



# “Coming Together Conference”

October 30, 2024

Hosted By:  
Community Healing Centers

Plenary Presented By:  
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President/CEO  
Detroit Recovery Project  
Inc.

# DRP's Mission Statement

Our mission is to support recovery which strengthens, rebuilds, and empowers individuals, families and communities who are experiencing co-occurring mental illness, and substance use disorders. We achieve this by ensuring access to integrated networks of effective and culturally competent holistic health services.

# Detroit Recovery Project

- In 2004 the creation of DRP an independent 501- © 3 organization in grew out of the City of Detroit Health Department/Bureau of Substance Abuse Prevention, Treatment, Recovery Herman-Keifer Hospital
- Recovery based/Capital
- People with lived experience
- Focused on going to the people



A blue ballpoint pen lies diagonally across a document featuring a bar chart with several blue bars of varying heights. The background is a light blue grid.

# Background Information Needs Assessment

In order to better understand the specific strengths and needs of the Recovery Community in Detroit, a survey was administered and focus groups were conducted with member of the Recovery Community (Trent and Smith, 2002)

# Survey and Focus Group Findings

1

Recovering persons lack access to life skills training, educational opportunities and work skills training

2

Recovering persons often lack financial support, health insurance and employment

# Survey and Focus Group Findings

Treatment programs include a system of support, including spiritual support, that is not available once the treatment experience is over

With short episodes of treatment, the principles of recovery are not fully integrated into the persons value, belief and behavior systems

## Findings from Needs Assessment

Participants surveys were from the following treatment modalities

- Residential Tx
- Outpatient Tx
- Methadone Tx
- Aftercare Tx

## Findings from the Needs Assessment

### Participant Demographics:

- 371 completed the needs assessment
- 72.1% are male and 27.9% are female
- Age ranged from 18 years to over 50
- The modal age group is 36 to 50 years old
- The vast majority are African-American



# Detroit Recovery Project Today

Primary Care Health  
Services

Outpatient Substance  
Use Disorder Treatment

Harm Reduction

Peer Support  
Services

Recovery Advocacy

Infectious Disease  
Prevention

Mental Health  
Peer Recovery  
Support Services

Psychiatric Services

Recovery Training  
Institute

Outpatient Mental  
Health Treatment



Scooby Doo Van.

There are four models of social support through which the Detroit Recovery Project meet the many needs of the recovery community.

- Informational Support
- Instrumental Support
- Emotional Support
- Companionship Support

Informational Support is characterized by assistance with knowledge, information, and skills. Informational support is shown through the facilitation of Life Skills training, Job Skills training, Educational Assistance and Health/Wellness Information.

## Glance at DRP Peer Services

- Bi-weekly Life Skills workshops
- Bi-weekly Employability Workshops
- Weekly GED Preparation Classes
- Weekly Computer Education Workshops
- Weekly Health Education Workshops

# DRP's Women Conference



# Yoga Class for DRP



# Celebrating Recovery Month DRP's 10 year anniversary





# Judge Leonia Lloyd



# Surprise visit Phadera Parks Atlanta Housewife visits



# KEM the artist sharing his testimony



Instrumental Support is characterized by concrete assistance in helping others get things done, such as transportation to support groups, clothing, job application assistance, etc.

## DRP' s Instrumental Support

- Housing referrals
- Employment referrals
- Clothing Referrals
- Food assistance
- Furniture referrals
- Supplemental service referrals
- Intra-agency referrals

Mammogram Screening partnership with  
Barbara Ann Karmano's Cancer Institute



Emotional Support is characterized by demonstrations of empathy, care, and concern. Emotional support is shown in the Detroit Recovery Project through mentoring, coaching, and support groups.

# DRP' s Emotional Support

- Women' s support groups
- Dual Recovery Anonymous
- In-Time of Illness Group
- Common Needs 12-Step Meetings
- Morning Medications & Affirmations
- Yoga classes
- Men focused support group



Companionship support is characterized by the feeling gained by being connected to others, and having a social group and/or community. This is shown through alcohol and drug-free social and recreational events, community and cultural events.

## DRP's Companionship Support

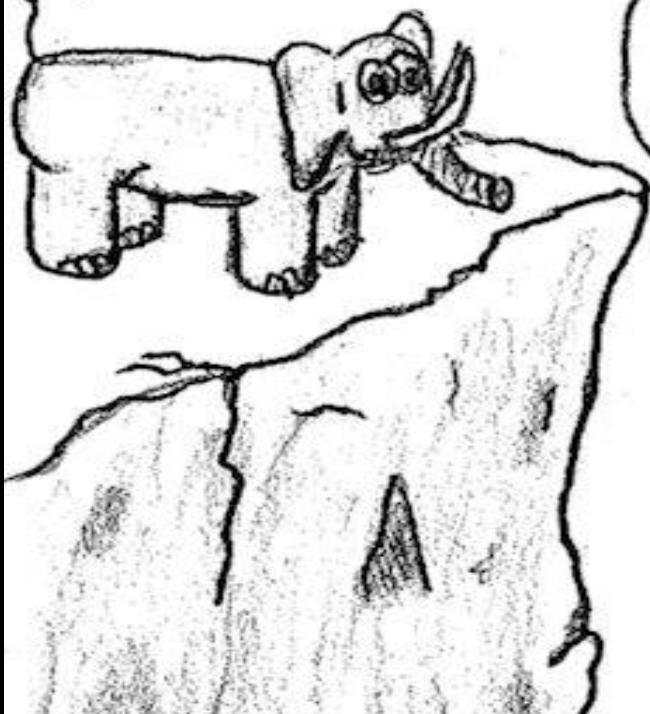
- Sober dances
- Riding for recovery
- Domino Club
- Winners Health Club
- Advocacy
- Families Reunification

# Peers playing Dominoes



# Peer Pressure

80  
8/5  
1/5



Come on! All the cool kids jumped!



## Peer Retention Strategies

- Peers looking to give back to the community
- Peers that are connected to the system (ex. Social Security)
- Peers that are retirees
- Peers that are looking to be placed temporarily
- Peers that are in college seeking internship opportunities
- Ongoing peer training

What are complimentary services?

Housing

Workforce Development

Training

Employment

Health Wellness

# Recovery Training Institute

- Is DRP's center for education, training, certification programs, and apprenticeship. We offer multiple career focused training pathways as well as individual training courses open to anyone in the community.

# Certified Peer Recovery Mentor Academy

CPRM Academy is a training program that prepares individuals with lived experience in substance and alcohol use to earn the Certified Peer Recovery Mentor credential through Michigan Certification Board of Addiction Professionals. This training can lead to successful careers as Peer Recovery Mentor Specialists and Coaches

This program includes 100 hours of classroom-based training



# Community Health Worker Training

- Provides MiCHWA approved training to become a Community Health Worker or Community Health Aide students complete 126 hours of classroom-based training and 40 internship hours

# Mental Health First Aid Trainings

- Provided MHFA training to individuals that work or live in Wayne County – values at \$150
- To learn how to identify, understand and respond to signs of mental health and substance use challenges

# Recovery Training Institute Graduates



## Evidence Based Best Practices

- Four Models of Social Support
- Strengthening Families
- APIC (Assess, Plan, Integrate, Coordinate)
- BRACES (Behavior Specificity, Resources, Accountability, Comprehensive, Evaluation, Systems)
- Cognitive Behavior Therapy
- Motivational Interviewing

# DRP's Promo

[https://www.youtube.com/watch?v=NBJDVd0g\\_DM](https://www.youtube.com/watch?v=NBJDVd0g_DM)



# Peers providing Harm Reduction Services

Warning: Graphic



Wound Care for individuals using Xylazine



# HIV/Hep C Test



Photo by Andy G.

