

# Bridge to Recovery

## RECOVERY SUPPORT SERVICES

*Recovery Support Services (RSS) for people with substance use issues are practical skills and supports for living fulfilling, substance-free lives in their communities.*

For a full list of current RSS services:  
[www.ct.gov/dmhas/ATR](http://www.ct.gov/dmhas/ATR)

**This edition of the Access To Recovery Newsletter highlights  
 Recovery Management Services (RMS)**

### Recovery Management Services (RMS)

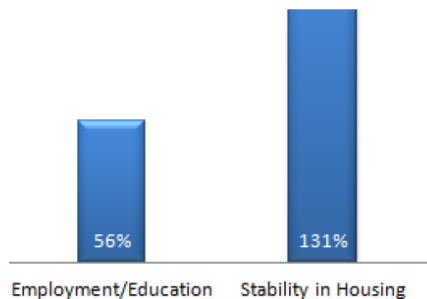
Referral, linkage, and coordination of wrap around services according to an individualized recovery plan incorporating the input of individuals served and their natural supports. Services are provided in the community and a primary goal is to provide linkages to substance use disorder and mental health treatment and recovery support services. Recovery management services are intended to assist the individual to work on integrating relapse prevention skills and achieve autonomy including obtaining gainful employment and independent living in their community.

## Key Outcomes

Recovery Support Services such as Recovery Management Services (RMS) are a cost-effective intervention which often leads to successful outcomes for those within the substance use disorder system of care. Data shows that individuals who received an average of 60 days of RMS supports showed significant improvement in their rates of social connections, a decrease in negative consequences related to illegal drug use and an increase in stability related to housing and employment. **In addition, 92% report not using drugs or alcohol six months after their intake!**

### Connecticut Outcomes for Those Receiving RMS

#### Rate of Improvement



Including RMS in individuals' recovery plans shows notable improvement in key outcomes - including maintaining abstinence, employment and housing.

### RMS Network

- 11 contracted providers with 20 sites located in 13 cities throughout the state.
- Each location is certified, contracted and regularly audited and inspected.
- Data shows that those receiving RMS continue to remain stably housed, post ATR RMS.
- Individuals who received RMS services return to work at higher rates than those without.



**Caron Grant**

*"I've seen people get out of jail with nothing. ATR gave me a push in the right direction"*

Caron participates in Recovery Support Services funded by the Access to Recovery Program (ATR). With the help of ATR, Caron has been able to access community-based services as he transitioned from incarceration. Caron has built a strong relationship with his family and now maintains his recovery (with seven years in recovery) and his employment.

Caron shares his story at:

<http://www.ct.gov/dmhas/atr>

## Recovery Language

Language is powerful-especially when talking about addictions.

Stigmatizing language perpetuates negative perceptions.

"Person first" language focuses on the person, not the disorder.

### When discussing persons with addiction:



**Addiction is chronic relapsing illness**

**Substance abuse**

**Addict, junkie**

**Relapse is a part of recovery**

**Client is non-compliant**

**Medication is a crutch**

**Addiction is an illness**

**Substance use disorder**

**Person living with addiction**

**Relapse is part of the disease**

**This treatment is not working**

**Medication is one tool for recovery**

**Addiction**

**Relapse is not a requirement**

**There are multiple ways to recover**

**There are multiple pathways for recovery**

CT Alcohol and Drug Policy Council