

Toward better treatment and recovery systems: Lived Experience Recovery Organisations (LEROs)

Dr Ed Day

Consultant Addiction Psychiatrist

UK Government National Recovery Champion



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



UNIVERSITY OF
BIRMINGHAM



Background

- *'...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

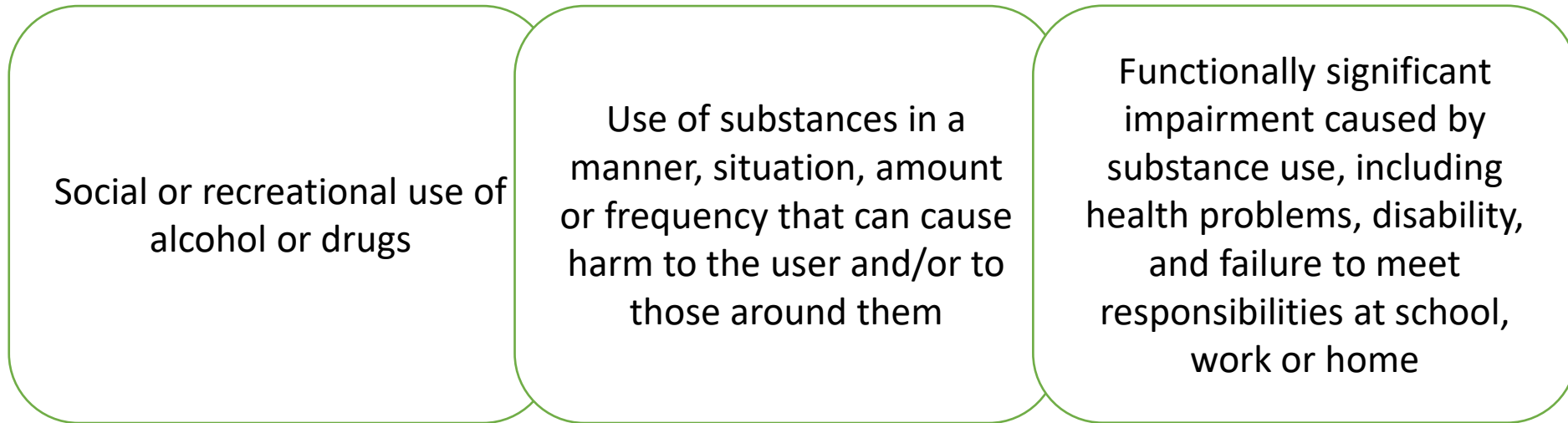


Home Office

APPOINTMENT OF A RECOVERY CHAMPION

Recruitment Information Pack
September 2017