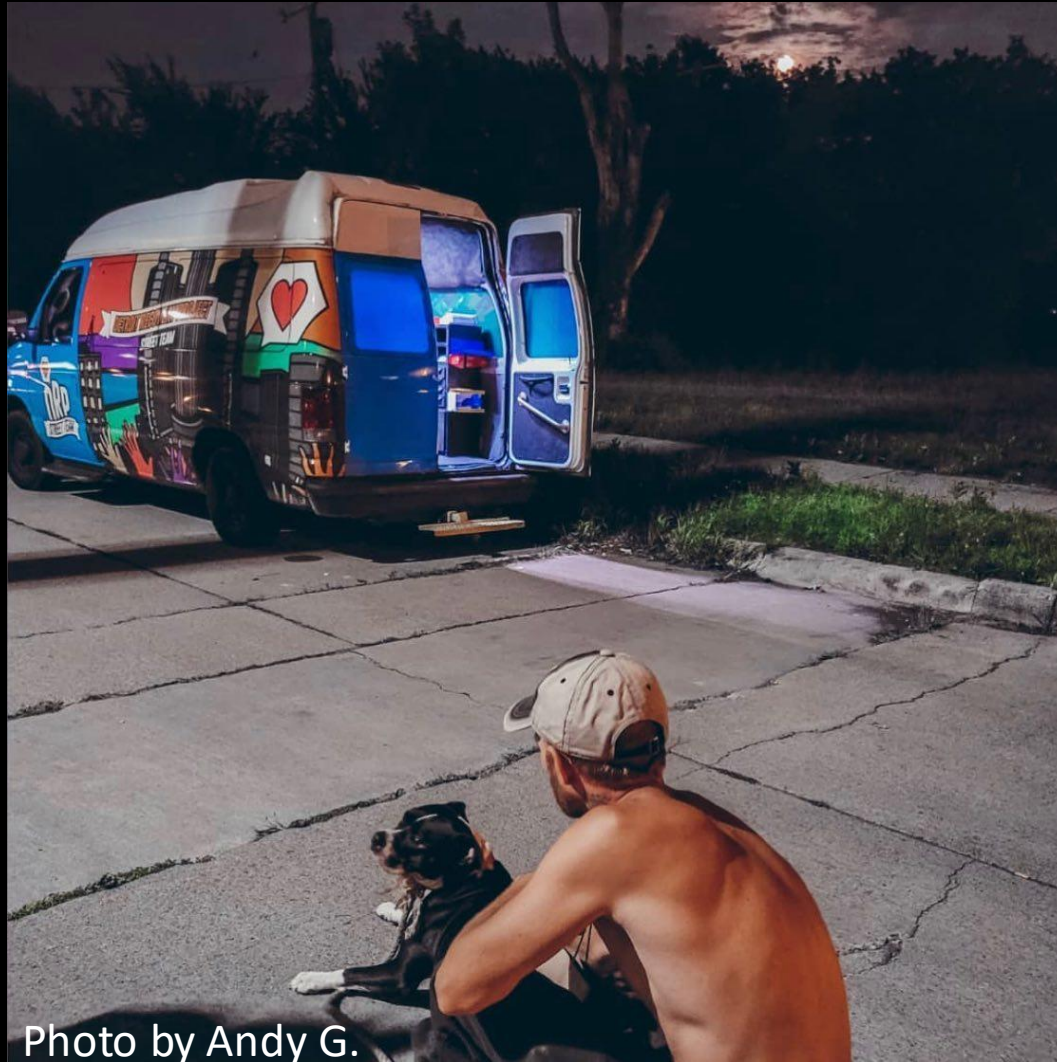


Photo by Andy G.



# Recovery Ecosystem

- Healthy Relationships
- Retraining one's thought processes
- Self-help support groups
- Recreational Activities
- Employment
- Education
- Spirituality & Awareness
- Physical health
- Mentors/Sponsors
- Healthy Family Connections
- Supportive housing
- Community involvement  
volunteering
- Cultural Awareness

# HEALTHY FRIENDSHIPS

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Healthy friendships are crucial for individuals in recovery, akin to the need for food and water.

## **Protective Factors:**

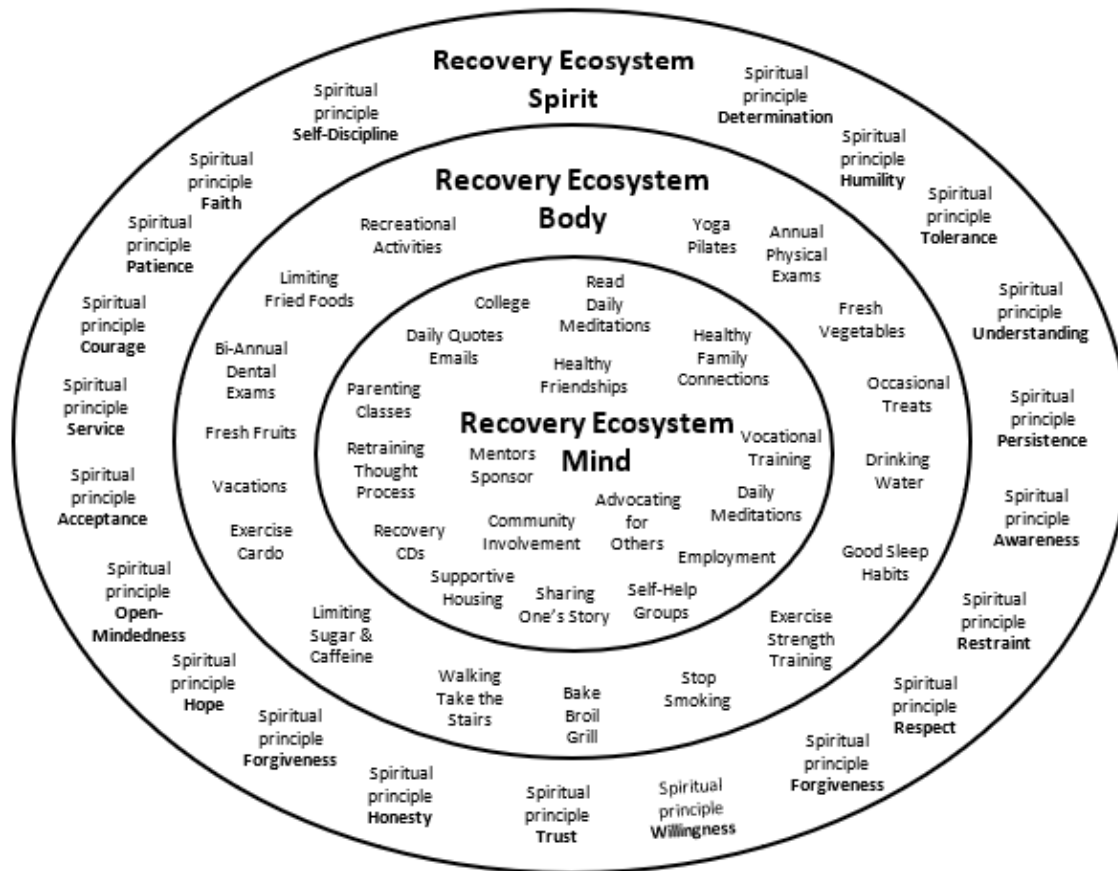
- Serve as a base for comparison against old destructive connections.
- Offer a safe zone, decreasing exposure to harmful influences.
- Inspire, motivate, and empower individuals in recovery.

