

**Recovery Friendly Workplace,
an integral part of a Recovery Friendly Community**

**RFW Workshop
July 27, 2023**



**Part A
Peer Recovery Movement**






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What is Peer Recovery

- Peer support has been described as a "system of giving and receiving help" based on key principles that include "shared responsibility, and mutual agreement of what is helpful."
- NJ has a state certified credentialing program that includes both classroom and practical instruction.
- A Certified Peer Recovery Specialist (CPRS) engages in a wide range of activities, including advocacy, linkage to resources, sharing experience, community and relationship building, group facilitation, mentoring, goal setting and more.





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Why Peer Recovery?

- Increased self-esteem and confidence
- Increased sense of hope and inspiration
- Increased engagement in self-care and wellness
- Reduced hospital admission rates and longer community tenure.
- Decreased substance use and depression.



SAMSHA: Bringing Recovery Supports to Scale.

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Recovery Oriented Systems of Care

SAMSHA defines a recovery-oriented system of care as a coordinated network of community-based services and supports that is person centered and builds on the strengths and resiliencies of individuals, families and communities to achieve improved health, wellness, and a quality of life for those with or at risk for mental health and substance use concerns.

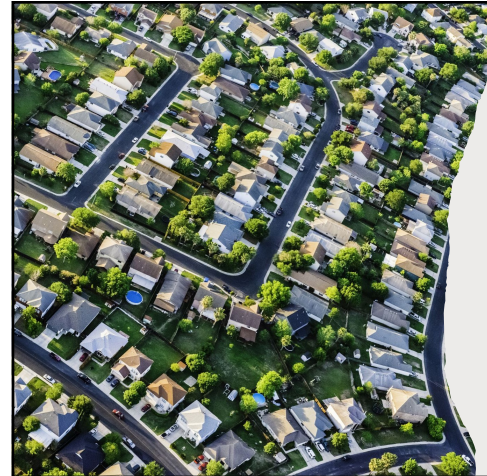
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Early Roots and Rise of Self-Help Groups


- The 1700's to mid 1800s: Temperance societies.
- Late 1800s: The Washingtonian Movement.
- Early 1900s: The Oxford Groups.
- 1935: AA founded. 12- Step Concept of recovery

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Emergence of the Peer Recovery Movement

- 1950s to 1960s: The Civil Rights Movement
- 1970s: Recovery homes and halfway houses
- 1970s: Mental health peer recovery
- 1980s: AIDS Crisis



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The Recovery Movement Gains Momentum

- 2000: William White, the founder of the New Recovery Movement delivers an address, "Toward a New Recovery Movement: Historical Reflections on Recovery, Treatment and Advocacy."
- 2000s: A growing body of research supports the efficacy of peer-led interventions in recovery.
- Recovery-focused conferences and events gain popularity, promoting the concept of long-term recovery.




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New Jersey Peer Recovery Movement



- 2009: Eva's Village selected as NJ's 1st Peer Recovery Center for a client-centered recovery-oriented system of care.
- May 2022 DMHAS awards Community Peer Recovery Center grants to remaining counties in New Jersey, including Somerset County and Community in Connection.
- New Jersey becomes the 1st state in the country to have all counties served by a local Community Peer Recovery Center!



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Challenges and future direction

- Stigma
- Integration: collaboration of between peer recovery and treatment.
- Equity: Ensuring accessibility for all individuals.
- Harm Reduction: Increased education & adoption of harm reduction.
- Innovation: Recovery Friendly Workplaces and other initiative.



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Community In Connection **Part A- Peer Recovery Movement**

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