



The 2nd Annual Addiction and Recovery Conference



UNIVERSITY of MARYLAND
SCHOOL OF MEDICINE

The Maryland Center of Excellence
on Problem Gambling



TREE OF HOPE

Putting Recovery To Work



**Daniel Carl Torsch
Foundation**
New day. New beginning.



MHAA



**The
Family
Tree**



PHOENIX
RECOVERY ACADEMY



DOLAN
RESEARCH INTERNATIONAL



**UNIVERSITY of MARYLAND
SCHOOL OF MEDICINE**

*The Maryland Center of Excellence
on Problem Gambling*

Learning Objectives

A group of people are sitting around a white circular table, each holding a large, colorful puzzle piece. The puzzle pieces are yellow, blue, red, and green. The people are dressed in business casual attire. The background is a light-colored, textured surface.

- Develop a better understanding how Peer Recovery Support Specialists and Behavioral Health Providers can partner in assisting persons seeking help for addiction and recovery.
- Hear from an array of organizations how addiction and recovery is impacting youth and the LGBTQ+ population, ways to incorporate tools for prevention and harm reduction, and how to utilize ACES in your work.
- Resources for Maryland residents who are impacted by addiction and/or on the path to recovery.

Looking Through “The Lens” of Prevention Services In Washington County

Holly Luther, B.S., CTTs
Prevention Services Program Manager
Washington County Health Department



PUTTING THE LENS INTO FOCUS:

To prevent a problem before it happens, the factors that predict the problem must be changed.



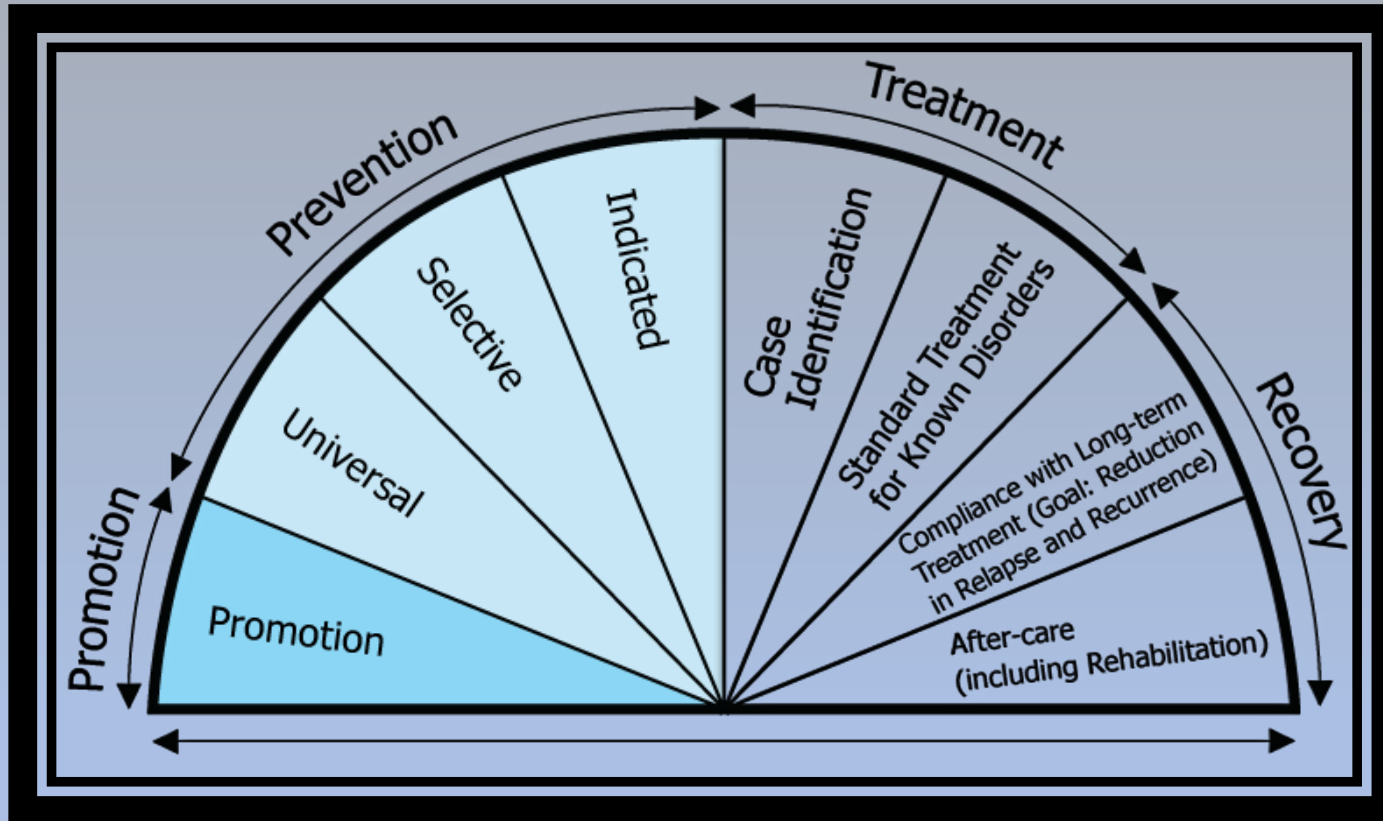
PREVENTION WORKS!

