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Introduction to Treatment and Recovery Systems: England as a case example

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Birmingham and Solihull **NHS**
Mental Health NHS Foundation Trust



Declaration of interests

- I work for the National Health Service in the UK and the University of Birmingham
- I am employed part-time as UK Government National Recovery Champion
- I am the President of the Society for the Study of Addiction
- I have been a PI on two investigator-led clinical trials (EXPO and NaIPORS) where research costs have been provided by Indivior and MundiPharma (2019-present)
- I have received no funding for any other research or clinical activity

UK National Recovery Champion

- *'...provide a leadership role to help improve the prospects of individuals seeking to recover from substance misuse, galvanising effective partnership working at national and local levels to secure effective recovery outcomes'*
- Encourage greater **partnership** working at a national and local level
- Offer advice on how **evidence-based practice** can be most effectively applied

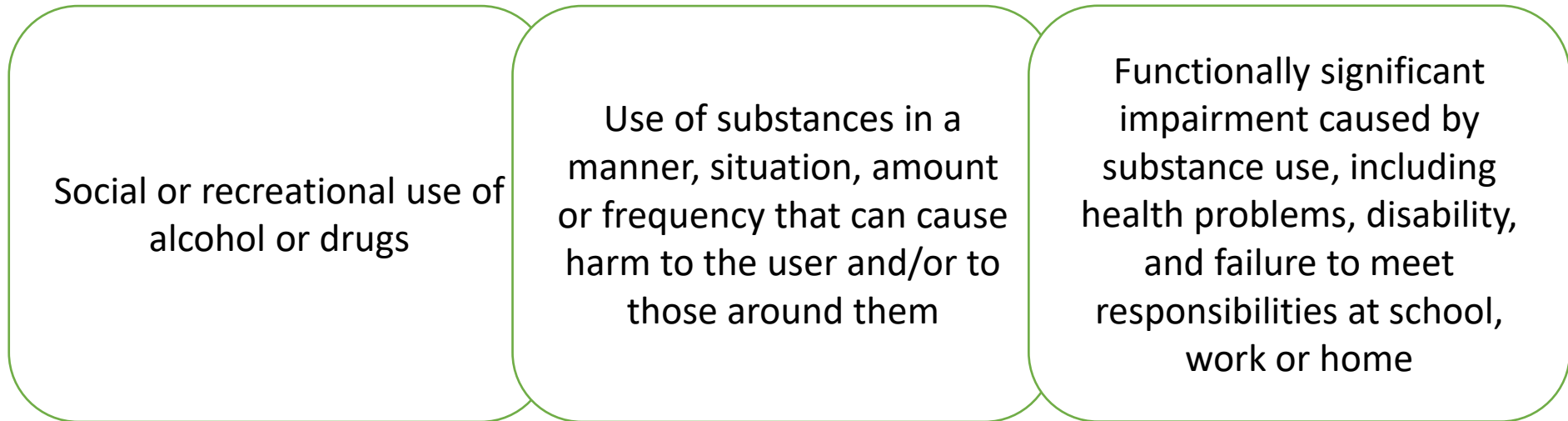


Home Office

APPOINTMENT OF A RECOVERY CHAMPION

Recruitment Information Pack
September 2017

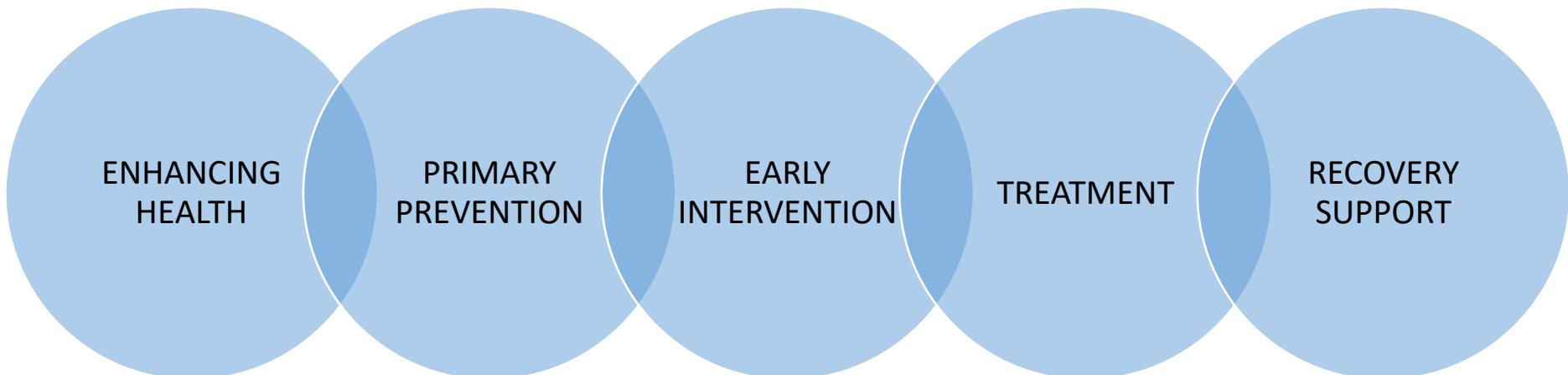




Alcohol or drug use status continuum



Alcohol or drug use care continuum



RECOVERY-ORIENTED SYSTEMS OF CARE: A PERSPECTIVE ON THE PAST, PRESENT, AND FUTURE

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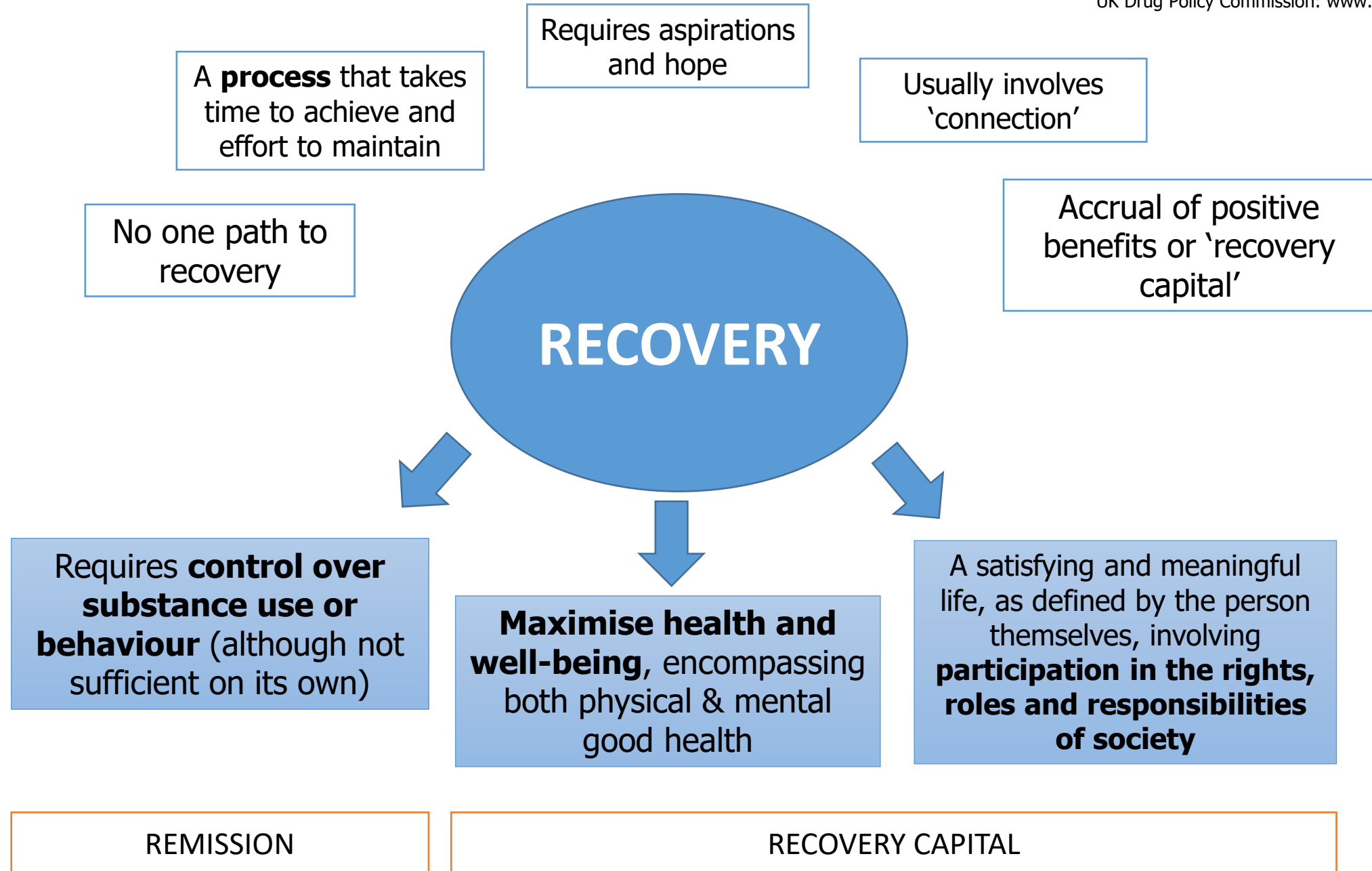
ACUTE CARE MODEL