## **Spiritual Principles**

- Tolerance
- Honesty
- Trust



# Healthy Friendships Connections



## RETRAINING ONE'S THOUGHT PROCESSES

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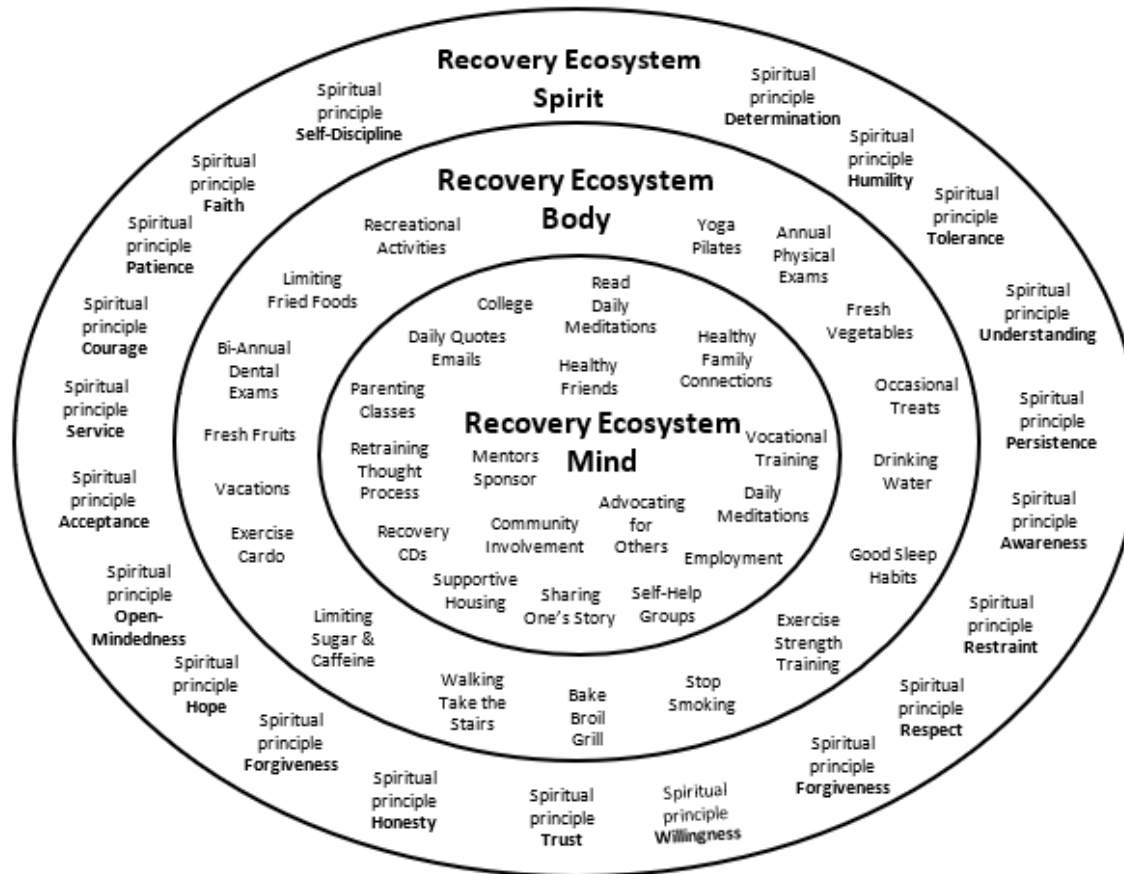
### - **Ways to Retrain Thought Processes:**

- Reading books, listening to music, attending support groups.
- Subscribing to positive content for continuous reinforcement.

### **Protective Factors:**

- Changing thought processes affects feelings and decisions, reducing reliance on substances for coping.
- Positive thought patterns lead to improved self-esteem and overall well-being.
- Shift in thinking influences decision-making toward healthier choices.

# Retraining One's Thought Process Connections





## SELF-HELP SUPPORT GROUPS

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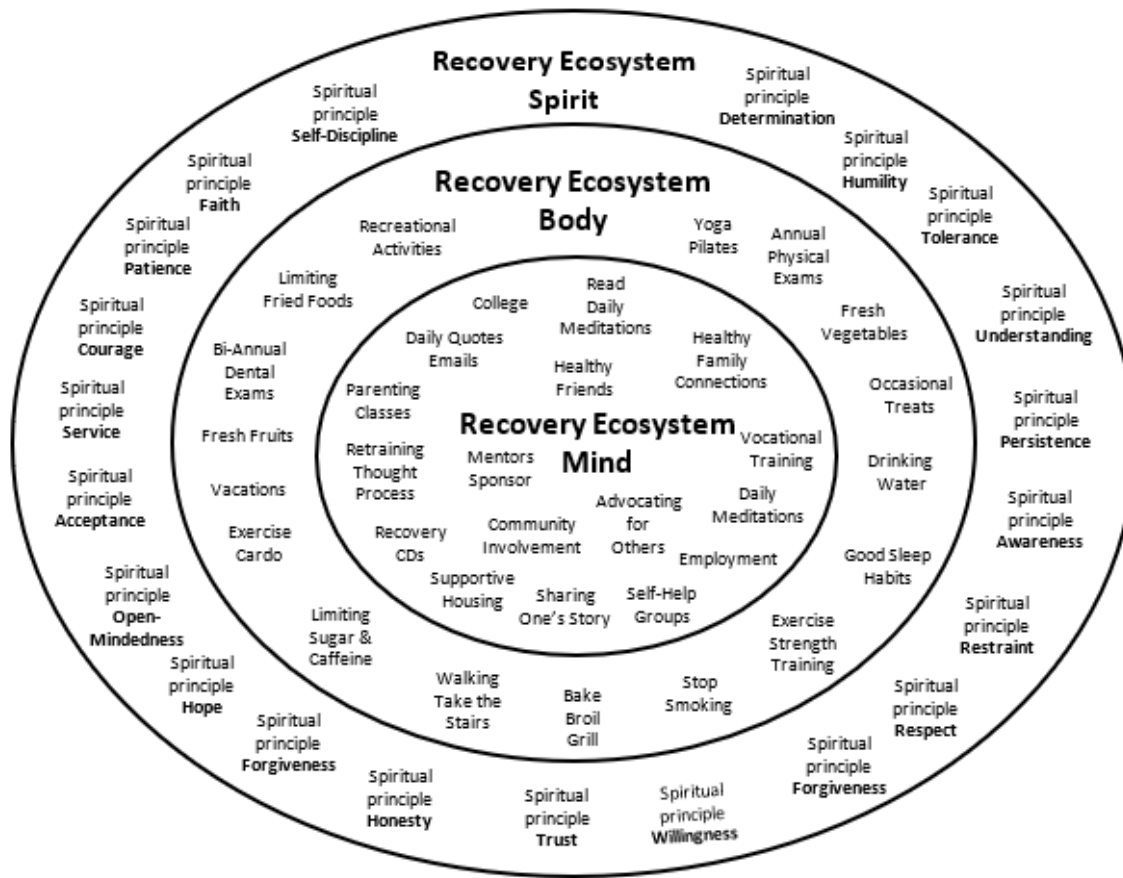
### **Variety of Groups:**

- Common 12-step programs like Alcoholics Anonymous, Narcotics Anonymous, etc.
- Non-12-step groups like LifeRing Secular Recovery, Rational Recovery, etc.

### **Protective Factors:**

- Developing Recovery-Friendly Relationships
- Accessibility
- Involvement in Service Work

# Self-Help Groups Connections



# RECREATIONAL ACTIVITIES

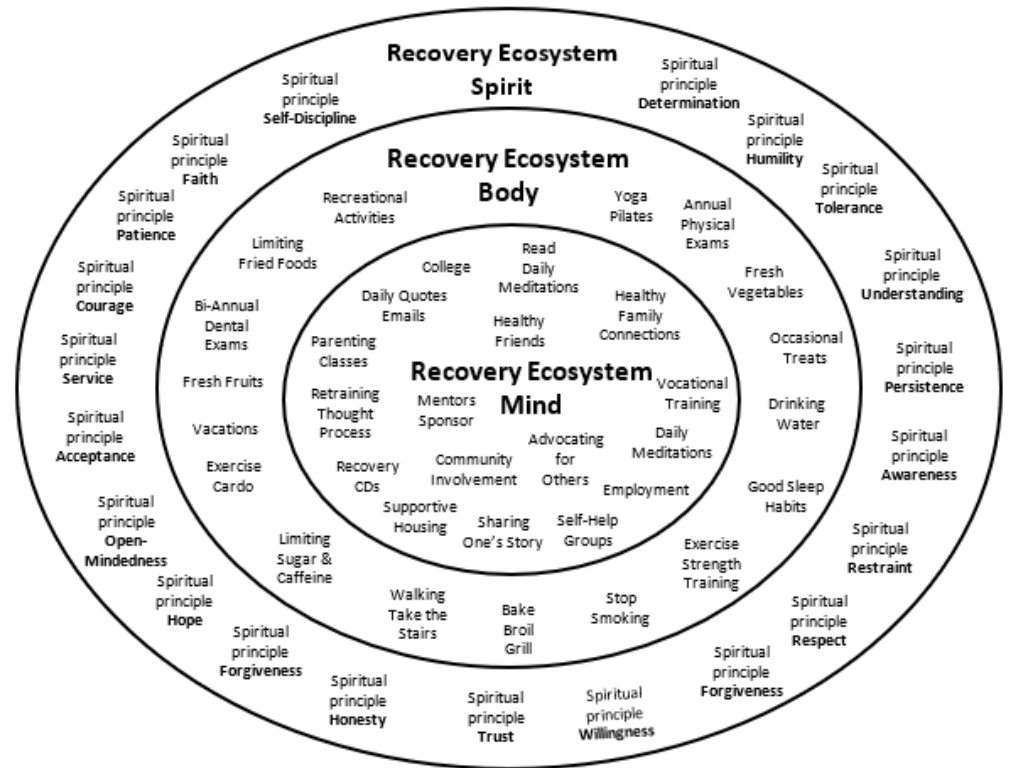
## Recreational Activities Connections

### Protective Factors:

- Balancing Life
- Refreshment
- Healthy Coping

### Spiritual Principles:

- Change
- Open-Mindedness
- Freedom



# EMPLOYMENT

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Employment signifies productivity and self-sufficiency, crucial for individuals in recovery to provide for themselves and their families.

