

RECOVERY SUPPORT WORKGROUP

INDIANA'S WELLNESS AND RECOVERY QUARTERLY NEWSLETTER

LETTER FROM OUR NEW DIRECTOR OF RECOVERY SUPPORT SERVICES

Dear Recovery Support workgroup:



It is an honor to participate in Recovery Month and the state-wide celebrations as your new Division of Mental Health and Addiction director of recovery support services. It has been a delightful few months settling into my role and getting to know many of you representing the experts in the recovery community! I am amazed at the groundwork that has been laid in Indiana through the collaboration of my predecessor, Amy Brinkley, and those of you on the frontlines doing the work within your communities. The tasks ahead will only be accomplished through a continued partnership which exists so evidently within the Recovery Support Workgroup members.

I want nothing more than to continue creating strong relationships with each of you to produce the best outcomes for the individuals we seek to serve.

Prior to my role at DMHA, I worked primarily with families involving parents battling mental health concerns and/or substance use disorders. I often felt a sense of despair at the lack of successful outcomes I was seeing. I always felt that we could and should do better and was amazed at what actually was being done through this group. Thank you for seeing a need, stepping forward and seeking solutions! Many of you know through my personal story that I continue a family journey with two of my adult children as they have battled with substance use disorder and underlying mental health concerns. It has been a long and exhausting road of many ups and downs but today we celebrate, as both are in recovery. The difficult journey to get well is deeply personal for me and I feel very fortunate to be leading the charge to bring positive change through the hard work of the RSW.

Going forward, I am excited to work alongside each of you in the subgroups and in growing our relationships through solidarity in our shared goals. I am passionately dedicated to the health and wellness of persons in recovery and believe strongly in connection as the critical first step towards positive outcomes. My goals will continue to include breaking down the silos within agencies and ensuring that recovery resources are communicated and connected to individuals that need them. Additionally, I will work to expand the peer workforce, identify gaps within the system and implement solutions while improving and expanding recovery supports in communities across the state of Indiana.

Niki Howenstine

SEPTEMBER 2022

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OUR MISSION IS TO RECOMMEND AND PROMOTE IDENTIFIED NEEDED SUPPORTS AND RESOURCES FOR INDIVIDUALS IN WELLNESS AND RECOVERY FROM MENTAL HEALTH AND SUBSTANCE USE DISORDERS ACROSS INDIANA.

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PEER SUPPORT SERVICES

Chairperson: Cameron Drury

Peer support services is defined as someone who has had similar experiences, such as formal peer support, self-help recovery programs, friends and family. Examples include but are not limited to: recovery centers; sponsors; peer support for the family; peer telephone supports; peer-run community-based groups (e.g., AA; NA; GA, etc.); and self-help recovery programs. The initial objective of this subgroup is to expand access to peer support across the full crisis continuum, to ensure that youth and adults experiencing crisis can access the support that is

right for them, when and where they need it. Recently we had a presentation on the expansion of the IN211 Peer Recovery Line, which provides real-time support 24/7 from someone with lived experience. We are also focused on capturing data related to certified peers from the state's mobile crisis units and mobile integrated response teams. We are always searching for subject matter experts to join this subgroup. Please feel free to contact the Peer Support Services subgroup chair, Cam Drury, at his email, Charles.Drury@fssa.in.gov, to share your feedback.

PERSONAL SUPPORT NETWORKS

Interim Chairperson: Kimberly Comer

Our primary goal is to increase awareness of important personal support networks and help improve the quality of individuals' personal support networks. We are collaborating with other entities statewide to ensure that the current recovery supports are easily accessed

for all individuals (adults/youth). We have been discussing the importance of individuals having the opportunity to connect with community supports prior to being discharged from any program. During our most recent meeting, conversations were had about combining

the various maps for opioid treatment programs, clubhouses, recovery hubs, recovery cafés and discovery cafés (for youth), so that it can be determined going forward where further development of recovery supports statewide would be beneficial.

SAFE AND AFFORDABLE HOUSING

Chairperson: Melissa Carroll

The subgroup members revised the following definition and focus surrounding Safe and Affordable Housing in Indiana: "Helping to ensure that consumers are living in a safe housing environment of their choice without experiencing hardships related to housing costs. Helping to ensure that individuals have the needed supports to maintain housing."

The subgroup members thanked Ms. Jenna Ward for her dedication in chairing the subgroup, and welcomed Melissa Carroll, DMHA Program Director of Housing Initiatives, as chair.

