

Recovery Community Organizations and Peer Support

FACC

2024 Annual Institute

Training, Leadership and
Education for a Safer Florida



What is a Recovery Community Organization (RCO)?

A recovery community organization (RCO) is a group or center that provides support, resources, and advocacy for individuals in recovery from substance use disorders. RCOs offer a sense of community, peer support, and education to help people maintain sobriety and improve their overall well-being. They play a crucial role in promoting recovery and reducing stigma associated with addiction.

What is a Recovery Community Organization (RCO)?

RCO's are:

- ✓ **Grassroots, independent, non-profit.**
- ✓ **Collaborative.**
- ✓ **Inclusive.**
- ✓ **Person Centered.**
- ✓ **Community Focused.**

Do not provide clinical services.
Peer Support/Lived Experience

**Governed by representatives of local
recovery communities.**
(51% persons in recovery).

What is a Recovery Community Organization (RCO)?

Offer a variety of peer-based services and programs:

- ✓ **Recovery-Focused Community Education.**
- ✓ **Recovery-Focused Policy Advocacy.**
- ✓ **Recovery-Focused Outreach Programs.**
- ✓ **Peer-Based Recovery Support Services.**
- ✓ **Multiple Pathways to Recovery.**

HISTORY

The Oxford Group/Alcoholics Anonymous (AA) 1930's

- ❖ The roots of RCOs trace back to the Oxford Group. A Christian movement in the early 20th century.
- ❖ Founders of AA, Dr. Bob Smith and Bill Wilson, both members of the Oxford Group, founded Alcoholics Anonymous (AA) in 1935.
- ❖ AA introduced the concept of mutual aid and peer support; AA's Twelve Steps and Twelve Traditions became foundational principles for recovery.

Advocacy and Community Building: 1970s and 1980s

- ❖ Recovery advocates began organizing at the grassroots level.
- ❖ The National Council on Alcoholism and Drug Dependence (NCADD) played a pivotal role.
- ❖ Founded over 60 years ago, NCADD nation's first modern recovery community organization.

Post-WWII Expansion and Influence: 1950's

- ❖ After World War II, AA expanded rapidly. Its influence extended beyond alcoholism to other substance use disorders.
- ❖ Emergence of other 12-step fellowships, Narcotics Anonymous (NA) and Cocaine Anonymous (CA).

HISTORY (Continued)

Rise of the Recovery Advocacy Movement 1990's and 2000's

- ❖ RCOs focused on reducing stigma, promoting recovery-friendly policies, and supporting individuals in long-term recovery.
- ❖ Faces & Voices of Recovery, founded in 2001, became a leading voice in this movement.

Association of Recovery Community Organizations (ARCO): 2011

- ❖ Unites and supports a network of local, regional, and statewide RCOs. Over 170 RCO's ARCO Members.

(MAT) and Harm Reduction:

- ❖ RCOs increasingly embraced harm reduction and MAT as valid pathways to recovery.
- ❖ The acceptance of medications like Methadone, Buprenorphine, and Naltrexone expanded the definition of recovery.

RCO REGIONS

Region 1: Connecticut, Maine, Massachusetts, New Hampshire, Rhode Island, Vermont

Region 2: New Jersey, New York, Puerto Rico, U. S. Virgin Islands

Region 3: Delaware, Maryland, Pennsylvania, Virginia, West Virginia, District of Columbia

Region 4: Alabama, Florida, Georgia, Kentucky, Mississippi, North Carolina, South Carolina, Tennessee

