

HEALING A VILLAGE

BUILDING RECOVERY READY COMMUNITIES



www.healing-a-village.com

Mark Lefebvre

2026 Strafford County Addiction Summit

Introduction



What we're talking about today



- Recovery Ready Community revisited
- SUD, incarceration, and re-Entry
- Addressing needs, gaps, and barriers to service for justice-involved
- Examples



socialjusticecenter.org

Current Trends



- **The good news**

- Nationally, **overdose deaths** are **down 27%** from 2023-2024 (CDC)
- For the same period, New Hampshire was among the nation's leaders with a **decrease of 33%**.

- **The not-so-good news**

- **73.6M** US citizens (1 in 4) **>12 years** report using illicit drugs, **up from 70.5M** in 2023 (NSDUH 2024 Survey)
- **48.4M** report having an SUD, but only **9.4M** received treatment
- DHHS, CDC, NIH, and SAMHSA grant uncertainty

What the numbers don't tell us



- **Nationally**, approximately 8% of people met the criteria for substance use disorders in 2019, but such disorders are far more common among people who are **arrested (41%)** and people incarcerated in **federal (32%)** or **state prisons (49%)**.
- This means that approximately **three million people** with substance use disorders are locked up in any given year: at least two million people with substance use disorders are arrested annually and about **half a million people** in **state and federal prisons** meet the criteria for such disorders at the time of their admission.
- Recently incarcerated people are over **40 times more likely to die** from an opioid overdose vs. the general population.

Addiction Rooted in Trauma



Image credit Canva Magic Studio

- **Adverse Childhood Experiences**
 - **Trauma in the home**
 - **Trauma for the community**
 - **Trauma for the environment**

Building Resilience



- **Connective tissue of the community**
- **What is a resilient community?**
- **Trauma-informed community engagement**

Community Resilience



“Community resilience is a measure of the sustained ability of a community to utilize available resources to respond to, withstand, and recover from adverse situations.”

Image credit Canva Magic Studio

How to Build a Resilient Community



- Know your community
- Know who they are as individuals, families, and businesses
- Understand the impact of traumatic events
- Create safe spaces to provide support
- Prepare for challenges

Maine Resiliency Center



Image credit Canva Magic Studio

Trauma-Informed Community Engagement



- Safe physical environments
- Trustworthy relationships
- Empowerment through opportunity
- Collaborative environment
- Peer support
- Cultural diversity
- “Nothing about us without us!”

Image credit Canva Magic Studio

Understanding Recovery



- Individual Recovery
- Family Recovery
- Community Recovery



The Community as the Patient



- Obligations of the community
- Community stakeholders



Image credit Mark Lefebvre

Building Recovery Capital



- **What is recovery capital?**
 - **Personal recovery capital**
 - **Family & social recovery capital**
 - **Community recovery capital**

Faces and Voices of Recovery 2024



Image credit Canva Magic Studio

Community Recovery Capital



- Treatment, recovery support, and response to the individual's basic needs of shelter, food, and security.

Faces and Voices of Recovery 2024



Image credit Canva Magic Studio

The Recovery Ready Community - What Is It?



- Should it be self-defined by the community?
- Does recovery look the same in every community?
- How would the community measure readiness?
- Is there (or should there be) a standard model?
- What are the common (minimal) elements for a Recovery Ready Community?

Trauma-Informed Recovery-Oriented System of Care



“This **system of care** also recognizes the widespread **impact of trauma**, understands **trauma’s connection to addiction**, and understands potential **paths for recovery**; recognizes the **signs and symptoms of trauma** in clients, families, staff, and others involved with the system; and responds by fully **integrating knowledge about trauma** into policies, procedures and practices, and seeks to actively **resist re-traumatization.**”



