

## Governor's Commission Recovery Task Force – 01/16/15

Members Present: Cheryle Pacapelli, Donna Marston, Jeremy Trier, Melissa Crews, Rick Herrek, Joe Gallagher, Marty Boldin, Dean LeMire, Doris Enman

### I. Cheryle Pacapelli presentation w/ Peer-to-Peer Recovery Support Program Descriptions handout

#### A. All Recovery Meetings (ARM)

1. *Handout*: “Peer-support meetings are a very important component of recovery. Recovery Community Centers can host daily All Recovery Meetings, which will not be specific to any one particular addiction/substance. These meetings will focus on all aspects of recovery and be open to everyone.”

#### 2. Discussion

- No steps, none currently exist in NH
- How do you do a mtg w/out a step structure?
- Would a board approve meetings for space?

3. Conclusion: State would prob. only invest in space that's open to all support meetings

#### B. Telephone & Text Recovery Support Services (TRS)

1. *Handout*: “Individuals in early recovery face many challenges and need regular support. TRS programs are like helpful guideposts through the journey of recovery and studies show that this type of support can be particularly effective in assisting people who have relapsed back into recovery. Through TRS, a person newly in recovery will receive a weekly check-in call from a trained volunteer. This outreach is especially helpful to people who are in remote locations or who face transportation challenges. These calls help people in early recovery to feel like they are supported and not alone in their recovery that they matter. This outreach also provides an outlet to for them to share their challenges and accomplishments, and to get feedback and insights from the volunteer, who is also in recovery.”

#### 2. Discussion

- Existing in NH: Headrest, Inc. (<http://www.headrest.org/>)
- Composed of trained volunteers
- Weekly check-in calls from volunteers to people who have made initial contact

#### C. Volunteer Opportunities

1. *Handout*: “RCC's thrive on volunteer services. A minimum of fifty volunteers for each center to perform a variety of mission-critical duties, including recovery coaching, telephone support, education and outreach initiatives, technology support, peer facilitation, events management, and administrative tasks.”

#### 2. Discussion

- Opportunities for people *in recovery* to be of service

#### **D. Recovery Advocacy**

1. *Handout*: “Screenings of the documentary *The Anonymous People* and a 5-week family series from HBO on Addiction, Recovery Training will be conducted on the language of recovery, how to do recovery advocacy.”

2. Discussion:

- How do we get [the right] people to speak publicly about their experiences/concerns?

#### **E. Recovery Vocational Services**

1. *Handout*: “8-week training program to help people new in recovery re-enter the workforce. Skill-building, employment strategies, resume writing and interviewing skills will be some of the topics covered.”

2. Discussion

- Getting ID, opening checking acc't, resume writing, interviewing, job search

#### **F. Youth Recovery Services**

1. *Handout*: “Engage young people in the community and offer a safe place to connect and support each other. All Recovery Meetings for Young Adults and sober social and recreation events can be offered at each center.”

2. Discussion

- Engage young people in community, offer safe space to spend time
- Recovery High School? – defer topic until later

#### **G. Recovery Coaching**

1. *Handout*: “Recovery Coaches have been shown to be an effective resource for helping people with substance use disorder find and sustain long-term recovery. Recovery Coaches serve as a personal guide, mentor, life-skills coach, and in many ways a caseworker for people transitioning out of treatment. Recovery Coaches have had their own success overcoming the barriers and obstacles to long-term recovery and can share their experiences with those in early recovery. Getting to meetings, connecting with others who are working toward recovery, coordinating appointments, making budgets, finding employment, pursuing an education, and learning how to balance the responsibilities of work and family with the commitments of recovery (meetings and 12-Step work) are all ways that a Recovery Coach can provide support to individuals as they seek to establish long-term recovery.”

2. Discussion

- Recovery Coaches don't have a [12-Step] agenda w/ people seeking recovery
- Appeal to and help people who aren't immediately drawn to/helped by 12-Step fellowships

### **II. Discussion: Engaging the business community**

- Recovery-friendly designation (*a la* “We've gone Green”)
- Recovery-friendly coalitions
- Internship programs w/ local employers

### **III. Presentation: Lisa Mure, NH Center for Excellence, Director (10:50am)**

### **A. Talking points**

- Funding for Alcohol Fund
  - Should total \$8.5mil total from Alcohol Fund
  - Viable in 2016
  - \$500k 1<sup>st</sup> year \$700k 2<sup>nd</sup> year for “Recovery Support”
- What do we need for recovery services?
  - Stated uses for money:
    - Centralized recovery support
    - 800-number call-in support
    - Recovery Centers

### **B. Discussion**

- Certified Recovery Support Workers on-call w/ ER's for overdose events (as done in RI)
  - Could recovery centers provide this service?

## **IV. Presentation: Tym Rourke, Commission Chairman (11:11am)**

### **A. Talking Points**

- Commission Task Forces need to be selective about which needs/efforts to present to legislators
- Recovery Task Force is needed for Tym to strengthen argument about funding and for what efforts specifically
- Goals for Task Force

#### 1. List of needed recovery support services

- We need to make clear that we want physical recovery centers
- If legislature approves plans, recovery community needs to decide whether it wants the money
- Consideration: Are there areas of support that we don't want public funding to touch?

**\*We need to be unified in support for specific causes**

#### 2. Task Force needs to write document for commission

- State goals for next 6mos/1yr
- \*Get Treatment Task Force's Statements (Misson, Vision, etc) for ideas
- \*Use A.A. Cooperation with the Professional Community (CPC) document

([http://www.aa.org/pages/en\\_US/cooperation-with-the-professional-community-cpc-committees](http://www.aa.org/pages/en_US/cooperation-with-the-professional-community-cpc-committees))

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**Next Task Force Meeting:** Friday March 13 @ 10AM, Center for Excellence, 501 South St. Bow, NH 03304

**Future Mtgs:** 2<sup>nd</sup> Friday each month @ 10AM, Center for Excellence

**Meeting adjourned at 1:15pm**

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