Region 5: Illinois, Indiana, Michigan, Minnesota, Ohio, Wisconsin

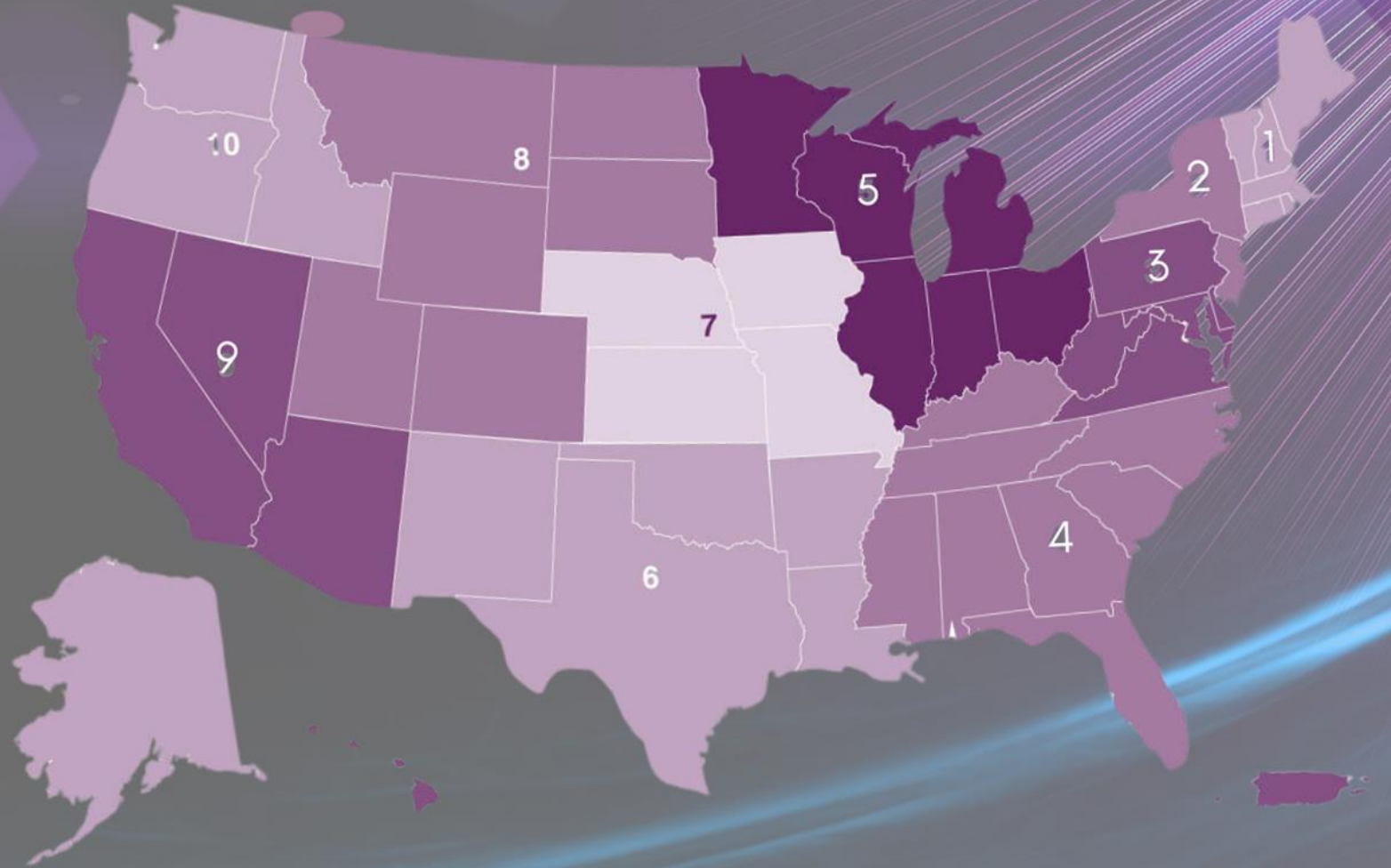
Region 6: Arkansas, Louisiana, New Mexico, Oklahoma, Texas

Region 7: Iowa, Kansas, Missouri, Nebraska

Region 8: Colorado, Montana, North Dakota, South Dakota, Utah, Wyoming

Region 9: Arizona, California, Hawaii, Nevada, American Samoa, Federated States of Micronesia, Guam, Marshall Islands, Republic of Palau, Northern Mariana Islands

Region 10: Alaska, Idaho, Oregon, Washington



RCO's in the State of Florida

- **Chainless Change (South Fl.)**
- **Flagler OARS (Bunnell)**
- **Florida Recovery Schools**
- **Kimmie's Recovery Zone (Ft. Meyers)**
- **Miami Recovery Project (Coral Gables)**
- **Recovery Epicenter Foundation (Clearwater)**
- **Polk for Recovery (Polk County)**
- **Rebel Recovery (Palm Beach, Duval)**
- **Emerald Coast Life Center (Holt, Fl. Panhandle)**
- **Recovery Connections of Central Florida (Orange, Seminole, Brevard, Osceola)**
- **Fellowship Recovery Community Organization (Margate, South Fl.)**
- **South Florida Wellness Network (Pompano, Lauderdale, Hollywood)**
- **Shining Light Peer Services (Palatka)**
- **The Rase Project (Central Fl)**
- **Project Rebirth (Orlando)**
- **The Recovery Community HUB of (Palm Beach County)**
- **Volusia Recovery Alliance (Daytona Beach/Volusia County)**
- **Zero Hour Life Center-(Ocala)**

National RCO VS State RCO



**FACES & VOICES
OF RECOVERY**

National RCO, founded in 2001.