CHRONIC CARE MODEL



- Full ('clinical') recovery is possible following an acute episode of treatment for some people...
- ... but others need a process of how to learn to manage daily life in the presence of an ongoing disorder
- Treatment services provide acute care that targets signs and symptoms but pay less attention to promoting functioning and living a full, meaningful life in the community





Independent report

Review of drugs part two: prevention, treatment, and recovery

Updated 2 August 2021

[Contents](#)

[Foreword](#)

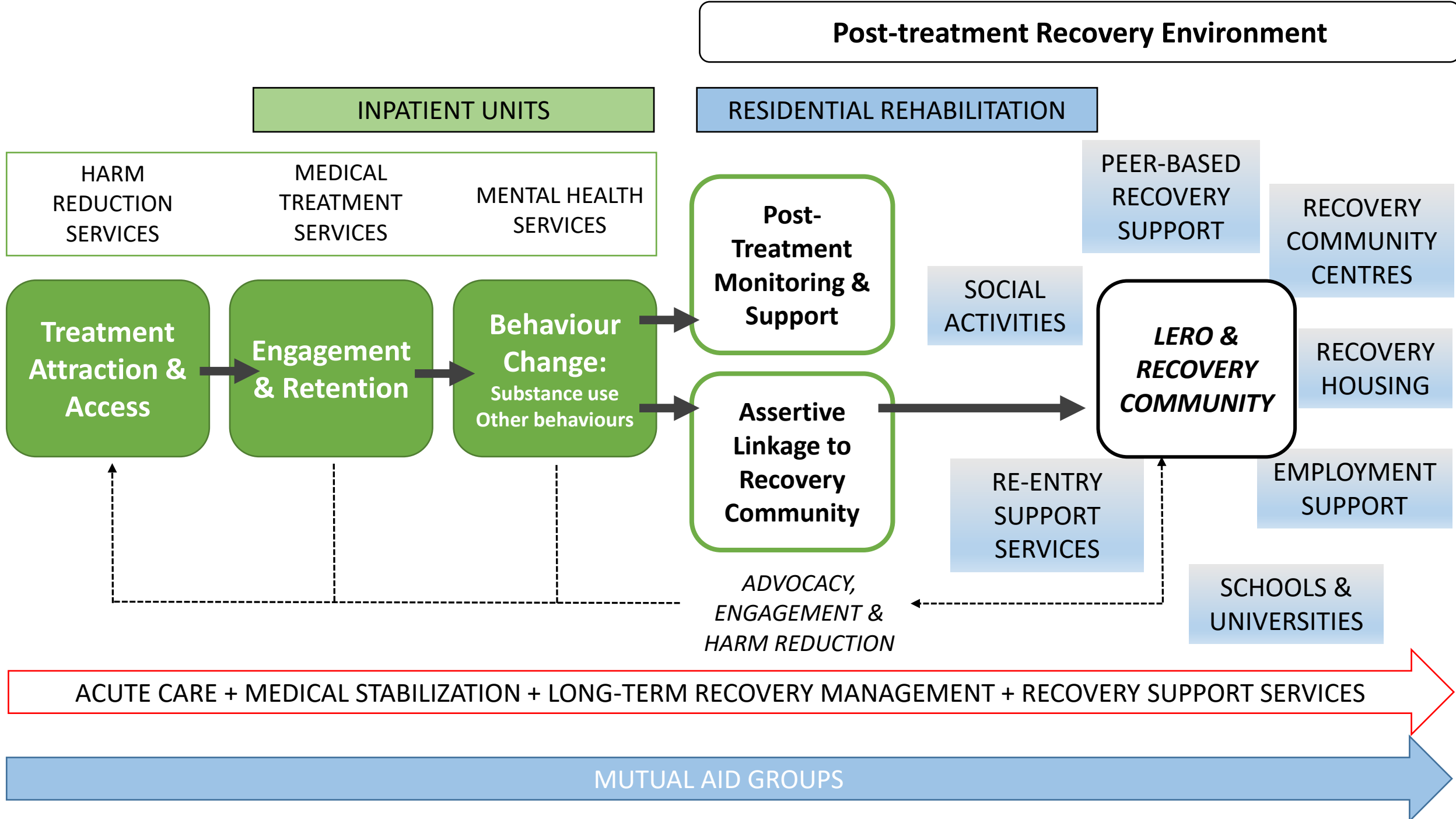
[Executive summary](#)

[List of recommendations](#)

- [1. Introduction](#)
- [2. Radical reform of leadership, funding and](#)

Foreword

This is Part 2 of my independent review for government, setting out a way forward on drug treatment and recovery. Part 1 laid bare the extent of the illicit drugs market in the UK, worth almost £10 billion a year, with 3 million users and a supply chain that has become increasingly violent and exploitative. Drug deaths are at an all-time high and drug addiction fuels many costly social problems, including homelessness and rising





HM Government

From harm to hope

A 10-year drugs plan to cut crime and save lives



UK Government drug strategy December 2021

MENU OF INTERVENTIONS

**1. SYSTEM
COORDINATION &
COMMISSIONING**

**2. ENHANCED HARM
REDUCTION
PROVISION**

**3. INCREASED
TREATMENT
CAPACITY**

**4. INCREASED
INTEGRATION &
WITH CJ SYSTEM**

**5. ENHANCED
TREATMENT
QUALITY**

**6. RESIDENTIAL
REHAB &
INPATIENT DETOX**

**7. BETTER RESPONSE
TO PHYSICAL &
MENTAL HEALTH
ISSUES**

**8. ENHANCED
RECOVERY
SUPPORT**

**9. OTHER
INTERVENTIONS**

8. ENHANCED RECOVERY SUPPORT

Development and expansion of a recovery community and peer support network to sustain long-term recovery, increase the visibility of recovery and support social integration.

