

# ATTC EDUCATIONAL PACKAGES FOR OPIOID USE DISORDERS PEER SUPPORT WORKERS



**ATTC**

Addiction Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration

# DISCLAIMER

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At the time of this publication, Elinore F. McCance-Katz, M.D., Ph.D., served as the Assistant Secretary of Mental Health and Substance Use. Captain Chideha Ohuoha, M.D., M.P.H., served as the CSAT Director, and Humberto Carvalho, MPH, served as the CSAT Project Officer.

The opinions expressed herein are the views of the authors and do not reflect the official position of the Department of Health and Human Services (DHHS), SAMHSA, or CSAT. No official support or endorsement of DHHS, SAMHSA, or CSAT for the opinions described in this document is intended or should be inferred.

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# INTRODUCTION

The Addiction Technology Transfer Center (ATTC) Network Coordinating Office (NCO), funded by the Substance Abuse and Mental Health Services (SAMHSA), has designed three competency-based guides to raise awareness of resources available to build the capacity of the workforce to address the opioid crisis. The digital guides are relevant to psychologists, counselors, social workers, peer support workers, and other behavioral health professionals who intersect with people at risk for misuse of, or who are already misusing, opioids. Contemporary use of prescription or illicit opioids has led to the current opioid crisis in the US, where opioid overdose has increased fivefold since 1999 and where every day more than 115 people die of an opioid overdose. It is important to acknowledge the continuum of prevention, treatment, and recovery when addressing people who have, or are at risk of developing, an opioid use disorder. Therefore, we have organized the guides to align with this continuum.

The methods used to develop the guides follow:

- Initial development and planning meeting between senior SAMHSA and ATTC NCO staff identified the need for the document and target audiences. The need was identified through an increase in requests to SAMHSA to educate the behavioral health field on understanding and addressing opioid use.
- Senior staff at the ATTC NCO held several exploratory meetings to review materials that are currently available on the ATTC and SAMHSA websites. In addition, senior staff identified the core competencies for each of the target audiences (psychologists and counselors, social workers, and peer support workers) to use for a crosswalk of competencies and resources.
- ATTC NCO senior staff conducted a crosswalk of competencies and resources through an iterative process of resource review and matching those resources to particular competencies.
- The identified competencies and resources were then sent out for review by subject matter experts (SMEs) from the Center for Social Innovation (C4), Council on Social Work Education (CSWE), International Certification & Reciprocity Consortium (IC&RC), and NAADAC, the Association for Addiction Professionals.
- ATTC NCO senior staff reviewed the SMEs' recommendations and made recommended revisions.
- ATTC NCO senior staff conducted two rounds of review to come to consensus on the final arrangement of the crosswalk of the competencies and matching resources.

It is the hope of the ATTC NCO that this digital guide will give the behavioral healthcare workforce information to be able to enhance their professional knowledge and skills so that all can have an appropriate, active role in preventing, treating, and/or supporting recovery from opioid use disorders.

# QUICK GUIDE

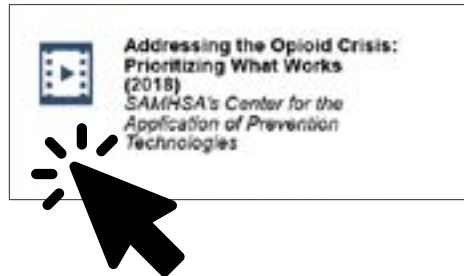
## Step 1. Choose an Area of Focus

There are 16 competencies listed in this interactive guide to assist Peer Support Workers providers in enhancing their professional knowledge, attitudes, and skills in preventing, treating, and supporting recovery of patients and communities with opioid use disorders. Refer to the Table of Contents to identify the competency that matches your learning or professional objectives.



## Step 2. Click on a Resource Icon

Resources listed below each competency were selected to address the knowledge, skills, and attitudes required to meet such competency. Each has been vetted and recommended by senior staff at the ATTC Network Coordinating Office. Click on an icon to transfer you to the resource for further exploration.



Resources are presented in a variety of formats to appeal to a larger audience with diverse learning styles. View the resource format key below for further clarification.

