

**DBHDS**

Virginia Department of  
**Behavioral Health and  
Developmental Services**

# Virginia Substance Abuse Recovery Support Services Grants

**Department of Behavioral Health and Developmental Services**  
Office of Substance Abuse Services

October 21, 2009

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# Target Population

- Persons with a history of alcohol and/or drug problems who are in or seeking recovery, who are both the providers and recipients of recovery support services, and participate along with their family members and significant others.

# Core Values

- Keeping recovery first
- Participatory process
- Authenticity of peers helping peers
- Leadership development
- Empowerment
- Self Determination

# SFY 2008 Recovery Initiative

- \$600,000 from the 2007 General Assembly to provide recovery support services
- June 2007 – RFP issued to CSBs and Recovery Support Organizations
- 16 proposals were received
- Review team consisted of CSB and DBHDS staff
- Awarded three grants of \$200,000

# SFY 2009 Recovery Initiative

- \$400,000 in SAPT Block grant funds for Recovery Support Initiative
- Pre-RFP Selection Conference held June 28, 2008
- Nine proposals were received
- Review team included Department, CSB and the Recovery Community representatives
- Awarded two grants of \$200,000

# Models of Recovery Support

- Pilot Project to identify different models and approaches to implementing recovery support programs in a variety of contexts.
- Recovery support programs supplement and support the continuum of treatment services while providing an alternative for some individuals.

# Models of Recovery Support

- Funding is through Grants to Localities
- CSBs may directly provide recovery support services, ensuring that people in recovery are involved in all aspects of the process.
- CSBs may contract with existing independent organizations staffed and lead primarily by people in recovery. In these cases, proposals must have documented involvement of at least one CSB staff to insure that consumers are connected to community services.

# Eligible Services

- Those services/activities that focus on maximizing the opportunities to create a lifetime of recovery and wellness for self, family and community.
  - Emotional support
  - Informational support
  - Instrumental support
  - Affiliational support



# Example of Services Taxonomy

- **Affiliational**
  - Activity/game nights
  - Sober café
  - Transportation assistance
  - One on one social interaction
- **Emotional**
  - One on one mentoring
  - Support groups
  - Faith based support group
  - Recovery workshops
  - Wellness workshops
  - Telephone recovery support
  - CFAR (Families at Risk)
- **Informational**
  - Focus: Achieving your highest priorities
  - Resource center
  - Physical exercise support
- **Instrumental**
  - Referral assistance and advocating for resources
  - Transportation assistance
  - Life management skills training and support
  - Assistance in navigation of the legal or welfare system
  - Recovery action planning

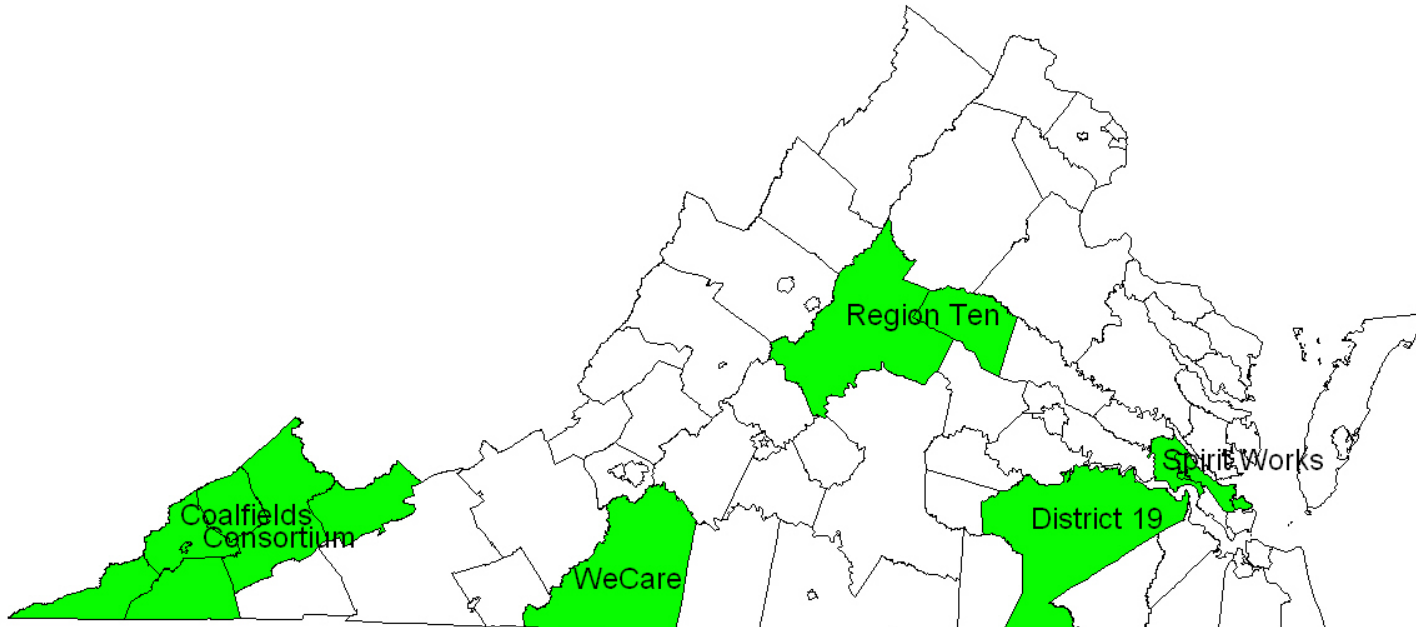
# Funds Awarded

- \$600,000 awarded in 2007 to three grantees
  - Coalfields Consortium (Dickenson County, Cumberland Mountain, and PD1)
  - Colonial CSB
  - Region Ten CSB
- \$400,000 awarded in 2008 to two grantees
  - District 19 CSB
  - Piedmont CSB

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# Program Locations



# Evaluation Criteria

- Goals of the grant are to reduce wait times at CSBs and engage people in services.
- Data from CCS3 will be used to determine the impact of recovery support services on wait times at CSBs
- Data from the projects will document engagement.
- Because of the pilot nature of the grant, data collection efforts are still in the planning and development stages with some grantees.

# Consumers Served SFY 2009

- Region Ten 148 individuals
- Spirit Works 63 individuals
- Coalfields Consortium 841 individuals
- WeCare 105 individuals
- PD 19 255 individuals

Total – 1412 consumers served

579 received other CSB services

# Consumer Demographics

- 53% Male
- 69% White
- Average age - 38

# On-going Challenges

- Implement protocols and procedures to collect information on recovery support participants who do not engage with CSBs.
- Improve CSB data quality to monitor program outcomes and time waiting for services.