Family Support & Recovery: How Family Peer Support Can Impact the Substance Use Epidemic

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Agenda

- Overview of Opioid/Substance Use Epidemic in America
- How Peer Support Can be a Critical Support in Addressing the SUD Epidemic
- Community Reinforcement and Family Training (CRAFT Model)
- Activity: CRAFT Skill
- Maryland’s Parent Peer Support Program with Families of Youth/Young Adults with SUD
- Activity: Identification of Opportunities to build SUD Parent Peer Programming & Collaborations with Family-Run Organizations
THE OPIOID EPIDEMIC BY THE NUMBERS

IN 2016...

- 116 People died every day from opioid-related drug overdoses
- 11.5 m People misused prescription opioids
- 42,249 People died from overdosing on opioids
- 2.1 million People had an opioid use disorder
- 948,000 People used heroin
- 170,000 People used heroin for the first time
- 2.1 million People misused prescription opioids for the first time
- 17,087 Deaths attributed to overdosing on commonly prescribed opioids
- 19,413 Deaths attributed to overdosing on synthetic opioids other than methadone
- 15,469 Deaths attributed to overdosing on heroin
- 504 billion In economic costs

Sources: 1 2016 National Survey on Drug Use and Health, 2 Mortality in the United States, 2016 NCHS Data Brief No. 293, December 2017, 3 CEA Report: The underestimated cost of the opioid crisis, 2017
Public Health Emergency – 5 Point Strategy

• In 2017, the Department of Health and Human Services declared a public health emergency and announced a 5 point strategy for combatting the Opioid Crisis
  – Improving access to treatment and recovery services
  – Promoting use of overdose reversing drugs
  – Strengthening our understanding of the epidemic through better public health surveillance
  – Providing support for cutting edge research on pain and addiction
  – Advancing better practices for pain management
Need for Treatment - Lack of Access

• Effective treatment includes:
  – Medication
  – Behavioral counseling
  – Evaluations for co-occurring mental health disorders
  – Long-term follow up and support
  – Treatment for withdrawal symptoms
Need for Treatment - Lack of Access

- 22.5 million aged 12 and older needed treatment for an illicit drug or alcohol program in 2014
  - 4.2 million (18.5%) received any treatment in the same year
  - 2.6 million received treatment at a specialty treatment program
The Story of Me; the Story of We

• Why are we having this conversation?

• How can we do things differently?

• What are the opportunities that can create change?
Elk Medicine
Community Reinforcement and Family Training (CRAFT)

- Drs. Robert J. Meyers and Jane Ellen Smith of the University of New Mexico developed the CRAFT program.

- This program is aimed at teaching families how to positively impact their loved one while avoiding both detachment and confrontation.

- CRAFT has proven to be significantly effective in engaging loved ones in treatment and decreasing substance use.
Community Reinforcement and Family Training (CRAFT)

- Teaches family and friends effective strategies for helping love ones and themselves
- Works to affect the loved one’s behavior by changing the way the family interacts with him or her
- It is designed to accomplish 3 goals:
  - When a loved one is abusing substances and refusing to get help, CRAFT helps families move their loved one toward treatment.
  - Helps reduce the loved one’s alcohol and/or drug use, whether or not they have engaged in treatment yet.
  - Improves the lives of the concerned family and friends.

ssw.umaryland.edu/traininginstitutes
Community Reinforcement and Family Training (CRAFT)

- Teaches several skills, including:
  - Understanding a loved one’s triggers
  - Positive communication strategies
  - Positive reinforcement strategies – rewarding non-using behavior
  - Problem solving
  - Self-care
  - Domestic violence precautions
  - Getting a loved one to accept help
ACTIVITY: CRAFT Skills Exercise
Center for Motivation and Change

- Provide CRAFT training
- Train Parent Coaches
- Parent Guide
- Resources & Support
Parent Coaches

• Parent Coaches offer peer support to assist families deal with their team or young adult with substance issues