## RESOURCE FORMAT KEY

	Online Courses Training Curriculum		Presentation Slides, PowerPoints		Toolkit		PDF Documents Bibliography Fact Sheet
	Mobile Apps		Report Peer- Reviewed Article		Webinars Movie YouTube Video		Checklists
	Pamphlets		Interactive Journals		Handbooks Books/Textbooks		Technical Assistance Publication (TAP)
	Research Database		Distance Educational Events Requiring Travel		Treatment Improvement Protocol (TIP)		Chart
	Websites		Articles Blog Posts		Curriculum		

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Recognize signs of opioid misuse and coping strategies, including the grief process .....	10
Know when to refer to a clinician or supervisor .....	11
Understand interactions of physical and behavioral health related to opioid misuse. ....	12
Recognize potential risk factors for opioid overdose. ....	13

## PROVIDE SAFE, INFORMED, PERSON-CENTERED CARE FOR PEOPLE WITH OPIOID USE DISORDERS

Share lived experiences of recovery and model appropriate use of personal story and self-advocacy .....	14
Understand person-centered resiliency and recovery planning for all ages and stages .....	15
Understand impact of trauma and responses to trauma .....	16
Understand impacts of labels, stigma, and discrimination related to opioid misuse, and demonstrate cultural sensitivity and acceptance of individual experiences by using guiding principles pertinent to population served .....	17
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## UNDERSTAND YOUR ROLE

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Help individuals and families recognize their natural supports.....	24
Demonstrate knowledge of community resources and those specific to opioid misuse and physical health and how to navigate the benefits system.....	25
Acknowledge that personal wellness is a primary responsibility .....	26

# COMPETENCY: UNDERSTAND THE ROLE OF PREVENTION IN ADDRESSING THE OPIOID CRISIS

Source: *The President’s Commission on Combating Drug Addiction and the Opioid Crisis*



**Addressing the Opioid Crisis: Prioritizing What Works (2018)**  
SAMHSA’s Center for the Application of Prevention Technologies



**Collaboration to Prevent Opioid Misuse and Overdose: Eliminating Silos (2018)**  
SAMHSA



**Seeing the Whole Elephant: The Critical Role of Collaboration in Addressing the Opioid Crisis (2018)**  
SAMHSA



**Overdose Prevention: Don’t Run—Call 911 (2018)**  
NAADAC



**PREVENTION AND THE CONTINUUM OF CARE**

*Prevention is an important component of the continuum of care, which represents a comprehensive approach to behavioral health. Each component of the continuum (promotion, prevention, treatment, and recovery) presents opportunities for addressing behavioral health problems and for collaborating across sectors.*

*SAMHSA Center for the Application of Prevention Technologies  
Prevention and Behavioral Health*



**Preventing Prescription Drug Misuse: Selected Strategies and Associated Risks (2017)**  
*SAMHSA's Center for the Application of Prevention Technologies*



**The Role of Prevention in Addressing Opioid Overdose (2016)**  
*SAMHSA's Center for the Application of Prevention Technologies*



**Facing Addiction in America: The Surgeon General's Report on Alcohol, Drugs, and Health (2016)**  
*The Surgeon General's Office*



**Preventing Drug Use Among Children and Adolescents (2003)**  
*National Institute on Drug Abuse*

# COMPETENCY: UNDERSTAND NALOXONE DISTRIBUTION AND USE AS AN OPIOID ANTAGONIST

Source: *Surgeon General's Advisory on Naloxone and Opioid Overdose*



**Addressing the Opioid Crisis:  
How Naloxone Is Changing  
the Way We Think About  
Prevention (2018)**  
SAMHSA



**SAMHSA Opioid Overdose  
Prevention Toolkit (2018)**  
SAMHSA



**Medication and Counseling  
Treatment – Naloxone  
(2018)**  
SAMHSA



**Preventing Opioid Overdose:  
Increasing the Availability of  
Naloxone (2018)**  
*SAMHSA's Center for the  
Application of Prevention  
Technologies*



## Be Prepared. Get Naloxone. Save a Life.

For patients currently taking high doses of opioids as prescribed for pain, individuals misusing prescription opioids, individuals using illicit opioids such as heroin or fentanyl, health care practitioners, family and friends of people who have an opioid use disorder, and community members who come into contact with people at risk for opioid overdose, knowing how to use naloxone and keeping it within reach can save a life.”

