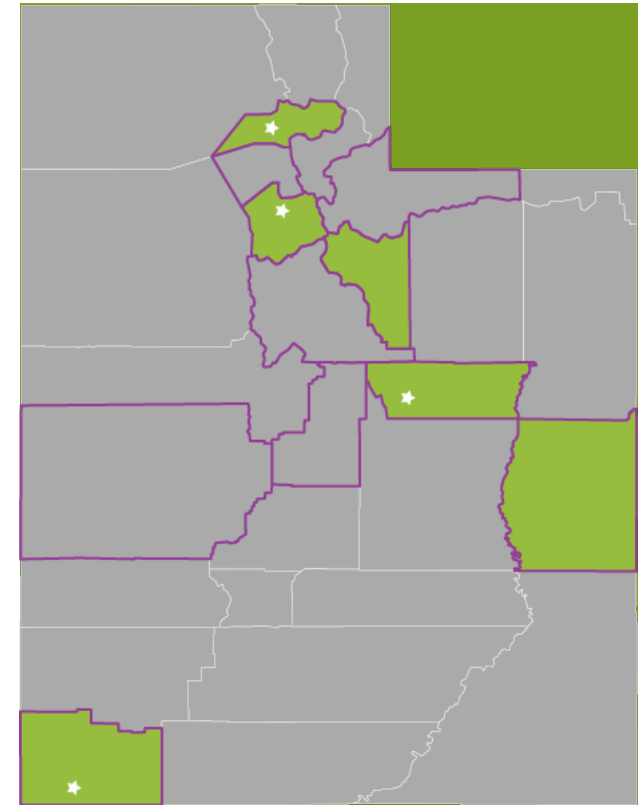


Utah Support Advocates for Recovery Awareness (USARA) is a non-profit **Recovery Community Organization** founded in 2006.

- We celebrate all recovery pathways
- Non-clinical Peer-Facilitated Recovery Support Services
- 5 Recovery Community Center locations
- Statewide Telehealth

Mission: USARA connects & inspires communities to advocate for addiction recovery.

Vision: We envision a Utah where **recovery community and connection** are recognized as the most valuable asset for people to recover from addiction.



Recovery is not Rare. Recovery is not Random.

“While structured treatment has a key role to play, it is only part of the support that most people will need. **Ongoing support in the community is essential for the ongoing recovery journey** and often includes mutual aid and other peer support.”

Scottish Government Social Research, Research for Recovery: A Review of the Drugs Evidence Base, Executive Summary, 2010

www.scotland.gov.uk/socialresearch

Peer Support Innovation is a Participatory Process

Develop leaders that will create opportunities for people in recovery, family members, friends and allies to express their collective voice, learn new skills and responsibilities, and provide a forum for community impact, benefit and service.

Advocate for meaningful representation for people in long-term recovery and family members on issues that affect their lives.

Assess needs related to the adequacy and quality of local treatment, recovery support services and other health and social services.

Assess strengths, assets, and resources available in the community to support recovery.

Educate the service providers, general public, policy makers about the prevalence and multiple pathways of addiction recovery.

Developing recovery resources and hosting recovery events by expanding public support for addiction treatment, recovery support services, and recovery advocacy through cultivating engagement with recovery community members in their local communities.

Recovery Community Centers

Recovery Support Services are critical to healthcare



YOU and Naloxone
Saved **MY** Life

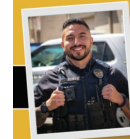


CALL 911

UtahNaloxone.org

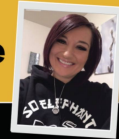


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- **Environment and recovery culture** invite people to engage in recovery
- Foundational value that **individuals identify their own recovery pathway**
- Peers provide support to **motivate and inspire people** to strengthen their recovery and to overcome challenges and barriers
- Link people to resources & services that support **health, stability and wellness**
- **Partners** with SSA, Hospitals/ED's, social detox programs, medication clinics, treatment services, harm reduction, Utah Naloxone and health departments, shelters, Drug Courts, Corrections, etc.
- **Empower everyone and celebrate successes and achievements!**

USARA Peer RSS are developed as Best Practice

PEER RECOVERY SUPPORT / RECOVERY COACHING

- USARA Peer Recovery Coaches (PRCs) provide individualized support to assist people with strengthening their recovery and overall wellness through Motivational interviewing, Brief Assessment of Recovery Capital (BARC10), address social determinants of health, create personal goals, address challenges and celebrate success. Recovery Coaching is delivered in person, virtually or via phone.