Focus for a growing advocacy force among people in recovery from addiction to alcohol and other drugs, their families, friends and allies.

- Recovery Bill of Rights -insurance discrimination.
- Strategic messages in the media, to policymakers, and to the general public.
- Change in National Legislation.
- Faces & Voices launched the Recovery Data Platform (RDP) in 2018 as the only cloud-based data collection tool collecting recovery capital outcomes for peer recovery support providers across the nation.
- Training/ Assistance with starting RCO's.



Floridians *for* Recovery

State RCO, founded in 2007.

- Providing training and technical assistance to existing and emerging RCO's.
- Provide a unified voice for Florida's recovery community.
- Lead the state's recovery efforts and support local Recovery Community Organizations through advocacy, education, training and technical assistance.



Lived Experience and Peer Support



What is a Certified Recovery Peer Specialist (CRPS)

- An individual with lived experience who offers help to others through empathy, respect, and empowerment. *(Have faced mental health challenges, psychological trauma, or substance use themselves.)*
- They promote resilience, Sustainability, and foster community integration, and help individuals lead more fulfilling lives.
- Their personal experience provides them with expertise that professional training cannot replicate.
- They assist others in their recovery journey, reduce stigma, and improve quality of life.
- Peer support services are often successful alongside other mental health or medical treatments.

What Peer Specialists do

Peer specialists are unique in that they are expected to disclose their struggles and their recovery journey with the people they serve.

- **Education Advocacy.**
- **Connection to resources.**
- **Share Lived experience.**
- **Reduce Stigma.**
- **Mentoring/ Role Model.**
- **Remove barriers to resources/System Navigation.**
- **Community Engagement.**
- **Meet People where they are.**

STANDARDS AND REQUIREMENTS FL. CERTIFICATION BOARD

High School Diploma or (GED).

500 hours of supervised work and/or volunteer experience providing peer-to-peer recovery support services.

40 hours of content-specific training.

3 letters of recommendation for certification.

Clean criminal background check.



Submit all required CRPS certification forms and fees.

Agree to be bound by the FCB Code of Ethics.

Attest to lived experience.

Pass the Florida CRPS exam.

CRPS Endorsements

CRPS applicants must attest to at least one of the lived-experience endorsements.

Adult (A):

Lived experience as an adult in recovery for a minimum of 2-years from a mental health and/or substance use condition.

Family (F):

Lived experience as a family member or caregiver to another person who is living with a mental health and/or substance use condition.

Veteran (V):

Lived experience as a veteran of any branch of the armed forces who is in recovery for a minimum of 2-years from a mental health and/or substance use condition.

Youth (Y):

Are between the ages of 18 and 29 at the time of application and have lived experience as a person who, between the ages of 14 and 25 experienced a significant life challenge and is now living a wellness and/or recovery-oriented lifestyle for at least two years.



