

# Relapse in Recovery

Opioid and Other Substance Use Disorders Interim Study Committee  
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**RECOVERY MANAGEMENT AND  
RECOVERY-ORIENTED SYSTEMS OF CARE:  
SCIENTIFIC RATIONALE AND PROMISING PRACTICES**

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**FACING ADDICTION IN AMERICA**

*The Surgeon General's Report on  
Alcohol, Drugs, and Health*

U.S. Department of Health & Human Services

**DIAGNOSTIC AND STATISTICAL  
MANUAL OF  
MENTAL DISORDERS**

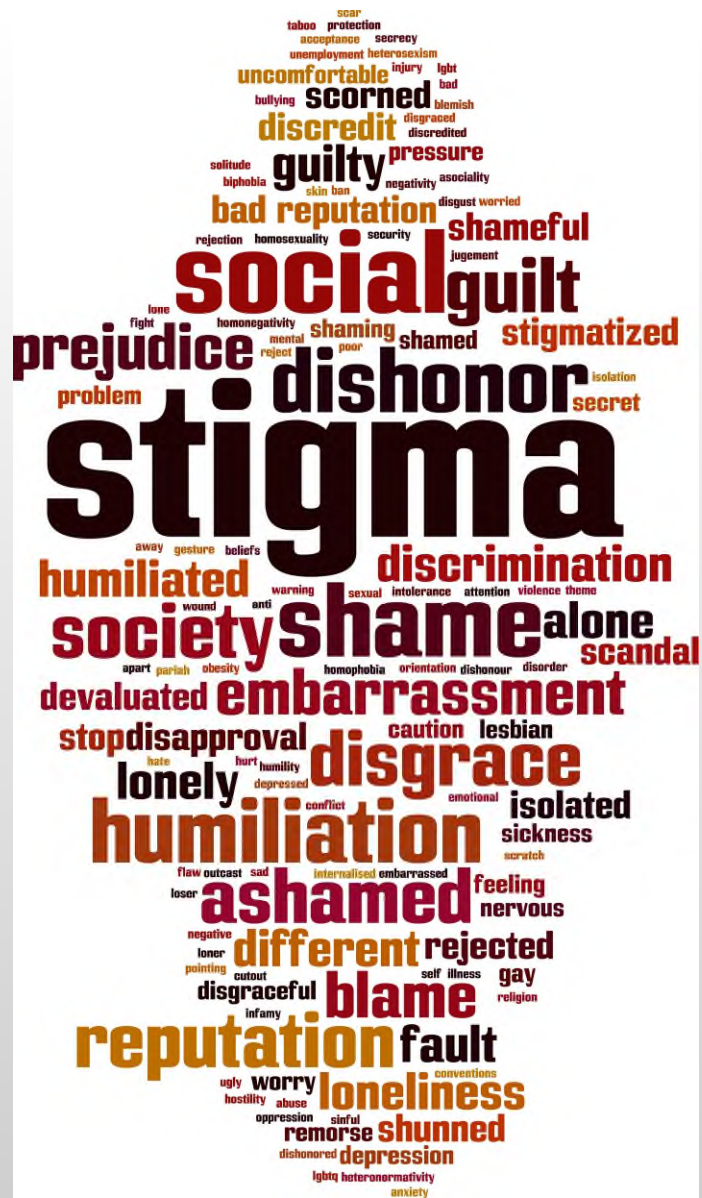
FIFTH EDITION

**DSM-5™**

AMERICAN PSYCHIATRIC ASSOCIATION



**RECOVERY  
RESEARCH  
INSTITUTE**



As many of you are aware, we lost one of our own this year, a rising star who was a powerful voice for recovery. Austin Eubanks was a Columbine survivor who eloquently addressed his introduction to addiction at the juncture where he received pain killers in the hospital after being wounded in the Columbine shooting.

We lost Austin earlier this year to an overdose. Austin had been in treatment multiple times and had worked in a treatment program as well. He was a young man fluent in how to access treatment with close friends and colleagues in the field. And yet this ultimately did not protect him from relapse.

