

LIVINGSTON COUNTY HUMAN SERVICES COLLABORATIVE BODY

Health and Human Service Needs FACT SHEET

Recovery in Livingston County June 2020

What is Recovery?

According to SAMHSA Recovery Housing Best Practices and Suggested Guidelines (2018), the **transition from active addiction into lasting recovery** is often a difficult and an emotionally trying journey for many people with a substance-use disorder. National Institute on Drug Abuse (NIDA 2018) indicated that the relapse rates for substance-use disorders is approximately 40-60%, and that relapses could signify the necessity to reexamine a person's course of treatment, as relapses can be very dangerous and, in many instances, deadly. The first 12 months of this transitional period prior to the onset of sustained full remission, sometimes referred to as early recovery, is a crucial period during which people contend with raw core issues such as family history, unresolved trauma, grief and loss, emotional immaturity, low frustration tolerance, and other factors that make them susceptible to relapse.



According to Faces and Voices of Recovery for many individuals with substance use disorders and their families, the provision of recovery support services (RSS) is critical to achieving a greater quality of life. RSS are nonclinical services, based on the needs of the individual, that assist individuals and families working toward recovery from substance use conditions. They include **social supports** and services such as **child care, employment services, housing, peer coaching, and drug-free social activities.**

Why is this issue important to Livingston County?

The National Association of Recovery Residences states addiction has created untold suffering - through lost jobs, broken relationships, encounters with the criminal justice system, higher health care costs and death. In 2017, according to the CDC, there were more than 70,237 drug overdose deaths in the United States. In 2014, nearly 21.5 million or 8.1 percent of Americans

In Livingston County:	
15,598	Residents who have an active substance use disorder
19,258	Persons in recovery
25	Suspected drug related deaths from 5/6/19–5/4/20*
121	EMS naloxone administrations from 4/20/19–4/18/20*

over the age of 12 had a substance use disorder. Furthermore, survey data by the Partnership for Drug-Free Kids shows that 10 percent of all American adults, ages 18 and older,

consider themselves to be in recovery from drug or alcohol abuse problems.

* Michigan System for Opioid Overdose Surveillance Data

What is the impact locally?

Lack of a stable, alcohol and drug free living environment can be a life-threatening obstacle to sustained abstinence. Unsupportive living environments can undermine recovery for even highly motivated individuals. Recovery support services provide the foundation for substance free living environments for individuals attempting to abstain from alcohol and drugs.



According to the National Council for Behavioral Health studies calculating the economic costs and benefits of establishing recovery homes have overwhelmingly found that the benefits far outweigh the costs. Researchers have documented a **cost savings of \$29,000 per person**, when comparing residency in a sober living recovery home to returning to a community without recovery supports services. This number factors in the cost of substance use, illegal activity, incarceration that might occur, homelessness, cycling through treatment programs, unemployment and loss of life.

What programs & services exist?

HSCB Resources	HSCB Substance Use Provider Directory
Digital Recovery Support	https://aa-intergroup.org/directory.php and https://www.intherooms.com/home and http://www.district8aami.org/index.html
SMART Recovery	Stepping Stones Engagement Center 517.376.6262
Engagement Groups	Livingston Catholic Charities 517.545.5944 and Key Development 810.220.8192
Medicaid or No Insurance	Livingston CMH Access 517.546.4126
Sober Living	Home of New Vision 734.975.1602 Dawn Inc. 734.821.0216 Livingston CMH Access 517.546.4126

What can the community do to help?

According to Faces and Voices of Recovery recovery from addiction to alcohol and other drugs benefits everyone – families, friends, neighbors, and the person who gets into recovery. It is a reality for millions of Americans of all ages, ethnic backgrounds, and economic and social classes. We must accord dignity to people with addiction and recognize that there is no one path to recovery. By involving everyone in our community in advocacy and recovery celebrations, together we can help change public perceptions of recovery, promote effective public policy and demonstrate that recovery is a reality for millions of Americans.

Events like rallies, runs, walks, sober social events or other activities can educate people in our community about long-term recovery, engage kids and families in community-wide events, and demonstrate the joy and new life that goes along with recovery.



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