



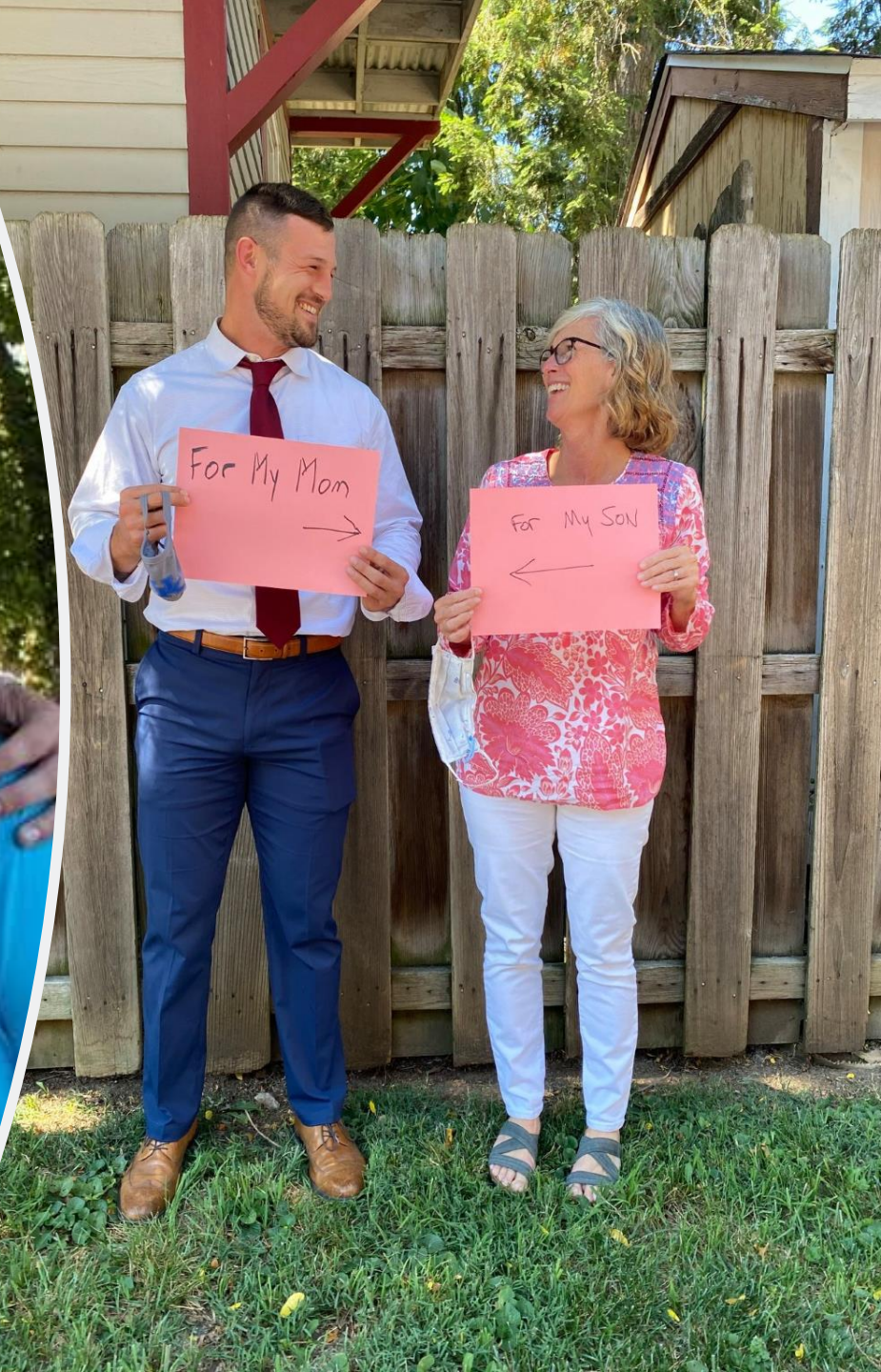
VOICES *of* HOPE



VOICES
of HOPE

VOICESOFHOPELEX.ORG

Our Story



Our mission:
**We promote life-long
recovery from the chronic
disease of addiction through
recovery support services,
advocacy, research and
education.**



We are responsive to the needs of the recovery community

Top-Down: VOH Research and Evidence-Based Practices



Bottom-up: Community Advisory Board, Town Hall Meetings, etc.

