

KCRC's mission is to
grow **two** things:

1. Pro-Recovery Public Policy
2. Public Understanding



KING COUNTY
RECOVERY
COALITION

We DO Recover.

KCRC is a connector.

We host a lot of events -- and they're so much more than events.

These opportunities to come together connect us to thousands of people in recovery and highlight their stories of strength, resilience, and hope.



What is recovery?

SAMHSA developed the following working definition of recovery:

Recovery is a process of change through which individuals improve their health and wellness, live self-directed lives, and strive to reach their full potential.

35 ((+9+)) (6) "Recovery" means a process of change through which
36 individuals improve their health and wellness, live self-directed
37 lives, and strive to reach their full potential. Recovery often
38 involves achieving remission from active substance use disorder.

39 (7) "Secretary" means the secretary of health or the secretary's
40 designee.

Principles of Recovery

KCRC honors and operates by the following principles of recovery:

- Recovery is an individual process based on self-determination and self-direction.
- You are in recovery when you say you are.
- There are multiple pathways to recovery.
- Recovery and self-care are a personal responsibility.
- Recovery is holistic and encompasses all aspects of a person's life including family, mental, physical, and spiritual health.
- Recovery is a dynamic process. There can be both growth and setbacks in each person's recovery journey.
- Recovery and a life in the community should be accessible to all. Recovery through mutual peer support provides nonjudgmental acceptance and a sense of belonging in the community.
- Recovery supporters and advocates meet the person seeking recovery and their families where they are at.

Recovery Support Services



1. Recovery housing
2. Purpose: Employment pathways
3. Purpose: Education pathways (including recovery high schools and collegiate recovery programs)
4. Peer support/recovery coaching
5. Social connectedness (e.g. Recovery Cafes)
6. Technological recovery supports (e.g. apps)
7. Transportation / childcare
8. Legal support services
9. Family education and support

Why Recovery Matters

- Drug overdoses soared to record 93,000 last year.
- In some states the overdose rate has increased over 50%!
- People are dying, families are suffering, and our communities are worse off for the loss.
- Recovery saves lives - substance use disorders and mental health conditions are treatable.



At the center of every recovery story is a person.

History of The Recovery Movement: Nationally

- 30's
- Stigma
- 60's
- War on Drugs
- 3rd wave, New Recovery Movement 2000

JOIN THE VOICES FOR RECOVERY
invest in **health**, **home**, **purpose**, and **community**



National
Recovery Month

Prevention Works - Treatment is Effective - People Recover

september 2018

History of The Recovery Movement: Washington State

“You can’t have good policy
without good advocacy.”
Senator Harold Hughes



Recovery in our State: Today

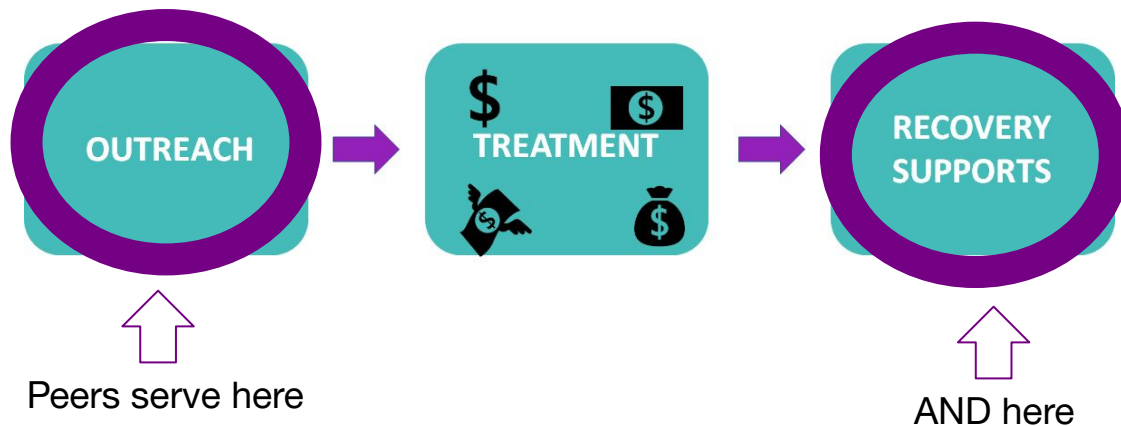


We're spending money on the most expensive piece of the recovery puzzle - treatment - but very little on the outreach & recovery support components that keep people *IN* recovery when they leave treatment.

Roles peers play in recovery

The best tool we have to connect someone to services is a peer who has been there.

80% of people want services and data suggests only 11% receive it. Peers are how we close this gap.



Peers, peers, peers!

Roles peers play in recovery

The #1 predictor of success in treatment is the quality of the therapeutic relationship, the connection with the provider.



- Having peers involved increases the length of engagement in treatment.
- Peers are living proof recovery is possible.
- Peers are one of the only parts of our behavioral health workforce where instead of a shortage, we have a surplus.

**When “I” becomes “We” even
illness becomes wellness.**

– Malcolm X

Peer Support Preserves Our Treatment Investments

Preserving our expensive investment in treatment with a nominal cost in peer support services means better outcomes for everyone.

Using our categories of recovery supports as example - peers can have a role in all of these:

1. Recovery housing
2. Purpose: Employment pathways
3. Purpose: Education pathways (including recovery high schools and collegiate recovery programs)
4. Peer support/recovery coaching
5. Social connectedness (e.g. Recovery Cafes)
6. Technological recovery supports (e.g. apps)
7. Transportation / childcare
8. Legal support services
9. Family education and support

The takeaway:

Recovery is not only possible, but probable, if we invest in the peer-led outreach and support services that keep people engaged in treatment, and community.

Peers make a difference!

Join us on September 12th: Recovery Day at the Mariners!



As part of National Recovery Month, we're hosting our 2nd Annual Recovery Day at the Mariners:

- Kick off the day with a Recovery Rally at Occidental Square at 10:10am and march together to T-Mobile Park.
- Pre-event of pro-recovery activities begins at 11:10am.
- Game starts at 1:10pm.

Get your tickets for \$19 at Mariners.com/recovery