Members noted that locating safe and affordable housing, as well as having access to housing supports, have been a consistent, predominant issue for individuals with lived experience in our state. The Recovery Support Workgroup admin team, along with the members of the Safe and Affordable Housing subgroup, determined that the 2022 calendar year should be devoted to an educational and informative series on Housing Data and Supports during the Recovery Support Workgroup quarterly meetings. Members have been focusing on presenta-

tions for the Recovery Support Workgroup meetings, but also exploring for applicable housing data to determine specific gaps and barriers across the state. Members also reviewed and discussed the dual Corporation for Supportive Housing/DMHA project surrounding "Housing and Homelessness Certificate Training," and how to inform the community regarding this upcoming training.

Going forward, the subgroup members will be discussing the Projects for Assistance in Transition from Homelessness program. This program funds agencies to assist adults, ages 18+ who have a diagnosis of a serious mental illness and/or substance use disorder, who are also experiencing homelessness or are at imminent risk of being homeless. The included services are outreach, habilitation/rehabilitation, case management and enrollment in SSI/SSDI.

More information will be provided at the upcoming quarterly RSW meeting, as well as in future subgroup meetings. For more information, reach out to Melissa Carroll at melissa.carroll@fssa.in.gov.

HOBBIES AND INTERESTS

Interim Chairperson: Becca Sigafus

The members of the subgroup are charged with focusing on those recreational activities that provide “an outlet for stress and promotes creativity.” This was identified as a priority area some time ago as individuals noted this to be highly valued but struggled to “access these types of supports due to access and financial limitations.”

This year, the subgroup members have specifically focused on researching and reaching out to various community organizations across the state to mutually share and communicate about the programs, activities and initiatives that are

being offered and provided by the Recovery Support Workgroup and subgroups, as well as the organization. This networking has resulted in some excellent presentations and potential future collaborations to include, but not be limited to, such organizations as Purdue Extension/4H/ Farm Stress Management programs, Ben's Ranch program for youth and National Alliance on Mental Illness Indiana.

The members have most recently been discussing how to most efficiently and effectively locate good, solid information on the local community level across the state regarding the needs for specific

types of recreational activities. This information would need to be something that is consistent and valid across the years to show if the pilot programs/activities that are developed in those areas have assisted and improved individuals' ability to connect to activities in their geographic areas.

The members of the subgroup would welcome your input regarding what you would personally find helpful in your local community! Please feel free to contact us at kcomer@essentialvirtualsolutions.com to share your feedback and input on this.

PREVENTION AND WELLNESS

Chairperson: Ari Nassiri

The members of the Prevention and Wellness subgroup are charged with focusing on improving the prevention and wellness activities and services provided across Indiana. Prevention is defined as “Activities that reduce the impact of substance use on three levels, primary, secondary, and tertiary across life dimensions (physical, emotional, relational, time/age, career, financial and spiritual).” Wellness is defined as “Active engagement in holistic care, occurring at various levels related to an individual's journey towards optimal well-being.”

This year, the subgroup members have specifically focused on researching and reaching out to various prevention activities across the state

to mutually share and communicate about the programs, activities and initiatives that are being offered, as well as to develop a crosswalk to align the various prevention strategies at DMHA and other agencies. Discussions regarding the Prevention Strategy Crosswalk identified that a similar effort is being led by Jeannie Bellman, the Assistant Deputy Director of Addiction Prevention and Mental Health Promotion of DMHA, the Prevention Leaders Group.

The members have recently been discussing how to locate and share information on all of the prevention activities across the

state most efficiently. Jeannie Bellman's Prevention Leaders Group has a very similar membership to the Recovery Support Workgroup Prevention and Wellness subgroup which also provides input and receives guidance from the Mental Health and Addiction Planning and Advisory Council, has similar long-term goals, and has the ability to leverage the regional navigators to help identify, maintain, and update prevention activities and

resources across the state. To align efforts effectively, both groups have decided to collaborate.

Details are still being discussed, but a current plan is to utilize the Prevention Leaders Group to map out and align prevention efforts across

the state and different stakeholders, as well as to compile data sources for prevention across the state. The RSW Prevention and Wellness subgroup will in turn utilize information gathered and shared by the Prevention Leaders Group to drive goals to outcomes and results.

The members of the subgroup would welcome your input regarding what you would personally find helpful in your local community! Please feel free to contact the Prevention and Wellness subgroup chair, Ari Nassiri, at his email, Ahrash.Nassiri@fssa.in.gov, to share your feedback and input on this.