• All Parent Coaches have lived experience

• Role is to listen with empathy, support the family to problem solve, and guide the family through ideas and resources that may be helpful
Parent Coaches – Training & Volunteering

• 2.5 days training
• Intensive course in the evidence-based principles of CRAFT & Motivational Interviewing
• After training completion:
  – Volunteer for 6 months
  – Participate in bi-weekly conference calls
  – Access to resources and extended training
  – Typically spent 3-5 hours per week
Partnership for Drugfree.org

- Resources for parents and their allies
- Access to educational materials and community resources
- Helpline
- Parent Coaches
Maryland Coalition of Families
Using our **personal experience** caring for loved ones with behavioral health needs, we connect, support and empower Maryland’s families and advocate to improve systems that impact individuals with behavioral health challenges.
We connect, support and empower Maryland’s families by:

• Helping them navigate services and systems
• Providing them with tools to advocate
• Connecting parents, caregivers and young people to each other
• Ensuring their voice and perspective is heard
• Raising public awareness and fighting stigma
From Maryland Coalition of Families for Children’s Mental Health

to

Maryland Coalition of Families
Substance Use Focus Groups

• 108 caregivers attended
• Average age of child was 17.5 years
• 80% had a co-occurring mental health disorder
• 74% used opioids (primarily heroin)
• 17 caregivers had lost a child to overdose
Substance Use Focus Group Themes:

• Need better insurance coverage for residential treatment, especially long term residential treatment
• Need more residential treatment in Maryland
• Need better education in schools and with the public – for prevention and to bust stigma
• Need a central location for information on a broad range of questions
• Need peer to peer support – family and young adult
MCF polled staff, found:

- 44% of existing staff had personal experience caring for a Y/YA with a substance use problem.
- Staff reported widespread incidence of co-occurring disorders in the Y/YA of families they served.
- Staff reported supporting over 100 families with a where the substance use problem of the Y/YA was the primary concern.
Existing grassroots organizations of caregivers of youth and young adults with substance use problems, primarily opioid addiction. 20 leaders across the state were identified.

- Perform a variety of functions:
  - Grief support groups for those who have lost a child to addiction
  - Other support groups
  - Fundraising for treatment scholarships
  - Education/awareness activities
  - Legislative advocacy
  - Family navigation services
National consultants brought in from BRSS TACS (Bringing Recovery Supports to Scale Technical Assistance Center Strategy) to facilitate meetings with family leaders:

• Two meetings held in May, 2016
• 12 attendees
• Solicited input on:
  – What activities are currently taking place?
  – What are the needs?
  – What should peer support services for caregivers of youth with substance use problems look like?
Strongest recommendations: Need Family Navigators, who should:

- Be a central contact for all sorts of information about substance use services, resources and supports
- Help families to identify providers and navigate private insurance or Medicaid
- Provide peer-to-peer support to reduce feelings of isolation and shame
- Advocate for youth and families in policy matters
• Begins in FY 2017
• Five part-time and one full-time regional family navigators
• Family navigators will serve caregivers of youth and young adults with substance use problems
• Family navigators are required to have lived experience caring for a youth/young adult who has experienced a SU disorder
Key Components of Implementation

• Training & Materials
• Practice Model
• Implementing a Statewide Program
• Program Integration
Training & Materials

• Onboarding
• Cross training staff
• Updating existing and creating new program materials
• Substance use family navigators will provide same services as MCF’s existing family navigators:
  – Provide education and peer-to-peer support to families
  – Connect families to services and other resources
  – Develop local relationships
  – Attend meetings with families
  – Hold support groups
• Responsibilities shared and supported by a Program Director
Challenges/differences

- Families in crisis
- Age of target person
- Self-care of staff
- Boundaries
Successes

• Established relationships
• Knowledge of systems
• Advocacy
• Collection of information about resources
• Increased program capacity
ACTIVITY:
Opportunities to Create Parent Peer-led Substance Use Support Programs
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