

Recovery Happens

M R N

MISSOURI RECOVERY NETWORK

The Statewide Voice for Recovery

www.morecovery.org 573.634.1029

2019 | NOVEMBER | Missouri Recovery Network Newsletter

Family Support Providers

Family Support Providers (FSPs) are an exciting means of support in the State of Missouri for families. FSPs have been growing steadily in number in the last few years as a way to support families whose children may have a recent diagnosis of a mental health illness, substance use disorder, or developmental disability. This can feel overwhelming for a parent or caregiver. When an FSP can support a parent through this time, they are much more likely to continue services and also cope and solve problems better. FSPs are found in almost every Community Mental Health Center (CMHC) in Missouri, as well as Community Care Behavioral Health Organizations (CCBHOs). FSPs are very important to parents and caregivers because they have lived experience. Having this experience gives them a perspective on problem solving that is unique to a treatment team. Families stay engaged in services longer, many times, increasing positive outcomes.

Family Support Providers are hired at CMHCs or CCBHOs as treatment team members. They are trained at the Department of Mental Health, consisting of an online webinar and short exam, followed by a face-to-face training spanning 3 days. This training is by no means comprehensive to the scope of the work but will provide a solid foundation to equip an FSP to work with families. Subjects covered are varied and include problem solving, facing fears, creating a safety net, building resiliency, reducing negative self-thinking, and workplace wellness.

For more information and a question and answer page, please follow this link: <https://dmh.mo.gov/mental-illness/family-support-provider>

You may also contact Jill Richardson, Statewide Family Network Coordinator at Jill.Richardson@dmh.mo.gov for more information.



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Save the Date!

RECOVERY ADVOCACY DAY

Wednesday, February 5, 2020

Jefferson City, MO

Recovery advocates unite to educate policy makers on the importance of recovery support services, the many different pathways to recovery, the importance of funding recovery, and the importance of good public policy that supports recovery.

More information to come in our December 2019 issue!

Please make plans to attend. We need to be visible and vocal!

Joplin Opens New Recovery Outreach Community Center (ROCC)

Anyone who has been freed from the jaws of addiction is keenly aware that a better life is only possible with a sincere desire to change and willingness to take action through an unyielding program of recovery. However, that action takes resources.

One such resource is Joplin's new Recovery Outreach Community Center, known as the ROCC Station. The center's mission, says volunteer Teddy Steen, "is to foster programs that alleviate the stigma and obstacles of individuals and their families recovering from the effects of substance use and mental health disorders, and those struggling with other barriers."

A need for a facility like the ROCC Station inspired Steen, founder of Ascent Recovery Residences, and a group of her peers, including Starting Point Outpatient services, God's Resort, leaders of local 12 step recovery groups, Certified Peer Specialists, and the local Treatment Court, to open its doors.

"When people are new in recovery or are transitioning from jail or prison," says Steen, "we want them to come here and receive help navigating the very difficult systems so we can show them how to overcome the barriers put in front of them. They will be matched with a peer, and a needs assessment will be done, which will be followed with a recovery plan."

Rules for members and visitors are simple and obvious, says Steen. "We ask that they be free of substances that are illegal or not prescribed to them, and we will ask that they give back to the center and to their community."

"When we're completely up and running the ROCC will be open all day, from 9 a.m. to 9 p.m., at least 5 days a week," Steen says.

The ROCC's address: 1402 S. Main Street, Joplin, MO 64801. For more information, contact Teddy Steen at 417-540-6313

2019 NARR Annual Conference

MRN was a proud sponsor at the 2019 National Alliance of Recovery Residences Best Practices Summit in St. Louis last month. The conference was an enormous success! It was the largest participation ever with over 300 attendees. The event featured three days of presentations, panels and participant discussion. Topics included implementing MAT in recovery residences, risk management, innovative funding, and harnessing technology for better operations and improved resident experiences. Narcan training was also provided by the Missouri Institute of Mental Health.



