



## SAARA Center for Recovery:

*A Peer Recovery Support Program*

Richmond, Virginia  
October 21, 2009

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Substance Abuse and Addiction Recovery Alliance



## Outline

- Background
  - Significance of the problem
  - Definition of Peer Recovery
- Overview of SAARA Center for Recovery
  - What is SCfR?
  - Results
- Peer Stories
- Conclusion
- Question and Answer



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## Background

- **Significance of the Problem**

- Addiction affects the whole community – not just the individual
  - Incarceration
  - Family life disruption
  - Costs



- **What is Peer Recovery?**

- Recovery support services from a community of peers and peer leaders who share a consensus of needs
- Based on sound psychological principles and grounded in values of local recovery communities (White, 2004)



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## Overview

- **What is the SAARA Center for Recovery?**

- Funded in 2006 by SAMHSA
  - Lack of access to services compared to the high incidence of alcohol/substance use disorders
- Currently served over **283** peers (3<sup>rd</sup> Year)
- Reach1Teach1
  - Serve:
    - Chesterfield County residents on the waiting list to enter *publicly funded* treatment for alcohol/substance use disorders
    - Persons *currently in treatment, attending self-help programs, and those who are not currently receiving recovery support*



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## Overview (con't)

- SAARA Center for Recovery (SCfR):

- "Safe Haven"
- Outreach to area CSBs, jails
- Groups
- *Connects peers* to resources
  - Job skills training
  - Transportation
  - Housing
  - Peers
  - Emotional, Informational, Instrumental, Affiliational Support
  - Leadership development, training of staff, Recovery Coach Training



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## Results

Intakes in GPRA system: 153  
GPRA target to date: 152  
Intake coverage rate: 100.7%  
Six month follow-ups in GPRA system:  
94  
Number of 6 month follow-ups due: 99  
Six month follow-up rate: 94.9 %

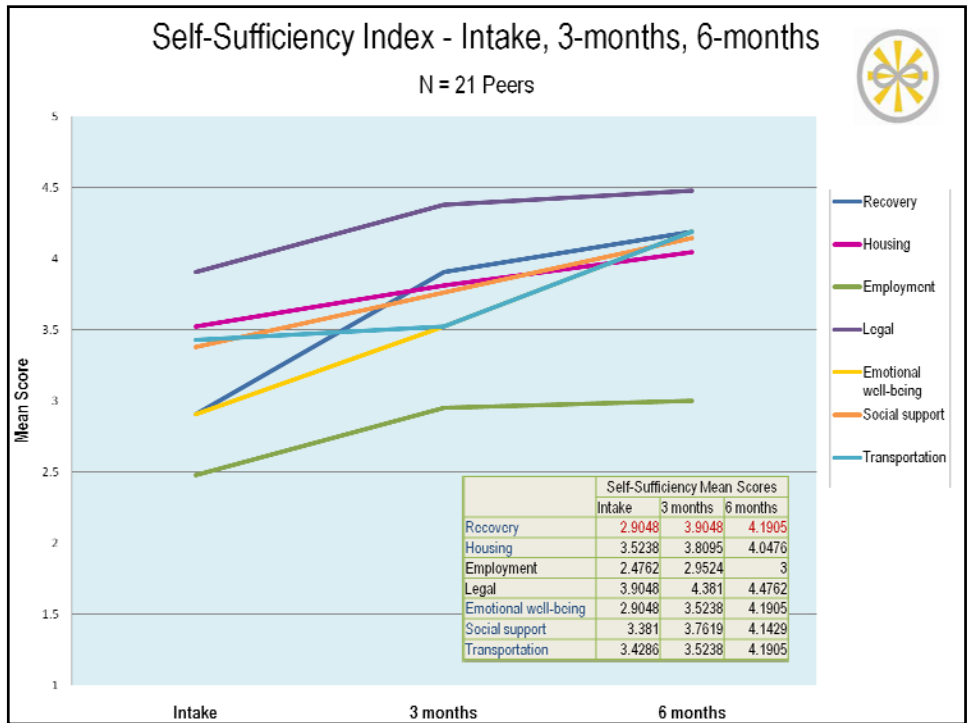
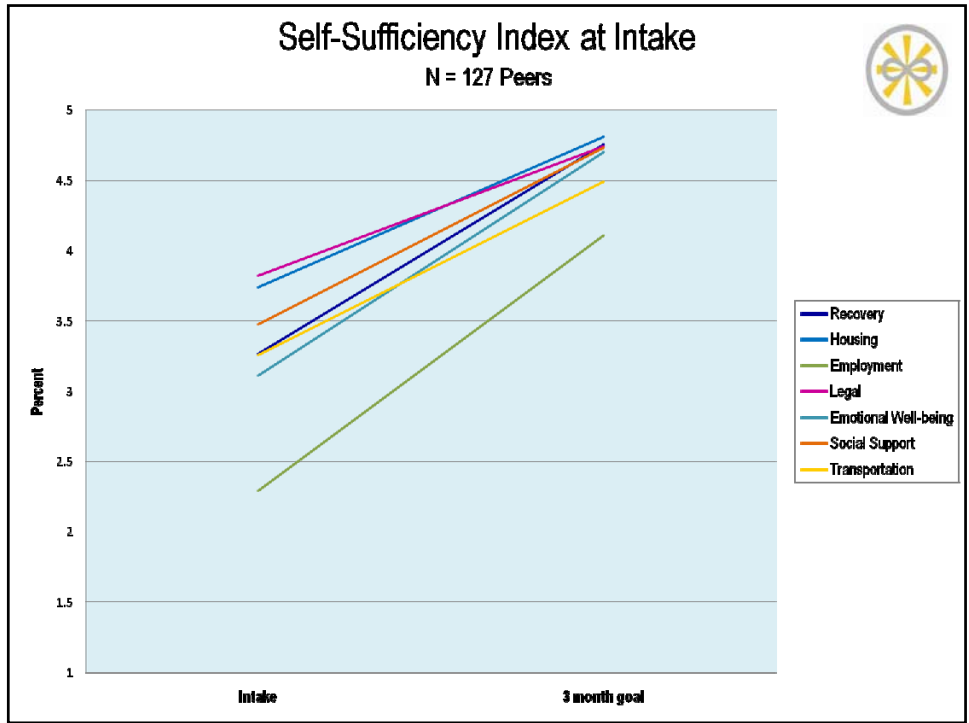
*as of the July 16<sup>th</sup> GPRA SAIS Report*



