MEHAF Addiction Care Collaborative Meeting #3: Building Capacity
Wed, May 23, 2018
Maple Hill Farm, Hallowell

"Effective Ways to Build Recovery Ready Communities: Panel Discussion"
Sharing the Experience of the Bangor Area Recovery Network
Bruce Campbell, BARN Board Member

Organizing the recovery community
- Convening a summit on recovery
- Develop a plan for recovery community advocacy
- Having the authority for the voice of the recovery community

Connecting with the provider community
- BARN: A recovery community center
- Connection points with providers. Systemsbggt
- Where the recovery community fits into a Recovery Oriented System of Care

Engaging the business and broader community
- Using the “business model” for advocacy efforts to combat stigma, makes it a dollars and cents conversation rather than a debate
- Joining the Chamber of Commerce
- Expanding support with community organizations, faith community

Recovery is a process
There are many pathways to recovery
Recovery overcomes shame and stigma
Supporting recovery is a community responsibility
Organizing the Recovery Community
Bangor Area Recovery Community Coalition

A Bangor Area Summit on Addiction Recovery

Broadening the Base for Recovery:
Promoting Recovery Pathways in the 21st Century
Bangor Civic Center
September 4, 2008

187 Attendees
Estimated 2/3 were persons in recovery

Focus Groups
Health/Medical    Business/Housing    Faith Community    Criminal Justice    Family

Answering these two questions:

What are the barriers to recovery?
What are some strategies to overcome those barriers?

“Embracing Resiliency as a Framework for Recovery”

<table>
<thead>
<tr>
<th>A Community Plan for Recovery Advocacy</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>EDUCATION</strong></td>
</tr>
<tr>
<td>Information</td>
</tr>
<tr>
<td>Website development</td>
</tr>
<tr>
<td>Written materials</td>
</tr>
<tr>
<td>Communication</td>
</tr>
<tr>
<td>Technology (radio, media, podcast)</td>
</tr>
<tr>
<td>Speaker’s Bureau</td>
</tr>
<tr>
<td>Prevention</td>
</tr>
<tr>
<td>Public Health Advisory Board</td>
</tr>
<tr>
<td>Substance Abuse Task Force</td>
</tr>
<tr>
<td><strong>ADVOCACY</strong></td>
</tr>
<tr>
<td>Changing the conversation</td>
</tr>
<tr>
<td>Supporting unmet recovery needs</td>
</tr>
<tr>
<td>Community engagement</td>
</tr>
<tr>
<td>Making recovery visible</td>
</tr>
<tr>
<td>Stories of recovery</td>
</tr>
<tr>
<td>Enhancing resiliency at all levels</td>
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</tbody>
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Bangor Area Recovery Community Coalition

Conducted annual summits/conferences for the first five years
Bangor Area Recovery Network (501c3) incorporated 2009
First pilot recovery community center opened 2010
Permanent recovery community center site opened 2012
A Recovery-Oriented System of Care: Bangor, Maine

GREATER BANGOR AREA PUBLIC HEALTH ADVISORY BOARD
Substance Abuse Task Force

Progression of AOD Problems

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Environmental and/or Community Support

Evolution of Recovery from AOD Problems

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Social Costs

Primary Prevention
Social Marketing
Environmental Programs
Underage Drinking

Secondary Intervention
Drinking Driving Programs
Early Intervention
Outpatient Counseling

Tertiary Treatment
Medication Assisted Treatment
Intensive Outpatient Residential Wraparound Recovery

Early Recovery
Recovery Coaching
Peer-based Support
Telephone Support
Recovery Planning
Transitional Housing 12-Step Support

Mid-Recovery
Peer-based Support
Sober Living Environments
Employment Education Community Service

Long-term Recovery
Volunteer Activities
Self-Sufficiency Leadership Advocacy

BANGOR AREA RECOVERY NETWORK, Inc.
The "BARN"
A Community Recovery Center
Education and Advocacy (BARCC)
Operations and Facilities
Membership and Fundraising

Bangor Area Recovering Community Coalition
BARCC is a group of recovering individuals and their allies who advocate and support addiction recovery in the greater Bangor area.
Supporting Recovery is a Community Responsibility…

Because It Is Just Too Expensive Not To!

In 2015, the annual economic cost of substance abuse was $1,376 per capita.

Each and every year, that’s $1,376 for each man, woman, and child living in Penobscot County.

**Economic Costs of Substance Use in Maine**


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**IN RECOVERY, PROBLEMS DECREASE**

- Involvement in illegal acts and involvement with the criminal justice system (e.g., arrests, incarceration, DWIs) decreases by about ten-fold
- Frequent use of costly Emergency Room departments decreases ten-fold
- Reports of untreated emotional/mental health problems decrease over four-fold
- Personal debt decreases and owing back taxes decreases

**IN RECOVERY, ASSETS INCREASE**

- Steady employment in addiction recovery increases by over 50%
- Participation in family activities increases from 68% to 95%
- Twice as many go back to school or get additional job training and more people start their own business
- Paying bills on time and paying back personal debt doubles
- Preventative health care almost triples
- More people report paying taxes, having good credit, making financial plans for the future and paying back debts

Excerpts from 2014 study released “Life in Recovery” Faces and Voices in Recovery, Washington, DC.