

2020

## Recovery and Opioid Addiction Resources (ROAR): Summary of Kennebec Behavioral Health Focus Group

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# Recovery & Opioid Addiction Resources (ROAR)

Summary of Focus Group conducted by the Cutler Institute in December 2019



# Overview



Background Information



ROAR Successes



ROAR Challenges



Next Steps

# Background

## ROAR: The Recovery & Opioid Addiction Resources Work Group

- Embedded in Kennebec Behavioral Health (KBH)
- Based in Skowhegan and covering **Somerset County**
- Formal in-person meetings once a month of community recovery partners and individuals in recovery
- Funded through the MeHAF Addiction Care Program through March of 2020



### Goals:

- Represent and support individuals in recovery
- Engage with the community to decrease stigma

*"Within the MeHAF grant we believed that it was very important to have the voice of recovery as part of that project [...] people in recovery needed to be part of this."*

# Data Collection: Focus Group

- In December of 2019, representatives from the Cutler Institute conducted a focus group at KBH with five individuals involved in the ROAR workgroup
- The purpose of the focus group was to gather feedback from ROAR participants around their perceptions of the work group
- The focus group was recorded and transcribed prior to summarizing in this PowerPoint presentation
- All quotes within this presentation are from the focus group
- Focus group was supported by the Maine Health Access Foundation's *Addiction Care Program*

# ROAR Successes

# Successes – Community Engagement

## ROAR Rally



Event to remember and memorialize individuals in the community who lost their lives to Opioid Use Disorder (OUD)

## Community Forum



Convened experts and community members to talk about experiences and responses to the prevalence of OUD in Maine

## Event-Based Outreach



Engaging the public at other community events by hosting craft tables and disseminating information

# Successes – Community Engagement

- Community engagement is an important part of:
  - Decreasing stigma related to Opioid Use Disorder (OUD)
  - Increasing awareness of the ROAR work group in order to support more individuals

*"It wasn't about providing information rather...getting our name out there... the police chief was really supportive of what we were doing..."*

- Diversifying event types means that ROAR can engage with more individuals in Somerset County

*"Some people who did not go to the rally came to the forum and vice versa. "*

# Successes – Recovery Coach Certification

- As of December of 2019, 3 ROAR members became certified recovery coaches through the Maine Alliance for Addiction Recovery
  - Recovery Coaches serve as formal peer mentors and emotional support for an individual in recovery
- Recovery coach certifications:
  - Lead to increased work group knowledge around OUD, stigma, and recovery
  - Contribute to the ROAR goal of supporting community members with OUD

# ROAR Challenges

# Challenges –Recruitment and Retention

- Delayed recovery coach training due to member availability

*"I think [our priority] is building [the group]. I mean we had the recovery coach training and there was a delay; we had to cancel the first one in August because we didn't have enough people so we had it in October."*

- Everyone's recovery is different – nature of recovery can make member recruitment and retention more difficult

*"but personally I want this to be a group that is driven by people in recovery so it has been hard to recruit new members"*

- Member retention in the recovery community is heavily impacted by gaps in community infrastructure
  - Attendance is limited by lack of transportation
  - Barriers to recovery itself include lack of treatment providers, lack of stable housing, and lack of other community supports.

# Challenges – Community Exposure

- ROAR would benefit from more name recognition in the Somerset County community
- Low community exposure and name recognition is a barrier to member recruitment

*"You know I got an email before the training thing that said 'would you be interested in joining ROAR' and I tried googling it and I got nothing."*

-new ROAR member

# Next Steps

# Next Steps – Enhance Engagement

- Continue establishing presence at community events with the goals of:

- Networking
- Member recruitment
- Stigma reduction

*"...it is another opportunity to just have a presence and be seen and have a booth. It is a community free activity. So we could [...] hand out pamphlets on this group but also on addiction, recovery coaching..."*

- Engage with other recovery initiatives to better represent the recovery community
- Leverage existing technology to allow members to call into meetings
  - Addresses gaps in transportation services
  - Makes group more accessible to existing and new members

*"Yes. And we could have a couple of phones like a conference call. We could put that in when we send out [meeting invitations] if you can't attend in person you can call in and have a number they can call in. "*

# Next Steps – Social Media Exposure

- Use Facebook or Instagram to promote ROAR meetings or events
- Could leverage existing KBH social media or create new, ROAR-specific accounts
- Create an e-mail address as a more convenient contact

**ROAR**  
*Recovery and Opioid  
Addiction Resources*

3<sup>rd</sup> Monday of the  
Month  
12:00-1:30pm  
Kennebec  
Behavioral Health,  
5 Commerce  
Drive, Skowhegan  
*Let's talk about recovery in  
Somerset County*



[Contact info]

#Skowhegan #somersetcounty  
#Kennebec #kbh #recovery #sud #oud  
#community #support

*"I think Facebook is a big thing and we should do our own page. You know I have different friends than she has and so on and so on and you can invite people and you might get people who are like... 'lets go'."*

# Next Steps – Opioid Health Home (OHH)

- An OHH is a provider group that delivers an integrated model of care that includes medication-assisted treatment (MAT) as well as connection to comprehensive social services for MaineCare members or uninsured patients with OUD.
- KBH is presently implementing an OHH on their Skowhegan campus. In addition to having a provider group, KBH has a physical building where services can be centralized. This allows the OHH to:
  - Operate as a home base for ROAR community
  - Provide basic resources to individuals in recovery
- KBH visited Ellsworth OHH site to inform implementation



*"I was very excited when I went out and looked at [the site for the OHH], your potential new meeting room and your washer dryer potential hookups for people in need [...] I learned a lot when I went in there and saw how Ellsworth was all set up and they have been running now for 7 months. It can make a difference. "*

# Next Steps –ROAR Sustainability

Implementing OHH within a physical space increases need for funding opportunities for ROAR

*"...it is great that we are going to get it but we need to maintain it and pay rent on it, right? ROAR is going to have to pay for the space, the utilities and all of that"*

*"Thinking not just ROAR but what are the collaborations that can take place to make it so we can sustain the building. That it just doesn't have to be ROAR. "*

*"We can do fundraisers and stuff and I still want to do that [...] I think we should do more as a group and [...] be able to work away from that and become bigger."*

# ROAR

- Creates safe meeting and event opportunities for individuals in recovery
- Maintains certified recovery coaches to better support individuals with OUD
- Engages with the community to reduce stigma and increase awareness of OUD
- Strives to become more accessible and create resources for individuals in recovery
- Continues to pursue funding to better support individuals with OUD in Somerset County



*A voice for the recovery community*

# For more information on ROAR or this presentation:

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