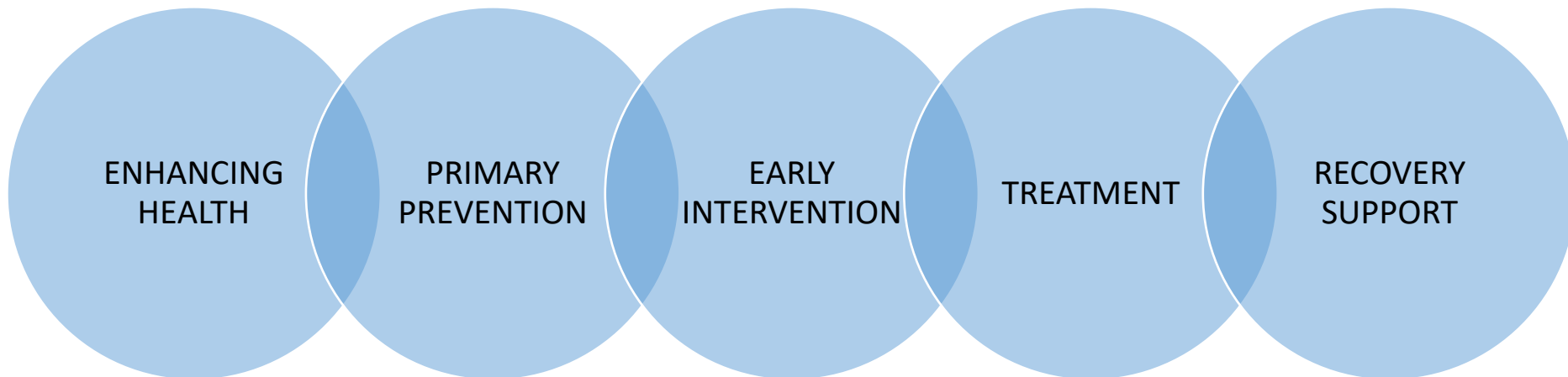


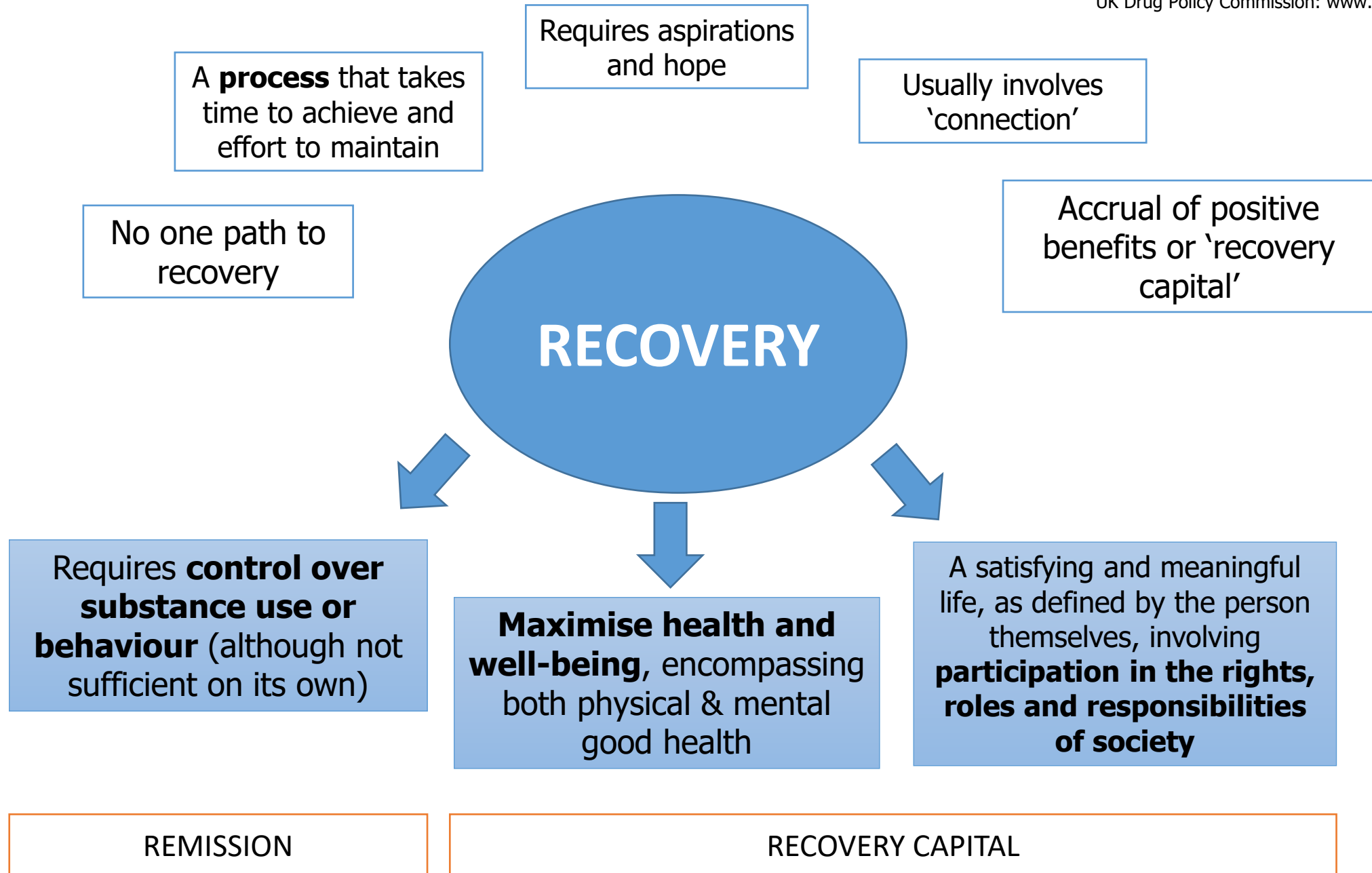


Alcohol use status continuum

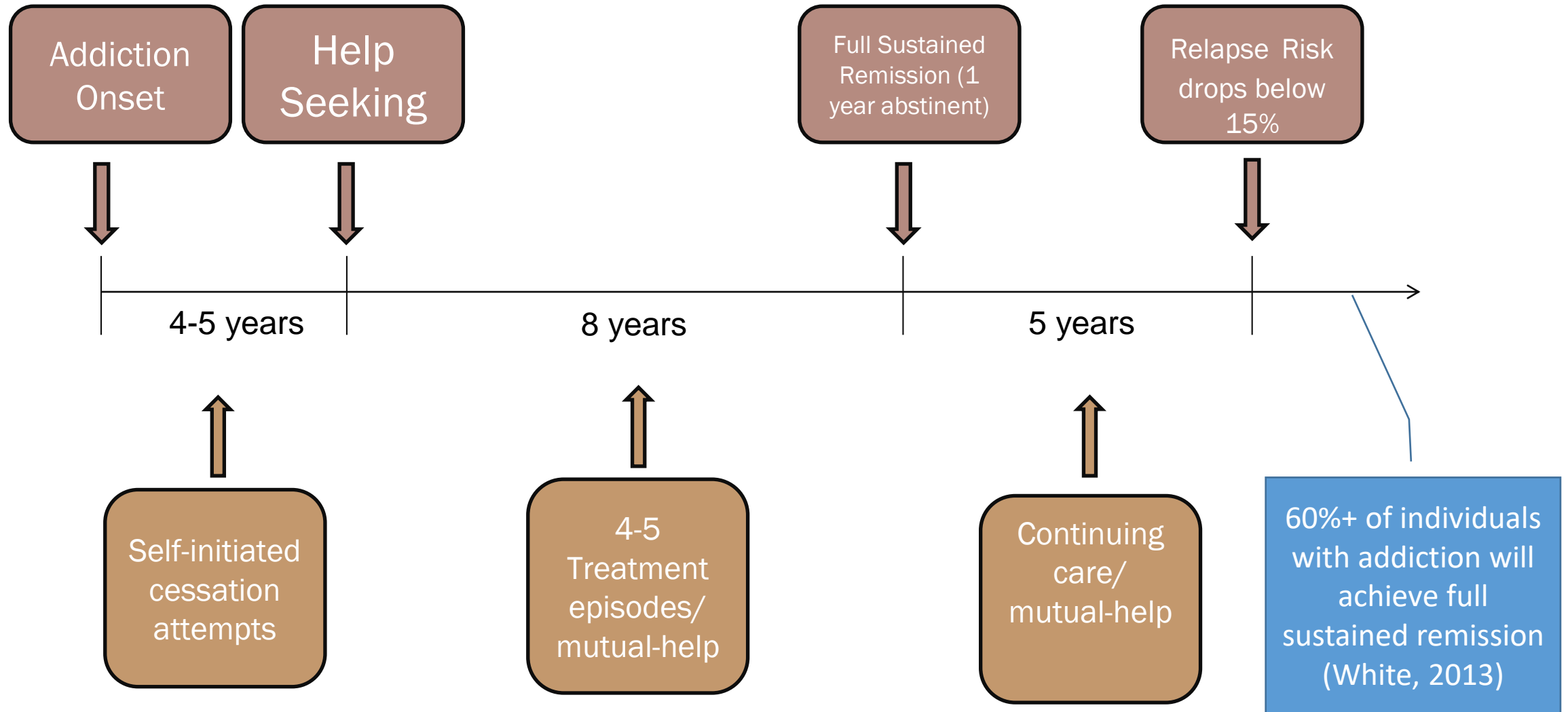


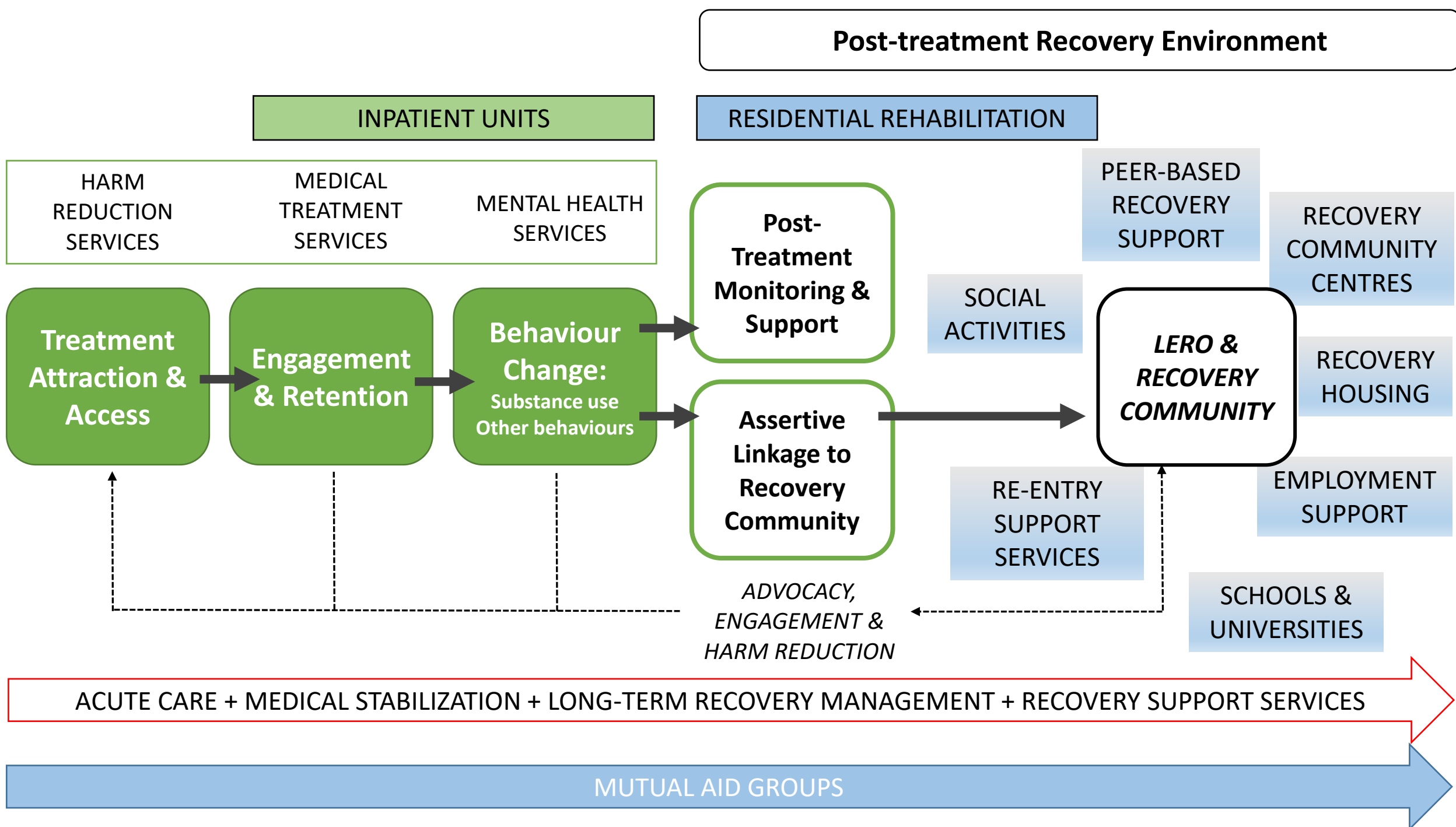
Alcohol use care continuum





For more severely dependent individuals ...
course of dependence and achievement of stable recovery can take a long time ...







HM Government

From harm to hope

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



From Harm to Hope:

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

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**

Guidance

Part 1: introducing recovery, peer support and lived experience initiatives

Published 8 September 2023

Guidance

Part 3: how to develop systems of care that support recovery

Published 8 September 2023

Guidance

Part 2: recovery support services - evidence and current provision

Published 8 September 2023

Guidance

Part 4: glossary and resources

Published 8 September 2023

<https://www.gov.uk/government/publications/recovery-support-services-and-lived-experience-initiatives>

Part 1: introducing recovery, peer support and lived experience initiatives





ENCOURAGE
SUPPORT
CONNECT
#CLERO



Benefits of LEROs



Peer connection

Led by and for people with lived experience



Independent & autonomous

Vital to ability to respond, evolve and advocate effectively



Asset-based approach

Built on local assets and developed in response to community needs.