## **Protective Factors:**

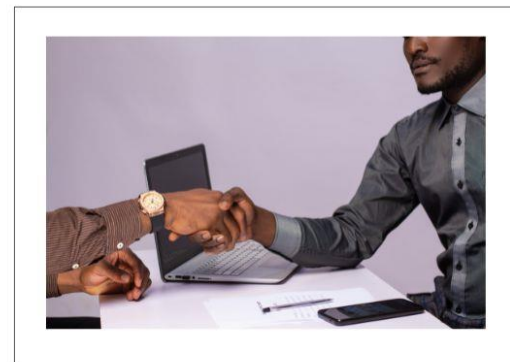
- Productivity:
- Financial Stability
- Community Engagement

## **Risk Factors:**

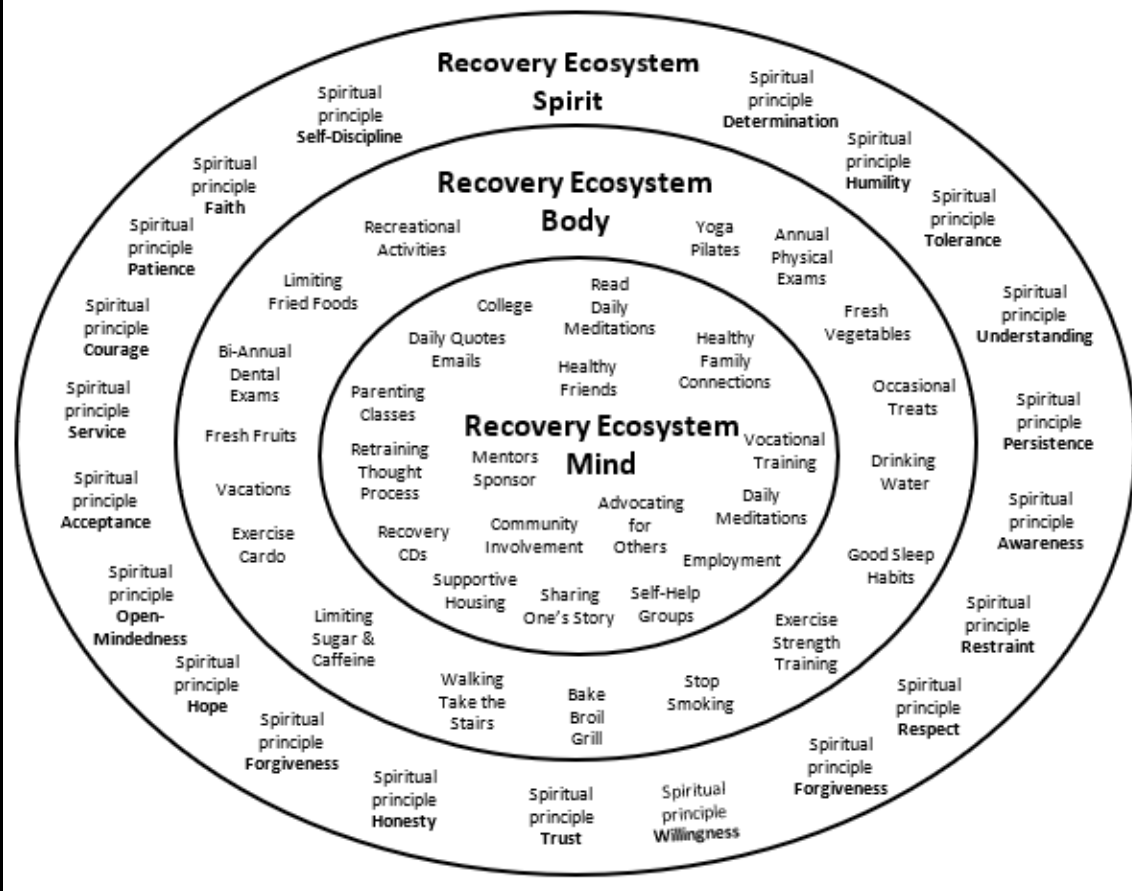
- Idleness and Temptation
- Return to Illegal Means
- Under-employment

## **Spiritual Principles:**

- Self-Discipline
- Respect
- Commitment



# Employment Connections



## **EDUCATION**

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Education serves as a gateway to new opportunities, enabling individuals to achieve their goals and aspirations, and distinguishes between mere jobs and fulfilling careers.

### **- Protective Factors:**

- Self-Esteem
- Career Advancement
- Time Management
- Social Networking

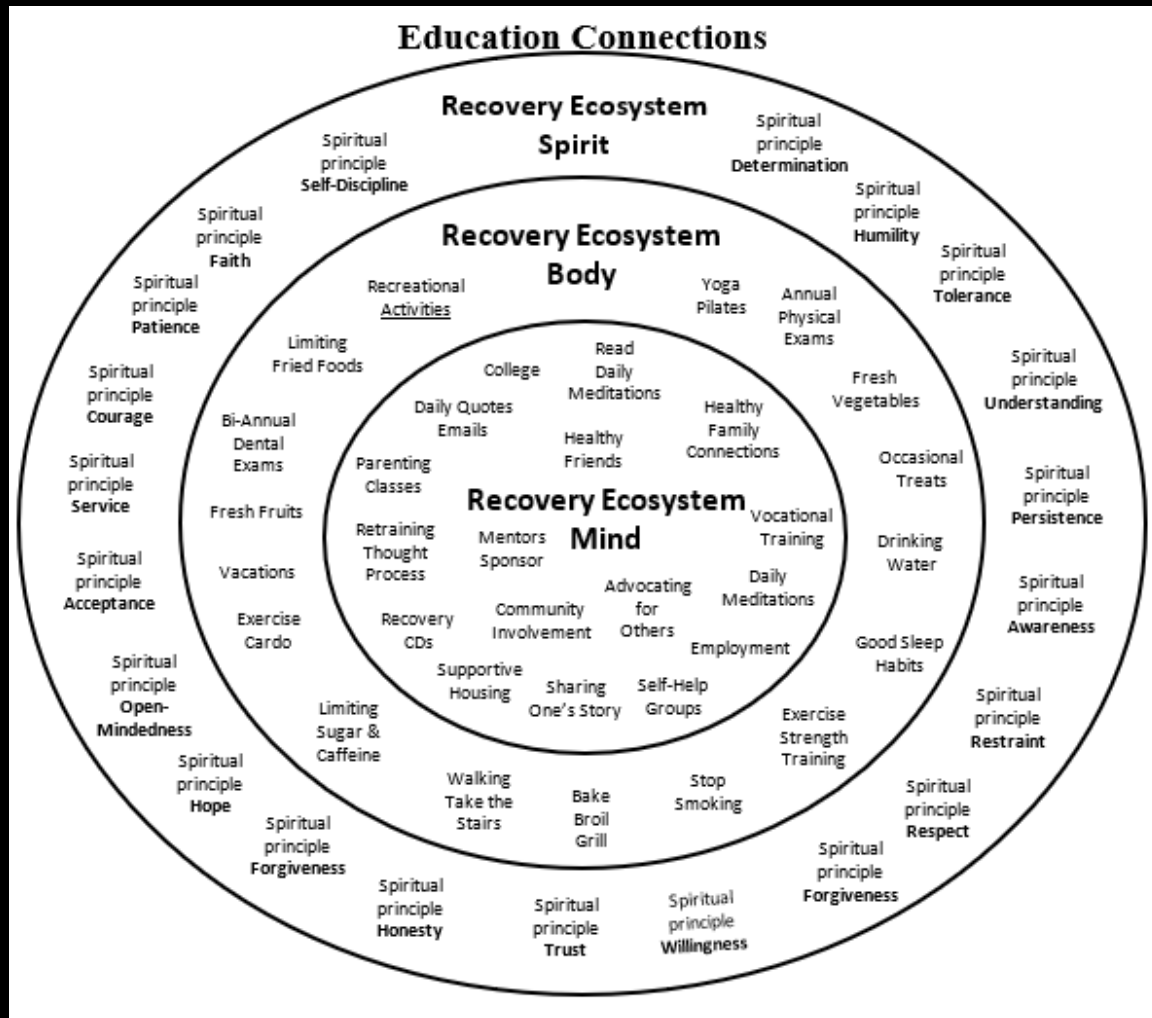
### **- Risk Factors:**

- System Dependency
- Negative Associations

### **Spiritual Principles:**

- Faith
- Perseverance
- Responsibility

# Education Connections



## PHYSICAL HEALTH

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Prioritizing physical health is essential in recovery, as it directly impacts overall well-being and quality of life.