*Surgeon General's Advisory on Naloxone  
and Opioid Overdose  
Surgeon General of the United States  
Public Health Service,  
VADM Jerome Adams*







**Harm Reduction and Opioid Misuse: Looking Beyond Naloxone (2018)**

*SAMHSA's Center for the Application of Prevention Technologies*



**Opioid Overdose and the Role of Prescriber Education (2018)**

*SAMHSA's Center for the Application of Prevention Technologies*



**Preparing for Naloxone Distribution: Resources for First Responders and Others (2018)**

*SAMHSA Center for the Application of Prevention Technologies*



**Guide to Developing and Managing Overdose Prevention and Take-Home Naloxone Projects (2018)**

*Harm Reduction Coalition*



**Get Naloxone Now (2017)**

*Get Naloxone Now is endorsed by ATTC Northeast and Caribbean*

**COMPETENCY:**  
**RECOGNIZE SIGNS OF OPIOID MISUSE AND COPING STRATEGIES, INCLUDING THE GRIEF PROCESS**

*Source: Combined Core Competencies for Colorado's Peer Specialists*



**Understanding and Overcoming Opioid Abuse (2018)**  
*American Psychological Association*



**Tips for Survivors: Coping With Grief After a Disaster or Traumatic Event (2017)**  
*SAMHSA*



**Recognizing and Recovering from Opioid Use Disorder: Keys for Success for Patients and Families (2018)**  
*Advocates for Opioid Recovery Online Course*



**Opioid Overdose Prevention Toolkit (2016)**  
*SAMHSA*



**OPIOID ADDICTION IS A CHRONIC BRAIN DISEASE**

Addiction is a primary, chronic disease of brain reward, motivation, memory, and related circuitry. Dysfunction in these circuits leads to characteristic biological, psychological, social, and spiritual manifestations.

*American Society of Addiction Medicine Fact Sheet: Treating Opioid Addiction as a Chronic Disease*

## COMPETENCY: KNOW WHEN TO REFER TO A CLINICIAN OR SUPERVISOR

Source: *Combined Core Competencies for Colorado's Peer Specialists*



### **SBIRT: Screening, Brief Intervention, and Referral to Treatment (2018)**

*SAMHSA-HRSA Center for Integrated Health Solutions*



### **Talking About Overdose With People Who Use Opioids (2018)**

*SAMHSA'S Center for the Application of Prevention Technologies*



### **HealthKnowledge: • Foundations of SBIRT (2016)**

*ATTC Network*



### **Advocacy for Medication Assisted Recovery: An Interview with Walter Ginter (2009)**

*William White Papers*



**“The advent of peer recovery support services is an important milestone within the history of addiction treatment and recovery. Such services stand as potentially important resources to speed recovery initiation, enhance service retention in treatment, and facilitate the transitions to recovery maintenance ... ”**

*William White, Selected Papers  
Blog, Power of Peer Support*

## COMPETENCY: UNDERSTAND INTERACTIONS OF PHYSICAL AND BEHAVIORAL HEALTH RELATED TO OPIOID MISUSE

Source: *Combined Core Competencies for Colorado's Peer Specialists*



**NIDA: Neurobiology of Drug  
Addiction (2018)**  
*NIDA*



**Chronic Substance Use and  
Cognitive Effects on the  
Brain: An Introduction (2016)**  
*SAMHSA*



**Heroin, Prescription Opioids,  
and HIV: What Clinicians  
Need to Know (2018)**  
*Pacific Southwest ATTC*



**NIDA: Drugs, Brains, and  
Behavior: The Science of  
Addiction (2014)**  
*NIDA*

### What are the other health consequences of opioid use disorder?

People with a substance use disorder often have one or more associated health issues, which could include **lung or heart disease, stroke, cancer, or mental health conditions**. Imaging scans, chest X-rays, and blood tests can show the damaging effects of long-term drug use throughout the body.



*Adapted from NIDA, **Drugs, Brains, and Behavior:  
The Science of Addiction***

# COMPETENCY: RECOGNIZE POTENTIAL RISK FACTORS FOR OPIOID OVERDOSE

Source: *Combined Core Competencies for Colorado's Peer Specialists*



**Opioid Overdose Prevention  
Toolkit (2016)**  
SAMHSA



**Preventing Prescription Drug  
Misuse: Understanding Who  
Is At Risk (2016)**  
SAMHSA's Center for the  
*Application of Prevention  
Technologies*

## Those at higher risk of opioid overdose include people who:



- are opioid dependent, in particular following reduced tolerance (following detoxification, release from incarceration, cessation of treatment);
- inject opioids;
- use prescription opioids, in particular those taking higher doses;
- use opioids in combination with other sedating substances;
- use opioids and have medical conditions such as HIV, liver or lung disease or suffer from depression; and
- household members of people in possession of opioids (including prescription opioids).