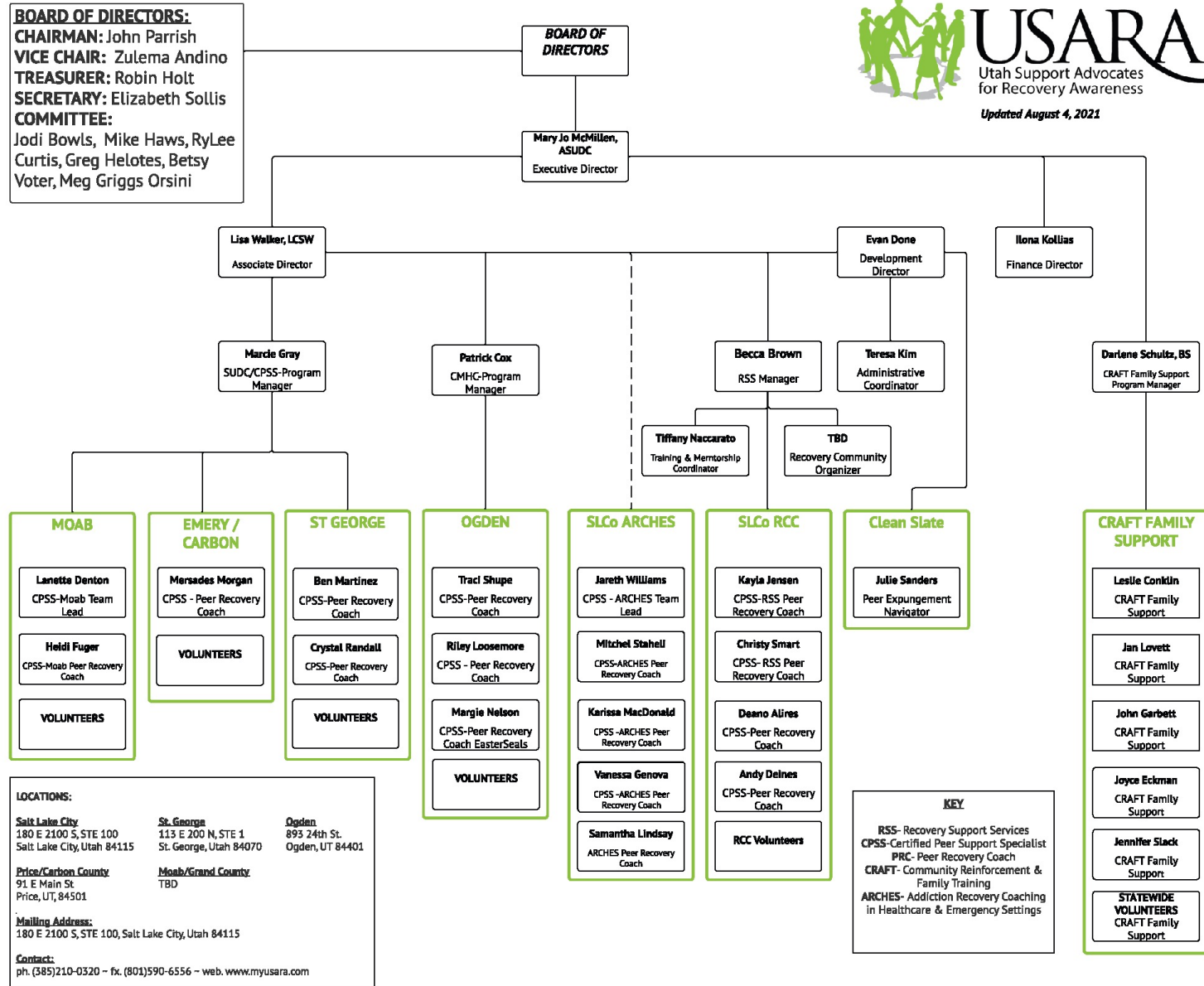
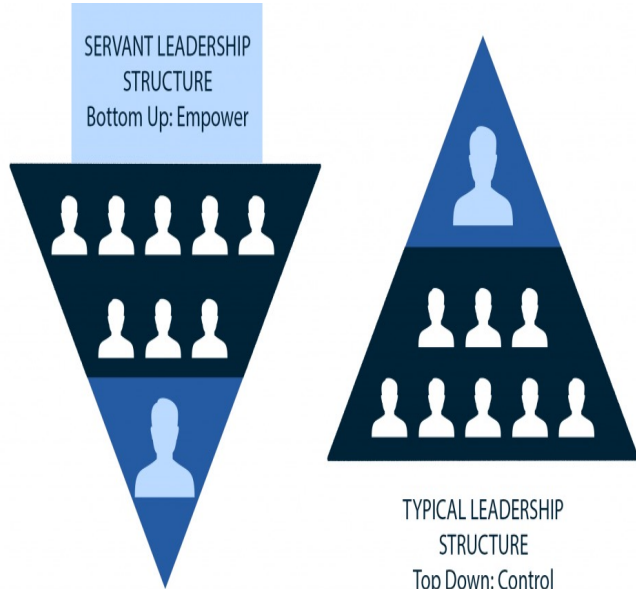
FAMILY SUPPORT PROGRAM – CRAFT (COMMUNITY REINFORCEMENT AND FAMILY TRAINING)