The Problem(s)

1. Most people won't go to treatment and exist in a gap
2. Addiction is a *chronic* disease; treatment is *acute* care
3. There are many paths of recovery; abstinence is not normative



1. Treatment Gap: Most people won't be engaged in treatment

- ~23 million in the US with SUD; 2.3 million will receive treatment this year (approx. 1/10) (NSDUH, 2016)
 - We rely on unfavorable points of contact to engage people with SUDs (arrests, ODs, hospitalizations, treatment seeking, etc.)
 - When we wait for them to come to us, 90% go untreated

2. Addiction is a *chronic* disease that we mismatch with *acute* care

- Full clinical remission (fully recovered?) after 5 years in recovery
 - However, traditional treatment models provide services for 1-12 months.
 - In the resulting gap in care, 40-60% will relapse (McLellan et al., 2000)
- There is a drastic need for community-based, post-treatment support

3. Many paths of recovery

- Abstinence is NOT the normative pathway of recovery (Kelly & White, 2020)
- Most people who won't be engaged in treatment don't want to be abstinent
 - Of the 90% who won't get treatment, 96% felt they didn't need it, and 38% don't want to be abstinent (NSDUH, 2016)
 - Unfortunately, the current treatment paradigm is almost exclusively abstinence-based
- The Gold Standard for treating OUD is FDA-approved medications (Buprenorphine, Naltrexone, Methadone, etc.)
 - Unfortunately, there is tremendous stigma from medical providers, the public, and particularly, the recovery community which creates barriers to accessing MOUD

Our Solution

1. Engage people who exist in gaps in the continuum of care
2. Support life-long recovery from addiction (chronic disease = ongoing disease management)
3. Support all pathways of recovery



ABSTINENCE
is about what you
don't do.

RECOVERY is
about what
you DO.

recovery* (NOUN)

a process of
change through
which individuals:

- improve their health and wellness
- live a self-directed life
- strive to reach their full potential



We believe in the POWER of

PEERS



VOH peers...

...help individuals build recovery capital.¹

We've been there.

...are an integral part of the behavioral health workforce.²

1: Bassuk, Hanson, Greene, Richard, & Laudet, 2016; W. L. White, 2010 • 2: Bassuk, Hanson, Greene, Richard, & Laudet, 2016 • 4: Reif et al., 2014

1: Smelson et al., 2013; Rowe et al., 2007 • 2: Tracy, Burton, Nich, & Rounsaville, 2011 • 3: Min, Whitecraft, Rothbard, & Salzer, 2007

We've been there.
We can help.

Peer services...



...reduce
substance use.¹



...improve
treatment
adherence.²



...reduce
hospitalizations.³

We've been there.
We can help.

Peer services...