Culture of recovery

Help people to develop a new identity, social network and life.



Agile & innovative

Create change and respond quickly to new situations.



Entrepreneurial

Skilled at tapping into community resources.



Person-centred

Focus on supporting personal growth as much as substance use.



No one pathway to recovery

Recognise and respect others' journeys



Complement treatment

'Bookends' treatment journey by providing support before and after.



Accessible & flexible

Evenings and weekends, in-person or remote



Experts by experience

Understand, connect with and help people to sustain recovery.



Diverse & inclusive

Grow in response to local needs and work in partnership with local groups.



Reduce stigma

Model recovery in the community, showing that it is possible.



Advocates for people

Understand substance-related problems and experiences of services.



Involve & support families

Recognise the importance and power of close relationships on recovery.



Part 2: recovery support services - evidence and current provision

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

Overview of recovery support services

Name	Description
Peer-based recovery support services	<p>An umbrella term encompassing a range of peer-delivered or peer-led support for people in recovery. This includes:</p> <ul style="list-style-type: none">• recovery coaching• peer support workers• navigation• buddying and assertive linking• community connection and access to meaningful activities
Recovery community centres	<p>A community space open to people (regardless of their treatment status) offering a range of support to help them sustain and strengthen recovery. In the UK, these centres are sometimes public-facing social enterprises such as recovery cafés</p>
Recovery support services in educational settings	<p>Recovery support services embedded in secondary, further and higher education</p>
Mutual aid and facilitated access to mutual aid (FAMA)	<p>Mutual aid is social, emotional and informational support provided by, and to, members of a group at every stage of recovery. FAMA is a short, simple and effective method for increasing mutual aid participation</p>
Recovery housing	<p>Structured, alcohol and drug-free accommodation in which residents access in-house peer support and are assertively linked into recovery activities</p>
Recovery check-ups and continuing care	<p>Recovery check-ups involve post-treatment monitoring and feedback. Continuing care involves both post-treatment monitoring and feedback and supportive interventions.</p>

Evidence from the literature: recovery

Name	Key findings
Peer-based recovery support services	Potentially effective in reducing alcohol and drug use, reducing relapse rates, increasing treatment initiation and engagement, improving treatment satisfaction, increasing housing stability and increasing recovery capital
Recovery community centres	Evidence is less well developed. Available evidence indicates effectiveness in supporting people to build their recovery capital, maintain abstinence, stabilise accommodation, move into employment, attend mutual aid and report improvements in psychological wellbeing and quality of life
Recovery support services in educational settings	Students who access these services may benefit from reduced alcohol and drug use and improved social and academic outcomes
Mutual aid and facilitated access to mutual aid	High-quality evidence for Alcoholics Anonymous and 12-step facilitation found effectiveness, including increased abstinence rates and strengthened recovery
Recovery housing	Safe and stable accommodation, increased likelihood of sustained abstinence, good return on investment, increased social connectivity with people in recovery, opportunity to strengthen broader recovery capital
Recovery check-ups and continuing care	Better results the longer they last. Potential to increase treatment engagement, reduce treatment need, facilitating early return to treatment and increasing number of abstinent days. Potentially benefiting those with more complex clinical profiles the most

The Power of Lived Experience

Volunteer

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





Collegiate Recovery Programs

UNIVERSITY OF
BIRMINGHAM

BETTER THAN WELL

ARE YOU IN RECOVERY FROM ADDICTION?

