

Recovery Support is Essential

Recovery from a substance use disorder is a **process**, not a single event. Addiction is a chronic health condition and it must be treated as such. To enhance and sustain long term recovery, the system needs to offer a **continuum of care** including clinical treatment which may initiate recovery and support throughout the recovery process. Everyone seeking or in recovery from a substance use disorder deserves access to a diverse range of services and supports to get and stay well. This range needs to include recovery support services as well as treatment and other support.

What are Recovery Support Services and How Do They Help People Get Better?

Recovery support services may be delivered by individuals who have a “lived experience” with addiction and recovery. They are non-clinical services that help people achieve long-term recovery from addiction. They help people maintain recovery and enhance their quality of life by:

- ◆ Improving health and wellness
- ◆ Building recovery capital (internal and external supports that reinforce recovery)
- ◆ Helping individuals play an active role in managing their own recovery from addiction
- ◆ Improving health and recovery outcomes in diverse communities
- ◆ Reducing relapse
- ◆ Lifting barriers and increasing access to medical and other supportive services
- ◆ Reducing the onset of, duration, and intensity of symptoms associated with severe addiction in adults and at-risk children/adolescents.

What Is the Evidence Base for Recovery Support?

Scientific evidence is growing in support of the beneficial effects of recovery support services and health outcomes that help people manage their recovery from addiction and other health conditions. Key studies include the following:

- ◆ Individuals receiving recovery support services have enhanced long-term recovery outcomes, increased physical, emotional, social and spiritual functioning, and reduced overall health care costs
- ◆ Individuals receiving a combination of clinical treatment and recovery supports have shown improved recovery outcomes

What Types of Recovery Support Should Be Available in Missouri?

- ◆ Assertive community outreach services to identify, enroll, and engage individuals in recovery, like the Department of Mental Health’s Substance Use Disorder Project
- ◆ Peer-led recovery coaching (individual, group, and family)
- ◆ Telephone/internet recovery supports
- ◆ Recovery community centers
- ◆ Direct linkages to supportive services, including culturally-appropriate communities of recovery
- ◆ Recovery Housing
- ◆ Employment Training

We need to create a system in which long term recovery is the predicted and expected outcome for all individuals who engage in the recovery process. Recovery Support is essential in meeting this goal.