...improve relationships with health-care providers¹

...increase hopefulness²



...improve quality of life³

...increase community integration⁴



RECOVERY COACHING

Help participants meet their goals



TELEPHONE RECOVERY SUPPORT

Weekly check-in calls to offer social support and access to resources





FAMILY COACHING

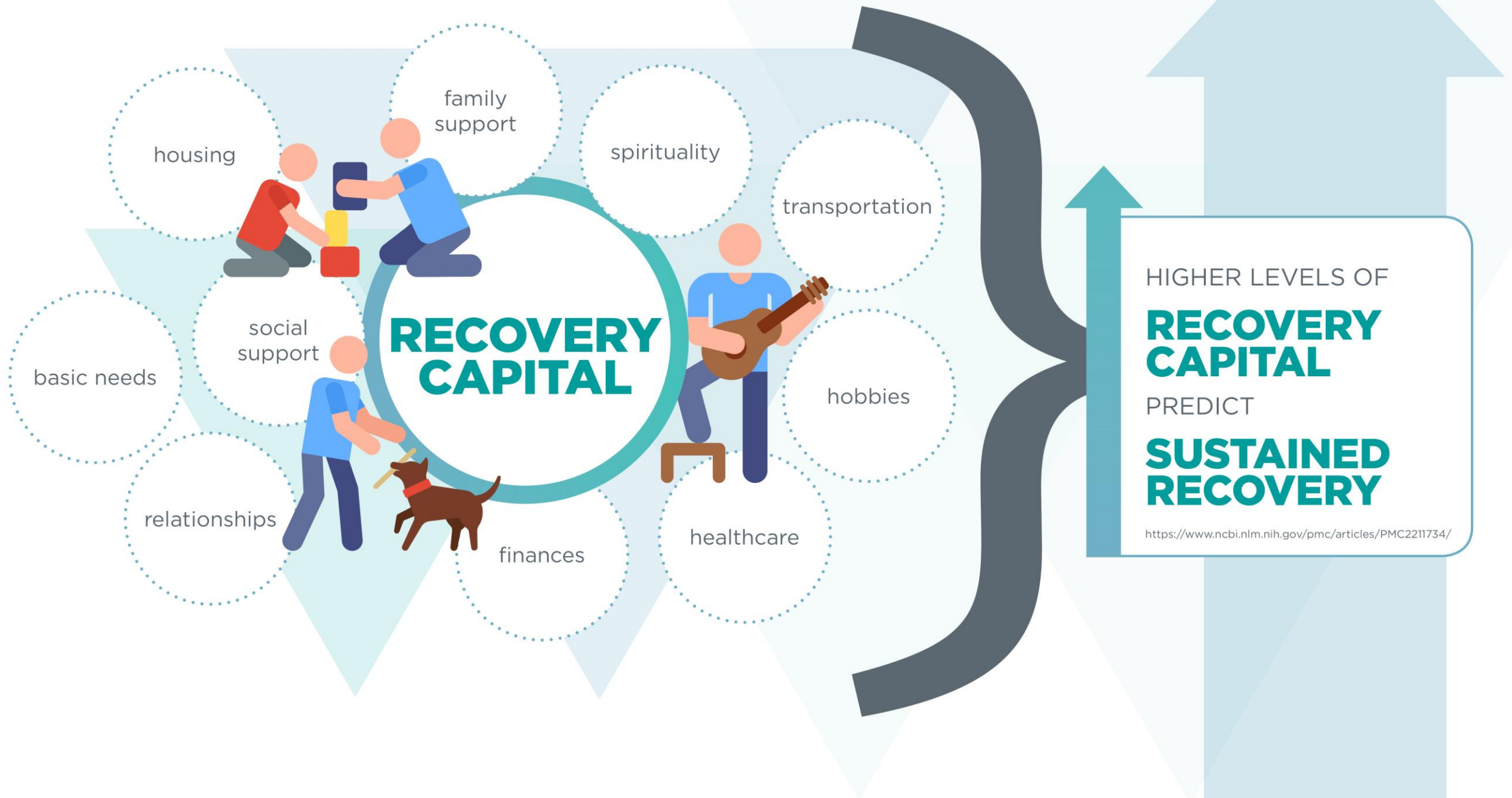
Our Family Coach helps family members find support and access resources for themselves and their loved one.



FAMILY SUPPORT LINE

Information and resource phone line for family members





12,000

Telephone Recovery
Support calls made



2019 By the Numbers

[VOICESOFHOPELEX.ORG](https://www.voicesofhopelex.org)

\$6,000

in scholarships
distributed to people
impacted by addiction



2019 By the Numbers



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88

by the Numbers

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VOICES
of **HOPE**

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1,566

Sober social activity
and event attendees

July 4 – 100

Football Party – 60

Thanksgiving – 78

Monthly events – 83

Expungement – 180

Naloxone – 65

OAD 2019 - 1000



2019 By the Numbers

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408

Recovery Coaching
participants served



2019 By the Numbers

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18

People in recovery
assisted by your
Benevolence Fund

I am writing this letter to say thank you for the help I received moving into sober living. I was in such a hopeless state. I truly wasn't sure what to do. I walked into Voices of Hope not expecting or necessarily wanting anything except to talk with someone. So I kept showing up and my recovery coach, Cassie, went above and beyond to help me. She was able to secure the funds for a

4

**Participants in our
Employment
Readiness
Internship who
achieved
employment**



2019 By the Numbers



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Our vision:
a community supporting people impacted
by addiction

