

Renews

From Recovering Hope Treatment Center



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Taking Care of the Caretakers

Have you ever walked into a space and thought, "I never want to leave!" Maybe it was a restaurant, bookstore, or an office building. Something about the culture of that space made you immediately feel like you belonged.

The *Kanabec Times* honored Recovering Hope as a 2021 Best Place to Work, and we're proud to be recognized for building a client centered, collaborative culture. Each purpose-driven member of our team strives to become their best self as we support our clients in doing the same thing.



Often, those clients become passionate employees themselves! One alumna had a vision of working as a counselor. She waited for the prerequisite two years after treatment completion, applying as soon she could. Today, she's getting trained as a peer recovery support specialist at Recovering Hope, while going to school for drug and alcohol counseling. She knows exactly how our clients feel as they walk through the door, and can relate to them in a special, benevolent way.

As our employees pour into our clients, it's important for us to pour into each employee. Part of our strategic plan is to Hand Out Positive Experiences (HOPE.) Thanks to a grant through Prime West, we support employees with educational loan reimbursement and partial scholarships for drug and alcohol counseling certifications.

Strong culture also leads to compliance. Ongoing monthly town halls, team-building activities, and workplace wellness programs all build community and rapport so we can provide consistent care to our clients. Together, we can reduce barriers - whether we're identifying challenges in our workflows or cross-training employees to strengthen access for those in need.

The work of addiction treatment creates intergenerational change. But not just for the clients and families we serve. We're building a legacy through a strong employee culture. After all, Recovering Hope is more than one person. We're building culture through consistent language. We're rallying around who we are, how we do it, and why we do it to fulfill our mission for generations to come.

Specifically, Recovering Hope provides the following full-time employee benefits:

- **A compassionate, supportive culture**
- **Comprehensive health insurance including medical, dental and vision coverage**
- **Workplace wellness program**
- **Employer matched 401K**
- **Education scholarships**



If you or someone you know shares a passion for working with others, please visit www.RecoveringHope.life to learn more about career opportunities.

Pandemic Pressures and Women's Recovery

Women have felt the weight of the world on their shoulders during the pandemic. It created unique challenges to access addiction treatment and stay in care for the clinically recommended length of time. Some of the patients we served at the start of the pandemic* include:

Jordana, whose 72-year old mother fell ill. She was anxious about her dad being home alone while mom was in the hospital. So, Jordana left treatment early to help take care of her aging parents.

Sparrow, who had a loss in the family. Her culture's mourning traditions included several days by the ceremonial fire. So, Sparrow left treatment to be by her family's side as her loved one transitioned.

Carli's, whose younger son joined her during the treatment process. However, her older daughter was experiencing behavioral challenges at home. She felt the pull to support her daughter and left treatment early.

"We have seen increases in substance use disorder recurrences and overdoses, yet we've also seen a significant decrease in the number of women staying in residential treatment." said Sadie Broekemeier, president, Recovering Hope Treatment Center. "Women have been sacrificing their own physical and mental wellness to continue caring for their families."

Substance use disorder continues to be one of the greatest causes of death for women in our state. Yet, many healthcare organizations were forced to shut down their women's treatment programs to create more COVID-19 beds.

What's the solution? At Recovering Hope, we are absolutely committed to innovating our programs to increase accessibility and recovery.

We refused to lay off staff or eliminate services. In fact, we're increasing our programming by adding therapeutic services for the family. Integrating the entire family system into the recovery process turns each individual into a cheerleader for the client's recovery, making it more likely she will stay in treatment.

Thinking outside the box, we also collaborated with community partners (including local prisons) to expand services and the Steve Rummier HOPE Network to increase free support for those in active addiction (read more on pg 4.)

Women are relational by nature. They have the best recovery outcomes when they're in a community of other recovering women. So, we continued to keep our doors open instead of pivoting purely to telehealth options. That warm handoff into treatment sets women up for success. They feel seen, welcomed, safe, and secure as they begin this transformation.

We're going beyond treatment to not simply heal our clients, but change the way society views women's recovery.

* Names changed to protect confidentiality



Sadie Broekemeier
President
Recovering Hope
Trauma Center

Recovering Hope's 108-bed residential treatment facility is the state's largest dedicated to helping women overcome substance use disorders.

Individualized programming includes the following amenities:

- **Direct access to comprehensive assessments.** Recovering Hope offers comprehensive confidential assessments onsite within two days so they can start residential treatment as soon as possible. If assessments indicate a need for services other than those offered by Recovering Hope, clients will be referred to an appropriate program.

- **An onsite licensed daycare facility.** While moms focus on treatment programming, children up to the age of five are cared for by daycare providers who are specially trained to recognize and address adverse childhood behavior and trauma responses. Child therapists provide individualized therapy as needed.
- **On-site mental health therapy.** In addition, to substance use disorder treatment conducted by licensed alcohol and drug counselors, Recovering Hope offers a full complement of mental health therapy provided by clinical therapists.

