



# Integrating Peer Outreach Services

Kenneth Collins, Division Director

Mike Massuli, Division Deputy Director

Sam Burton Dickerson, Peer Recovery Specialist

**Integrative Overdose Prevention Strategies & Practices Conference**

**Thursday, November 17, 2016**

Healthy People. Healthy Community. Healthy Future.

# Integrating Peer Outreach Services

## Discussion:

- Role of Peers
- Video “Peer Outreach in Cecil County”
- Day in Life of a Peer
- Lessons Learned



(L-R) Digna Gbadyu; Mark Reynolds; Jennifer Tuerka, peer recovery advocate; Don Tepper, Union Hospital crisis intervention specialist; Dr. Sydney Tsai, Union Hospital's chief medical officer; Richard Rafferty, peer recovery advocate; Carmella Teixeira, peer recovery advocate; and Ken Collins, Cecil County executive assistant on drug policy, pose at Union Hospital.

## Peer recovery program earns best practices honors

By **CHERYL MATIX**  
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**ELKTON** — County Executive Tari Moore announced this week that the Cecil County Health Department's Peer Recovery Advocate Program was named a recipient of the Maryland Association of Counties (MACo) "Healthy Counties Best Practices" award.

The award, created by the Hyatt in Cambridge, "the real award is seeing lives changed and families saved," said Ken Collins, director of the Cecil County's Alcohol and Drug Recovery Center and special assistant to the county executive for drug policy. "Recovery is alive, accessible and expanding in our county. Our peer advocates play an integral role in that expansion."

The Cecil County Peer Recovery Advocate Program the hospital to the health department to enroll in treatment," he said. This is one of the programs implemented in Cecil County after a study revealed the county had the highest drug overdose death rate per capita in Maryland in 2011. "Since that time, our community has rallied together to find solutions to this complex and multi-faceted crisis," Moore said.

Are You Concerned About Someone's Alcohol or Drug Use?