The ROC

Reentry Opportunity Center Opens for Former Prison Inmates in Boone County

Last month, the Reentry Opportunity Center opened in Boone County. The center, also known as the "ROC", aims to help former inmates get support and services as they find their way back into society.

When fully operational, the ROC will have video games, a basketball net, couches, coffee, snacks, and a TV. The ROC will additionally be able to provide meaningful and tangible resources and supports that can address the immediate basic needs as well as the criminogenic needs of those served.

The ROC will serve as a central location where those served can receive everything from STD testing, to bus passes, to job readiness training, to recovery programs. All the services in Columbia that can reduce recidivism can now be found in one place.

2103 Burlington St. Columbia, MO | (573) 607-9372

Recovery Housing: Best Practices and Suggested Guidelines

Recovery housing is an intervention that is specifically designed to address the recovering person's need for a safe and healthy living environment while supplying the requisite recovery and peer supports.

This new report identifies ten specific areas, or guiding principles, that will assist states and federal policy makers in defining and understanding what comprises safe, effective, and legal recovery housing. National organizations have contributed significant and valuable work in developing policies, practices, and guidance to improve recovery housing as an integral model of care. The guiding principles in this document are meant to provide an overarching framework that builds upon and extends the foundational policy and practice work that had guided the development of recovery housing to date. SAMHSA recommends following these Ten Guiding Principles to guide recovery house operators, stakeholders, and states in enacting laws designed to provide the greatest level of resident care and safety possible.

[View the Guidelines](#)



TRAININGS AND WORKSHOPS

New Medication Awareness Recovery

Training Program: This program is a comprehensive training program that provides 40 hours of training on using medications during the recovery process. At the conclusion of the program, participants are awarded 40 CEU hours and a Medication Awareness Recovery Specialist Certificate. The program consists of 1 live training and then 8 self-study modules. These modules are completed at home within assigned time periods. The cost of the program is \$100.00.)

[Click Here for the November MARS Registration Form](#)

LIVE TRAINING:

November 8th, 2019

Participants choose 1 live training from 1 of these 5 cities:

Jefferson City St. Charles Joplin
Kansas City Cape Girardeau

SELF-STUDY MODULES

November 18th, 2019 - February 9th, 2020.

WEBINAR: Engaging Service Members, Veterans, and their Families Through Faith-based Partnerships

November 14

1:30–3:00 p.m. ET

Register Today

WEBINAR: Financial Focus: Eligibility, Authorization and Credentialing Best Practices

November 18

3:00-3:50 p.m. ET

Register Today

2019 Certified Peer Specialist Supervision Trainings

November 14th, Cape Girardeau

[Click Here for November Peer Supervision Registration](#)

December 10th, Jefferson City, MO

[Click Here for December Peer Supervision Registration](#)

2019 Missouri Certified Peer Specialist (CPS) Trainings

November 18th -22nd, Kansas City

December 2nd -6th, St. Louis

If you have any questions, please feel free to contact MCB: 573-616-2300 or help@missouricb.com

Or visit the credentials page:

<https://missouricb.com/credentials/>

Missouri Foundation for Health's Transportation and Health Convening

Please join health and transportation stakeholders from across the state to discuss best and emerging practices, share ideas, and identify potential paths forward to reduce transportation-related barriers to care and more efficiently coordinate transportation to promote health and wellness.

November 15

8:30 a.m. – 3:30 p.m.

Columbia, MO

Learn more and register.

Please register by November 11th.



Naloxone For All

NEXT NALOXONE is an online opioid overdose responder training site that includes mail-based naloxone distribution at no cost to people who use drugs and/or individuals most likely to be first responders in an opioid overdose incident. They are dedicated to ensuring access to naloxone regardless of one's ability to travel, self-advocate, or afford the life-saving medication.