*World Health Organization (WHO) Information  
Sheet on Opioid Overdose*

# COMPETENCY: SHARE LIVED EXPERIENCES OF RECOVERY AND MODEL APPROPRIATE USE OF PERSONAL STORY AND SELF-ADVOCACY

Sources: 1) SAMHSA Core Competencies for Peer Workers in Behavioral Health Services  
2) Combined Core Competencies for Colorado's Peer Specialists



**Share Your Story (2018)**  
SAMHSA BRSS TACS



**Survivors' Lives Changed  
Forever Due to Opioids (2018)**  
National Safety Council



**Storytelling Training Part II  
(2016)**  
Great Lakes ATTC



**Reflections: Ernie Kurtz on  
the History of AA, Shame, and  
Storytelling with Bill White  
(2013)**  
Great Lakes ATTC

By sharing their experiences, peers bring hope to people in recovery and promote a sense of belonging within the community.

SAMHSA  
Peer Support  
and Social Inclusion



**In My Own Words: A  
Compilation of Essays  
by Individuals Supported  
by Medication-Assisted  
Treatment in Long-Term  
Recovery (2011)**  
ATTC Network

**COMPETENCY:  
UNDERSTAND PERSON-CENTERED  
RESILIENCY AND RECOVERY PLANNING  
FOR ALL AGES AND STAGES**

*Source: Combined Core Competencies for Colorado's Peer Specialists*



**Recovery LIVE! Opioid Use Disorder, Medication, and Recovery (2017)**  
SAMHSA



**Decisions in Recovery: Treatment for Opioid Use Disorders (2016)**  
SAMHSA



**Plan Your Recovery Personal Stories (2016)**  
*Plan Your Recovery*



### What Is Person-Centered Care?

Person-centered care—also known as patient-centered care—means consumers have control over their services, including the amount, duration, and scope of services, as well as choice of providers.

*SAMHSA, Person- and Family-centered Care and Peer Support*

## COMPETENCY: UNDERSTAND IMPACT OF TRAUMA AND RESPONSES TO TRAUMA

Sources: 1) *Combined Core Competencies for Colorado's Peer Specialists* 2) *Mental Health America Peer Services Toolkit*



**A Primer on Attachment, Trauma, and Substance Use Disorders (2014)**  
NAADAC



**Trauma and Justice Strategic Initiative: Trauma-Informed Care and Trauma-Specific Services (2012)**  
National Hispanic & Latino ATTC/SAMHSA



**SAMHSA's Concept of Trauma and Guidance for a Trauma-Informed Approach (2014)**  
SAMHSA



**The Power and Price of Survival: Understanding Resilience, Stress, and Trauma (2nd Edition) (2011)**  
ATTC Network



**TIP 57: Trauma-Informed Care in Behavioral Health Services (2014)**  
SAMHSA



Some communities have been exposed to disproportionate levels of trauma and violence. For example, American Indians, Alaska Natives, and African Americans have experienced historical trauma that can be transmitted from one generation to the next. Military service members, veterans, and their families have dealt with the losses, fears, and injuries associated with ongoing wars.

*SAMHSA, Trauma and Resilience Resources*





**COMPETENCY:**

**UNDERSTAND IMPACTS OF LABELS, STIGMA, AND DISCRIMINATION RELATED TO OPIOID MISUSE AND DEMONSTRATE CULTURAL SENSITIVITY AND ACCEPTANCE OF INDIVIDUAL EXPERIENCES BY USING GUIDING PRINCIPLES PERTINENT TO POPULATION SERVED**

