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**COMMUNITY BASED  
RECOVERY PROGRAM**

# AGENDA FOR TODAY

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- Who we are
- Community Input
- Substance use disorders: definition and data
- Plan for addressing Ely's needs
- Giving your input
- Discussion in table groups

# Who We Are



- Est. 2010 to address the rising and widely unmet mental health needs in the Northeast Iron Range
- Ely community-based nonprofit
- **Purpose:** To provide mental and behavioral health education and resources to the Ely community



# **Background: WBD's Community-Based Recovery Program**

- Using the SLC Opioid Settlement Funds for exploration
- Community-based conversations & research for better understanding
- Supporting development of diverse pathways to recovery for our community
- Leaning into our vision to help people live their best lives

# Community Input

- This is a project built by our community, for our community.
- We are gathering perspectives from key community leaders and stakeholders.

Insights from Ely community member with lived experience:

*“Ely is a close, caring community.”*

*“We cannot change the world, but we can change Ely.”*

# We Choose a Recovery Perspective

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- Substance Use Disorders are a chronic illness; a disease
- Recovery happens and can be sustained
  - Outcomes are improved by treatment and support
  - Medication, peer support groups, housing support etc.
- Person centered approach - no one right way
- People supporting those with SUDs also need support

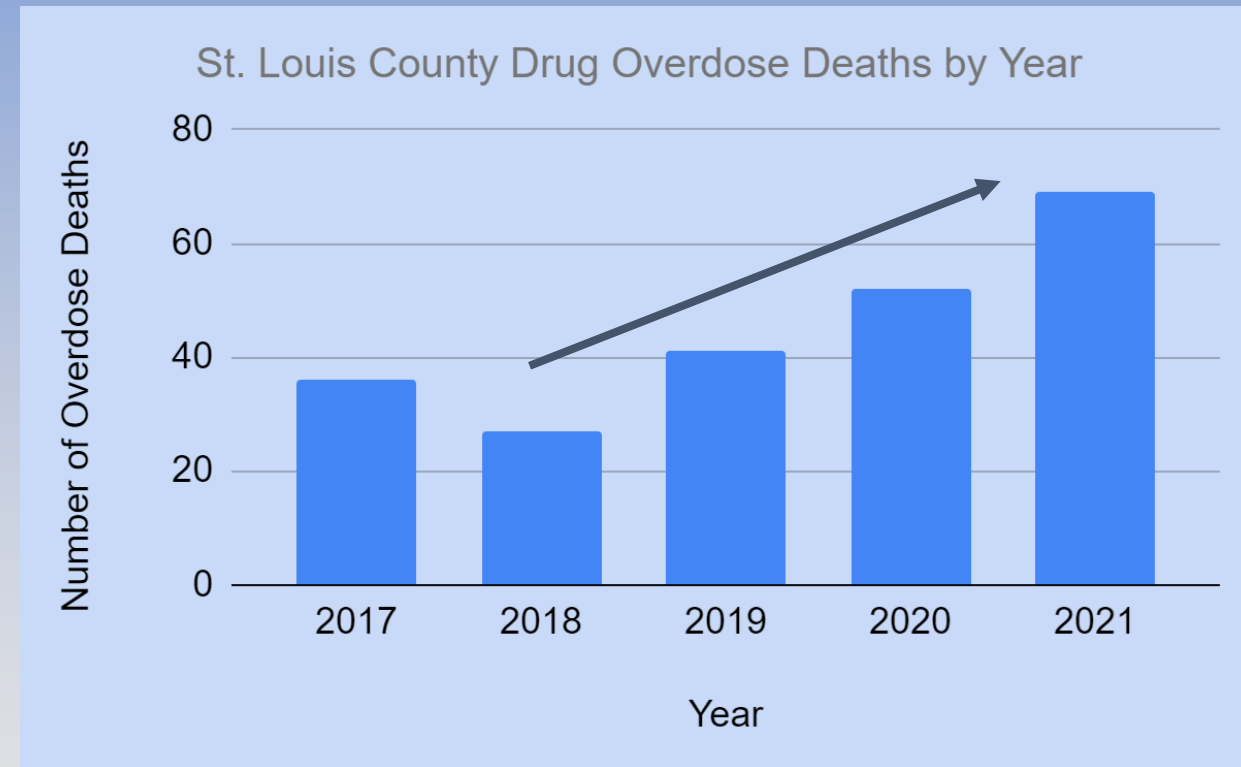
# Substance Use Disorder - Definition

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- Uncontrolled use of a substance despite harmful consequences
- Intense cravings, focus and desire for a certain substance(s)
- Decrease in ability to function in day-to-day life
- Wanting to cut back or stop use but not managing to
- Build up of tolerance - need to use more of the substance to feel the same effects over time

# Data - National and Regional

- In 2021 – **16.4%** of the US **population** – met the criteria for an SUD within the past year.<sup>1</sup>
- “Alcohol and drug use is one of the leading causes of preventable illnesses and premature death nationwide.”<sup>2</sup>





## Local Data



**1 OUT OF 8**

Insights from Ely community member with lived experience:

*“There is not a person in Ely who has not been affected by substance use.”*

**13% of adults living in rural MN meet criteria for a Substance Use Disorder**

# Ely Insights: Substance Use Disorders in our Community

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- Substance misuse is negatively impacting our community
  - Domestic violence, children are being impacted
  - Families stuck in cycle of addiction
  - Community and emergency support resources are routinely expended
- Lack of accessible services and transportation
- Need more variety of recovery support options
  - Many paths to recovery



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SO... WHAT ARE WE GOING TO DO  
ABOUT IT?

