

## Colorado Consortium for Prescription Drug Abuse Prevention

### Affected Families & Friends Work Group Meeting Minutes

March 15, 2024 via Zoom

#### **Present:**

Sarah Werner and Tracey Ritter, Co-Chairs

Amy Walker, Hard Beauty

Angela Trujillo, Community Member

Angie Neeley, Serenity Recovery Connection

Becca Barnhart, CDC Foundation

Heather Hopkins (Miller), Safeway/Albertsons

Kourtney O'Connor, Travelport

Prescillia Wells, Hard Beauty

Angela Williams, Advocates for Recovery Colorado

Consortium: Gina Olberding, Jessica Eaddy, Hilary Bryant, Shayna Micucci, Michael Davidson,

Jennifer Mackender, Eric Barker, Teresa Cantwell

**Absent:** See attached roster.

Work group Co-chair, Sarah Werner, called the meeting to order at 12:05 p.m.

#### **Approval of Minutes:**

A motion was made to approve the February meeting minutes. Motion approved.

#### **Presentation: "Family and Peer Specialists - Their Role in Recovery" (Angela Williams and Tracey Ritter):**

Angela Williams is a peer recovery coach with Advocates for Recovery Colorado. She began her presentation with a description of peer support and the role of recovery coaches. Recovery coaches assist participants with making lifestyle changes in order to maintain their definition of recovery. Services are provided via Zoom, in person, within group settings, and for other organizations such as Harvard Light, the Salvation Army, and the Denver Rescue Mission. There is no charge for the recovery support services provided by Advocates for Recovery Colorado. See copy of attached presentation slides for additional information.

Tracey Ritter is Co-Chair of the Affected Families & Friends Work Group as well as a family support specialist for Advocates for Recovery Colorado. Tracey began her work after the loss of her son in 2018 due to substance use. Tracey's support services include CRAFT (Community Reinforcement and Family Training), which is an evidence-based program. The CRAFT group meets every Wednesday from 4:30 to 6:00 p.m. via Zoom. She also conducts a family support meeting on the second Tuesday of the month from 4:30 to 6:00 p.m.

#### **Comments:**

Angie Neeley is a peer recovery specialist working with parents who have adult children with substance use disorders. Angie provided information on her background and current work with families.

Kourtney O'Connor said she uses a modified version of CRAFT. She said there is a need within company human resources departments to assist employees struggling with substance use.

Hilary Bryant asked meeting participants if they know of any organizations that do not currently have peers (such as the criminal justice system and labor/delivery units in hospitals) and would benefit from having a peer available. Angela Williams suggested locations with probation officers.

Angie Neeley said her organization (Serenity Recovery Connection) works with the justice system and probation departments. They train peer recovery coaches in the Department of Corrections and offer services at no charge.

Angela Trujillo is currently working within a hospital setting (Lutheran), which also employs two peer navigators.

Amy Walker said Hard Beauty also works within labor and delivery units as well as the women's prison. They plan to start work within the men's prison. They will be collaborating with Advocates for Recovery Colorado.

Tracey Ritter stressed the importance of connecting people with support services when they are discharged from treatment.

CRAFT program: <https://bha.colorado.gov/behavioral-health/CRAFT>

### **Announcements:**

Plans are underway to help Colorado communities develop their own exhibits highlighting lives lost to the opioid crisis. This project is in collaboration with the CDC Foundation and the Rocky Mountain High Intensity Drug Trafficking Area (RMHIDTA). A pilot is planned for Pueblo.

The work group webpage is being updated to include recovery support resources.

### **April – December 2024 Calendar**

- April: Clinical Treatment and Therapy Models - what's out there and how to find it
- May: Mental Health Awareness - how to access mental health resources
- June: Medication Assisted Treatment for Substance Use Disorder - what is it and how it works
- July: How to Navigate the legal system and drug court
- August: Naloxone/Fentanyl Awareness
- September: Family Support in Recovery
- October: Prevention Tactics
- November: Benzodiazepines - what they are and why they are a problem

### **Adjournment/next meeting:**

The meeting was adjourned at 1 p.m. The next work group meeting will be held on Friday April 19, 2024 from 12-1 p.m.

Attachments: Work group roster, Presentation