*Source: Combined Core Competencies for Colorado's Peer Specialists*



**Talking About Overdose With People Who Use Opioids (2018)**

*SAMHSA's Center for the Application of Prevention Technologies*



**Fast Focus: The Opioid Epidemic and Socioeconomic Disadvantage (2018)**

*Institute for Research on Poverty*



**Examining Our Biases About People Who Misuse Opioids (2018)**

*SAMHSA's Center for the Application of Prevention Technologies*



**Opioid Misuse in Rural America (2018)**

*USDA*



**Reframing the Opioid Prevention Narrative: Addressing Misperceptions (2018)**

*SAMHSA*



**HealthKnowledge: Understanding the Basis of Race, Ethnicity, and Culture (2018)**

*ATTC Network  
New England ATTC*

**COMPETENCY:**

**UNDERSTAND IMPACTS OF LABELS, STIGMA, AND DISCRIMINATION RELATED TO OPIOID MISUSE AND DEMONSTRATE CULTURAL SENSITIVITY AND ACCEPTANCE OF INDIVIDUAL EXPERIENCES BY USING GUIDING PRINCIPLES PERTINENT TO POPULATION SERVED**

*Source: Combined Core Competencies for Colorado's Peer Specialists*



**Health Disparities in Latino and African-American Communities (2018)**  
*SAMHSA*



**ATTC Center of Excellence: YMSM + LGBT Resources (2018)**  
*ATTC Network*



**Introduction to Special Series on Addiction in the LGBTQ Community (2018)**  
*Cambridge Health Alliance BASIS*



**Cultural Competency and Spirituality (2017)**  
*Mid-America ATTC; Family-Centered Behavioral Health Support for Pregnant and Postpartum Women*



**The National Network to Eliminate Disparities in Behavioral Health (NNED)**

The NNED supports information sharing, training, and technical assistance among organizations and communities dedicated to the behavioral health and well-being of diverse communities. The NNED identifies and links “pockets of excellence” in reducing disparities and promoting behavioral health equity.





**Language Matters: Using Affirmative Language to Inspire Hope and Advance Recovery (2017)**  
*Mid-America ATTC*



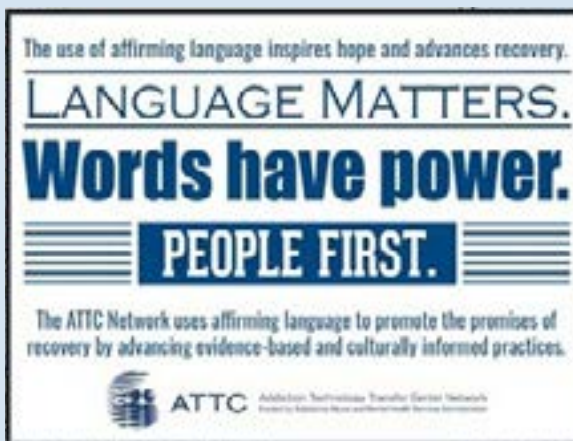
**Words Matter: How Language Choice Can Reduce Stigma (2017)**  
*SAMHSA's Center for the Application of Prevention Technologies*



**Engaging Diverse Populations in Recovery Support Services (2016)**  
*SAMHSA*



**Cultural Competency for Understanding and Addressing the Prevention Needs of Lesbian, Gay, Bisexual, Transgender, and Queer/Questioning (LGBTQ) Populations (2016)**  
*SAMHSA Center for Application of Prevention Technologies*



### Language Matters

Mid-America ATTC developed the Language Matters Awareness Card in conjunction with the ATTC Network's initiative to reduce stigma and discrimination through the use of person-first language.



**Cultural Competency for Working With Immigrant Populations (2016)**  
*SAMHSA Center for Application of Prevention Technologies*

**COMPETENCY:  
UNDERSTAND IMPACTS OF LABELS, STIGMA,  
AND DISCRIMINATION RELATED TO OPIOID  
MISUSE AND DEMONSTRATE CULTURAL  
SENSITIVITY AND ACCEPTANCE OF INDIVIDUAL  
EXPERIENCES BY USING GUIDING PRINCIPLES  
PERTINENT TO POPULATION SERVED**

*Source: Combined Core Competencies for Colorado's Peer Specialists*



**Cultural Activation Prompts  
(2016):**

- Gaining Awareness, Part I
- Gaining Awareness, Part II

*SAMHSA*



**TIP 59: Improving Cultural  
Competence (2015)**

*SAMHSA*



**Risk and Protective Factors  
for Substance Abuse and/  
or Mental Health Problems  
Among Alaska Native and  
Native American Populations  
(2013)**