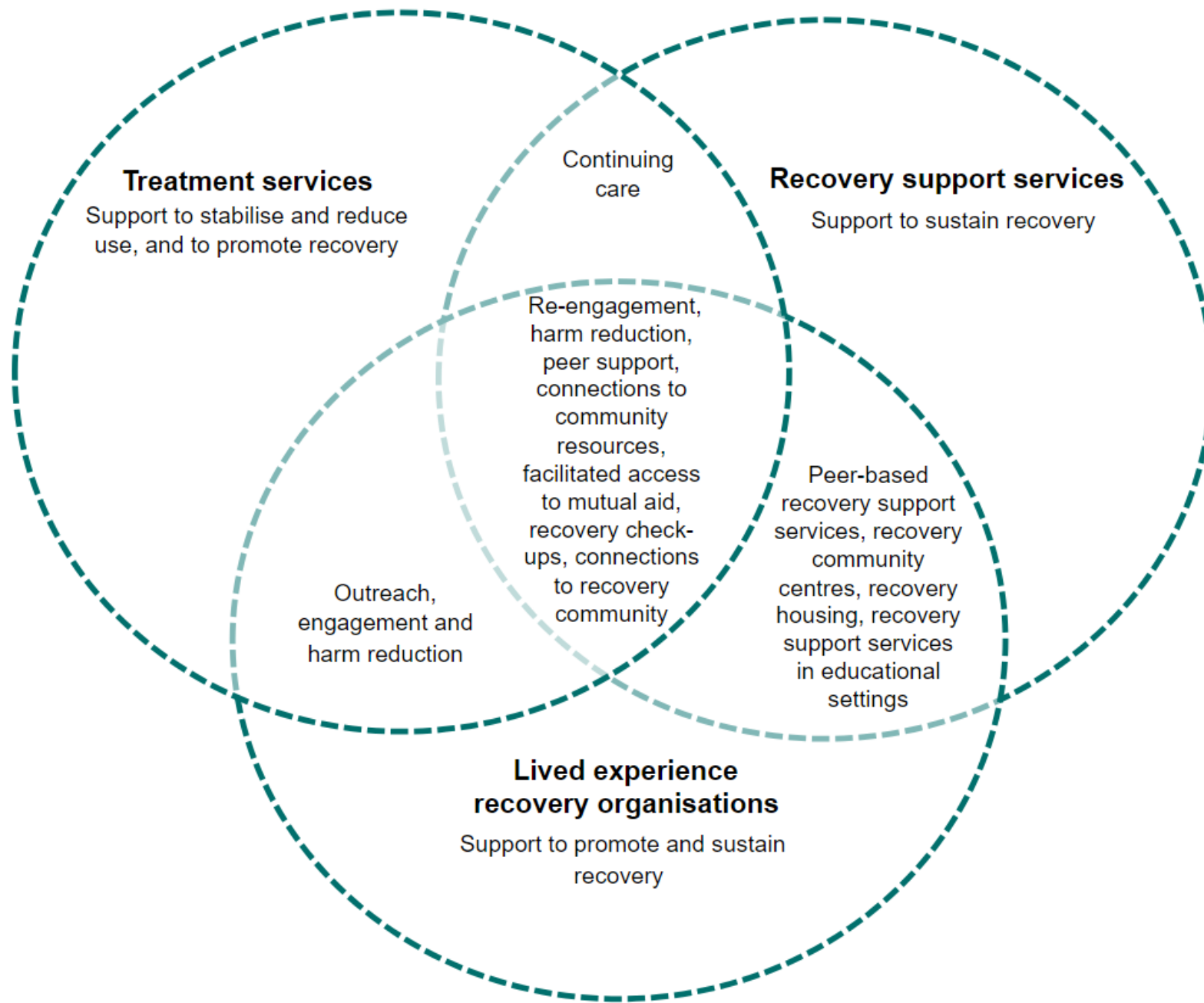
Did you once have a problem with alcohol, drugs or a behavioural addiction (food, sex, gambling, gaming, compulsive shopping, exercise or internet use) but no longer do? Are you in recovery from addiction? Are you moving towards or interested in recovery from addiction?

