

# Colorado's Statewide Strategic Plan for Substance Use Disorder Recovery: 2020-2025

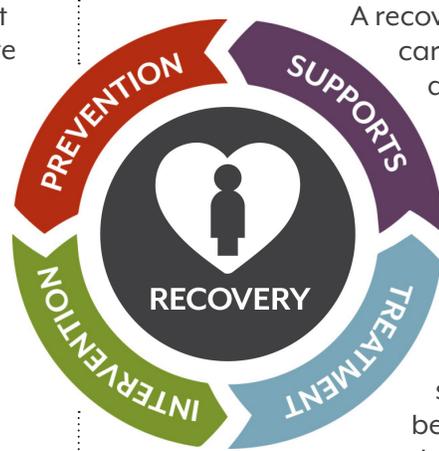
*The story of recovery is not told in the past tense. It's a story that unfolds in the present, with a hope-filled vision of the future.*

And now, Colorado has a strategic plan to reorient systems, clinical care, and communities to promote recovery. Recovery is a process of change through which people improve their health and wellness, live self-directed lives, and strive to reach their full potential.<sup>1</sup>

The plan makes clear that recovery happens in communities. Clinical treatment can provide a bridge to recovery, but an individual's recovery is supported by safe and stable housing, having a meaningful work or another daily activity, and good mental health and physical well-being.

The Recovery Advisory Committee – with input from hundreds of recovery experts, people in recovery and other communities' members statewide – outlined a vision for Colorado's future recovery-oriented system of care. The four critical building blocks include:

- Whole-person approach to recovery
- Integrating community voices
- A recovery-oriented system of care
- Best practices for promoting recovery



**Figure 1. Substance Use Disorder Continuum of Care**

A recovery-oriented system of care is a circle with recovery at the center and recovery services integrated in to every component of care.

**Recovery-Oriented Prevention:** Prevention approaches create environments and systems where people can be healthy. These systems are important for people at all stages, and recovery-oriented prevention specifically helps create healthy spaces for those in recovery.

**Recovery-Oriented Intervention:** Efforts can take place in many settings (home, work, or school) by friends, family, health providers, and community members. These interventions optimally align with patient-centered goals.

**Recovery-Oriented Treatment:**

Recovery-oriented treatment is clinical services that focus on linking all measures of success to long-term recovery outcomes, and empower people to choose their own path to recovery.

**Recovery Support Services:**

Support programs are often staffed by people with shared experiences of substance use recovery. Programs include one-to-one support, group support, and substance free social activities.

**Figure 2. Elements of the Strategic Plan**



## Building the Plan

*The Recovery Advisory Committee engaged nearly 400 Coloradans with lived experience of recovery and their allies to develop the plan.*

- Conducted an environmental scan and review of best practices.
- Hosted three community listening sessions and seven key informant interviews.
- Surveyed 335 people from 40 counties in recovery, their families and statewide providers.
- Established and facilitated a Recovery Advisory Committee of people with lived experience.
- Identified and prioritized three strategic objectives and 11 strategies.

# Colorado's Statewide Strategic Plan for Substance Use Disorder Recovery

## **STRATEGIC OBJECTIVE ONE:** Create a Recovery-Oriented System of Care.

*Colorado has a foundation to provide and sustain recovery support services.*

- Create sustained targeted funding opportunities to support existing recovery support services or develop new services.
- Equip funders to use language that is inclusive of recovery.
- Implement systematic data collection to assess and monitor recovery.
- Promote recovery as a priority issue in behavioral health discussions.

## **STRATEGIC OBJECTIVE TWO:** Provide Recovery-Oriented Clinical Care.

*Colorado's healthcare providers identify recovery as a goal for patients, and connect patients to recovery support services.*

- Equip the entire health care system — from primary care community providers to acute care hospitals — to support people in recovery.
- Expand access to medication-assisted recovery.
- Equip substance use treatment providers to connect people in recovery to supports as part of their treatment or service plans.

## **STRATEGIC OBJECTIVE THREE:** Equip Communities with Recovery Support.

*Colorado's community leaders establish and promote recovery-inclusive community supports.*

- Enable community leaders to develop and connect people to recovery support services.
- Strengthen communities by increasing access to recovery residences statewide.
- Build community by increasing access to peer-run and peer-delivered services.
- Engage law enforcement and criminal justice to discuss opportunities for providing recovery support services to people involved in the justice system.

**Want to learn more?** Reach out to [Ingallsj@coloradohealthinstitute.org](mailto:Ingallsj@coloradohealthinstitute.org) or [Jennifer.Place@CUAnschutz.edu](mailto:Jennifer.Place@CUAnschutz.edu)

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