### Protective Factors:

- Regular Check-ups
- Exercise
- Personal Hygiene
- Nutrition

### Risk Factors:

- Barriers to Engagement
- Negative Emotions

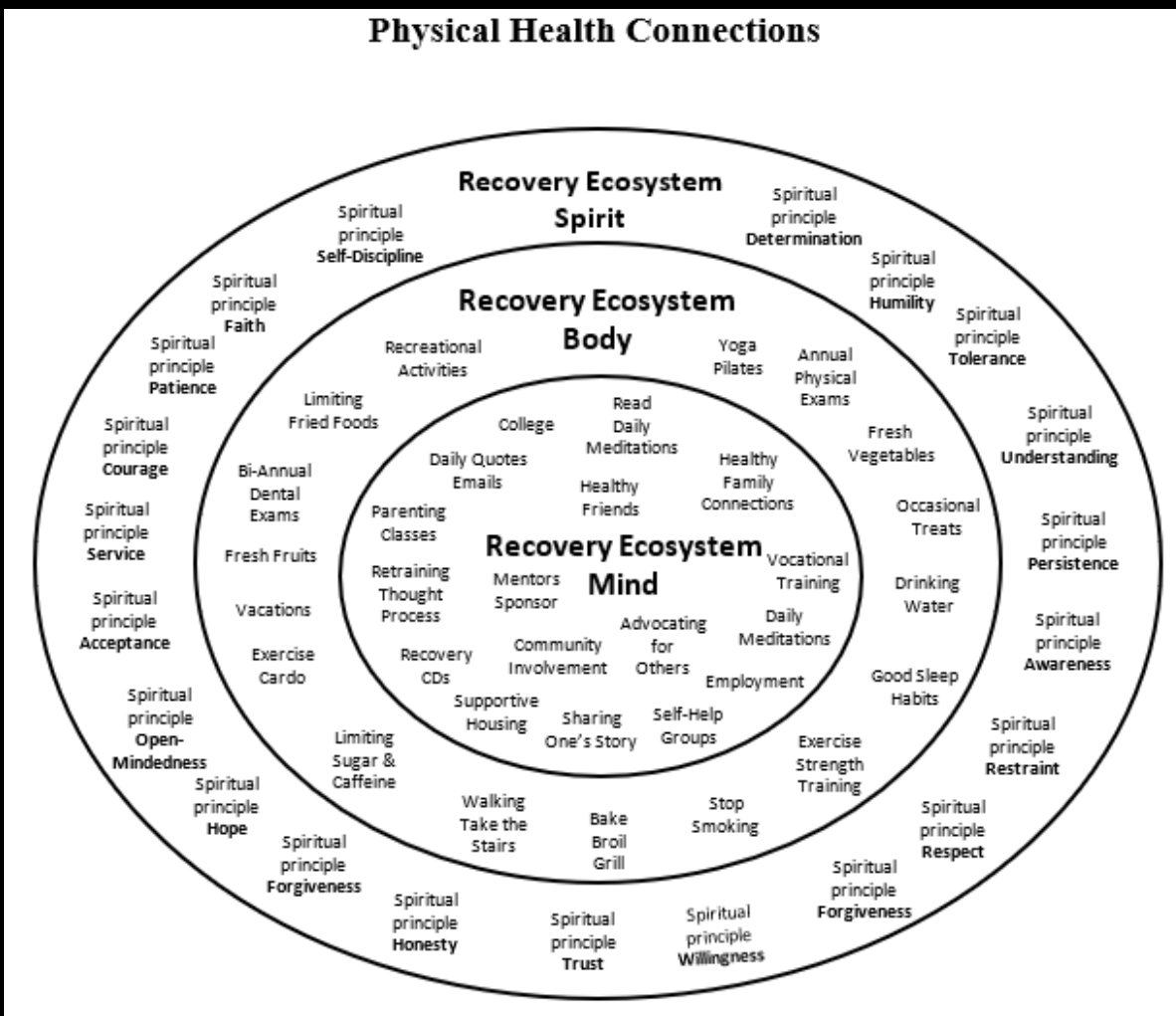
### Spiritual Principles:

- Awareness
- Steadfastness
- Prudence





# Physical Health Connections



## MENTORS/SPONSORS

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Mentors/sponsors serve as trusted guides and counselors, offering invaluable support and guidance to individuals in recovery.

### **Roles of Mentors/Sponsors:**

- Self-Sufficiency
- Spiritual Guidance
- Accountability
- Remote Mentorship

### **Protective Factors:**

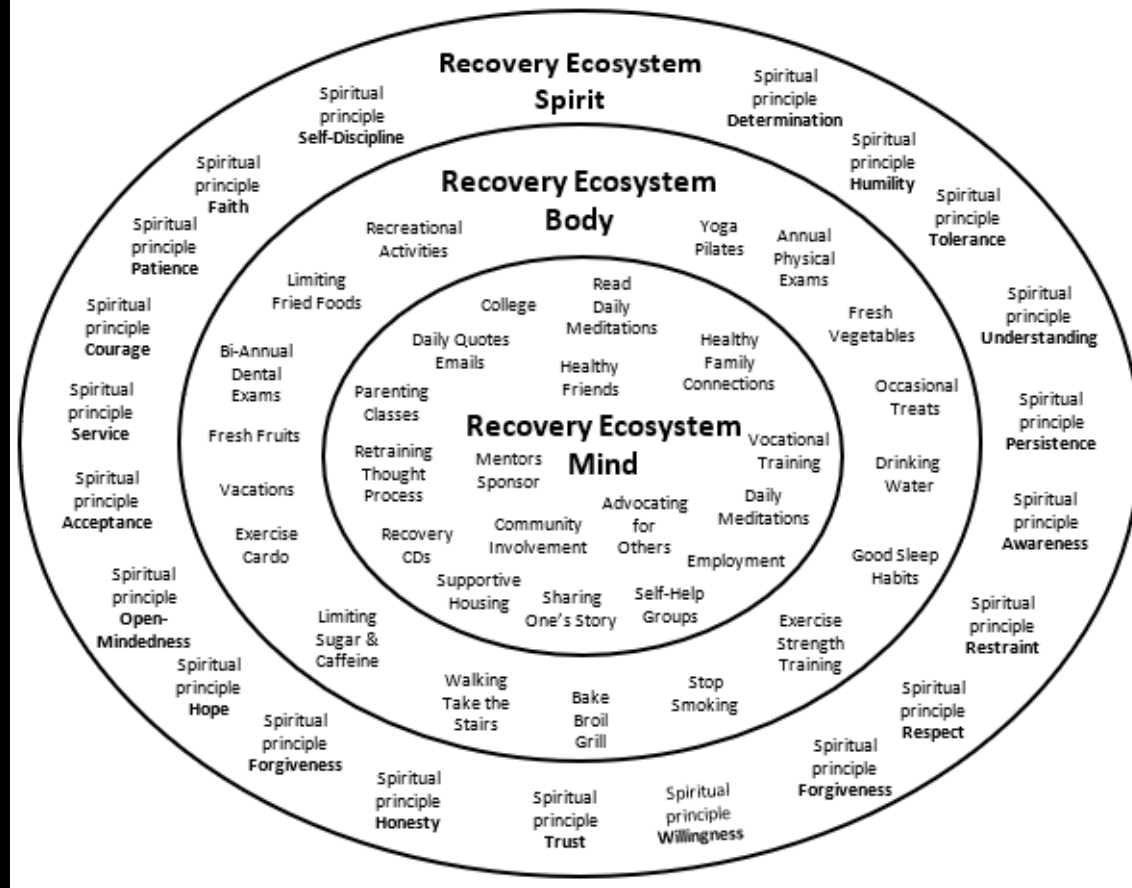
- Early Intervention
- Practical Application
- Network Replacement

