Breakout Room Activity

Southern California Region - June 2, 2021 (1:00 pm - 2:00 pm)

Please record your notes on your breakout room slide.

**CALIFORNIA
HUB AND SPOKE**

Recovery Capital

Social	Physical	Human	Cultural
• Family	• Housing	• Education	• Access to Recovery Supports
• Friends	• Clothes	• Positivehealth	• Laws and Regulations that Promote Recovery
• Peers	• Transportation	• Values	• Supportive Language about Recovery
• Partners	• Insurance	• Knowledge	
• Co-Workers	• Money	• Experience	
		• Interpersonal Skills	
		• Sense of Purpose	

Breakout Room 1: Discuss examples of existing program supports and ways to enhance support within each of the four categories of Recovery Capital.

Social

- **Existing:** Patient Navigators (contact patients, remind of appts, serve as liaisons to medical team)/Peer Support Specialists; -- Virtual Peer Support Groups
- Enhance:

Physical

- **Existing**: Transportation to bring into the program (Telehealth room that is used). (3 programs); Food (match patients with food insecurity with food banks/distribution giveaways); Insurance Specialists (help to apply for insurance via MediCal or Covered California)
- Enhance:

Human

- Existing:
- **Enhance**: implicit bias/MI training for staff to be more welcoming for those in various stages of recovery; Educational materials for staff/participants

Cultural

- Existing:
- **Enhance:** Providing phones/tablets to clients to increase access to Telehealth services (homeless or don't have wifi)

Breakout Room 2: **Discuss examples of existing program supports and ways to enhance support within each of the four categories of Recovery Capital.**

<u>Social</u>

- **Existing:** CLARE: outside meetings take place onsite; heroin anonymous group at OTP.
- NIH: Perinatal group, stimulant use group, recovery bingo hall. Year-long program for contingency management with new moms.
- Working with local law enforcement to help engage people in services.
- Enhance:

<u>Physical</u>

- **Existing**: CLARE: Have a walking group for exercise. Discussing a volunteer-run fitness group. Informal fitness/weights groups.
- Enhance:

<u>Human</u>

- **Existing:** Many sites have greatly increased telehealth services to meet the demand during COVID.
- **Enhance:**CLARE MATRIX: We used to have more employment services available, we'd like to bring that back.

<u>Cultural</u>

- **Existing:** South Central: Building in more activities/resources to SUD clinic, changes to culture
- **Enhance:** CLARE: Overall would like to increase awareness of person-first, non-stigmatizing language.

Breakout Room 3: Discuss examples of existing program supports and ways to enhance support within each of the four categories of Recovery Capital.

Social

- **Existing:** Zoom and alt creative ways to connect. Rooms in program to set up and connect; hot spots in parking lot, virtual groups; reminders, outreach
- **Enhance**: Getting people back in person - outdoors in parking lot, walk and talk

Physical

- **Existing:** Wifi, phones, bus vouchers and passes, Uber, taxi voucher

- Enhance

Human

- **Existing:**Social work, Telehealth, helping patients connect to insurance and other resources
- **Enhance:** Walking groups, paint rocks with inspiration

Cultural

- **Existing**: Parking lot

- Enhance:

Breakout Room 4: Discuss examples of existing program supports and ways to enhance support within each of the four categories of Recovery Capital.

Social

- **Existing:** group meetings on different topics (educational); relaxation techniques (on zoom). Using SOR 2 for stimulant users; wanted a peer navigator to lead groups. MAR group has been successful; but a dip in membership since it's not in person.
- **Enhance**: In person important for groups; want to have that again. Lots of drop outs. Want peer navigator.

Physical

- **Existing:** Case management services; housing is a challenge. Link to agencies like St. Joseph center. Offer transportation services to help patients. Give out bus passes (if needed since it's been free in some areas). Clinic has showers and clothes donations (closet on site).
- **Enhance:** Provide housing.

Human

- **Existing:** Offers services to patients in need (CHAT services). Help apply for services and insurance. Financial education programs (La Maestra provides it).
- **Enhance**: Educational tutors (help with email, how to use excel and word).

Cultural

- **Existing:** Staff available to link patients to agencies that do sign language; and other cultural agencies. Events in the holidays as well. Services offered in 3 languages with harm reduction approach/language. Provide feedback from he patients on the services.
- **Enhance:** Active listening - want this to be at the forefront.

Breakout Room 5: Discuss examples of existing program supports and ways to enhance support within each of the four categories of Recovery Capital.

Social

- **Existing**: Started a support program where patients who are suffering with opioid use and are enrolling individuals to be support people. E-inspire(?).
  - Doing group sessions and having patients come in
- **Enhance:** Issues are patients/support people getting back to agency. COVID created technical barriers.
  Create an experience when patients come in. What type of experience do patients encounter.

Physical

- **Existing:** Used to use bus tokens, now have Lyft account. Can offer them a ride to their appointments or to pick up their medication.
  Started having drive-up dosing. Worked out well.

- **Enhance**: Housing navigation. Would like to see the ability to deliver methadone/other services.

Human

- **Existing**: Outreach on a regular basis with community and explain what MAT treatment is and the recovery process. Informing and letting individuals know what services are available.

- Enhance:

Cultural

- Existing:

- Enhance:

Breakout Room 6: Discuss examples of existing program supports and ways to enhance support within each of the four categories of Recovery Capital.

Social

- **Existing:**
  - Encourages patients to go to events in community and engage in activities (during and after treatment)
- **Enhance:**
  - Patients feeling excluded from AA/NA meetings so they struggle to go

Physical

- **Existing:**
  - Housing and education services provided makes a big difference
- **Enhance:**
  - Bus tokens/uber help programs to meet transportation needs
  - Basic needs should be addressed/prioritized first for clients
  - Program to counsel onsite at housing shelters

Human

- **Existing:**
  - Employment services
  - Build interpersonal skills
- Enhance:

Cultural

- **Existing:**
  - Having good access to recovery supports (make it easier to go, more times during week for meetings, and normalized)
  - Educating primary care providers to destigmatize treatment
  - Internal referrals
- Enhance:

Breakout Room 7: Discuss examples of existing program supports and ways to enhance support within each of the four categories of Recovery Capital.

Social

- **Existing:** Peer support is used prior to MAT and is what is being depended on (buddy system).
- **Enhance:** Additional resources for those.

Physical

- **Existing:** a van has been purchased (reimbursed for) designated driver w/in 45 mi can provide transportation at a moments notice. Increased use during COVID.
- Connections to housing programs/opportunities (LA housing, interim housing)
- Enhance:

Human

- **Existing:** Looking at a cohesive team based approach
- **Enhance:** Utilize external resources to make sure clts are connected in the community.

Cultural

- Existing: n/a
- **Enhance:** Increased mindfulness around specific assessment questions. Should explore important aspects like region. Overall needs to be addressed.