Welcome, your facilitator will be:
Samson Teklemariam, LPC, CPTM
- Director of Training and Professional Development for NAADAC
- NAADAC, the Association for Addiction Professionals
- www.naadac.org
- Steklemariam@naadac.org

**Are you/ is your practice...**

**PREPARED**
to serve clients **VIRTUALLY?**

**THE TELEMENTAL HEALTH TRAINING CERTIFICATE (THTC) PROGRAM**
is an online self-study that will quickly train you on the LEGAL, TECHNICAL, and ETHICAL aspects of human behavioral healthcare.
Connecting the Continuum: How Prevention & Recovery Fit Together

Presented by
Jane G. Clark, MPA, CPS

www.naadac.org/webinars

Using GoToWebinar (Live Participants Only)
- Control Panel
- Asking Questions
- Audio (phone preferred)
- Polling Questions

Jane G. Clark, MPA, CPS
- Director of Programs – Eastern Region
- C.A.R.E. Consulting Group
- www.carecg.com

NAADAC Webinar Presenter
Webinar Learning Objectives

- Understand the Basics of Prevention
- Understand the Basics of Recovery
- Understand how Prevention & Recovery models relate

Polling Question 1
What is your professional background?

A. Prevention
B. Recovery
C. Treatment
D. General Public Health
E. Other

Recovery can lead to Prevention
### Comparison Overview

<table>
<thead>
<tr>
<th>Prevention Is...</th>
<th>Recovery Is...</th>
<th>Connecting Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>A profession</td>
<td>A profession</td>
<td>Focus on improving behavioral health (MH &amp; SUD)</td>
</tr>
<tr>
<td>A field of study</td>
<td>A field of study</td>
<td>Models in place</td>
</tr>
<tr>
<td>A mindset</td>
<td>A mindset</td>
<td>Standards for action</td>
</tr>
<tr>
<td>Actions taken</td>
<td>Actions taken</td>
<td>Impact by stigma</td>
</tr>
</tbody>
</table>

### Basics of Prevention

1. **Presentation Goals**
   - SAMHSA's Center for Substance Abuse Prevention (CSAP) Definition of Prevention
   - Prevention is a proactive process. It empowers individuals and systems to meet the challenges of life events and transitions by creating and reinforcing conditions that promote healthy behaviors and lifestyles.
   
   - William Lofquist

2. **Source:** Discovering the Meaning of Prevention, William Lofquist
Who Does Prevention?

1. Information Dissemination
2. Education
3. Alternatives
4. Problem ID & Referral
5. Community-based Process
6. Environmental

SAMHSA CSAP’s 6 Prevention Strategies

CADCA’s 7 Strategies for Community Change

1. Providing Information
2. Building Skills
3. Providing Support
4. Enhancing Access / Reducing Barriers
5. Changing Consequences
6. Physical Design
7. Modifying/Changing Policy

Presented by
Jane G. Clark, MPA, CPS
Connecting the Continuum: How Prevention & Recovery Fit Together

SAMHSA’S Strategic Prevention Framework
Step 1: What is the issue?
Step 2: What do I have to work with?
Step 3: What should I do and how should I do it?
Step 4: How do I put the plan into action?
Step 5: Is the plan working?

HTTP://WWW.SAMHSA.GOV/CAPT/APPLYING-STRATEGIC-PREVENTION-FRAMEWORK

Presented by
Jane G. Clark, MPA, CPS

Basics of Recovery

SAMHSA’s Definition of Recovery
“A process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential.”

Source: SAMHSA – https://blog.samhsa.gov/2012/03/23/definition-of-recovery-updatedW7xdwWhbPY
Who Does Recovery?

SAMHSA's Four Dimensions of the Recovery Process

SAMHSA'S 10 Guiding Principles of Recovery

Presented by
Jane G. Clark, MPA, CPS
Connecting the Continuum: How Prevention & Recovery Fit Together

Recovery Oriented System of Care

A recovery-focused system of care is also a prevention-focused system of care. This image captures elements from each of the models listed above.

