

## “Bridge to Recovery” A Stepping Stone to Positive Results



Connecticut Counseling Centers, Inc.'s “**Bridge to Recovery**” program (BTR) provides peer mentoring services to methadone maintenance clients who are struggling with their recovery. The initiative recruits and trains clients who are in long-term recovery with medication-assisted treatment to be Mentors and helps others achieve their own recovery. The trained Mentors meet with clients who are having difficulty maintaining sobriety, missing counseling sessions, and are at risk of dropping out of treatment. The goal of the initiative is to create a therapeutic alliance between the client and the treatment program with the Peer Mentor being the catalyst or “bridge” for this alliance. The program received the SAMHSA Science and Service Award for demonstrated excellence and innovation in the treatment of mental health and substance use disorders at the American Association for the Treatment of Opioid Dependence Conference in 2012.



### Training the Mentors

The Peer Mentors attend 300 hours of training with a co-occurring focus. They attend classes with professional Counselors working toward certification in the Connecticut Certified Alcohol and Drug Abuse Counselor Training Program, and, once completed, are eligible to take the certification exam with the CT Certification Board, Inc. For many, becoming a Peer Mentor is the first step toward a career in the addictions treatment field. This is not only important for the Mentor, but for the field as a whole.

### Getting Staff Buy-In

- ✓ Everyone must be on the same page
- ✓ Integration with clinical staff
- ✓ Clear and distinct boundaries need to be established from the beginning
- ✓ Manage communication issues between counselor and Peer Mentor
- ✓ Ongoing coordination of care

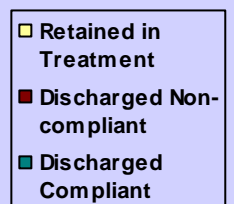
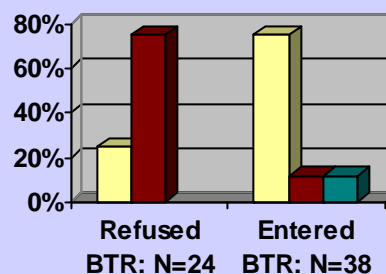
### Who is Offered a Mentor? Clients who are:

- ✓ Receiving Methadone Maintenance Treatment
- ✓ In the pre-contemplation -contemplation stage of change
- ✓ Have a poor or no therapeutic alliance with the program
- ✓ Engaged in active illicit drug abuse
- ✓ At risk of administrative discharge

Patient & Counselor Satisfaction Survey Results for BTR	Strongly Agree	Agree	No Change/Opinion
<b>Sample of Client Questions</b>			
Improved quality of life	18%	82%	0%
A strengthened recovery	45%	55%	0%
A trusting working relationship w/Peer Mentor	25%	75%	0%
<b>Sample of Counselor Questions</b>			
Improved communication with patient	31%	54%	15%
Improved physical & emotional presentation	21%	29%	50%
Positive working relationships with Peer Mentor	92%	0%	8%

## Great Outcomes!

### Bridge to Recovery Program (BTR)



July - 2010 to December - 2011

### What People are Saying

*“I used to just come to the clinic, get my dose and leave. I didn’t want to talk to anyone. Then I met my Peer Mentor and now the clinic can’t get rid of me!”*

*“I believe the peer mentor program is super beneficial. I like being able to open up to other recovered addicts.”*