The Recovery-Oriented Continuum of Care Model



Minimum Elements of a Recovery Ready Community

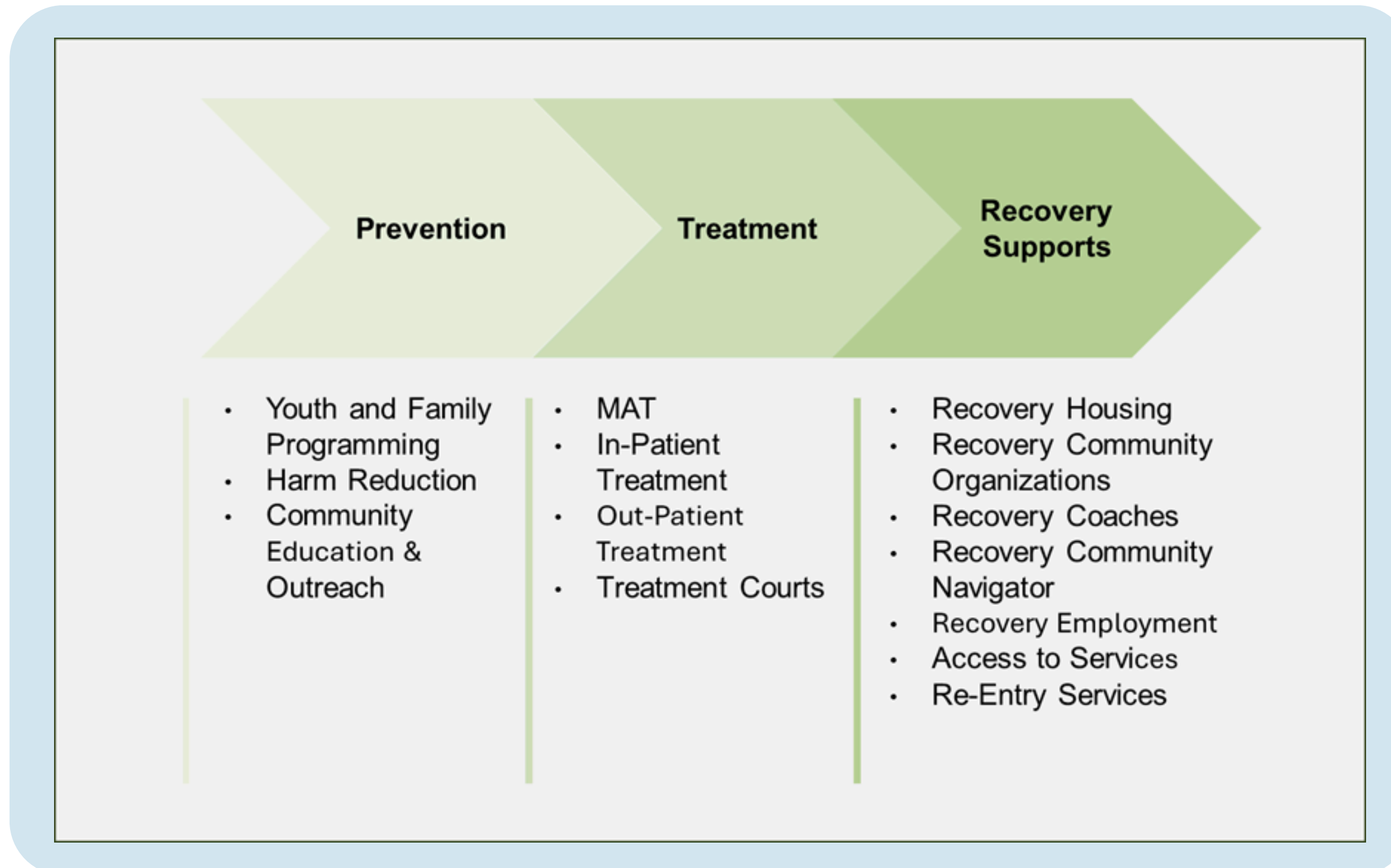


- Youth Programming
- Harm Reduction
- Community Education & Outreach
- Medication-Assisted Treatment
- In-Patient Treatment
- Out-Patient Treatment
- Treatment Court
- Recovery Housing
- Recovery Community Organizations
- Recovery Employment
- Access to Services
- Re-Entry Services
- Peer Recovery Coaches
- Recovery Community Navigators

Sources:

- Greater Portsmouth (NH) Recovery Coalition
- Lewiston-Auburn (ME) Area Recovery Collaborative
- Portland (ME) Recovery Community Center
- Maine Governor's Office of Opioid Response
- Kennebunk (ME) Coordinated Response to SUD