Characteristics of a Recovery Oriented System of Care

- Person-centered
- Inclusive of family and other ally involvement
- Individualized and comprehensive services across the lifespan
- Systems anchored in the community
- Continuity of care
- Partnership-consultant relationships
- Strength-based
- Culturally responsive
- Responsiveness to personal belief systems

Source for Guiding Principles of Recovery: CSAT White Paper: Guiding Principles and Elements of Recovery-Oriented Systems of Care

Presented by
Jane G. Clark, MPA, CPS
Characteristics of a Recovery Oriented System of Care (continued from previous slide)

- Commitment to peer recovery
- Inclusion of the voices and experiences of recovering individuals and their families
- Integrated services
- System-wide education and training
- Ongoing monitoring and outreach
- Outcomes driven
- Research-based
- Adequately and flexibly financed


SAMHSA'S 8 DIMENSIONS OF WELLNESS

- Emotional
- Environmental
- Financial
- Intellectual
- Occupational
- Physical
- Social
- Spiritual

https://www.samhsa.gov/wellness-initiative/eight-dimensions-wellness
“Prevention is a proactive process. It empowers individuals and systems to meet the challenges of life events and transitions by creating and reinforcing conditions that promote healthy behaviors and lifestyles.”

“A process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential.”

Polling Question 2

Are some connecting points emerging for you between prevention & recovery models?

A. Yes
B. No
C. Maybe
Connecting the Continuum: How Prevention & Recovery Fit Together

Connecting Recovery & Prevention Models

Models Reviewed

Where do they connect / overlap?

Presented by
Jane G. Clark, MPA, CPS
Connecting the Continuum:
How Prevention & Recovery Fit Together

34

Where to they connect / overlap?

SPF

8 Dimensions of Wellness

35

Where do they connect / overlap?

SPF

Definition of Recovery

36

Polling Question 3

How familiar are you with the idea of Social Determinants of Health?

A. I know a lot about this topic.
B. I have a basic understanding about this topic.
C. I’ve heard of this topic but don’t know much about it.
D. I hadn’t heard of this topic before today.

Presented by
Jane G. Clark, MPA, CPS
Social Determinants of Health

- This is where Prevention and Recovery models overlap.
- Each of them impacts, and is impacted by, these factors.

Prevention & Recovery Improve Social Determinants of Health
What's in Common?

Prevention Defined
“Prevention is a proactive process, it empowers individuals and systems to meet the challenges of life events and transitions by creating and reinforcing conditions that promote healthy behaviors and lifestyles.”

Recovery Defined
“A process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential.”

Why Recovery is not “too late” to do Prevention.

From Continuum to Cycle of Care

Presented by
Jane G. Clark, MPA, CPS

4/8/2020
Connecting the Continuum: How Prevention & Recovery Fit Together

Recovery can lead to Prevention

https://www.youtube.com/watch?v=lF6P3eufY3w

Thank You!

Jane G. Clark, MPA, CPS
jclark@carecg.com
704.221.8844

Are you prepared to serve clients virtually?

The Telehealth Training Certificate (THTC) Program

is an online self-study that will quickly train you on the LEGAL, TECHNICAL, and ETHICAL aspects of virtual behavioral healthcare.

Presented by
Jane G. Clark, MPA, CPS
UPCOMING WEBINARS

April 15th, 2020
Peer Recovery Support Series, Section IV: Understanding the Pathway and the Process
By: Carlo C. DiClemente, PhD, ABPP
Practical Recommendations in the Treatment of Eating Disorders
By: Alyssa Kalata, PhD.

April 17th, 2020
Peer Recovery Support Series, Section IV: The Participatory Process for Solutions to Addiction
By: John Shinholser and Honesty Liller, CPRS

April 22nd, 2020
Social Media and Ethical Dilemmas for April 15th, 2020
Peer Recovery Support Series, Section III: Understanding the Pathway and the Process
By: Carlo C. DiClemente, PhD, ABPP

April 24th, 2020
Social Media and Ethical Dilemmas for April 17th, 2020
Peer Recovery Support Series, Section IV: The Participatory Process for Solutions to Addiction
By: John Shinholser and Honesty Liller, CPRS

Social Media and Ethical Dilemmas for April 22nd, 2020
Practical Recommendations in the Treatment of Eating Disorders
By: Alyssa Kalata, PhD.