Cecil County Health Department  
410-996-5106  
www.cecilcountyhealth.org

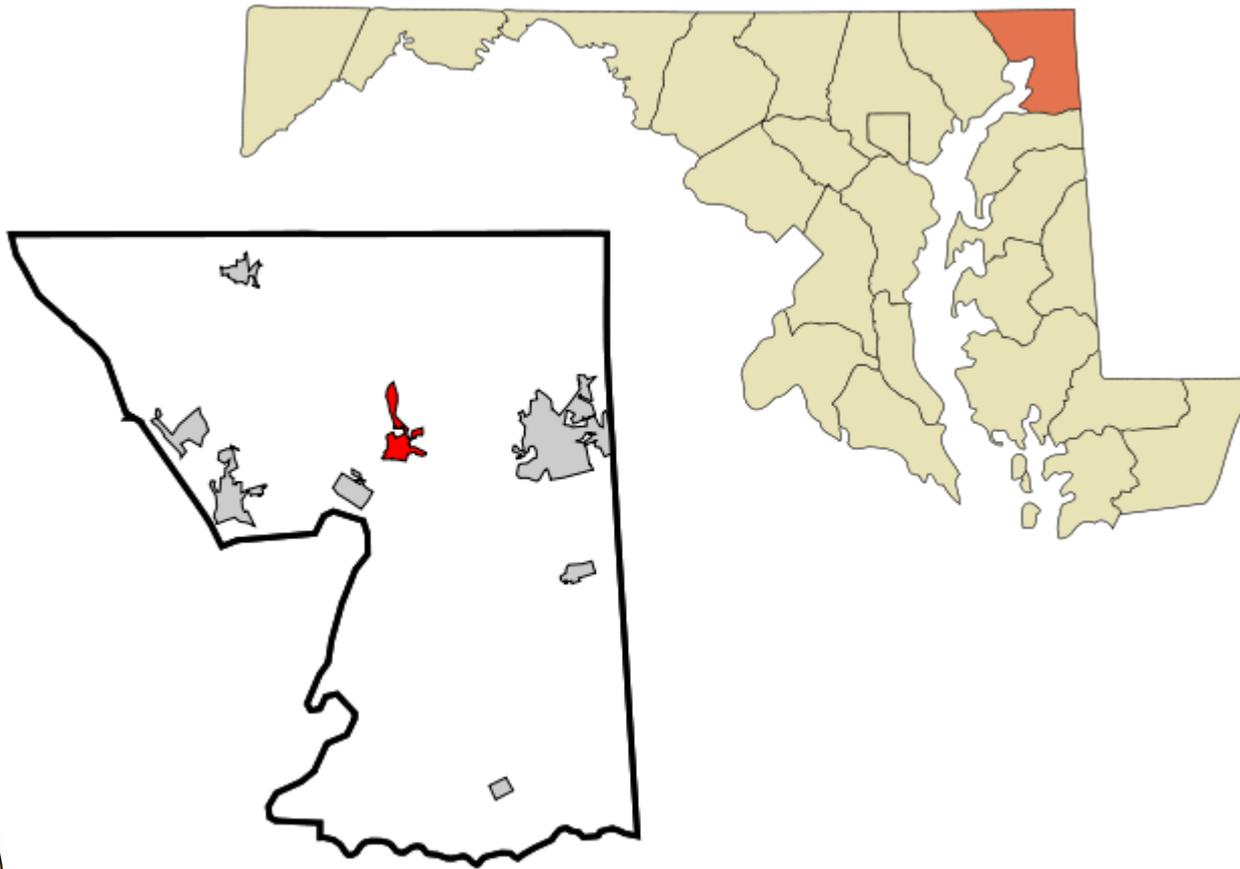


CECIL GUARDIAN, JANUARY 15, 2015 7

### Building A Culture Of Health

Working to Reduce Drug Overdose Deaths in Cecil County

# Cecil County, Maryland



# Defining Peer Recovery Specialist

## **SAMHSA Service Definition:**

Peer Recovery Coaching is a set of nonclinical, activities, based on shared lived experience, that engage, educate and support an individual to successfully recovery from mental and/or substance use disorders. Peer Recovery Coaches act as a recovery and empowerment catalyst: guiding the recovery process and supporting the individual's recovery choices, goals, and decisions.



# Defining Peer Recovery Specialist

## **From CCAR Recovery Coach Academy:**

“... anyone interested in promoting recovery by removing barriers and obstacles to recovery by serving as a personal guide and mentor for people seeking or in recovery.



# Defining Peer Recovery Specialist

## From William White:

“...a person who helps remove personal and environmental obstacles to recovery, links the newly recovering person to the recovering community, and serves as a personal guide and mentor in the management of personal and family recovery. Such supports are generated by mobilizing volunteer resources within the recovery community, or provided by the recovery coach where such natural support networks are lacking.”



# Integrating Peer Outreach Services

## Working Definition:

- Lived Experience
- Provide Hope
- Planting Seeds
- Link to Resources
- Warm Handoff
- Support

## 14 most newsworthy storylines of 2014

By **JACOB OWENS**  
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**CECIL COUNTY** — On the surface, 2014 may not seem like a particularly memorable year.

After all, it didn't have the natural or man-made county disasters that some recent years had — think Tropical Storm Lee or train derailments.

That isn't to say that 2014 didn't have its share of big headlines. In fact, CecilDaily.com readers logged on more than 2 million times in 2014 and viewed more than 8 million pages. Several storylines began this past year that will continue to shape Cecil County for many years into the future.

With that in mind, let's take a look at the 14 biggest news trends of 2014.

**1. Recovery.** It's a good sign that recovery ranks so highly on our list after drugs ranked No. 1 in the 2013 list, and there is good reason for it to be so.

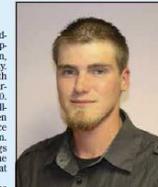
In 2014, we saw a renewed interest about and passion for recovery from substance abuse. In the spring, state officials approved new regulations allowing the prescribing of naloxone, an overdose-reversing drug, to members of the public. County officials quickly

See **REVIEW**  
Page A10

### VOICES OF RECOVERY

#### PATRICK WEBB

Age: 24  
Residence: Fair Hill  
Recovery time: 18 months  
Patrick Webb struggled with an addiction to opiates, namely prescription painkillers and eventually heroin, for 15 years before finding sobriety. He said that his first experience with drugs was drinking and smoking marijuana with friends when he was 10. Eventually, he started taking painkillers with friends at parties, and when his addiction took hold and the price of pills increased, he moved to heroin. "I had low self respect, and drugs made me feel better about myself," he said. "They numbed the feelings that I had."  
His first attempt at recovery was when he went to a methadone clinic at age 19. Webb said that he didn't want to lose his family, friends, and job



WEBB

Webb said that he knew he was an addict when he was 19 months old.