Find resources in Missouri by visiting the movement's website: <https://www.naloxoneforall.org/missouri>



Missouri Recovery Network is collaborating with the Missouri Community Colleges Association with SkillUp

About SKILL UP :

SkillUP is a program meant to engage SNAP (Supplemental Nutritional Assistance Program) recipients in education and training needed to pursue long-term employment in a career pathway that is in demand and provides good wages.

Missouri's 13 community and technical colleges are participating in this program to provide the education and training to SNAP participants. Each college has a range of programs available to participants and will guide them in choosing a pathway based on interviews and testing.

The SkillUP grant is administered by the Missouri Department of Social Services, Family Support Division and funded through the United States Department of Agriculture (USDA). The Missouri Community College Association acts as the program administrator for Missouri's 13 community and technical colleges.

Visit MCCA's website for more information:
<http://www.missouricolleges.org/skillup.html>

Overdose Protection and Harm Reduction

Just like with any behavior that carries risk, the only way to completely prevent an overdose is by not consuming any drugs, but that is not always realistic. However, we can learn specific techniques to reduce the risk of overdose ([see here](#)). These techniques are overdose prevention strategies and fall under the broad heading of a harm reduction approach to drug use. Continue reading... [CLICK HERE](#)

Can Harm Reduction and Abstinence-Based Models Constructively Co-Exist?

What does it mean to be in recovery? In theory, it seems a straightforward enough question- one that should have a more-or-less universally accepted answer. In reality, finding a definition that is satisfactory to everyone under the drug-user health umbrella is like seeking a syringe in a haystack...

[Click Here](#) to read the full article by Drew Gibson in Filter Magazine.



The Missouri Mental Health Foundation is accepting nominations for the 2020 Missouri Mental Health Champions' Award!

The Missouri Mental Health Champions' Award is presented to three individuals annually – an individual living with a mental illness, an individual living with a developmental disability, and an individual in recovery for substance use disorders, who make a positive contribution to their community, exemplify commitment and vision, and whose actions have increased the potential for independence in others living with a mental health condition. We will celebrate award recipients and the nominees at the annual Mental Health Champions' Banquet, which is scheduled for Tuesday, June 23, 2020 at the Capitol Plaza Hotel in Jefferson City.

FINAL DEADLINE TO SUBMIT NOMINATIONS: THURSDAY, DECEMBER 5, 2019

Nominations can be submitted online, by mail, or faxed. Here is how to submit:

ON-LINE: Complete your 2020 Mental Health Champions' Award Nomination online : [CLICK HERE](#)
Release forms must still be printed, signed and submitted to the Missouri Mental Health Foundation (see address and fax information below)

MAIL/FAX: Download and print the Nomination Form and Release Form. Access the PDF [HERE](#)
Submit your completed nomination forms and release forms to the Missouri Mental Health Foundation by mail or fax to the following:

- **Mail:** Missouri Mental Health Foundation
221 Metro Drive, Suite C
Jefferson City, MO 65109
- **Fax:** (573) 469-7268

The three award recipients will each receive a \$1,000 cash award and will be honored and celebrated at the annual **Mental Health Champions' Banquet:**

Tuesday, June 23, 2020
Capitol Plaza Hotel & Convention Center
Jefferson City, MO

Please don't hesitate to contact the Missouri Mental Health Foundation if you have any questions.

Phone: (573) 635-9201

Email: MMHF@MissouriMHF.org

Be Thankful

Be thankful that you don't already have everything you desire,
If you did, what would there be to look forward to?
Be thankful when you don't know something
For it gives you the opportunity to learn.
Be thankful for the difficult times.
During those times you grow.
Be thankful for your limitations
Because they give you opportunities for improvement.
Be thankful for each new challenge
Because it will build your strength and character.
Be thankful for your mistakes
They will teach you valuable lessons.
Be thankful when you're tired and weary
Because it means you've made a difference.
It is easy to be thankful for the good things.
A life of rich fulfillment comes to those who are
also thankful for the setbacks.
GRATITUDE can turn a negative into a positive.
Find a way to be thankful for your troubles
and they can become your blessings.
-Author Unknown