EMPLOYMENT SUPPORTS

Interim Chairperson: Becca Sigafus

The subgroup members developed the following definition and focus surrounding employment supports in Indiana: "Employment supports refer to policy and practice aimed at assisting individuals with behavioral health diagnoses obtain and maintain employment that provides a living wage and meaning as identified by the individual. This subgroup serves to advance employment supports statewide for the AMI, SMI, SUD and dually diagnosed populations. In alignment with best practices and Indiana's Employment First legislation, competitive integrated employment is the first and preferred option."

This year, the membership has expanded to include representatives from community organizations, employers, legal assistance programs and state agencies surrounding workforce engagement as well as workforce development.

Members have been discussing the critical importance of enhancing supportive employment efforts for individuals with lived experience across the state and have been working on how to best educate and share this information within the re-

covery community and service provider organizations. During a meeting earlier in the year, members were provided a live, virtual tour of the "Second Chance Career Fair" at the Tippecanoe County Fairgrounds in Lafayette that was designed to provide employment opportunities for individuals released from incarceration and/or recovering from substance use disorder. Members shared that this fair was impressive and well-thought out and believe that these could really enhance these efforts in the future. This fair was initiated and supported by Phoenix Paramedics (one of its staff is a member of the subgroup).

The subgroup is currently working on locating and accessing reliable data to identify the gaps, barriers and challenges that may impact access to employment, and are working with a member and representative from Workforce Engagement to identify initial priorities at this time.

If you have any questions, suggestions or feedback for the subgroup, please contact the interim chairperson, Becca Sigafus, at bsigafus@essentialvirtualsolutions.com.

Recovery License Plate The Indiana Recovery Council in partnership with the Indiana Addictions Issues Coalition with Mental Health America of Indiana announces an exciting new initiative to bring a Recovery Specialty Group license plate to the roadways of Indiana in 2024. This project will help to raise awareness for Substance Use Disorder and Mental Health in Indiana. Volunteers will be active throughout Recovery Month collecting signatures and raising awareness for the effort. You can sign the petition virtually at www.recoveryplate.com and follow along for updates at www.fb.com/recoveryplate!



PEER CERTIFICATION TRAINING EXPANDED ELIGIBILITY CRITERIA

Homelessness and Housing

The Corporation for Supportive Housing is happy to announce that they are continuing to accept applications for their DMHA-funded "Homelessness & Housing Certificate Training" through Dec. 31 and have also expanded the eligibility criteria for the training. Expanded criteria now includes individuals who currently have one or more of the following certifications: dually certified as certified recovery specialists/community health workers, certified addiction peer recovery coaches through the Indiana Counselor's Association on Alcohol and Drug Abuse and CHWs only, who can also self-attest to lived experience with mental health and/or substance use recovery.

The training content was developed to equip currently certified peer specialists, recovery coaches and community health workers to help individuals experiencing homelessness and

housing instability navigate and access permanent affordable housing resources including supportive housing. The training will also provide information on how to help individuals remain stably housed. The training is free to participants and the training curriculum will include two half-days of content, with additional supplemental self-paced learning modules. Training will be offered in both virtual and regional in-person formats.

Training dates will start in late August 2022 and be scheduled monthly through early 2023. Eligible candidates will be contacted regarding options for training dates. If you are interested in attending, please fill out the "[Housing and Homelessness Professional Certificate Training](#)" application. Please reach out to Lia Hicks at lia.hicks@csh.org or 317-499-4773 if you have further questions.

RECOVERY SUPPORT SERVICES ORGANIZATION SPOTLIGHT

Clubhouse Indiana: Providing Hope, Meaning, and Opportunity

Clubhouse Indiana has existed since 2002 to support the proliferation of the clubhouse model of psychosocial rehabilitation across the Hoosier State. Currently, there are 11 accredited clubhouses scattered throughout Indiana offering evidence-based recovery opportunities to adults with severe mental illnesses. Recently, Clubhouse Indiana was able to formalize to better achieve its many goals. Among these goals are the continued support of existing clubhouse programs and the development of new start-ups in cities where clubhouses do not currently exist. The coalition also seeks to increase awareness of the clubhouse model throughout the state to connect the tens of thousands of Hoosiers living with mental illnesses to clubhouses in their area.