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Monday, June 16, 2014 - Cecil Whig - Page A3

### LOCAL

#### 'Anonymous People' director to speak at college June 20

By **SARA MURPHY**  
smurphy@cecilwhig.com

**NEWS BRIEF** — The director of the award-winning documentary "The Anonymous People" will host a viewing and discussion in Cecil County on June 20.

The film is a feature documentary about the 23.5 million Americans living in long-term recovery from addiction to alcohol and other drugs. "The film has been showing for free to the public in Cecil County since February. Almost a thousand people have come to see the film at various locations throughout Cecil," said Justin Shields, public information officer for the Cecil County Health Department.

"Telling those stories and hearing those stories reduces stigma and helps recovery out of the shadows," Shields said.



Director Greg Williams will be in North East on June 20 to discuss his documentary "The Anonymous People." The film is a feature documentary film about the 23.5 million Americans living in long-term recovery from addiction to alcohol and other drugs.



# Integrating Peer Outreach Services

## Peer Outreach Timeline:

Nov. 2011 -  
Supplemental  
Grant Request  
to Hire Peer  
Recovery  
Specialists.

Feb. 2012 -  
First Peers  
Hired, Focused  
on Enhanced  
Treatment  
Services,  
Level I & 11.1

April to June  
2012 -  
Peers inside  
Hospital ER,  
DSS, Drug  
Court, MH Tx.  
Providers

July to Dec  
2012 -  
Peers in  
Probation,  
Homeless  
Resource Ctr.

Sept 2013 -  
Peers  
Connected to  
Every Floor at  
Union Hospital  
(Bedside)



# Integration of Peers - Treatment

- Practical application
- Assist clinicians with case management, outreach, engagement, etc.
- Form relationships with patients that would continue to continuing care
- Improve outcomes



# Integration of Peers - Outreach

- System is efficient at identifying and offering service when illness harms others.
- How to reach those not currently in service?
- Engagement in community...



# Integration of Peers - Outreach

## **Peers Embedded in Cecil County:**

- Hospital (Every Floor)
- Social Services
- Parole and Probation
- Detention Center
- Drug Court
- Homeless Resource Centers
- On Our Own
- Community-Based Physician Offices
- Mental Health Service Providers
- Home Visits After Overdose