**RECOVERY
CONNECTIONS**

of Central Florida

407-RECOVER

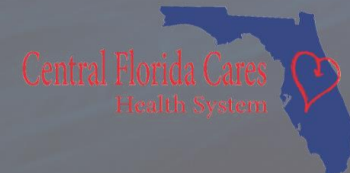
www.myrecoveryconnections.org

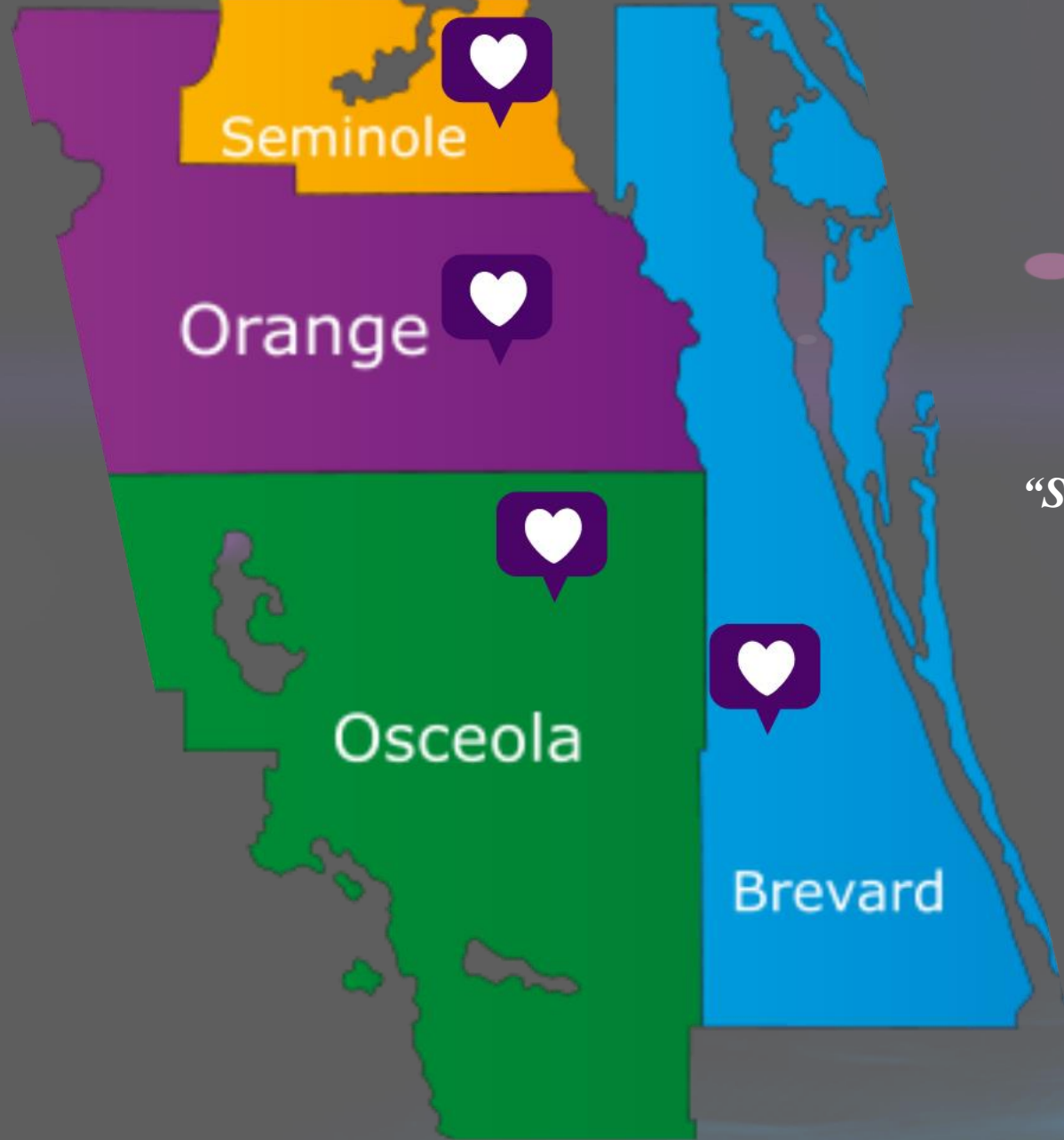


Our Mission

“With lived experience in recovery and empathetic compassion, we are committed to connecting individuals and families to resources and support that offer multiple pathways to long-term, sustainable recovery from Substance use Disorder.”

“State of Florida, Department of Children and Families”





“State of Florida, Department of Children and Families”



RCCF History

Floridians For Recovery

“All in for Florida: A Recovery Project” Three –year initiative to build RCO’s across Florida.

