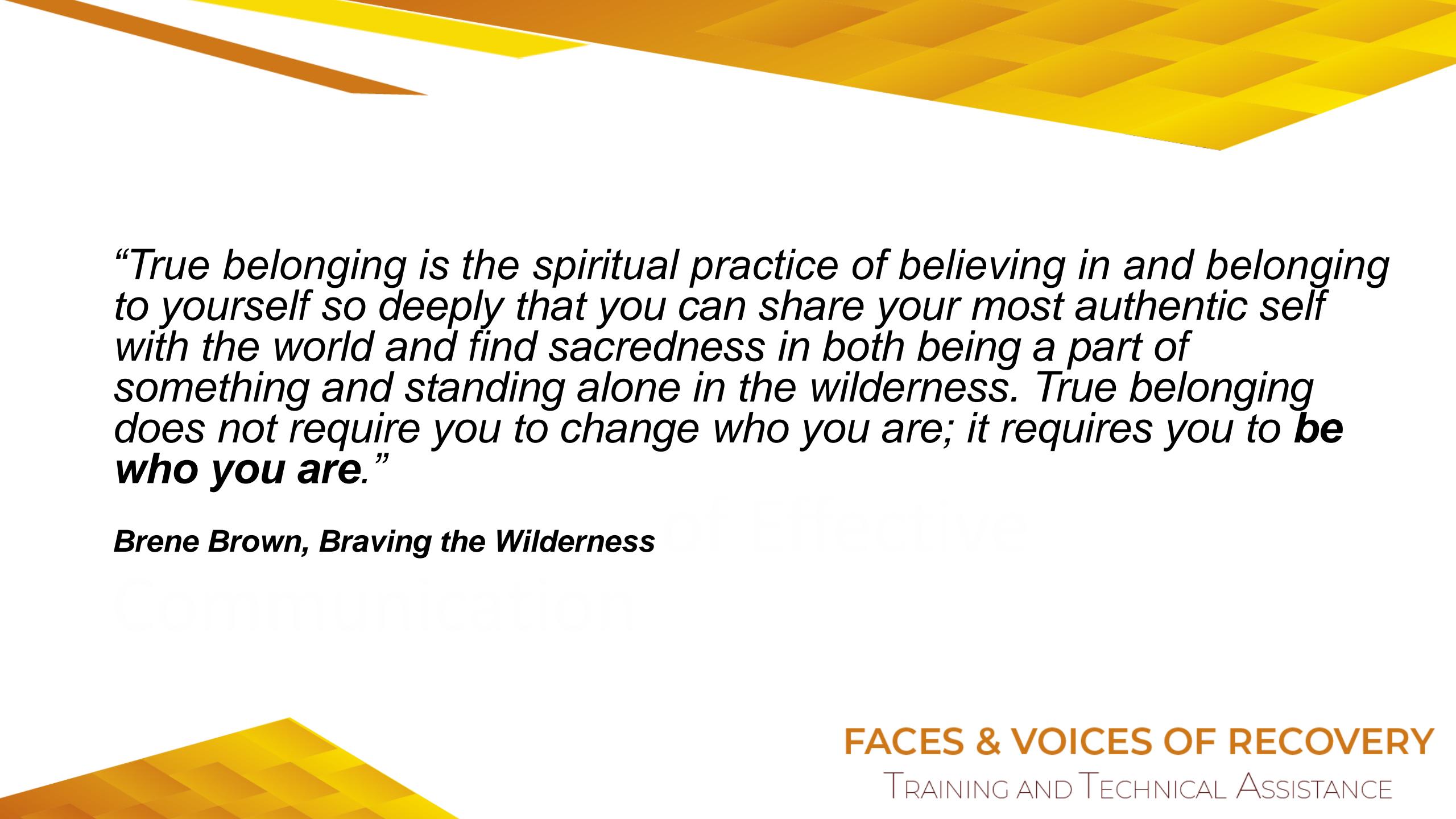


Reclaiming Authenticity and Connection

Patty McCarthy Metcalf
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Faces & Voices of Recovery

Building Partnerships, Getting Well Together
5th Annual Maryland Peer Network Conference
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*“True belonging is the spiritual practice of believing in and belonging to yourself so deeply that you can share your most authentic self with the world and find sacredness in both being a part of something and standing alone in the wilderness. True belonging does not require you to change who you are; it requires you to **be who you are.**”*