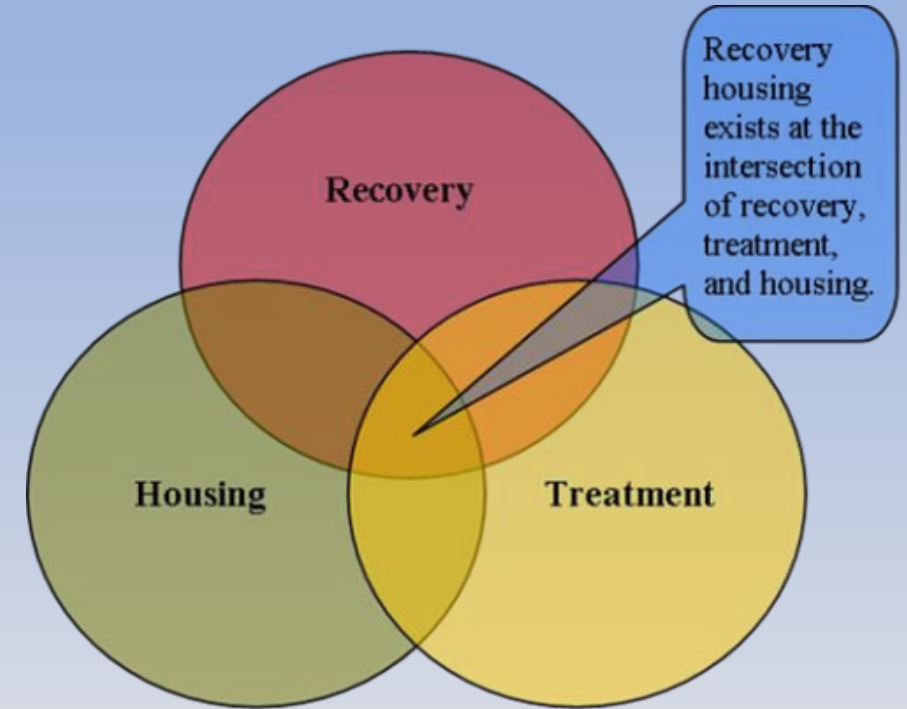
# Top 10 Strategies for Addressing Substance Misuse

1. Housing support
2. Overdose prevention
3. Syringe exchange
4. Peer services
5. School education and training
6. Community education for stigma reduction
7. Post-incarceration programs
8. Harm reduction education
9. Criminal justice based treatment and recovery
10. Collaboration with existing efforts and community



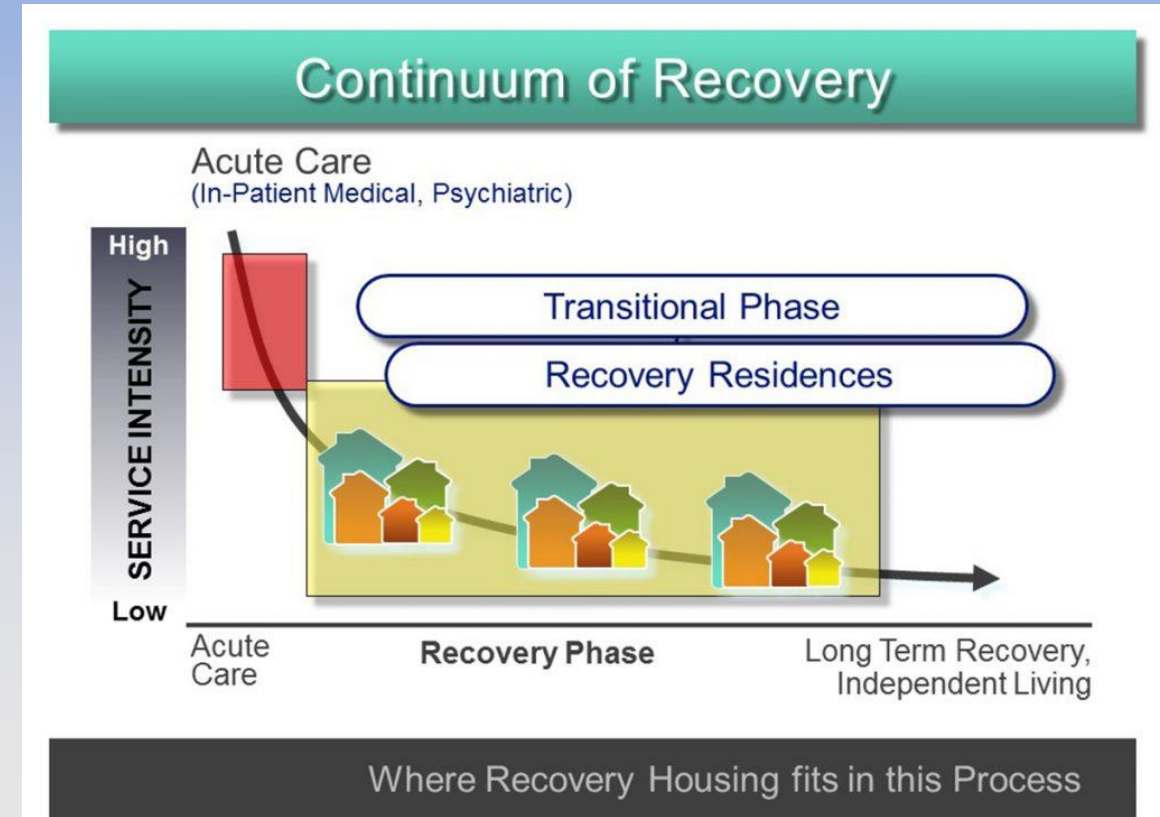
# Recovery Residence with Co-located Services