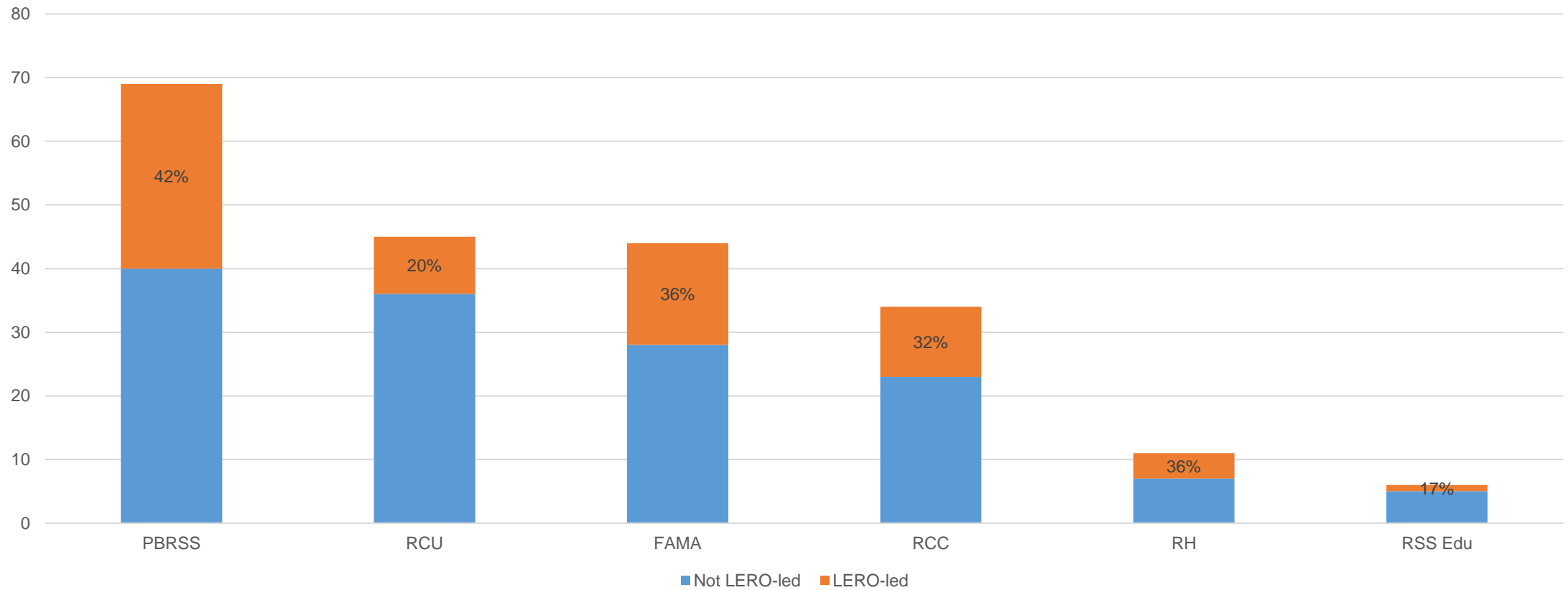
This could include:

- peer-based recovery support services
- recovery community centres
- recovery support services in educational settings
- facilitating access to mutual aid
- recovery housing
- long-term recovery management e.g. recovery check-ups

Survey of Treatment Commissioners in England

[courtesy of OHID]

RSSs directly commissioned (by type) and whether LERO-led



The Power of Lived Experience

Lived Experience Advocate

Peer Support Worker

Offering and receiving help based on shared understanding, respect and mutual empowerment between people in similar situations

Recovery Coach

- Peer trained to provide informational, emotional, social and practical support to people with alcohol or drug problems
- Delivered through a variety of organizational sponsors
- Typically paid employee working part- or full-time with some degree of formal training and certification
- Models recovery values of honesty, open-mindedness, capacity for introspection, problem-solving abilities, construction of a recovery-based identity, and a recovery-supportive network





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Collegiate Recovery Community

- Celebration of recovery
- 12-step/other support meetings
- Student drop-in
- Individual recovery plans
- Sober social activities
- Community service projects
- Peer mentoring