Mapping Elements of a Recovery Ready Community



Breaking It Down: Prevention



- Youth and Family Programming



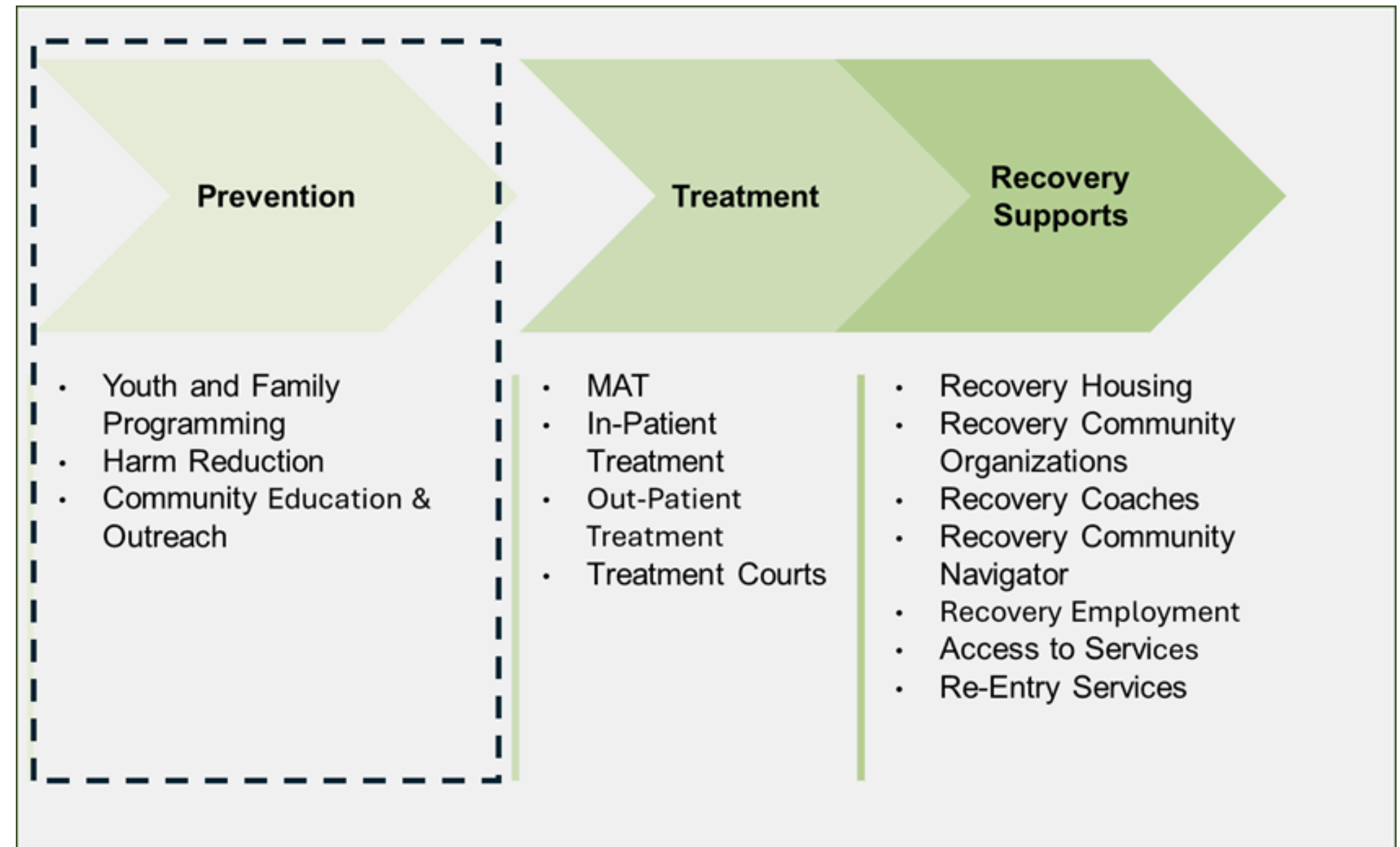
- Risk factors



- Protective factors



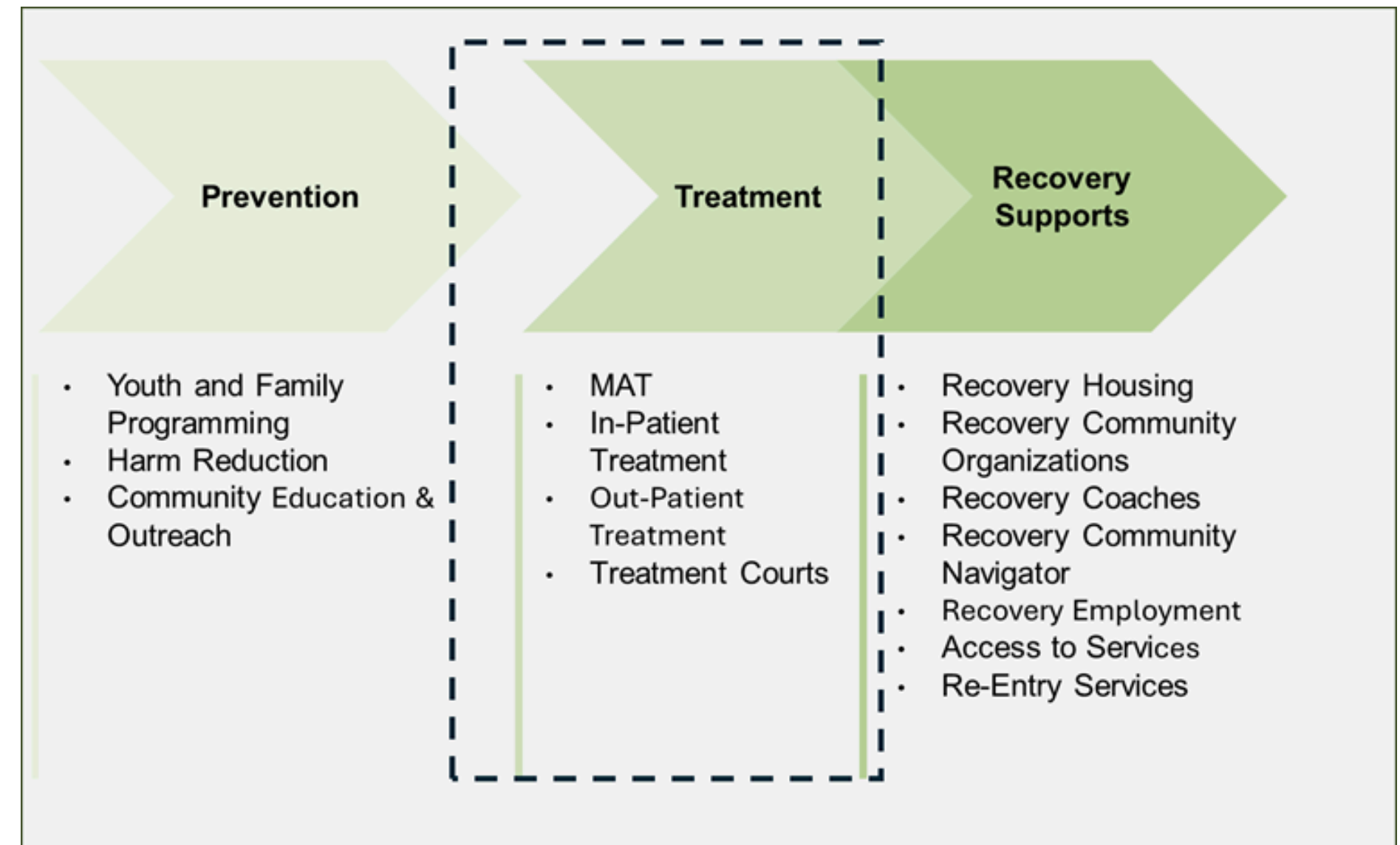
- Interventions





