Completing the Continuum:

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

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Overview

In 2018, the Colorado General Assembly mandated the development of a strategic plan to assess recovery support services, based on an assessment of gaps and opportunities in this overlooked facet of the continuum of care. The Colorado Health Institute — in partnership with the Colorado Consortium for Prescription Drug Abuse Prevention, Colorado Department of Human Services Office of Behavioral Health, Mental Health Colorado, and hundreds of Coloradans in recovery – conducted a gap analysis and developed a statewide strategic plan.

Research Questions

What are the gaps in providing recovery support in communities, state agencies, and local partners? And what are the critical strategies needed to address those gaps?

Methods

- Established a Recovery Advisory Committee of community partners and people with lived experiences in recovery from across Colorado to define key recovery terms, prioritize the needs, and identify strategies to address those needs.
- Conducted qualitative research including three community listening sessions, seven key informant interviews, and a survey to gather input from nearly 300 people in recovery, their families, and providers statewide.
- Reviewed scientific, peer-reviewed, and gray literature to identify evidence-based and promising practices in recovery.

Funding

This research was funded by the Colorado Department of Human Services, Office of Behavioral Health with funding from the State Opioid Response grant from the Substance Abuse and Mental Health Services Administration.

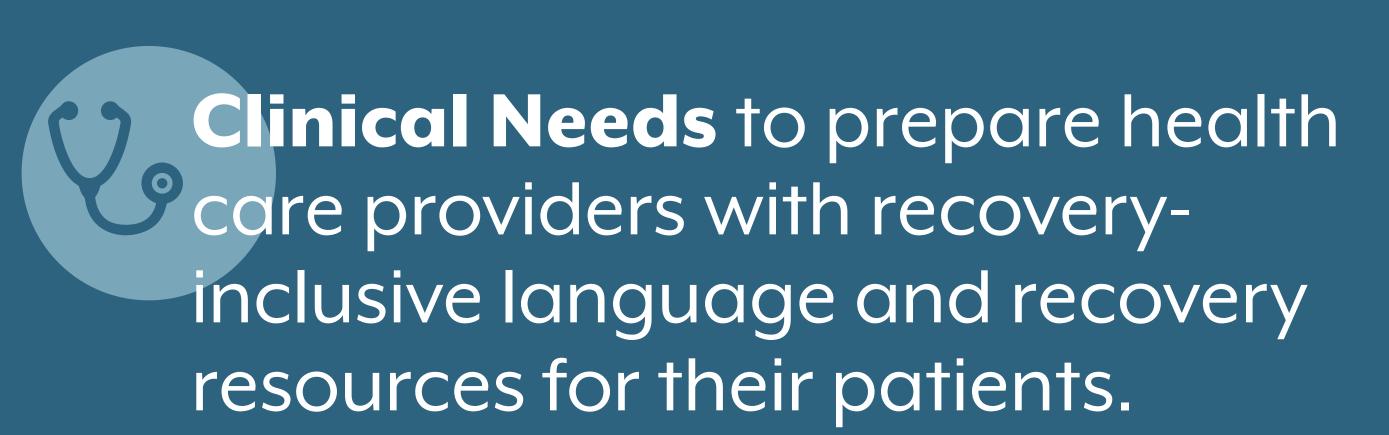
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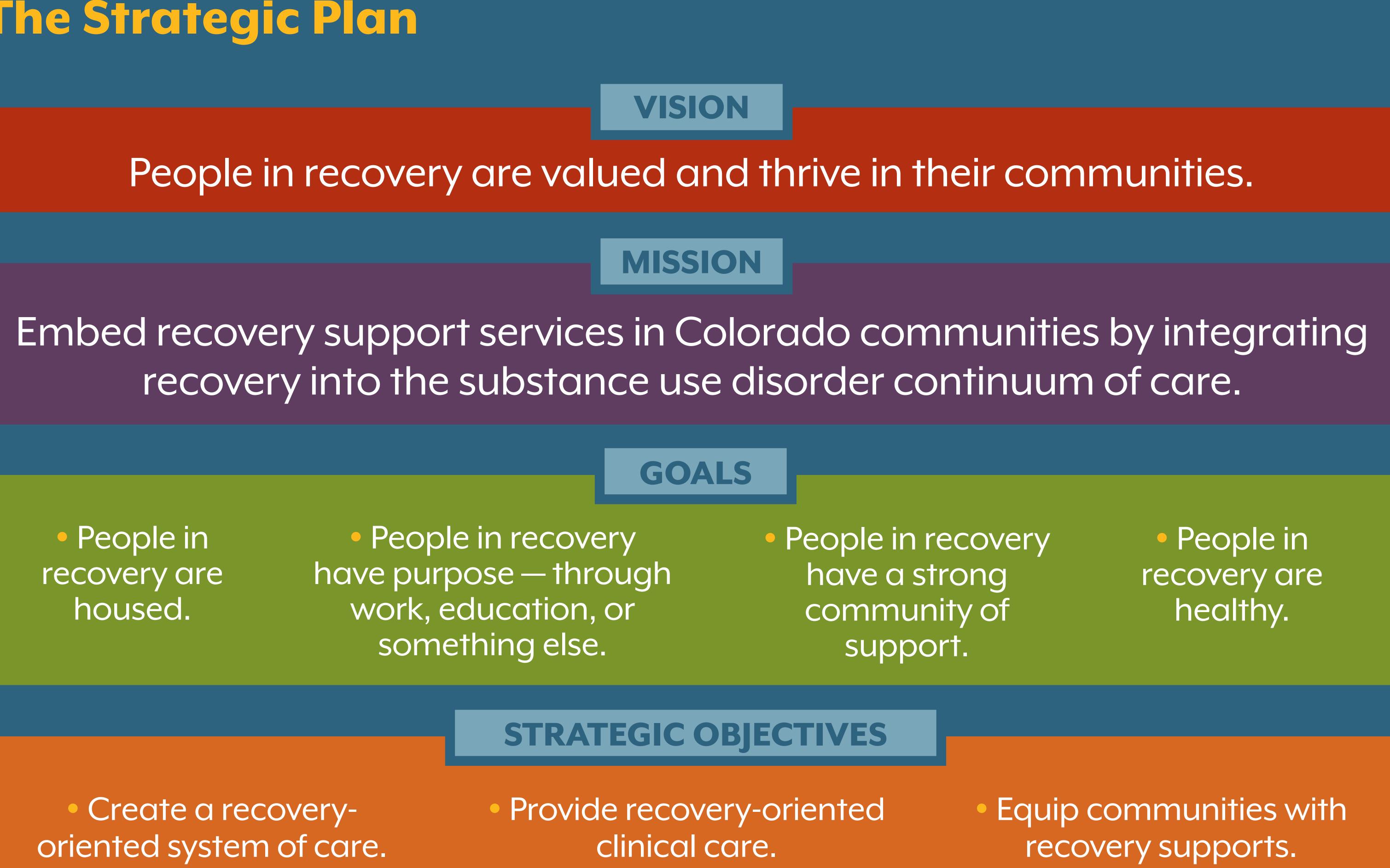
We are grateful to the hundreds of recovery experts and community members from across the state who shared their thoughts and insights with us during community forums, individual interviews, and through survey input. We also thank Mental Health Colorado and the members of the Recovery Advisory Committee for their thoughtful assistance and leadership.