- Family Peer Support is a free program for family members and friends (Significant Others/SO) who are concerned about someone close to them (Loved One/LO) who struggles with substance use. CRAFT is a skills-based model that educates and support the SO in multiple areas of their lives, including self-care, pleasurable activities, problem solving, and goal setting. USARA has developed and implemented an adaptation of the CRAFT evidence-based model to be facilitated by family members (peers) with lived experience. The CRAFT Family Support program is delivered in a 12- week curriculum either in-person and virtually. We also provide individual Family Support Sessions as needed.

ARCHES (ADDICTION RECOVERY COACHING IN HEALTHCARE AND EMERGENCY SETTINGS)

- Peer Recovery Coaches are trained to deploy to healthcare settings responding to opioid use/overdose, alcohol and other drug use related crisis to be a point of contact for someone to assist with navigating resources for help. PRCs attend regular schedule clinic hours to meet with patients. ARCHES PRC's are trained in Hospital Protocol, Crisis Management, Harm Reduction, Suicide Prevention, Mental Health First Aid. All people who have seen a PRC are offered to receive a follow up contact to provide continued support and resource navigation.

The Team!!!




Core Values

COMPASSION: WE TEND TO THE TEAM

- We help each other grow
- We consider how decisions will affect people
- We invest in our teams and ourselves
- We celebrate together
- We practice kindness

PERSON-CENTERED: WE RESPECT AND HONOR ALL PEOPLE'S JOURNEYS


- We believe everyone counts
 - We are committed to a diverse and inclusive environment
 - We value diverse opinions and experiences
 - We listen
 - We can bring our authentic selves to work
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Core Values

OPPORTUNITY: WE JUMP IN

- We take initiative
- We work together as partners
- We ask, “Do you need help?” and request help when we need it
- We bring solutions
- We embrace our “other duties as assigned”

INNOVATION: WE TRY AND WE LEARN


- We are flexible
 - We embrace new ideas
 - We learn from our experience, including our “fabulous flops”
 - We take (educated) risks
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Core Values

FIDELITY: WE CARE FOR OUR BUSINESS

- We all do our part
- We understand how our mission depends on our financial sustainability
- We protect our brand
- We actively seek opportunities to improve our bottom line
- We foster a culture of ethical behavior

PURPOSE: WE RETURN TO OUR MISSION

- We base our decisions on what's best for our mission
 - We remind each other why we are here
 - We proudly build a recovery movement
 - We face adversity head-on
 - We tell inspiring stories about why our work matters
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Contacts

Website

www.myUSARA.com

On our website you can find our weekly calendar for community events, activities, trainings and meetings.

Facebook

www.facebook.com/myUSARA

On our Facebook page you can join us in the celebration of individuals in recovery and Utah's recovery movement.

Email: maryjo@myusara.com