### **Spiritual Principles:**

- Courage
- Humility
- Willingness



## Mentors/Sponsors Connections



# HEALTHY FAMILY CONNECTIONS

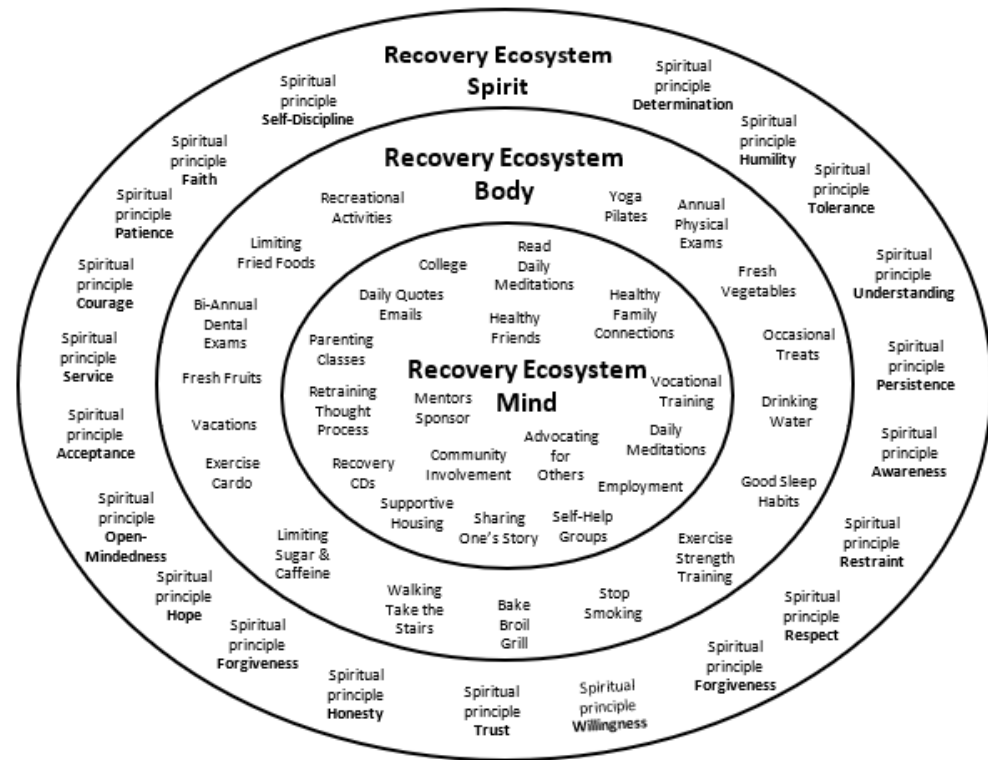
## Healthy Family Connections

### Protective Factors:

- Restoration and Reunification
- Safe Haven
- Emotional Healing

### Spiritual Principles:

- Acceptance
- Forgiveness
- Understanding



# PARENTING

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Parenting in recovery requires individuals to navigate the dual challenges of maintaining sobriety while fulfilling parental responsibilities, necessitating support and guidance from healthy connections and mentors.

## **Protective Factors**

- Motivation for Recovery
- Positive Decision-Making
- Personal Growth
- Setting Healthy Examples

## **Risk Factors**

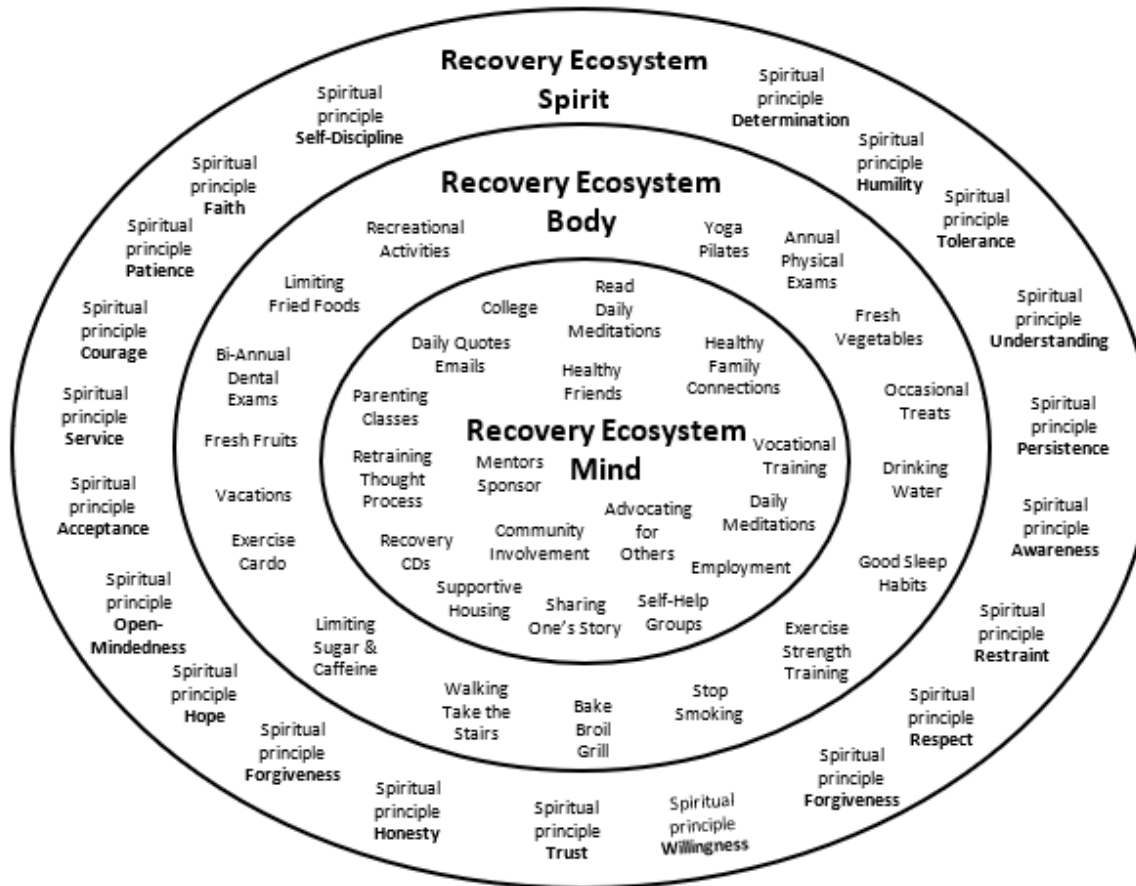
- Stress and Overwhelm
- Unpreparedness
- Isolation and Loneliness

## **Spiritual Principles**

- Patience
- Unconditional Love
- Selfless Service



# Parenting Ecosystem Connection



## **SUPPORTIVE HOUSING**

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Supportive housing provides stability and essential resources for individuals in recovery, offering a safe and supportive environment conducive to maintaining sobriety and rebuilding their lives.

### **Protective Factors**

- Protection from Harmful Environments
- Access to Services and Support
- Building Positive Networks