Breaking It Down: Treatment

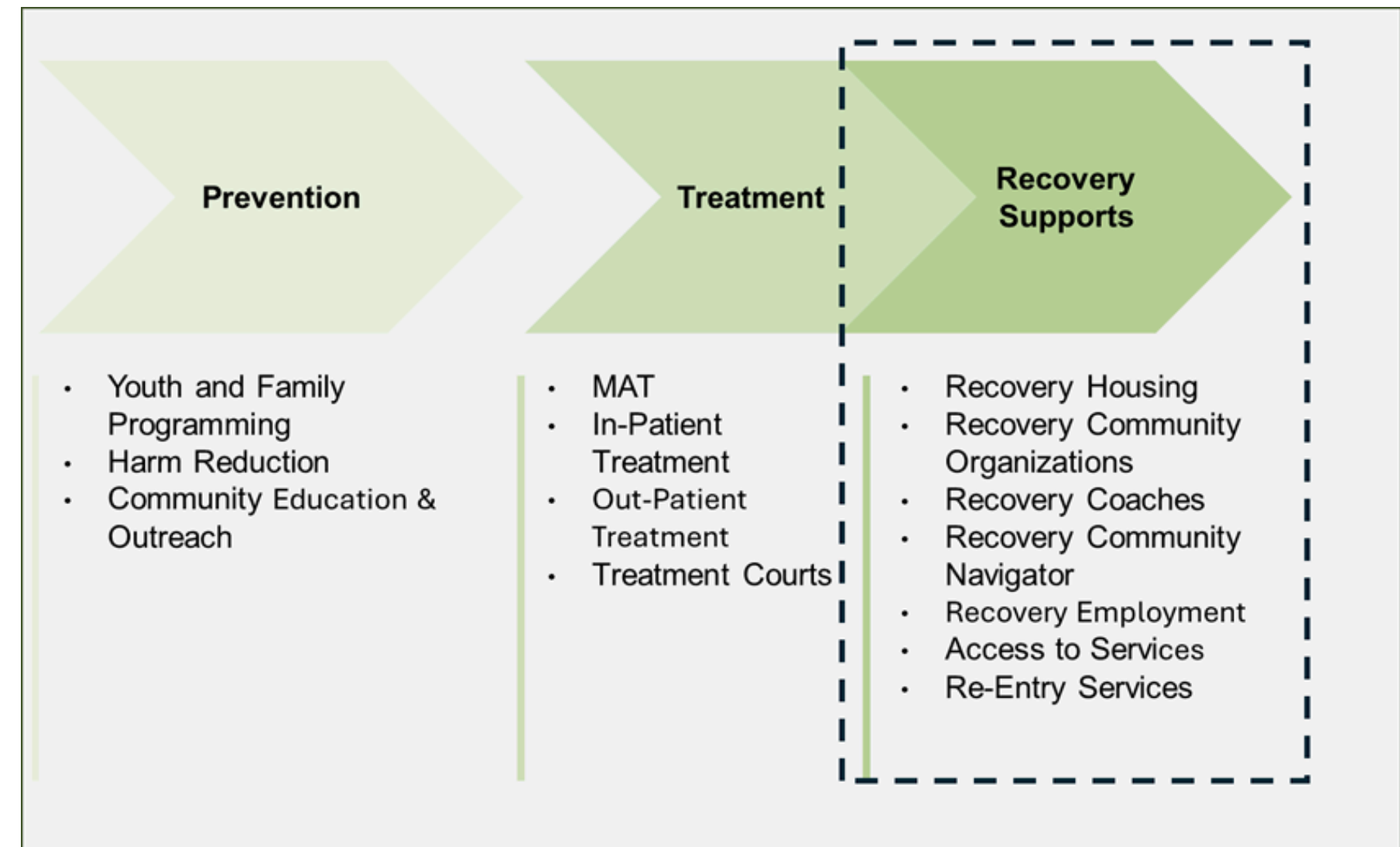
- **ASAM Model for Adult Addiction Treatment**
 - **Level 4:** Inpatient
 - **Level 3:** Residential
 - **Level 2:** Intensive Outpatient, Partial Hospitalization
 - **Level 1:** Outpatient