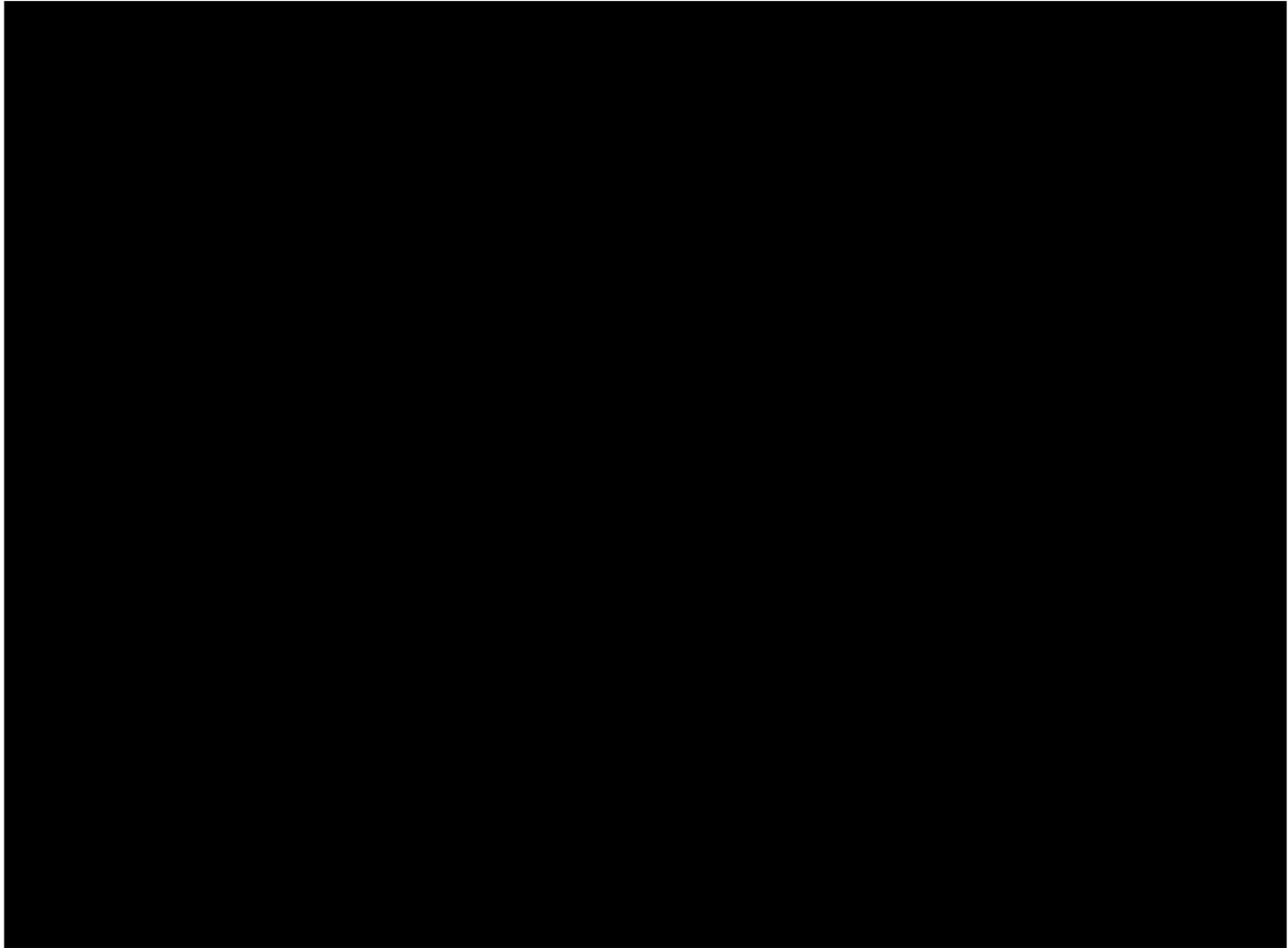
# Integration of Peers - Outreach

## Peers Embedded in Cecil County:

- Enhance existing systems ability to identify, intervene, and offer hope/change
- Instills confidence in / empowers other providers to address SUD
- Provide connection (warm handoff) to services



# Integrating Peer Outreach Services



# Integrating Peer Outreach Services

## Day in Life of a Peer Recovery Specialist

### Peer recovery program earns best practices honors

By CHERYL MATTIX  
cmattix@cecilwhig.com

**ELTON** — County Executive Tari Moore announced his week that the Cecil County Health Department's Peer Recovery Advocate Program was named a recipient of the Maryland Association of Counties (MACo) "Healthy Counties Best Practices" award. The award, created by MACo Past President Ingrid Turner, recognizes county programs that contribute to the overall health and quality of life of a Mary-

land resident. "The real award is seeing lives changed and families saved," said Ken Collins, director of the Cecil County's Alcohol and Drug Recovery Center and special assistant to the county executive for drug policy. "Recovery is alive, accessible and expanding in our county. Our peer advocates play an integral role in that expansion." The Cecil County Peer Recovery Advocate Program provides early intervention to people with substance abuse by creating a relationship between an advocate

and the patient. "The real award is seeing lives changed and families saved," said Ken Collins, director of the Cecil County's Alcohol and Drug Recovery Center and special assistant to the county executive for drug policy. "Recovery is alive, accessible and expanding in our county. Our peer advocates play an integral role in that expansion." The Cecil County Peer Recovery Advocate Program provides early intervention to people with substance abuse by creating a relationship between an advocate and the patient. "The real award is seeing lives changed and families saved," said Ken Collins, director of the Cecil County's Alcohol and Drug Recovery Center and special assistant to the county executive for drug policy. "Recovery is alive, accessible and expanding in our county. Our peer advocates play an integral role in that expansion." The Cecil County Peer Recovery Advocate Program provides early intervention to people with substance abuse by creating a relationship between an advocate and the patient.