Brene Brown, Braving the Wilderness

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- What are some barriers and challenges to remaining **authentic** in peer support?
- What are some solutions to continue with your **authenticity?**



reaction ENGAGEMENT *commitment*
sharing participation *support* COMMITMENT

- Making Connections
- Building Community
- Forging Partnerships

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Making Connections

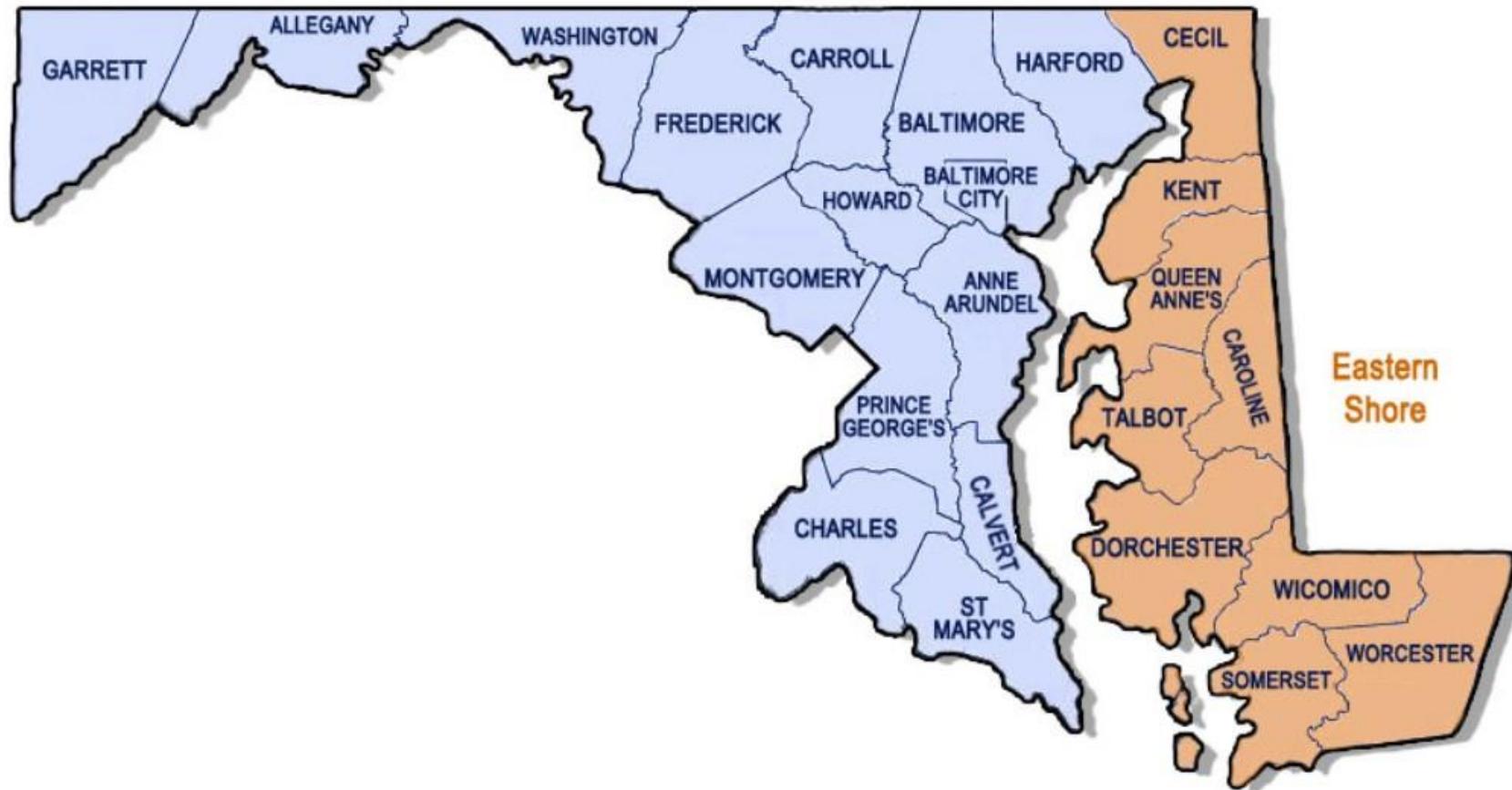
Sharing Information

- New initiatives
- Model programs
- Pilot programs

Transferring knowledge

- Best practices
- Policies and procedures
- Sustainability

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Building Community

Breaking down silos
Building and repairing bridges
Convening the “not so usual” suspects

