



KACHEMAK BAY

Recovery
Connection

The 3-legs of community response to Substance Use Disorders

PREVENTION

Legislation and education over the past few years has been directed at substance use prevention (especially around opioids).

TREATMENT

The first substance use treatment center in Southern Kenai Peninsula was established in 2021.



RECOVERY SUPPORT

Success in the first 3-5 years after treatment is **critical** to long term recovery.

**Where we are
focused**

In the US, 23 million people are in addiction recovery.

Over 45 million people are directly impacted by addiction.

1 in 3 households suffers from, is exposed to, or is otherwise impacted by addiction.

So how can Kachemak Bay Recovery Connection help people in our community?



Our Mission Statement:

Creating safe, and supportive connections, empowering individuals & families, while building a recovery community, for all people in recovery or those affected by addiction.



Via:

- Reducing Stigma
- Normalizing Recovery/Sobriety
- Removing Barriers
- Helping people navigate the system

The Recovery Movement: The History

What is a Recovery?

Recovery (SAMSHA Definition)

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



Four major dimensions that support a life in **recovery**:

- **Health:** overcoming or managing one's disease(s) as well as living in a physically and emotionally healthy way;
- **Home:** a stable and safe place to live;
- **Purpose:** meaningful daily activities, such as a job, school, volunteerism, family caretaking, or creative endeavors, and the independence, income, and resources to participate in society; and
- **Community:** relationships and social networks that provide support, friendship, love and hope.

Recovery Community Organization

What it is: A recovery community organization (RCO) is an independent, non-profit organization led and governed by representatives of local communities of recovery. Source:

<https://facesandvoicesofrecovery.org/>

Why it Works:

- **REDUCES RELAPSE**

“Studies (on peer recovery supports) demonstrated **reduced relapse** rates, increased treatment retention, **improved relationships** with treatment providers and social supports and **increased satisfaction** with overall recovery experience.”

Psychiatric Services

- **CRITICAL COMPONENT**

“Recovery communities and recovery support services are a **critical component of ongoing care** for people in recovery.”

Recovery Research Institute

- **ENGAGES PEOPLE INTO CARE**

“Recovery supports are effective at **engaging people into care**, especially those who have little recovery capital, and/or who otherwise would likely have little to no “access to recovery.”

Addiction Treatment Quarterly

- **LONG-TERM RECOVERY**

“Peers provide navigation and advocacy to underserved and vulnerable populations across the continuum of the recovery process, and their services **help individuals and families initiate and stabilize early recovery and sustain long-term recovery.**”

Healing Hands

Currently there are close to two hundred accredited recovery community organizations in the US.

KBRC would be the first in Alaska

KBRC Timeline

Conception



Recovery Ready Community concept identified as top need to help address local substance use disorder issues

2021
December

Outreach



Began community outreach at Salmonfest Sober Tent & HCOA Recovery Month event bringing in first donations of about \$300.

2022
August

2022
July

2023
January

Future



Monthly outdoor social sober events, National Recovery month activities, ongoing education to reduce stigma. Our vision includes a Recovery Community Center in the future.

Beyond

Formation



KBRC Incorporates creating a new 501c3 Recovery Community Organization (RCO) & receives mentorship by Faces and Voices of Recovery.

Progress



Awarded grant from from the Kenai Peninsula Borough Opioid Settlement Fund grant program to conduct outreach and education.

Community Partners

All Things Recovery: South Peninsula Hospital, local Behavioral Health agencies, SVT, NTC, Homer Police Department, SoA Court System.





TODAY AT 11 AM – 5 PM
Recovery trip to Seldovia
Public · Event by Kachemak Bay Recovery Connection
and All Things Recovery





SEPTEMBER IS
RECOVERY MONTH

RECOVERY IS FOR EVERYONE:
Every Person, Every Family, Every Community



#RecoveryMonth #Recovery



HOMER THEATRE SCREENING

Free Community Event on September 7th at 6:00 PM, Doors open @ 5:30 PM
106 W. Pioneer Ave. | Homer, AK



Join us for a special screening event of **TIPPING THE PAIN SCALE** and community conversation including a 10-minute Narcan training.

Tipping The Pain Scale is a feature documentary film following individuals grappling with the current systemic failures of how we have dealt with addiction in communities and their journey to develop and employ new, innovative, and often controversial solutions to the problem. It is a quasi-anthology, weaving characters through their own stories as they connect to the issues plaguing all communities and the country in an urgent fight to save lives.

Featuring: Secretary of Labor, **Marty Walsh**; NFL Pro Bowl Player, **Darren Waller**; Spoken Word Artist, **Joseph Green**; WA State Representative, **Lauren Davis**; Community Outreach Volunteer, **Roz Pichardo**; and Boston Police Officer **Josh De La Rosa**.

All donations provided will support Kachemak Bay Recovery Connection, a registered 501(c)(3) nonprofit organization:



GUEST SPEAKER
MARGARET JOHNSON FROM HOMER, AK

RECOVERY SPEAKER SERIES

**A STORY OF RECOVERY, MENTAL HEALTH,
PAYING ATTENTION, AND CREATING
SOLUTIONS FOR A LIFE WELL LIVED.**

**Monday, September 18th
6:00 PM – 7:30 PM
Kachemak Bay Campus Rm. 202
Homer, AK**

For info contact skpallthingsrecovery@gmail.com

5k Fun Run, Music & Social

September 16th 2023

all ages & abilities welcome! strollers, walkers, runners



LIVE MUSIC BY JACQUES LONGPRE

community welcome to join after race social: live music & food !

Kevin Bell Arena on the Homer Spit

registration: 9 am

walkers start: 10 am

runners start: 11 am

community social: live music ~ refreshments: 11:00 am - 2 pm

not a runner or walker? please join us (at no cost) for music, food & sober fun!



register to run or walk use QR code or at the event \$25

Note: free to anyone that wants to run or walk & can't afford it- just show up!

community party/social is also free for non-racers to attend !



Thank you for the opportunity
to present



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