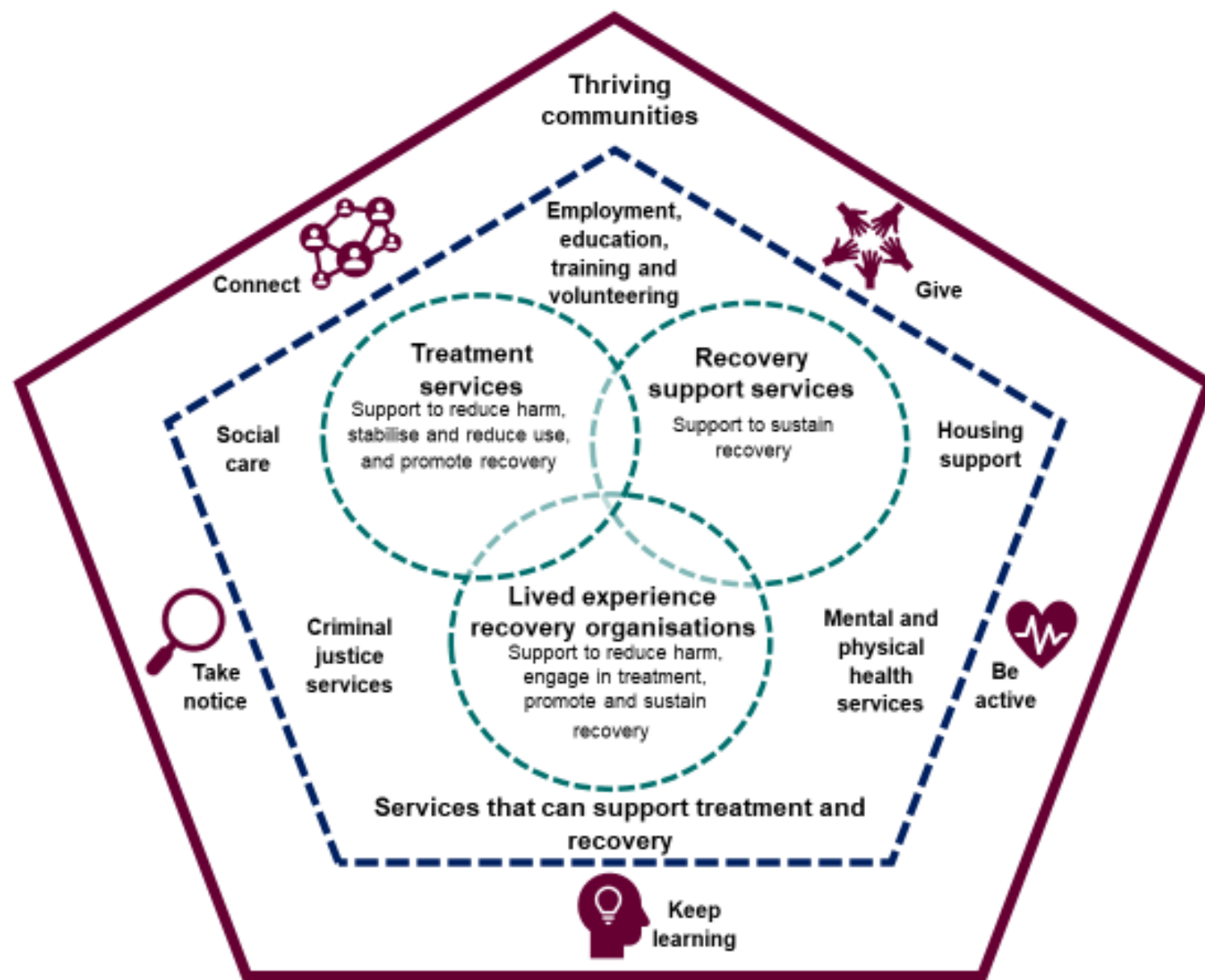
**SCAN QR CODE
TO VIEW OUR
WEBSITE &
MATERIAL!**

We are a community programme of recovering students on campus at UoB who support each other in shaping and maintaining an abstinence based life through peer support, mutual aid, social activities and recovery focused groups. Join us at BTW.

www.birmingham.ac.uk/betterthanwell









Part 3: how to develop systems of care that support recovery

How you can develop and strengthen recovery support and lived experience initiatives

Are people with lived experience and lived experience initiatives respected and autonomous members of the partnership?

What services that support recovery already exist locally? How well are they connected and where are the gaps in support?

Does the planning and commissioning of treatment and recovery services build and integrate recovery support services and lived experience initiatives?

How is the partnership ensuring that lived experience initiatives are safe and effective?

What is the role of the partnership in the funding and growth of recovery support services and lived experience initiatives?

Can the partnership co-produce new ways of monitoring impact?