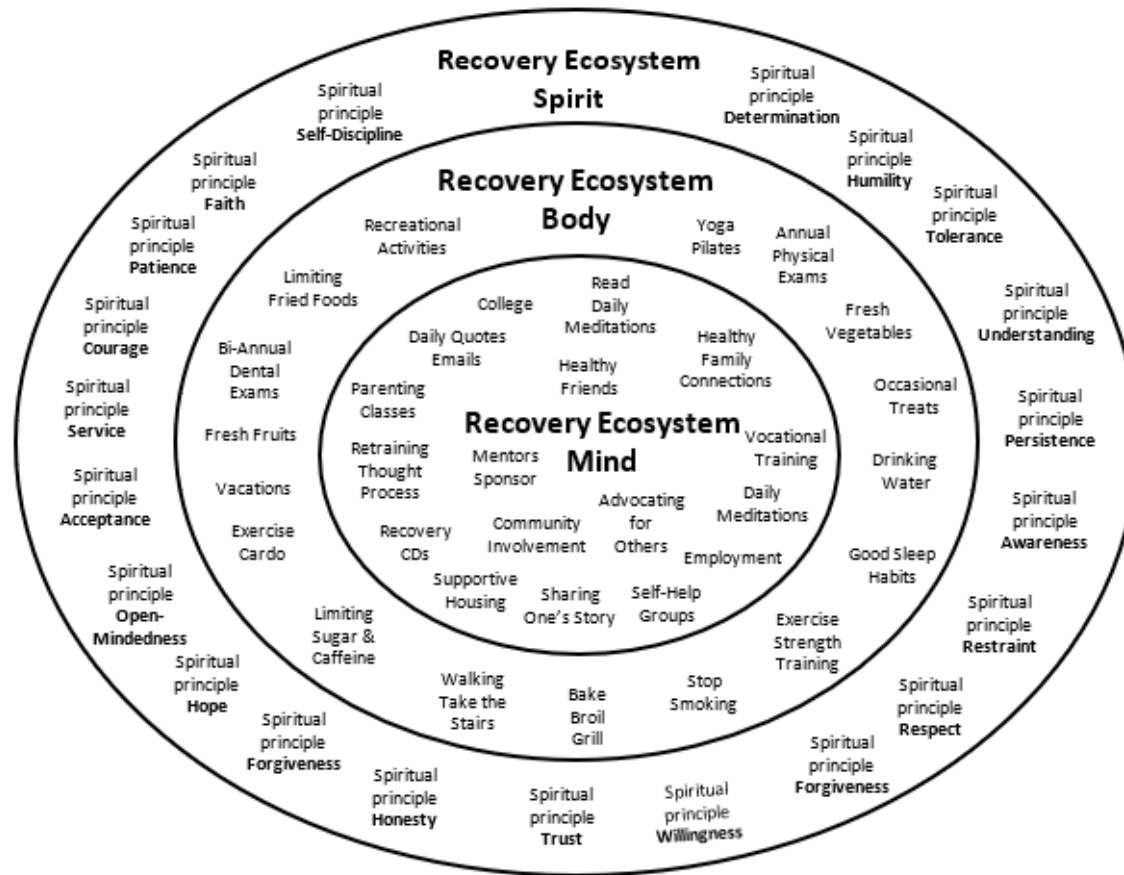
### **Spiritual Principles**

- Hope
- Determination
- Harmony

### **Risk Factors**

- Exposure to Harmful Environments
- Impact on Self-Esteem
- Isolation and Temptation

# Supportive Housing Connections





## COMMUNITY INVOLVEMENT/VOLUNTEERING

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Community involvement and volunteering play a vital role in the recovery process by facilitating the reintegration of individuals into their communities and fostering a sense of belonging and purpose beyond addiction.

### **Protective Factors**

- Building Self-Esteem and Gratitude
- Social Connection and Support
- Pathways to Employment

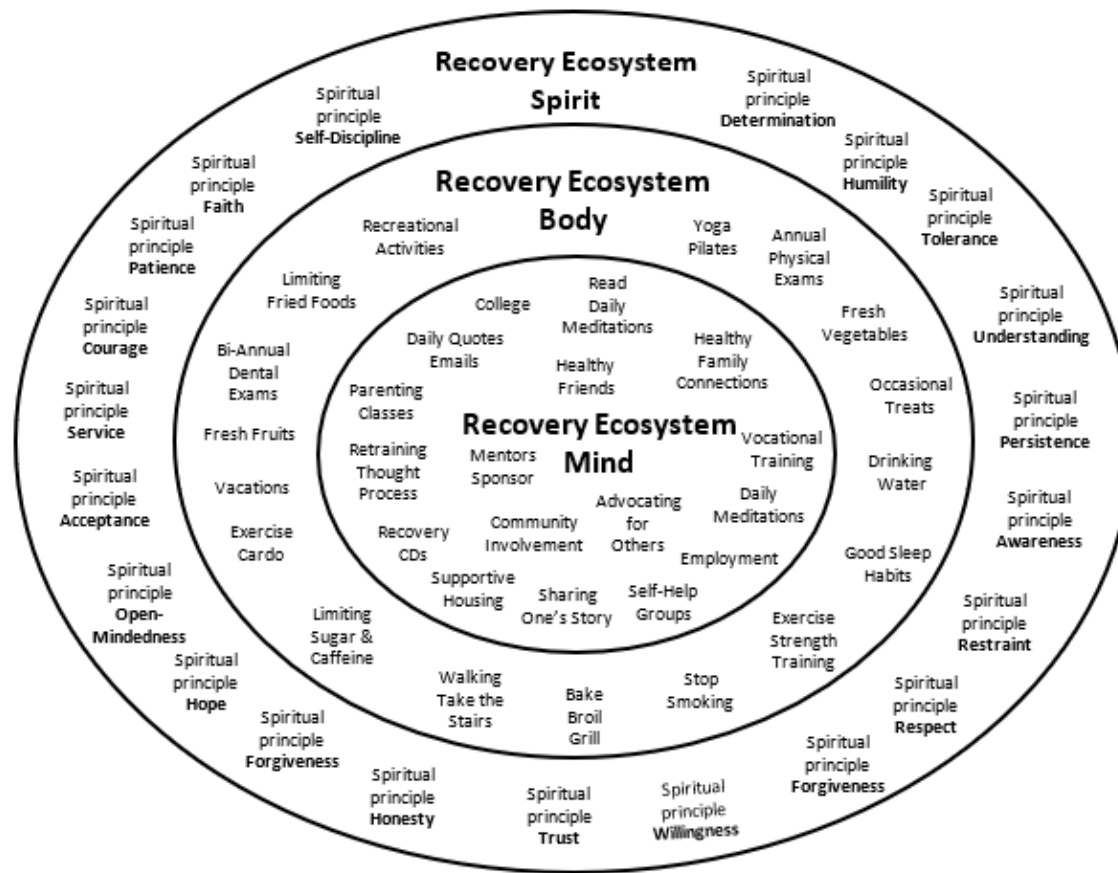
### **Spiritual Principles**

- Service
- Gratitude
- Commitment

### **Risk Factors**

- Increased Sense of Isolation
- Perception of Powerlessness
- Limited Opportunities for Growth

## Community Involvement/Volunteering Connections



## CULTURAL AWARENESS

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By understanding the historical context and societal biases surrounding their culture, individuals can develop resilience and advocate for their rights within the recovery community and society at large.

### **Protective Factors**

- Cultivating Pride and Gratitude
- Enhancing Self-Acceptance
- Fostering Community Connection
- Courage