2018

Listening Session on RCO’s

- Aetna Foundation/FADAA
- Symposium Planning Committee

September 2019

Recovery Symposium

- 300 Plus People
- Community Vendors
- Café Conversations

2020 - 2021

Strategic Planning

- 501 (C) (3)
- Name
- 5-year Plan
- Mission and Vision
- Established Board
- Launched Website

June 2022

Grand Opening of The Recovery Community Center



July 2022
24/7 Hotline operational
407-RECOVER

Community Impact since July 2022

1,200 Monthly Average Hotline Calls

1,850 People received recovery support services

9,259 Recovery plan goals achieved

888 Referrals completed

753 Recovery support groups hosted



RCCF overview



Recovery Drop-In Center (S)

- Safe Space
- Activities
- Peer Support
- Recovery Meetings
- Resources
- Recovery Support Services



Forensics/Community Justice

- Access to Recovery Support
- Connecting to Treatment/Recovery Supports
- Removal of Barriers
- Re-entry
- Mentoring
- System Navigation
- Reduced Recidivism



Mobile/ Peer Support Recovery Support Services

- Meeting Individuals where they are
- Treatment Facilities
- Community Engagement
- Non-Profit Organizations
- Problem Solving Courts
- Wrap Around Services
- Medication Assisted Treatment



7912 Forest City Rd, Orlando, FL 32810, Suite 101

Open 7 Days a Week

9:00 AM – 8:00 PM

www.myrecoveryconnections.org



FREE PEER based Recovery Support Services (RSS) to Orange, Seminole, Osceola and Brevard Counties.



Contracts with DCF, Central Florida Cares, Orange, and Seminole, County Government.



Peer Support/ Recovery Support Services



24/7 Hotline
407-RECOVER



Mobile
Peer Support.



Forensics/ Re-Entry



Website,
Links to Resources



Safe space



Computer
Rooms



Stigma Reduction,
Advocacy.



Meeting
rooms



Recovery
meetings



Free Narcan



Coffee bar/lounge



Educational/Social



Game room

Recovery Connections Front Lobby



Two large meeting rooms



Game Room



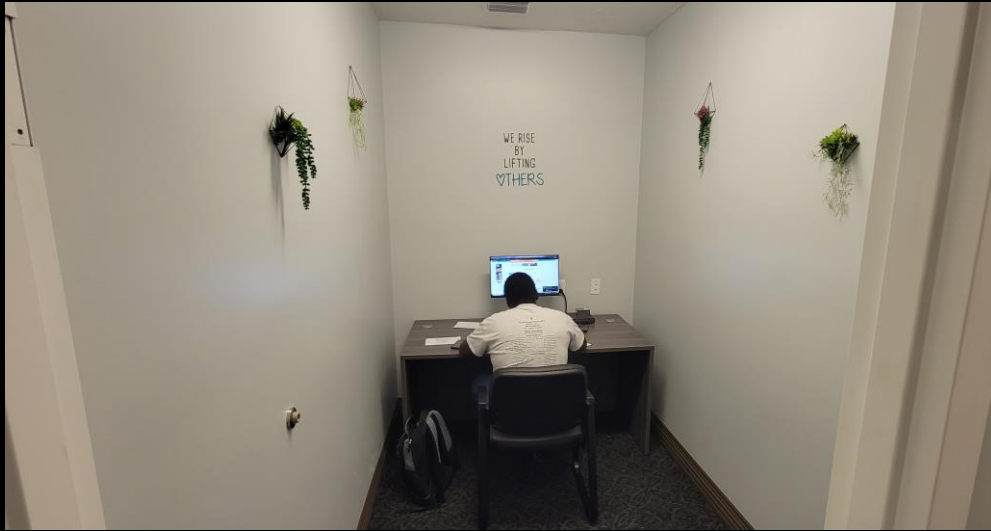
Coffee Bar



Lounge



Three Computer Rooms



Outdoor Patio



Peer Support Rooms



Resource Links

- **Recovery Connections of Central Florida**
<https://www.myrecoveryconnections.org/>
- **FADAA**
https://www.fadaa.org/page/Rec_communities
- **Peer Recovery Center of Excellence**
<https://peerrecoverynow.org/resource-library/rco-directory/>
- **Faces and Voices of Recovery**
<https://facesandvoicesofrecovery.org/>
- **Floridians for Recovery**
<https://www.floridiansforrecovery.org/>



RECOVERY CONNECTIONS

of Central Florida

407- RECOVER

Locations

7912 Forest City Rd. Suite 101
Orlando, Fl. 32810

Opening Soon

1607 Cherrywood Ln.
Longwood, Fl. 32750

Send Referrals to:

referrals@rccfhelp.org

Visit our Web-Site

www.myrecoveryconnections.org

Contact Information

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Director of Outreach Services

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Email: matth@rccfhelp.org