Next Steps



'What good looks like' national report



Improve data on current provision



Support for developing LEROs



LERO quality standards



Research – impact of LEROs, recovery check-ups and mutual aid facilitation



Developing outcome measures

RECOVERY CAPITAL

Individual
PHYSICAL
HUMAN
HEALTH
GROWTH

Micro
SOCIAL
FAMILY

Meso
CULTURAL
COMMUNITY

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

The REC-CAP assessment tool

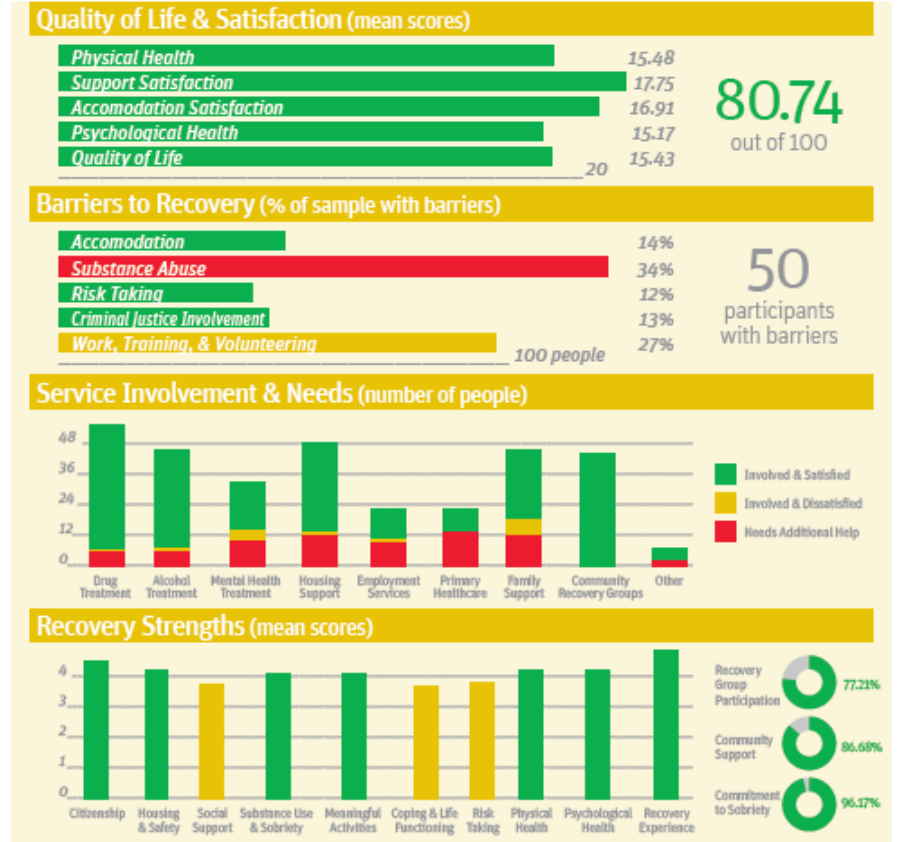


Figure 1. Overview of Recovery Capital, Barriers, and Needs for the First 100 Cases

THANK YOU!



Map showing CLERO membership

Contact details

e.j.day@bham.ac.uk

OHID programme team:

Suzie.Roscoe@dhsc.gov.uk

Laura.Pechey@dhsc.gov.uk

Key term	Definition
Recovery oriented system of care	<p>A ROSC is a network of local services and community groups that help people to start and sustain recovery. A ROSC incorporates the insight and work of people with lived and living experience and their families at all levels of planning and delivery to:</p> <ul style="list-style-type: none"> • offer choice by providing a flexible and inclusive menu of services, community support and opportunities (including lived experience initiatives), recognising that there are many pathways to recovery • provide a range of responsive and inclusive support and opportunities for people in recovery and their families • build on the strengths and resilience of individuals, families, recovery communities and the wider community
Recovery support services	These are services that offer support to people in recovery and their families, and benefit the wider community. They offer practical and emotional support to meet a person’s needs and build on their strengths. RSS can be delivered by treatment providers or LEROs.
Peer-delivered	This is when people with lived experience deliver (but not lead) activities, groups, events and services.
Peer-led	This is when people with lived experience lead activities, groups, events, services or organisations.
Lived experience recovery organisation (LERO)	A LERO is an independent organisation led by people with lived experience of drug and alcohol recovery. LEROs deliver a range of harm reduction interventions, peer support and recovery support, and help people to access and engage in treatment and other support services.