*SAMHSA Center for  
Application of Prevention  
Technologies*



**Cultural Elements in  
Treating Hispanic and Latino  
Populations (2013)**

*ATTC Network*



**Through the Diamond  
Threshold: Promoting  
Cultural Competency in  
Understanding American  
Indian Substance Misuse  
(2011)**

*ATTC Network*

**COMPETENCY:**

**BE ABLE TO APPLY THE FOLLOWING EVIDENCE-BASED PRACTICES TO PROMOTE RECOVERY IN INDIVIDUALS WITH OPIOID USE DISORDERS:**

- (A) SHARED DECISION-MAKING
- (B) MOTIVATIONAL INTERVIEWING
- (C) WELLNESS RECOVERY ACTION PLANNING

Sources: 1) *Combined Core Competencies for Colorado's Peer Specialists* 2) *Mental Health America Peer Services Toolkit*



**Shared Decision-Making Tools (2018)**  
SAMHSA BRSS TACS



**Motivational Interviewing for Peer Support Providers (Session 2) (88 min.) – April 9, 2015**  
SAMHSA BRSS TAC



**Cultivating Change Talk, Part 2 (2018)**  
*Institute for Research, Education, & Training in Addictions*



**MI Skill Building: How to Recognize, Respond to, and Elicit Change Talk, Part 1 (2017)**  
*Institute for Research, Education, and Training in Addictions*



**HealthKnowledge (2016):**  
• **Tour of Motivational Interviewing**  
*Mid-America ATTC*



**Motivational Interviewing for Peer Support Providers (Session 1) (87 min.) – February 12, 2015**  
SAMHSA BRSS TACS

**What Is Motivational Interviewing?**

Motivational interviewing (MI) is a patient-centered method for enhancing intrinsic motivation to change health behavior by exploring and resolving ambivalence.

*Source: American Academy of Pediatrics, Motivational Interviewing*

# COMPETENCY: HELP PEERS TO MANAGE CRISES RELATED TO OPIOID MISUSE

Source: SAMHSA Core Competencies for Peer Workers in Behavioral Health Services



**Peer Support Specialist  
Foundations (2018)**  
*ATTC Mountain Plains*



**Implementing Innovative  
Approaches to Crisis  
Services: Peer-Led Crisis  
Respite and Opioid Overdose  
Prevention Programs (70  
min.) – March 16, 2016**  
*SAMHSA BRSS TACS Policy  
Academy*



**Harm Reduction and Opioid  
Misuse: Embracing Positive  
Change (2018)**  
*SAMHSA Center for the  
Application of Prevention  
Technologies*



**Crisis Counseling Assistance  
and Training Program (CCP)  
Guidance (2016)**  
*FEMA/SAMHSA Guide*



**As of May 2018, Recovery Coaches who are part of the ED2Recovery network have made 526 contacts with those seeking recovery following an opioid overdose or other opioid-related admission in Wisconsin emergency departments.**

*ATTC/NIATx Service  
Improvement Blog  
Community Resilience:  
Recovering Together*



**COMPETENCY:**

**PROVIDE INFORMATION ABOUT SKILLS RELATED TO HEALTH, WELLNESS, AND RECOVERY AND LINK PEERS TO RESOURCES, SERVICES, SUPPORTS, AND PSYCHO-EDUCATION MATERIALS PERTINENT TO OPIOID USE DISORDERS**

Sources: 1) SAMHSA Core Competencies for Peer Workers in Behavioral Health Services  
2) Combined Core Competencies for Colorado's Peer Specialists.



**Opioid Patient Education Handout (2018) (English) (Spanish)**  
*ATTC Network*



**TurnTheTideRx: For Patients (2018)**  
*Turn the Tide Rx*



**Peer Recovery PORTAL Network (2018)**  
*MARS Project*



**Peer Involvement in Integrated Physical and Behavioral Health Services: Promoting Wellness Through Recovery-Oriented Care (90 min.) – February 28, 2013**  
*SAMHSA BRSS TACS*



**Opioid Factsheet for Patients (2018)**  
*Centers for Disease Control*

**COMPETENCY:  
HELP INDIVIDUALS AND FAMILIES RECOGNIZE  
THEIR NATURAL SUPPORTS**

Source: Combined Core Competencies for Colorado's Peer Specialists



**Opioid Epidemic Practical Toolkit: Helping Faith and Community Leaders Bring Hope and Healing to Our Communities (2018)**  
*US Department of Health and Human Services*