- **Mother and child(ren) accommodations.** Mothers and children live together in comfortable rooms. They receive three nutritious meals each day.
- **Parenting and family education programs.** Substance use disorder treatment and mental health therapy are supplemented with parenting and family education programs to help maintain, repair and strengthen family bonds.
- **Suboxone treatment.** Used to treat opioid use disorders, suboxone is administered onsite at Recovering Hope.

- **Complimentary transportation.** Recovering Hope offers free transport for potential clients for assessments, residential admission and to medical appointments.
- **Telehealth sessions and outpatient group therapy.** Depending on the severity of their condition, clients also may have the option to pursue treatment with licensed alcohol and drug counselors and clinical mental health therapists via one-to-one telehealth sessions or through outpatient group therapy.

“Women have been sacrificing their own physical and mental wellness to continue caring for their families.”

Sadie Broekemeier, President, Recovering Hope Treatment Center



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For more information on Recovering Hope's residential treatment program for women, please visit www.RecoveringHope.life

Providing Hope and Safety through Harm Reduction

The opioid epidemic is national news, yet overdose rates surge on. In fact, during the first year of the COVID-19 pandemic, there were an estimated **100,000 drug overdose deaths** in the United States.

Simply knowing that drugs are dangerous does not mean people suffering from addiction can or will stop using them. It's our philosophy to meet people where they're at - not just in the moment they're ready for recovery.

That's why we've partnered with the Steve Rummier HOPE Network to become a Naloxone Access Point (NAP): a publicly accessible pick-up site for naloxone (a medicine that rapidly reverses an opioid overdose) and fentanyl test strips.

As Alicia House, Executive Director of the Steve Rummier HOPE Network says, "Recovering Hope is a natural community partner for two reasons. First, they work with women and women with children who don't have many safe options to find support in active addiction. Second, access to recovery services tends to be more difficult in rural communities. The more NAP sites we can create in towns like Mora, the healthier our communities will be."

Alicia's right. Many people we serve would not feel comfortable going to the local pharmacy to ask for naloxone or fentanyl test strips. Because we have such a tight knit community, that would 'out' them and their drug use. Addiction is still shrouded with stigma, which makes it even harder for people to stay safe. That's why we've also established a syringe service (also known as a needle exchange) at Recovering Hope.

You may wonder, "Doesn't providing these options encourage drug use?" That's a common misconception. But if someone is in active addiction, they **will** use drugs either way. We want them to be safe so they still have a chance of entering recovery in the future.

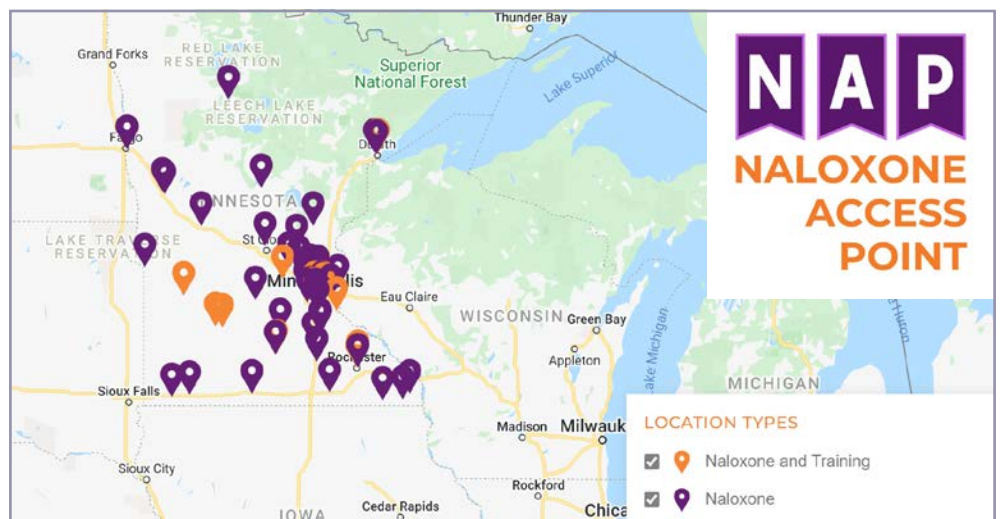
Harm reduction prevents deaths; it does not encourage use. Naloxone gives people who are overdosing a second chance. Fentanyl test strips benefit all individuals who use drugs (even if they don't have a substance use

disorder) since fentanyl is cut and laced into many substances.

The Naloxone Access Point gives us an opportunity to build trusting connections with people struggling with addiction to spark their willingness to recover. Our ask of you? Spread the word. The more people who know they can access free, safe, and proven support, the stronger we are in our fight against addiction.

For more information on the Steve Rummier Hope Network's fight against the opioid epidemic, please visit

<https://steverummierhopenetwork.org/>



Research shows...

- Nearly 150 people die every day from an opioid overdose in the U.S. A study by the Annals of Internal Medicine found that widespread distribution of naloxone could prevent as many as 43,000 deaths in our lifetimes.
- Needle exchange users are five times more likely to enter treatment. Needle exchanges are safe, cost-saving, and effective.
- They keep our community safe by preventing a multitude of diseases including HIV and Hep-C, while keeping drug paraphernalia out of our parks and streets.



For more information on Recovering Hopes wide range of mental health services, please visit www.RecoveringHope.life