System Needs for a common language, definitions, and standardized data collection to promote a recoveryoriented system of care.

An estimated 400,000 people in Colorado are in recovery. However, we do not know where they live, what recovery supports they need, or whether there is enough funding to support their needs.

Colorado's Recovery Needs





The Strategic Plan



Community Needs to equip neighborhoods and towns with a range of recovery support services for their residents.

Strategic Objectives

People in recovery are healthy.

 Equip communities with recovery supports.

Create a Recovery-Oriented

System of Care

Provide -

Recovery-Oriented Clinical Care

Equip Communities with Recovery Supports

Strategic Objectives

This strategic plan outlines 41 specific tactics to achieve the three strategic objectives. **Examples include:**

Strategic Objective One:

Needs Addressed:

- Health care providers and others need education on what recovery is.
- Substance use funding sources are mostly directed to treatment.
- Colorado's data systems cannot characterize the supply and demand of recovery supports.

Example Strategy:

Create sustained targeted funding opportunities to support existing recovery support services or develop new services.

Key Question for Colorado's Recovery Leaders:

• How can insurance providers invest in substance use disorder management in the same way they invest in the management of other chronic diseases?

Strategic Objective Two:

Provide Recovery-Oriented Clinical Care

Need Addressed:

Recovery is not well integrated into the continuum of care for substance use disorders.

Example Strategy:

Equip the entire health care system — from primary care community providers to acute care hospitals — to support people in recovery.

Key Question for Colorado's Recovery Leaders:

How do we ensure Colorado has an adequate workforce — particularly in rural communities that struggle to find and keep recovery support providers?

Strategic Objective Three:

-> Equip Communities with Recovery Supports

Needs Addressed:

Colorado's recovery system needs additional supports outside of the clinical setting – such as housing and employment assistance, providing sober social activities, and opportunities to improve mental health and physical well-being.

Example Strategy:

Build community by increasing access to peer-run and peer-delivered services.

Key Question for Colorado's Recovery Leaders:

How can community programs be designed to also support families of individuals pursuing recovery?