Social Media and Ethical Dilemmas for April 24th, 2020
Peer Recovery Support Series, Section V: Supervision and Management
By: Kris Kelly, BS and Jenna Neasbitt, MS, LCDC, MAT-R and Wes Van Epps, SAC-IT, PRC

www.naadac.org/webinars

PEER RECOVERY SUPPORT SERIES

March 27th, 2020
Building a Successful Culture in Your Organization
By: Kris Kelly, BS, Jenna Neasbitt, MS, LCDC, MAT-R, and Philander E. Moore, Sr., MA, LCDC

April 10th, 2020
Hiring, Onboarding, and Integration
By: Donna Dmitrovic, MHS, Mirna Herrera, MA, MTBC, and Tiffany Irvin, VPRS

April 15th, 2020
Understanding the Pathway and the Process
By: Carlo DiClemente, PhD, ABPP

April 23rd, 2020
Supervision and Management
By: Kris Kelly, BS, Jenna Neasbitt, MS, LCDC, MAT-R, and Aaron M. Laxton, MSW, LMSW

April 24th, 2020
A Deeper Dive Into Coaching Recovery
By: Phil Valentine, RCP

May 15th, 2020
A Deeper Dive Into Coaching Recovery
By: Phil Valentine, RCP

Clinical Supervision in the Addiction Profession Specialty Online Training Series

Part One: The Supervisory Relationship
By: Thomas Durham, PhD.

Part Two: Using Technology for Clinical Supervision
By: Malcolm Horn, PhD, LCSW, MAC, SP

Part Three: Legal and Ethical Issues in Supervision
By: Thomas Durham, PhD.

Part Four: Stages of Clinical Supervision
By: Thomas Durham, PhD.

Part Five: How to Structure Clinical Supervision
By: Cynthia Moreno Tuohy, BSW, NCAC II, CDC III, SAP and Samson Teklemariam, MA, LPC, CPTM

Part Six: Motivational Interviewing in Clinical Supervision – A Parallel Process
By: Alan Lynne, LSW, MAC

www.naadac.org/peer-recovery-support-webinars

www.naadac.org/clinical-supervision-online-training-series
Connect the Continuum: How Prevention & Recovery Fit Together

Part One: Supporting Those Who Served – Substance Use and Comprehensive Mental Health for Military Affiliated Populations

Part Two: Supporting Life After Service – Addiction and Transition to Post-Military Life

Part Three: Mental Health for Military Populations – Core Clinical Competencies for Treating Service Members, Veterans, and Their Families

Part Four: Beyond Basic Military Awareness – Cultural Competence in Working with Military Affiliated Populations

Part Five: Identifying Presenting Concerns – Assessment Competencies for Service Members, Veterans, and Their Families

Part Six: Using What Works – A Review of Evidence-Based Treatments for Military Populations

Series Presented By: Duane K.L. France, MA, MBA, LPC

www.naadac.org/military-vet-online-training-series

WEBINAR SERIES

Over 145 CEs of free educational webinars are available. Education credits are FREE for NAADAC members.

MAGAZINE ARTICLES

In each issue of Advances in Addiction & Recovery, NAADAC’s magazine, one article is eligible for CEs.

FACE-TO-FACE SEMINARS

NAADAC offers four-to-five seminars of varying lengths in the U.S. and abroad.

INDEPENDENT STUDY COURSES

Earn CEs at home at your own pace (includes study guide and online examination).

CONFERENCE SERIES

NAADAC Annual Conference & Hill Day, September 25 – 30, 2020
Washington, DC
www.naadac.org/annualconference

CERTIFICATE PROGRAMS

Demonstrate advanced education in diverse topics with the NAADAC Certificate Programs:
• Certificate of Achievement for Addiction Treatment in Military & Veteran Culture
• Certificate of Achievement for Clinical Supervision in Addiction Treatment
• Conflict Resolution in Recovery
• National Certificate in Tobacco Treatment Practice

www.naadac.org/join

Thank you for joining!

NAADAC
44 Canal Center Plaza, Suite 301
Alexandria, VA 22314
Phone: 703.741.7686 / 800.548.0497
Fax: 703.741.7698 / 800.377.1136
naadac@naadac.org
www.naadac.org

Presented by
Jane G. Clark, MPA, CPS