Breaking It Down: Recovery Supports



- Recovery housing
- Recovery community organizations
- Recovery coaches
- Recovery community navigators
- Recovery employment (RFWs)
- Access to services
- Re-entry services



What Does the ROSC Model Look Like in Practice?



Image courtesy of Pinetree Institute

Treatment and Recovery Services in Corrections



- **Effective addiction treatment** in prisons and jails is essential for several reasons:
 - **Breaking the Cycle of Recidivism:** Addressing root causes
 - **Promoting Mental and Physical Health:** Comprehensive treatment programs are crucial.
 - **Enhancing Public Safety:** Treatment significantly improves incarcerated individuals' chances of successful reintegration into society, thereby enhancing overall community safety.



Canva Magic Media

"Amanda Beltrani, Ph.D., "Addiction Treatment in Correctional Settings," , University of Palo Alto .

Treatment and Recovery Services in Corrections



- **Common examples of addiction treatment in correctional settings:**
 - Medication-Assisted Treatment (MAT)
 - Cognitive Behavioral Therapy (CBT)
 - Support Groups
 - Detox Services

“Amanda Beltrani, Ph.D., “Addiction Treatment in Correctional Settings,” , University of Palo Alto .



Associated Press

When should re-entry planning begin?



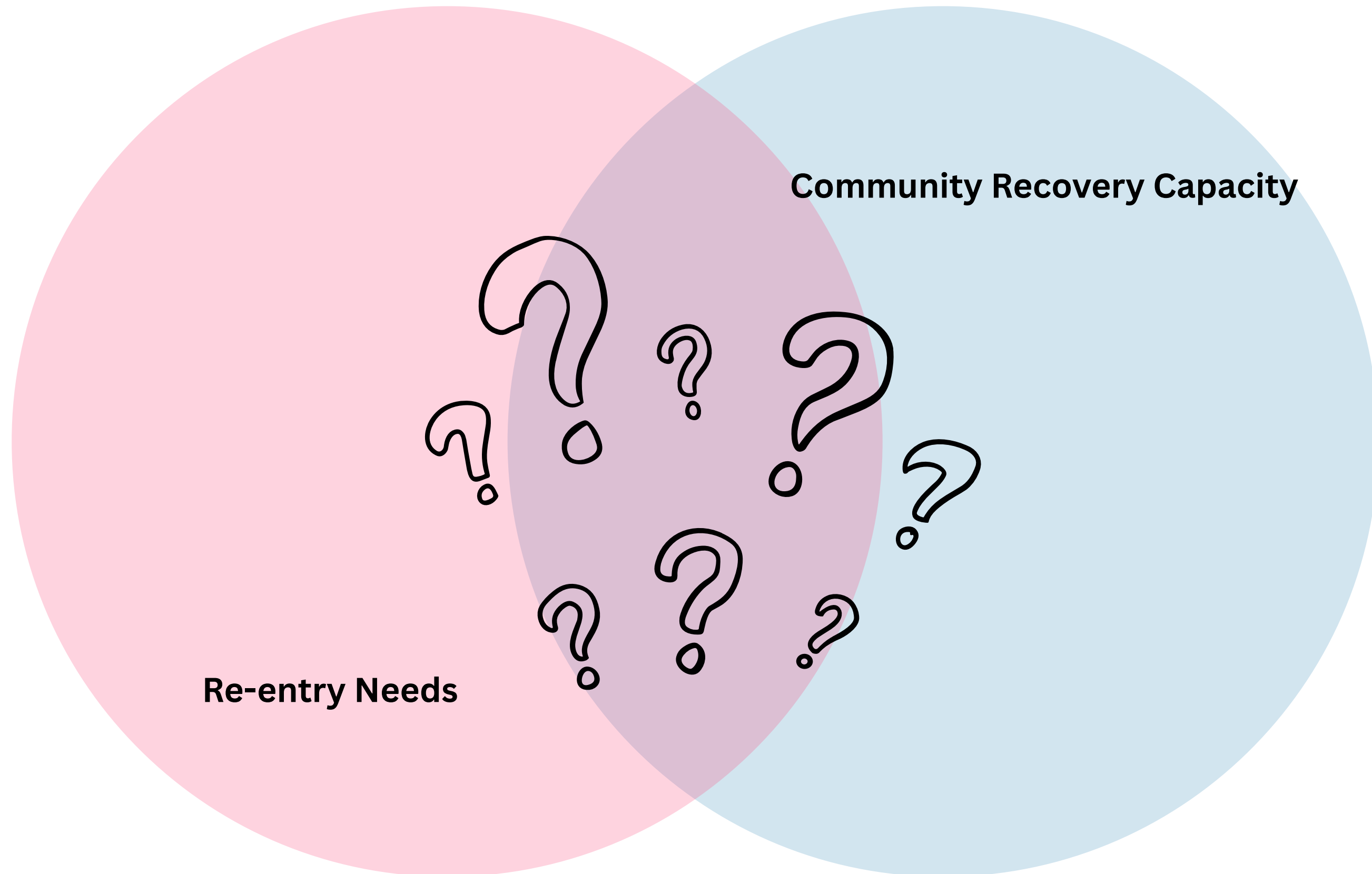
- **Reentry planning and support** should occur at multiple stages of the criminal justice process— **pre-release**, **at-release**, and **post-release**—to address the needs of each individual and promote continuity and linkages to care.
 - No lapse
 - No gap
 - Evidence-based
 - Accessed with help from a case manager or patient navigator.