- Safe, sober, affordable place to live
- Abstinence-based network of support
  - Medication treatment encouraged
- Co-located services
- Community partners supporting recovery
  - Transportation, harm reduction, awareness & stigma reduction efforts



# Interrupting the Cycle - The Role of Recovery Housing

- Those who have undergone treatment & maintained abstinence for 30+ days
- Eases transition back to community and provides supports to get back on track
- Serves people from the Ely area



# Recovery Residence Design

- How will the house be managed?

- House Manager
- Residents are Ely community members
- Application and screening process

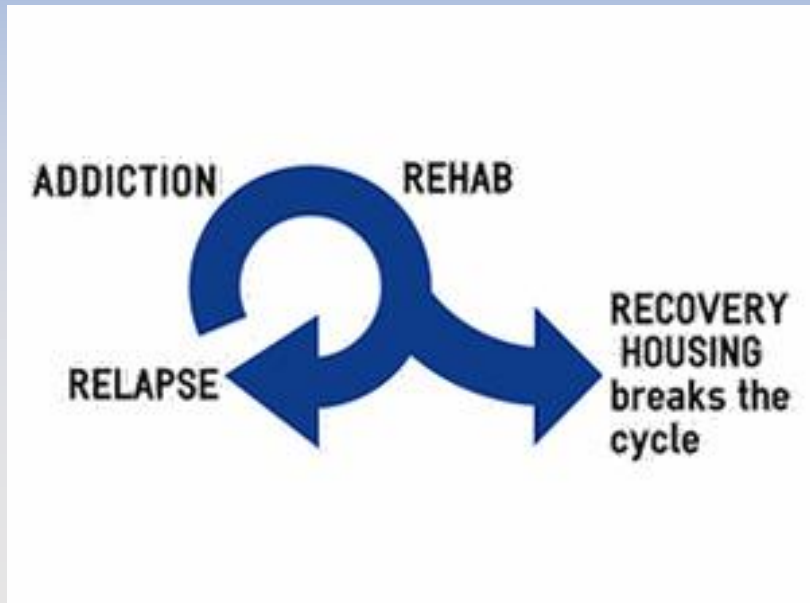
- How will the house be monitored?

- House Rules - NARR protocol
- Commitment to sobriety
- Drug testing/breathalyzing
- Peer recovery specialist counseling

- How will the house be maintained?

- Owned and maintained by WBD
- Chores and expectations for occupants to participate in upkeep

# Recovery Homes: The Evidence



According to research, recovery housing contributes to improved outcomes and addresses upstream determinants of health compared to usual care.<sup>7</sup> Recovery housing:

↓ Decreases substance use  
**31% vs 65%**

↓ Reduces probability of relapse  
**22% vs 47%**

↓ Lowers rate of incarceration  
**3% vs 9%**

↑ Increases employment  
**76% vs 49%**

<sup>1</sup> *Recovery Housing in the State of Ohio - Fletcher Group*. Ohio Department of Mental Health and Addiction Services, 2013

Image Source: Technical Expert Panel Findings Report, National Council for Mental Wellbeing, 2021

<sup>2</sup> Jason et al. *Journal of Community Psychology*, 2008

<sup>3</sup> Ferrari et al. *Journal of Groups in Addiction; Recovery*, 2009

<sup>4</sup> Jason & Ferrari. *Psychological Services*, 2010



# Exploring Together: Recovery Programming that Works for Ely

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- Advocates in the community are sources of truth
- We will make ourselves available to hear from Ely:
  - Handout, how to get in touch
  - Upcoming forums
  - Contacting team members : [info@elywbd.org](mailto:info@elywbd.org)
  - Immediate insights



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QUESTIONS, COMMENTS &  
CONCERNS

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