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Meaningful representation

Q. How can you build strategies to **unite peer voices** and have a strong presences in your state and local government?

A. Use a **participatory process**

The Participatory Process

- Specific method uses to achieve active participation by all members of a group
- Equal opportunity for everyone involved
- Primary goal-create productive discussions to develop positive solutions

Five Signs of Emerging Leaders

- They have a unique perspective on something universal that clicks with a group of people to help them move forward
- They have an inner drive to serve people or the world
- They are highly motivated and inspire others with their enthusiasm
- They are inspired by expansiveness but are focused on one thing
- They love people



Forging Partnerships

Peer run organizations
Recovery community organizations

City
State
National

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Example: Safe Stations



Providence: Safe Stations is your connection to recovery.
Visit any Providence fire station to connect to recovery services.

- **No referrals** needed and **free**.
- All Providence fire stations are open **24/7** for walk-ins.
- **Trained Fire/EMS and recovery professionals** will connect you to help.



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Partnerships

- To develop a stronger peer and recovery orientation, many organizations and agencies are partnering with experienced recovery community organizations and peer-run programs to develop their own peer programs.
- Others are contracting with recovery community organizations to add peer workers to existing programs that are being expanded.
- When peer workers are deployed in diverse settings, RCOs and peer-run programs act in a liaison and/or advocate capacity for the peer worker(s).

Vision

What would your ideal peer support service delivery system look like?



Belonging to a Movement



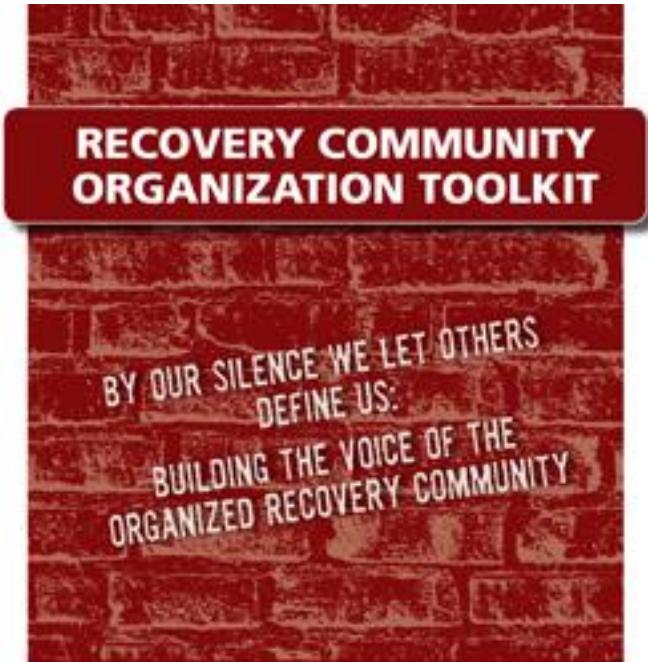
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Movement Strategies

- Advocating for **meaningful representation and voice** for people in recovery and their families at local, state, and federal policy levels on issues that affect their lives.
- **Celebrating recovery** from addiction through public recovery celebration events that offer living proof of the transformative power of recovery.
- Supporting **research** on the pathways, processes, stages, and styles of long-term personal/family recovery.
- **Building strong, grassroots recovery community organizations** (RCOs) and linking these RCOs into a national movement

What are Recovery Community Organizations?

RCO'S are independent, non-profit organizations that are led and run by representatives of local communities of recovery on behalf of the recovery community.



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The Components of an RCO

Recovery Community Organizations (RCOs) help bridge the gap between professional treatment and building healthy and successful lives in long-term recovery.

They increase the visibility and influence of the recovery community and engage in one or more of **three core activities**:

1. educating the public about the reality of recovery
2. advocating on behalf of the recovery community
3. delivering peer recovery support services



“If leaders really want people to show up, speak out, take chances, and innovate, we have to create cultures where people feel safe — where their belonging is not threatened by speaking out and they are supported when they make the decision to brave the wilderness, stand alone, and speak truth while maintaining civility.”

• Brene Brown

For more information:

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