Key Elements of Reentry



- Continuity of care - access to continuum of behavioral health services including harm reduction.
- Reentry planning across systems
- Warm hand-off to community providers
- Access to government identification
- Immediate access to medication, including Naloxone and prescriptions upon release.
- Timely access to benefits including medical, veteran, disability, etc.
- Peer support services
- Gainful employment, employment services
- Safe, secure, affordable, stable housing
- Other including transportation, childcare, legal services, etc.

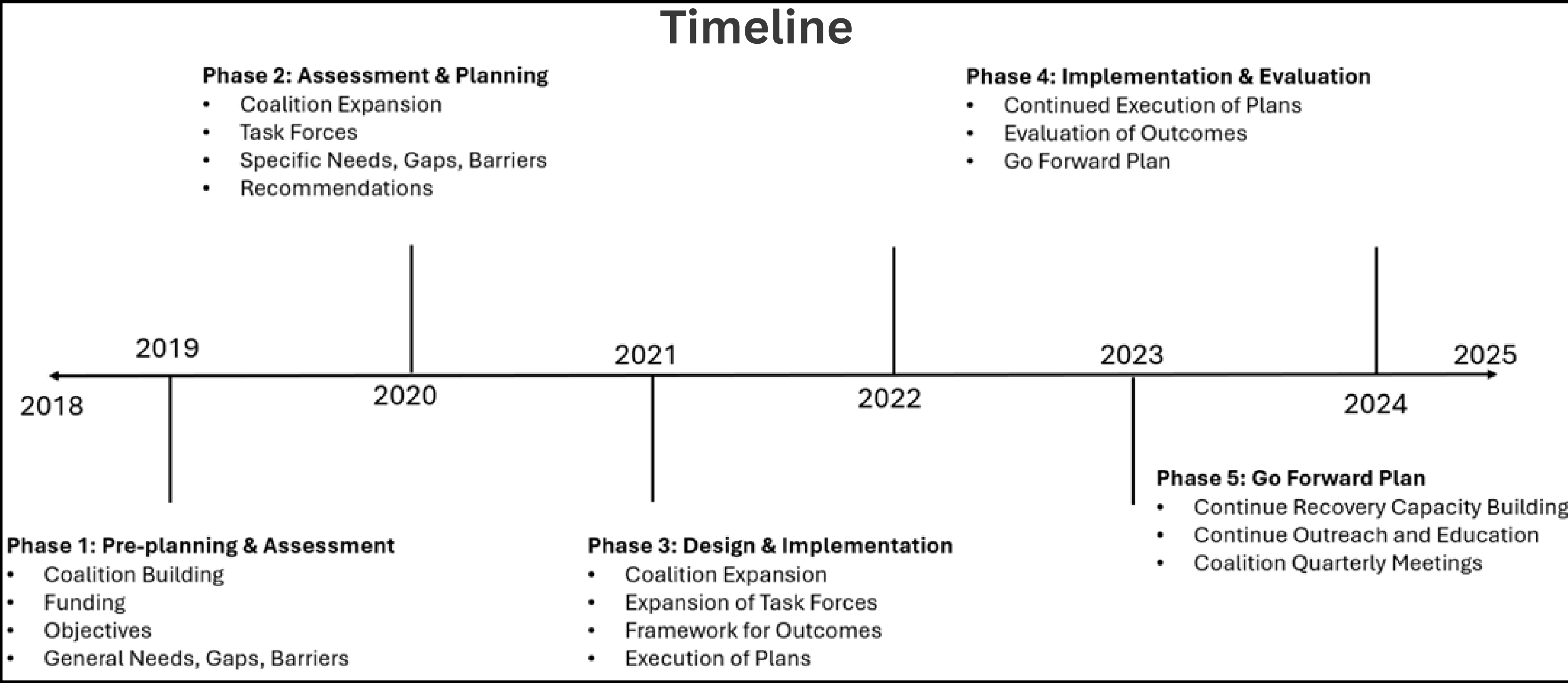
Discussion: Where are we sending these folks?