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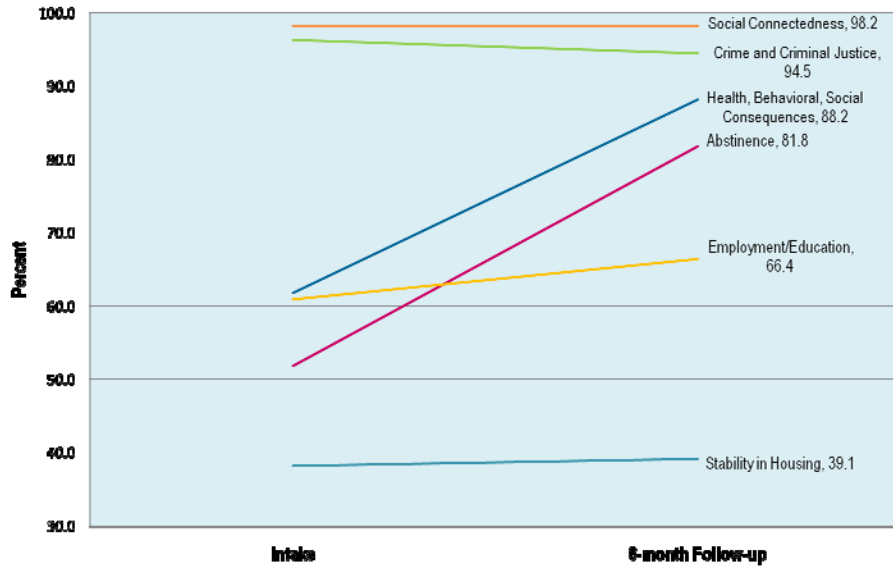
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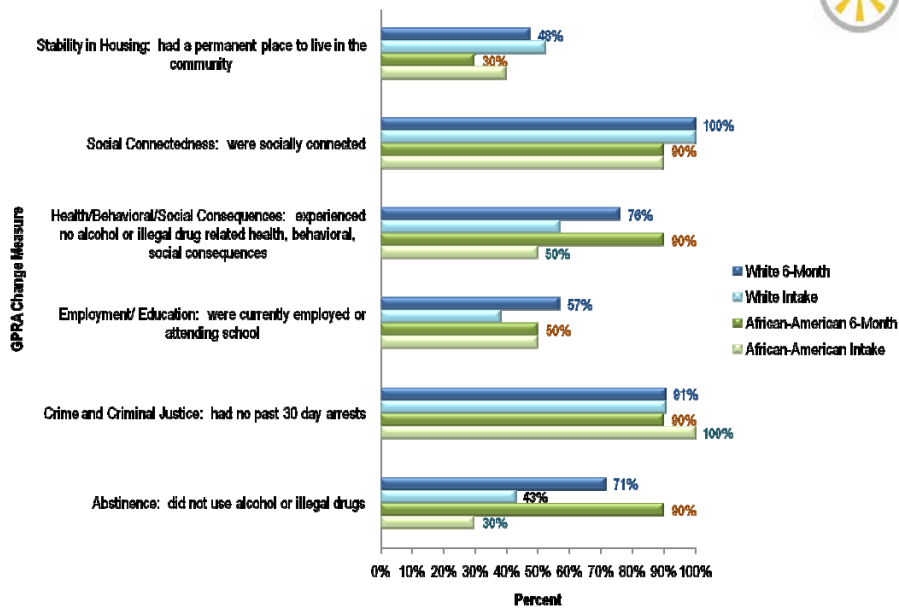