The clubhouse model began in the late 1940s, when a group of ex-patients from a New York State mental hospital identified gaps in the supports available for deinstitutionalized patients. The model, then and now, focuses on the strengths, talents and abilities of individuals with severe mental illness and gives those individuals, who are referred to as "members," the opportunity to recover from their mental illness through participation in the program's various components.

Clubhouses are, first and foremost, voluntary programs for members. No individual is compelled to attend or participate against their will. Members who choose to attend are encouraged to take part in the "Work-Ordered Day," which represents the various tasks that must be completed in order for the clubhouse to run itself. Paid staff work side-by-side with members to ensure that the vital work of the clubhouse is completed accurately and within deadlines.

Through the working together of members and staff, several simultaneously amazing and expected things tend to occur:

1. Members regain the sense of truly being needed by others in their community as their talents and skills are displayed.
2. Real and reciprocal collegial relationships develop be-

tween members and staff as shared experience and mutual respect tear down the stigma of mental illness.



Pictured from left to right: Matt Martino, Diane Hagan and Sheri Diedrich in the clerical area of the Carriage House in Fort Wayne.

3. Members receive support in achieving their life goals such as returning to the workforce, continuing their education, finding adequate housing, and accessing more traditional services to improve their mental and physical health.

4. Members become confident in participating in decision making meetings for their clubhouse by achieving consensus on the direction and development of their clubhouse community.

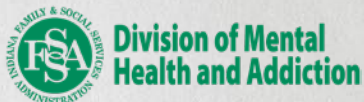
These outcomes are not simply theoretical possibilities, instead they are the natural product of

offering people opportunities to succeed in a safe, understanding, work-focused and intentional community; a community which respects and develops dignity among its members; a community that looks towards what a person can do, instead of what they cannot.

Through Clubhouse International, the clubhouse model of psychosocial rehabilitation has been recognized as a SAMHSA evidence-based practice, received accolades from the American Psychiatric Association and The World Health Organization, and been featured in countless articles and documentaries.

Clubhouse Indiana is happy to field any questions you may have regarding Indiana Clubhouses, the clubhouse model or the process involved in developing a start-up group in your area. Feel free to contact the coalition at 317-779-2269 or email at mikeshorter@clubhouse-indiana.org. Also, please visit www.clubhouse-indiana.org or www.clubhouse-intl.org for more information. We hope to hear from you soon!

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Division of Mental Health
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402 W. Washington St., W353
Indianapolis, IN 46204

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Wellness and Recovery](#)
newsletter.

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Recovery Supports
Workgroup](#).

Visit the [Indiana
Recovery Council
website](#) to learn more
about the survey.



State of Indiana
Family and Social Services Administration

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sex, age, disability, national origin or ancestry.

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PARTICIPATE IN THE RECOVERY CAPITAL INDEX SURVEY

The Indiana Division of Mental Health and Addiction requests participation in the Recovery Capital Index, designed to measure the sum of resources necessary for an individual to initiate and sustain recovery from addiction and to help track the overall recovery capital of the state and communities.

Recovery capital is the overall measure of internal and external resources available to an individual with a substance use disorder to ensure their continual success in recovery. The RCI provides a comprehensive picture of a person's whole well-being using an online, automated 68-question survey. Generally, the higher the level of recovery capital, the better the chances of someone maintaining success in recovery.

To complete the Recovery Capital Index survey, text "RECOVERY" to 833-638-3784. All Hoosiers are encouraged to complete the survey, not just those directly affected by addiction.

UPCOMING COMMUNITY EVENTS

SEPTEMBER

- 30** **Fueling the Love: Recovery Café Indy's Third Annual Fundraising Breakfast.** Friday from 7 to 9 a.m. Eastern, in person at McGowan Hall, 1305 N. Delaware St., Indianapolis.
NAMI Indiana State Conference. Scholarships available; CEUs offered. For more information, visit <https://namiindiana2022.eventbrite.com>.
Indiana Addiction Issues Coalition Canal Coloring Celebration of National Recovery Month. For more information, visit www.indianarecoverynetwork.org/events/iaic-canal-coloring/.

OCTOBER

- 08** **NAMIWalks.** NAMIWalks Evansville: Wesselman Woods, Evansville; NAMIWalks West Central Indiana: Riehle Plaza, Lafayette; NAMIWalks Greater Indianapolis: OptiPark, Indianapolis.
- 23** **NAMIWalks.** NAMIWalks Indiana: Switchyard Park, Bloomington. For more information, visit www.namiwalks.org/indiana.