Outreach to local schools:
mentoring & positive peer support programs

Addiction Recovery @ Institute for Mental Health

Learning Support

- Access existing UoB resources
- Peer-based tutoring
- Staff support

Recovery housing

Recovering Student Scholarship Program

Educational Curriculum

- Campus Educational Seminars & Events
- 'Minor' curriculum e.g. *Addictive Disorders & Recovery Studies* [general curriculum for the university]
- Link to IMH MSc and other courses

Research & Project Development

- Student outcome study
- Study of stigma of addiction
- Study of pathways into and out of addiction

UK Network of Collegiate Recovery Programs

Co-production and the power of lived experience

RECOVERY CAPITAL

Individual
 PHYSICAL
 HUMAN
 HEALTH
 GROWTH

Micro
 SOCIAL
 FAMILY

Meso
 CULTURAL
 COMMUNITY

Hennessey ART 2017

Assessment of Recovery Capital (ARC)

PERSONAL

- Recovery Experience
- Global Health (Psychological)
- Global Health (Physical)
- Coping/Life-Functioning
- Risk Taking

SOCIAL

- Meaningful Activities
- Housing & Safety
- Citizenship/Community Involvement
- Substance use & Sobriety
- Social Support

Groshkova et al, DAR 2013

The REC-CAP assessment tool

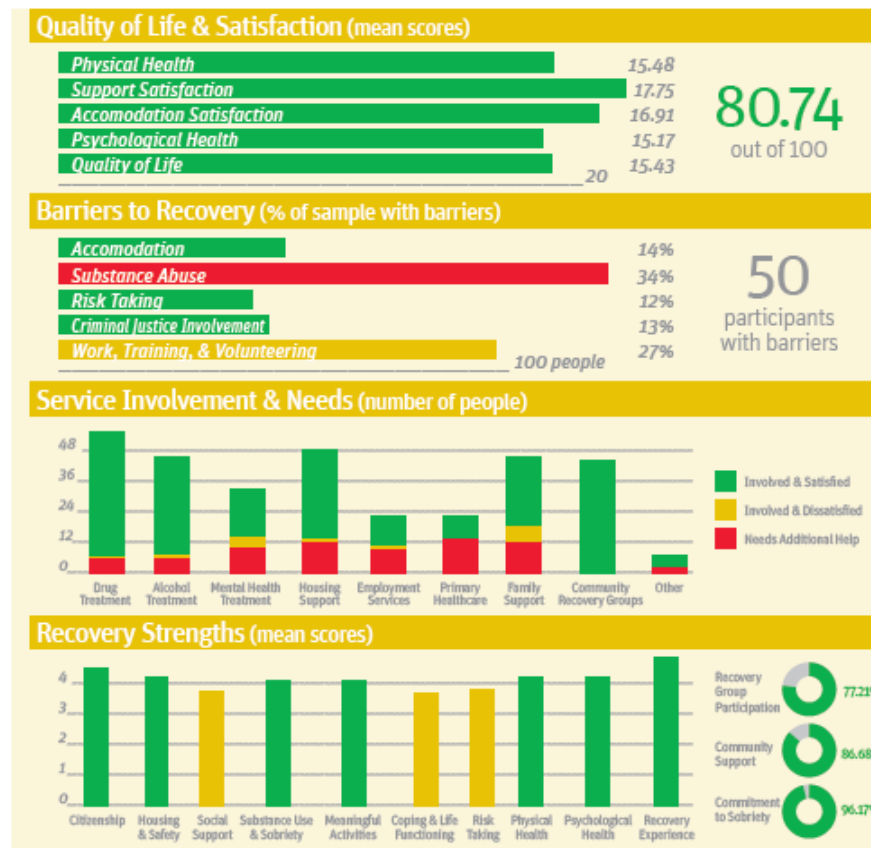


Figure 1. Overview of Recovery Capital, Barriers, and Needs for the First 100 Cases

Best et al, Counselor 2018