## Follow-up Change – Intake to Six Months

n = 110 Peers

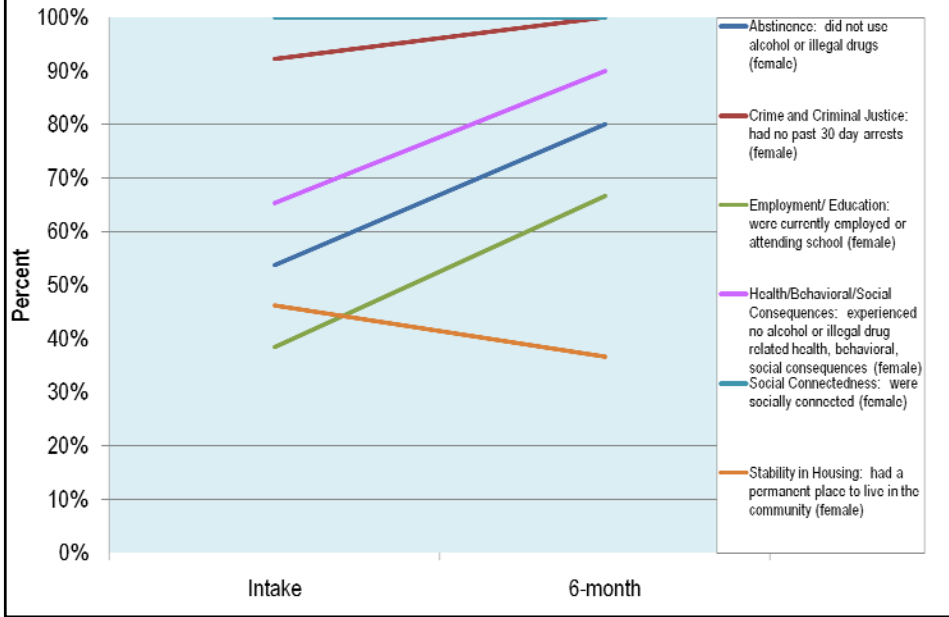


## 6-month Follow-Up Change by Race/Ethnicity

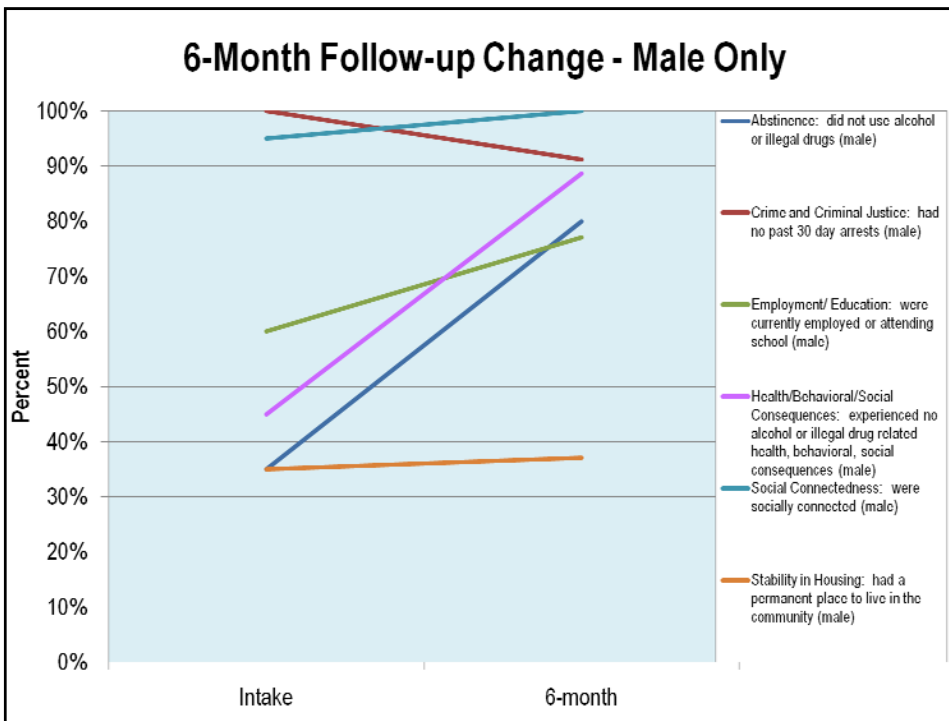




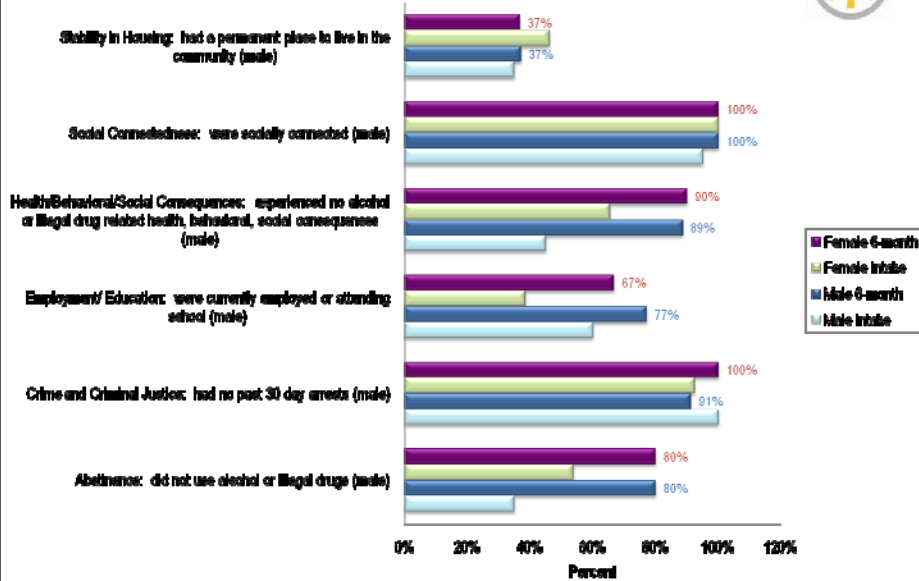
### 6-month Follow-up Change – Female only



### 6-Month Follow-up Change - Male Only



## 6-month Follow-Up Change by Gender



## Peer Stories

- Sometimes our contact with someone still suffering is *very brief but very powerful*
  - “BB”
  - “Robin”

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## Conclusions/Recommendations

- Enhancement of traditional services
- Peer recovery services provided by SCfR *is promising* from what has been evaluated *thus far*
- Additional pilot studies are needed



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## References

- White, W. (2004). The history and future of peer-based addiction recovery support services. Prepared for the SAMHSA Consumer and Family Direction Initiative 2004 Summit, March 22-23, Washington, DC.



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Questions?