Case Study:



The Greater Portsmouth Recovery Coalition



Case Study:

The Greater Portsmouth Recovery Coalition



Initial Task Forces

- Recovery housing
- Access to services
- Coordination of services
- Recovery workforce development
- Education

Case Study:

The Greater Portsmouth Recovery Coalition



Initial Task Forces (Phase 2)

- Recovery housing
- Access to services
- Coordination of services
- Recovery workforce development
- Education

Expanded Task Forces (Phase 3-4)

- Define & measure outcomes
- Harm reduction
- Services for homeless
- Co-occurring behavioral health
- Education and outreach

Case Study:

The Greater Portsmouth Recovery Coalition



2025 and beyond:

- Over 25 organizations and 75 members have participated in the coalition since its inception.
- Today the coalition meets every other month as a check-in for updates and collaboration.
- Portsmouth and the surrounding communities now have the capacity to support the entire continuum of care from **prevention** to **harm reduction** to **treatment** to **recovery support**.



Greater Portsmouth Recovery Coalition



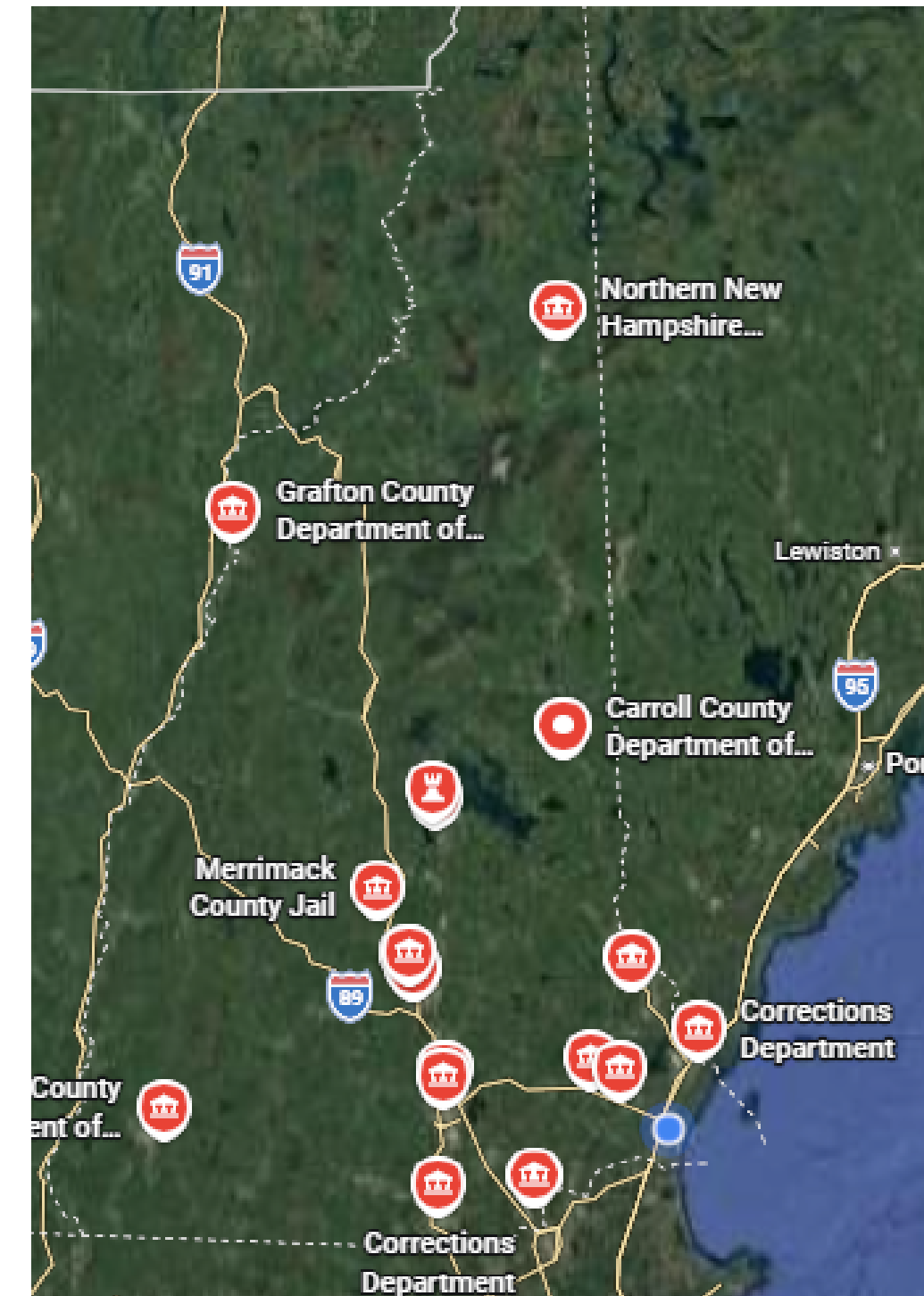
Re-Entry Partners

- Better Life Partners
- Groups Recovery Together
- Live Free Recovery
- Safe Harbor Recovery Center
- Magnolia House
- NH Recovery Friendly Workplace
- Rockingham County Corrections
- Rockingham County Treatment Court