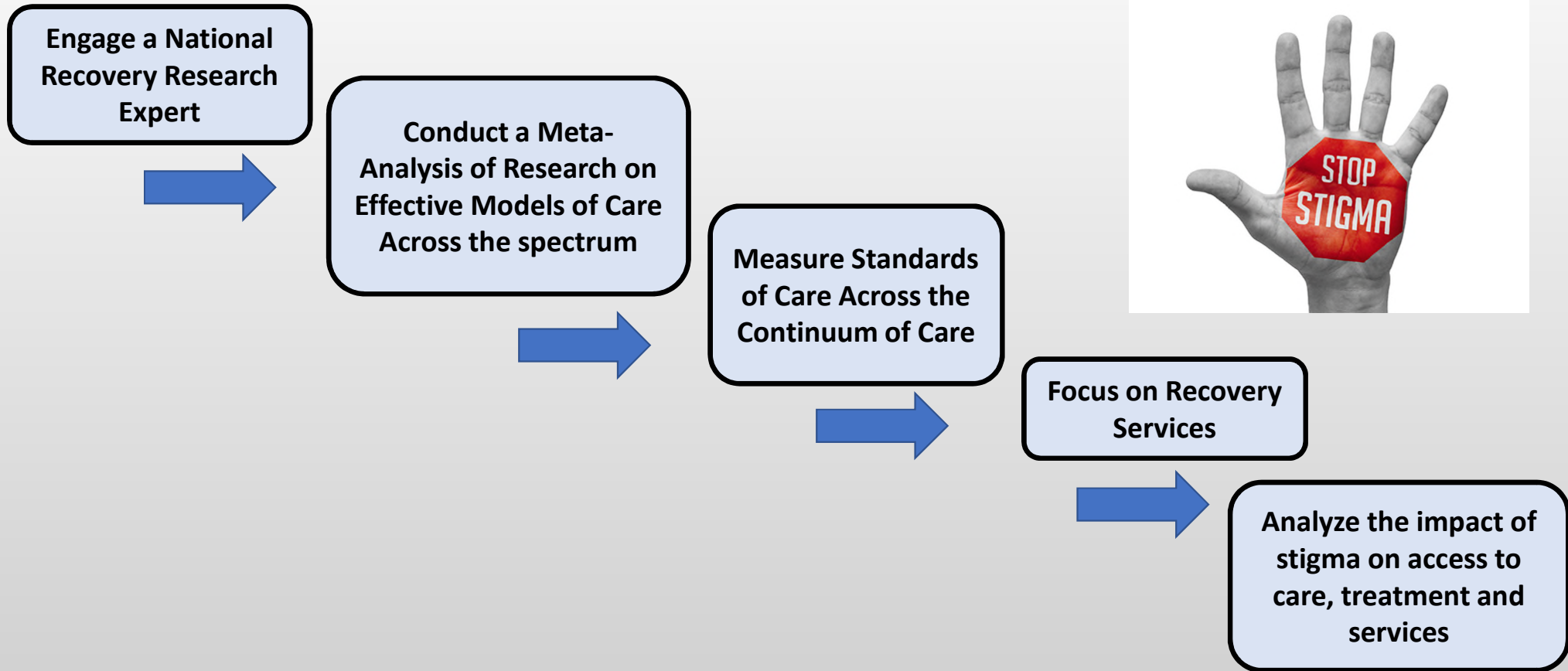


*“In order to heal it,  
You have to feel it.”*



## Moving Forward:

### A comprehensive review of Colorado's substance use disorder services





**Ensure Full Continuum of  
Recovery Services  
Throughout Colorado**

# What are Recovery Support Services (RSS)?

SAMHSA defines recovery as process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential. RSS includes:

- **Relapse prevention planning**
- Sober housing
- Peer support groups and drug-free recreational activities
- Child care support
- GED preparation and testing
- Employment readiness training
- Life skills, including conflict management, parenting, and financial skills



## **Who benefits from RSS?**

Anyone in the state of Colorado needing SUD treatment or assistance in maintaining their sobriety after treatment and who lacks insurance or another way of paying for the service.

## **Who provides the programs or services?**

All licensed SUD treatment programs were eligible to participate in ATR. In addition, over 300 community- and faith-based organizations were capable of delivering a variety of needed and locally responsive RSS.

## **Is offering RSS an effective use of resources?**


Yes! A six month follow-up with 80% of the 6,420 individuals receiving services from Colorado ATR demonstrated statistically significant improvement in:

- Clients maintaining their sobriety after treatment
- Finding and maintaining employment
- Stable living situations
- Decreases in arrests and substance abuse related health or behavioral problems

## Program Spotlight: JCMH Recovery House



- Provide a stable, supportive, and drug-free environment for women in recovery.
- Promote improved physical and mental health, housing stability, and positive social connection.
- Provide recovery resources for women currently experiencing or at-risk of homelessness.
- Remove barriers to recovery, facilitating wellness and long-term stability.

An aerial photograph showing a winding river or stream flowing through a dense, green landscape. The terrain is hilly and covered in various types of vegetation, including shrubs and trees. In the background, a city or town is visible, with buildings and infrastructure. The sky is clear and blue. A semi-transparent grey box is overlaid on the right side of the image, containing white text.

**We will not be able to treat our way out of the current mental health and SUD crisis. We simply do not have the resources or the workforce to do it.**

Recovery

Needs in Colorado

# Relapse Prevention (RP) is Key

## Skill based RP Plan

- Developed in SUD Treatment by the client with clinical oversight
- Acts as a manual to follow in times of triggers/cravings/high risk situations
- Includes supportive places/people/things
- The individual person is responsible for updating/deploying/maintaining RP plan

## Community Resource RP Services

- Services offered in the treatment center or community
- Provides an environment conducive to sobriety maintenance
- Accessible to all those who suffer SUD (affordable/local/includes special populations)

# Relapse Prevention Service Gaps

Common among many Providers

Family Programs Independent of Treatment Providers

All inclusive “Sober fun” Activities

Community Based Screening / Assessment for Relapse Potential

Integrated Care / Bridged Services

## **Moving Forward:**

### **A comprehensive review of Colorado's substance use disorder services**

- Engage a National Expert
- Conduct a Meta-Analysis of Research on Effective Models of Care Across the spectrum
- Measure Standards of Care Across the Continuum of Care
- Focus on Recovery Support Services
- Analyze the impact of stigma on access to care, treatment and services in communities across the state

# Relapse with long-term remission

- Relapse is prevalent within the treatment/recovery world leaving those in treatment asking “what’s the point?”
- The rate of overdose deaths is impacting those in treatment negatively.
- The implications of not giving this issue the attention it needs through funding and supporting policy is not acceptable.
- We are tired of seeing success walk out the door and die alone feeling there is no one who can help them.



Thank you to the Opioid & Other Substance Use  
Disorders Interim Study Committee  
Colorado General Assembly