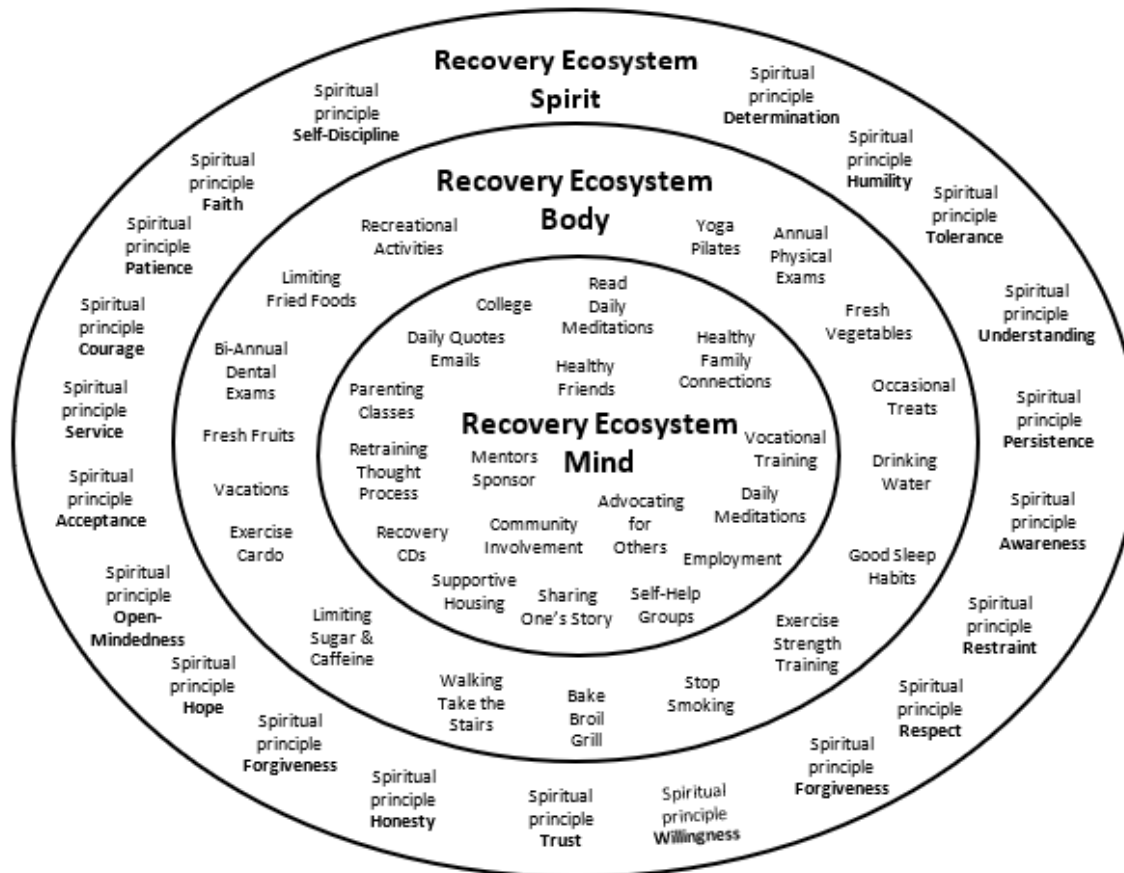
### **Spiritual Principles**

- Awareness
- Acceptance

### **Risk Factors**

- Internalized Stigma and Low Self-Worth
- Barriers to Accessing Support Services
- Increased Vulnerability to Suicide and Relapse

# Cultural Awareness Connections



# Spirituality and Religion

Spirituality is about embracing life without a safety net, surrendering to reality, and approaching each moment with curiosity, gratitude, humility, and love. Religion focuses on belonging, community, shared values, rituals and mutual support.

**- Protective Factors:**

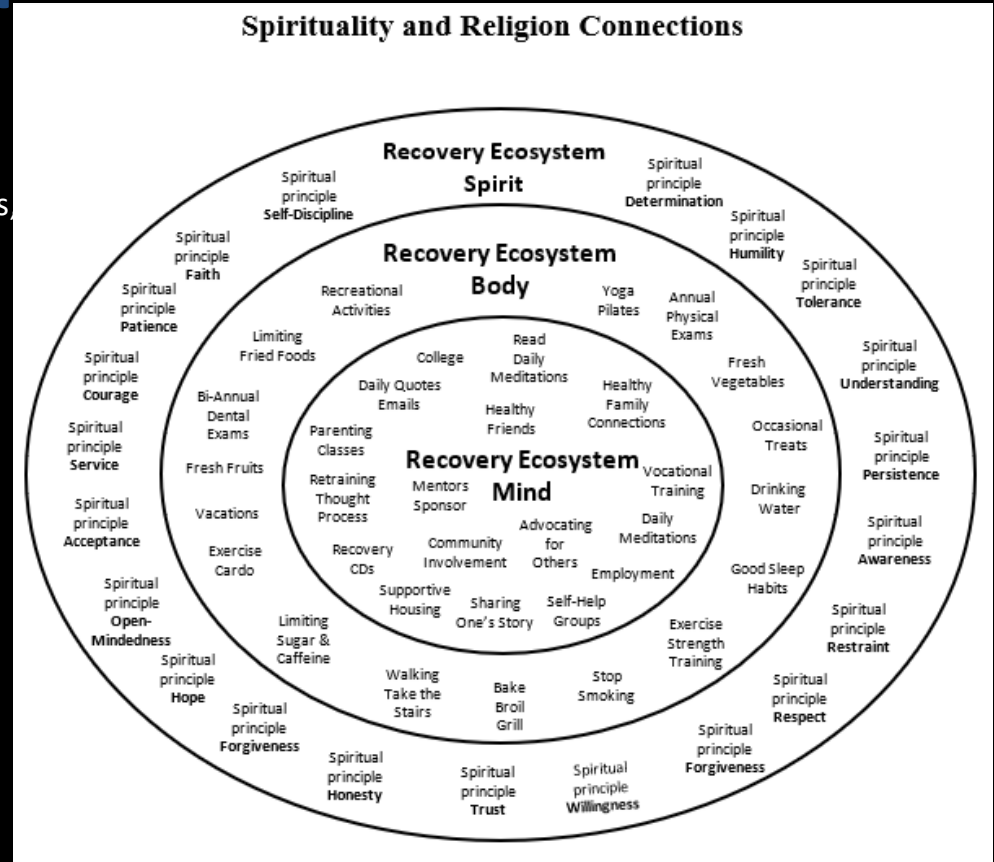
- Religion

- Spirituality

**- Spiritual Principles Protective Factors**

- Guiding Life Choices

- Instilling Resilience



# Sharing One's Story and Advocating for Others

Sharing one's story is a choice, not a mandatory aspect of recovery. Some prefer to maintain anonymity, while others feel compelled to share their experiences to help others.

## - **Protective Factors:**

- Personal Catharsis
- Public Advocacy
- Legislative Impact

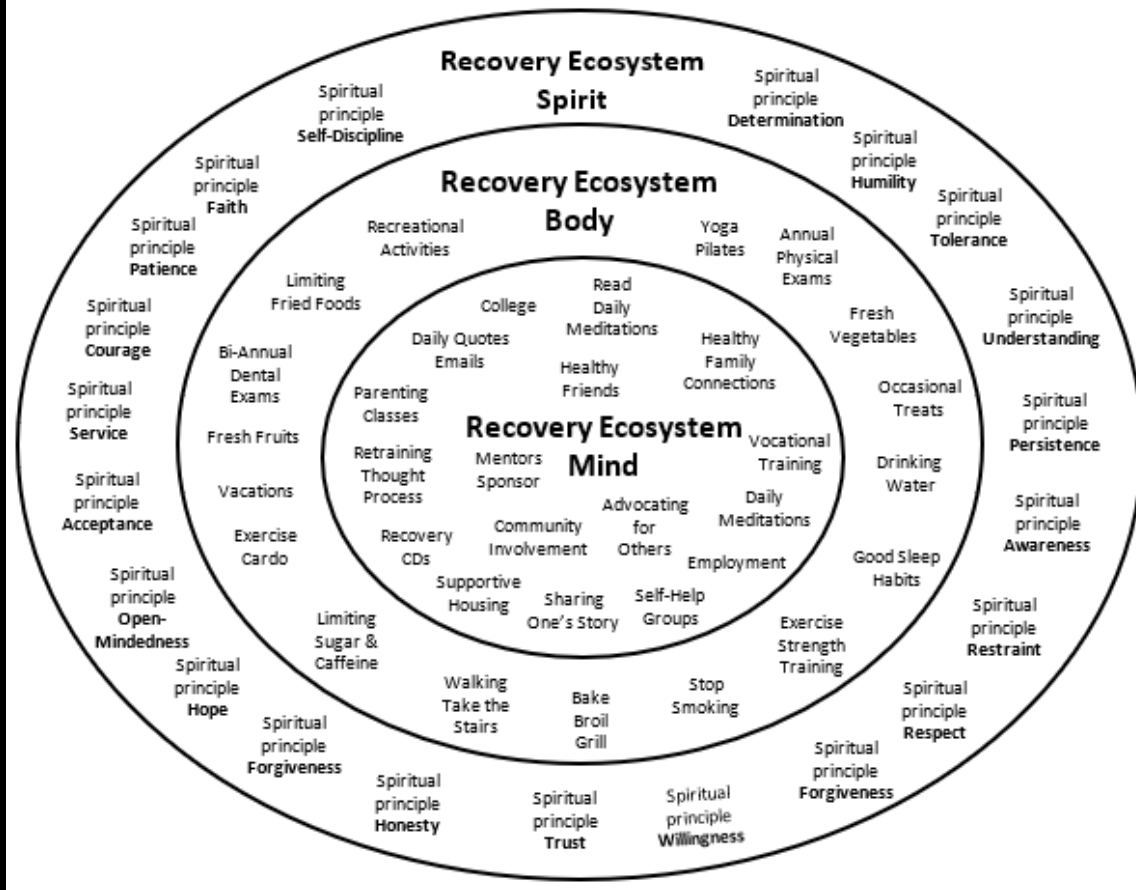
## - **Risks**

- Stigma and Judgment
- Public Scrutiny
- Family and Social Impact

## - **Spiritual Principles:**

- Anonymity
- Prudence
- Service

## Sharing One's Story and Advocating for Others' Connections



# Peers Roles Thriving in the Future

- Subside
- Survive
- Thrive



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