**June 2017: Community Health Centers and First Responders: Strengthening Communities Through Education**

- Webinar
- Discussion Guide

*SAMHSA Road to Recovery*



**The Opioid Crisis: Community Is Key to Addressing the Epidemic (2018)**  
*ATTC/NIATx*



**Recovery Community Organizations (2018)**  
*Faces and Voices of Recovery*



**Easier Together: Partnering with Families to Make Recovery Possible (2017)**  
*Mid-America ATTC*



**Responding to the Opioid Epidemic (2017)**  
*ATTC/NIATx 2017*



**SAMHSA has delineated four major dimensions that support a life in recovery:**



**Health**



**Home**



**Purpose**



**Community**



**Find more information at the SAMHSA page, Recovery and Recovery Support**





## COMPETENCY:

# DEMONSTRATE KNOWLEDGE OF COMMUNITY RESOURCES AND THOSE SPECIFIC TO OPIOID MISUSE AND PHYSICAL HEALTH AND HOW TO NAVIGATE THE BENEFITS SYSTEM

Source: *Combined Core Competencies for Colorado's Peer Specialists*



**Community in Crisis: A Collaborative Approach to Responding to the Opioid Epidemic (2018)**  
*Providers Clinical Support System*



**Opportunities for Engaging Partners to Prevent Opioid Overdose-Related Deaths (2017)**  
*SAMHSA's Center for the Application of Prevention Technologies*



**Opioid Epidemic Practical Toolkit: Helping Faith and Community Leaders Bring Hope and Healing to Our Communities (2018)**  
*The Partnership Center and The Center for Faith-Based and Neighborhood Partnerships*



**Opportunities for Collaborating With Medical Professionals to Prevent Opioid Misuse (2017)**  
*SAMHSA's Center for the Application of Prevention Technologies*



**Preventing Prescription Opioid Misuse in Utah: Leveraging Partnerships (2017)**  
*SAMHSA's Center for the Application of Prevention Technologies*

## Recovery Community Organizations (RCOs)

Recovery community organizations focus on the reality of long-term recovery from addiction to alcohol and other drugs for over 20 million Americans and their families. The recovery community organization, its leaders, and members have a singular goal: enhancing the quantity and quality of support available to people seeking and experiencing long-term recovery from addiction.

*Faces and Voices of Recovery  
Recovery Community Organization Toolkit*

**COMPETENCY:**

**ACKNOWLEDGE THAT PERSONAL WELLNESS IS A PRIMARY RESPONSIBILITY.**

*Source: Combined Core Competencies for Colorado's Peer Specialists*



**Work and Well-Being:  
A Guide for Addiction  
Professionals**  
*Central East ATTC*



**Health and Wellness for  
Peer Supporters and Family  
Supporters: Strategies for  
Well-Being, Self-Care, and  
Relapse Prevention**  
*SAMHSA'S Program to  
Achieve Wellness*

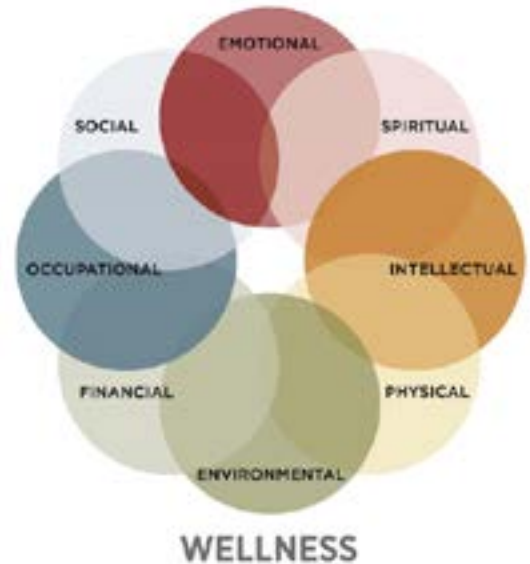


**Self-Care for Addiction  
Professionals: Why It Counts  
and How to Do It**  
*NAADAC*

**SAMHSA's Eight Dimensions of Wellness**

**What Is Wellness?**

Wellness is being in good physical and mental health. Because mental health and physical health are linked, problems in one area can impact the other. At the same time, improving your physical health can also benefit your mental health, and vice versa. It is important to make healthy choices for both your physical and mental well-being.





ATTC