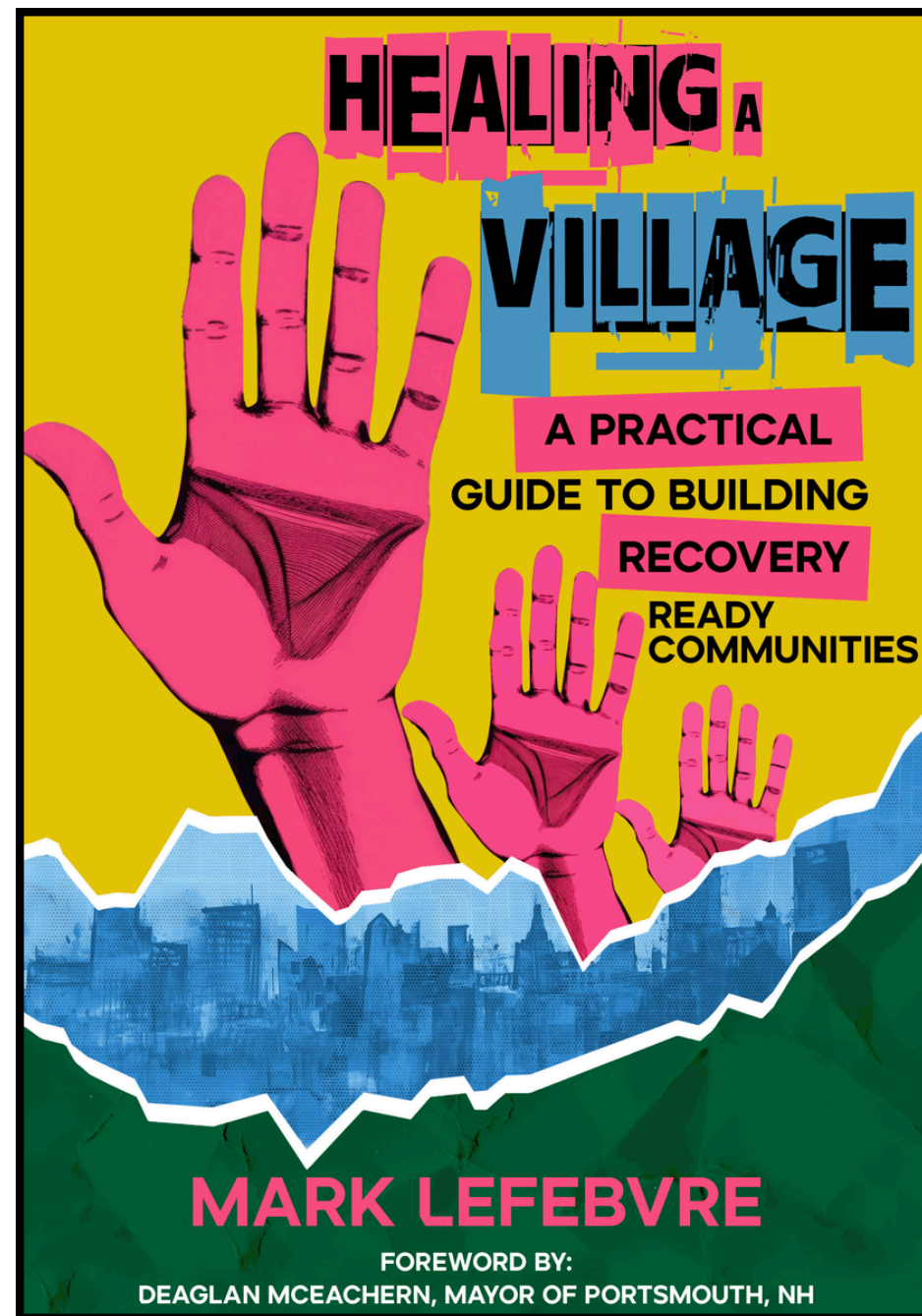


What Can We Do?

- Pre- and post-release coordination and planning
- Pre- and post-release case management
- Outreach and warm hand-off to Recovery Community Centers
- Delivery of evidence-based services
- Expansion and training of Recovery Friendly Workplaces
- Expansion of recovery residences
- Raise community recovery capacity to meet the needs of inbound justice-involved participants



Thank you!



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