Here, an Elton man living in an addiction treatment center called Solutions House, completes the final week of the Recovery Walk along Main Street.

### Walking for hope



**Hundreds attend annual recovery walk**  
By JOE ANTONAK  
antonak@cecilwhig.com  
ELTON — Saturday's break once did nothing to dampen the mood behind the Cecil County Circuit Court, where hundreds gathered for the annual recovery walk. Joseph Parker, 36, was one of the participants. Parker, who has been in recovery for several years, said the walk is a great way to stay motivated and meet others who are on the same path.

Visit us online @ [cecilwhig.com](http://cecilwhig.com) — Updates on an Cecil high school player

**City Pharmacy**  
21 N. Bridge Street - Elton  
[www.citypharmacyofelton.com](http://www.citypharmacyofelton.com)

**STARTING STRONG**  
No. 4 Panthers top Tigers in opener  
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**INSIDE TODAY**

**PORTS**  
DUGHLASS: Doug run of TDs owns Bo Manor B1

**Program shows addicts a path to sobriety**

Peer Recovery Advocates prepare to increase staff

By JACOB OWENS  
jowens@cecilwhig.com

ELTON — Digna Ghahra had heard the message before, from doctors, family and well-wishers: If he didn't get his alcohol under control, he would likely lose his family and possibly his life. When he entered Union Hospital last October with a blood alcohol content level of 0.25, he was told he had to stop drinking or face the possibility of losing his life. "I was in a bad way," Ghahra said. "I was in a bad way." Ghahra, 34, is now sober and working as a peer recovery advocate for the Cecil County Health Department. He is one of many people who have found a path to sobriety through the Peer Recovery Advocate Program. "I was in a bad way," Ghahra said. "I was in a bad way." Ghahra, 34, is now sober and working as a peer recovery advocate for the Cecil County Health Department. He is one of many people who have found a path to sobriety through the Peer Recovery Advocate Program.

### Mayors eye more ways to curb substance abuse

By CHERYL MATTIX  
cmattix@cecilwhig.com

**ELTON** — Cards for help with addiction have recently been distributed by Cecil County Department of Emergency Services personnel to people who nearly miss being a fatal overdose victim. Cecil County's Overdose Coordinator, Karl Weber, told members of the mayor's Drug Task Force Thursday that this new program, which was imple-



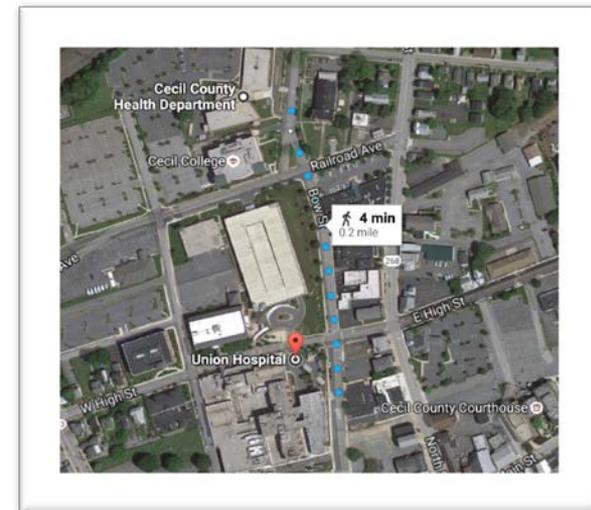
These cards are being handed out by county emergency personnel to non-fatal overdose victims in an effort to encourage them to seek help for their addiction.



# Integrating Peer Outreach Services

## Lessons Learned ...

- Build Buy-in at All Levels
  - Hospital Multidisciplinary Meetings
  - Consistency of Peer
  - “Dressed for Dinner” (Culture of Colors)
  - Proximity of Providers (Warm Handoff)
  - “Plant Seeds”
  - Ready for Increased Service Requests
- Assessments Increased 68%: FY 2013 (1,082) – FY 2016 (1,819)



# Recognition for Effort



**“Harland Graef  
Quality Award”**  
from Union Hospital,  
April 2014

**“Healthy Counties Best  
Practice Award”**  
from Maryland Association  
of Counties (MACo),  
January 2015