- Reduced Lead Levels in Children
- Smoking Prevention
- Child Restraint and Safety Belt Use
- Minimum Drinking Age Laws
- Childhood Immunizations
- Motorcycle and Bicycle Helmet Laws



THE POWER
OF PREVENTION

Background



3 Types of Prevention:

Primary Prevention: Aims to prevent disease or injury before it occurs “Preventing Exposure”

Secondary Prevention: Aims to reduce to the impact of a disease or injury that has already occurred.

Tertiary Prevention: Aims to soften the impact of an ongoing illness or injury that has long lasting effects.

Prevention Strategies:

Universal Programs: Designed to reach entire groups or populations.

Selective Programs: Designed to target specific groups who experience greater risk factors.

Indicated Programs: Designed to target individuals who show early signs of substance use.

Moving Prevention Upstream In Washington County:

Why do we believe in the importance of upstream prevention? To understand, imagine standing along the bank of a rushing river...



TERTIARY PREVENTION

SECONDARY PREVENTION

PRIMARY PREVENTION

Spectrum of Prevention

Influencing **Policy & Legislation**

Changing **Organizational Practices**

Fostering **Coalitions & Networks**

Educating **Providers**

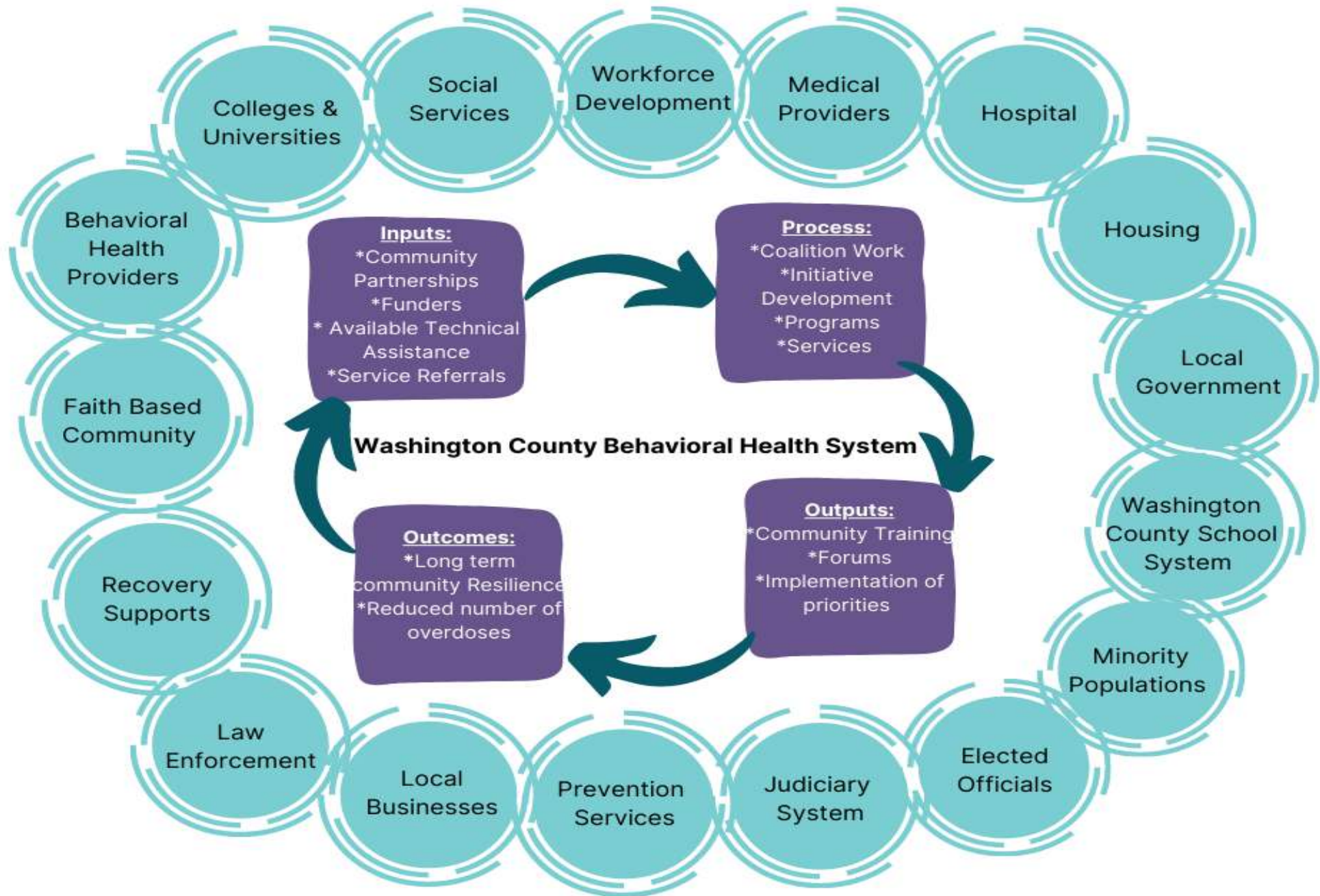
Promoting **Community Education**

Strengthening **Individual Knowledge & Skills**

- A good strategy solves multiple problems, saves lives and money, reduces suffering, and enhances the prospects for community well being.

“The Spectrum Tool was derived from practice and developed out of the conviction that complex problems require comprehensive solutions.”

Larry Cohen and Susan Swift 1999 in injury prevention



EXAMPLE OF SYSTEMS THNINKING ~



Community Based Process Key Findings:

1

There is a correlation between youth and young adults' mental health and their use of alcohol and/ or other substances in Washington County.

2

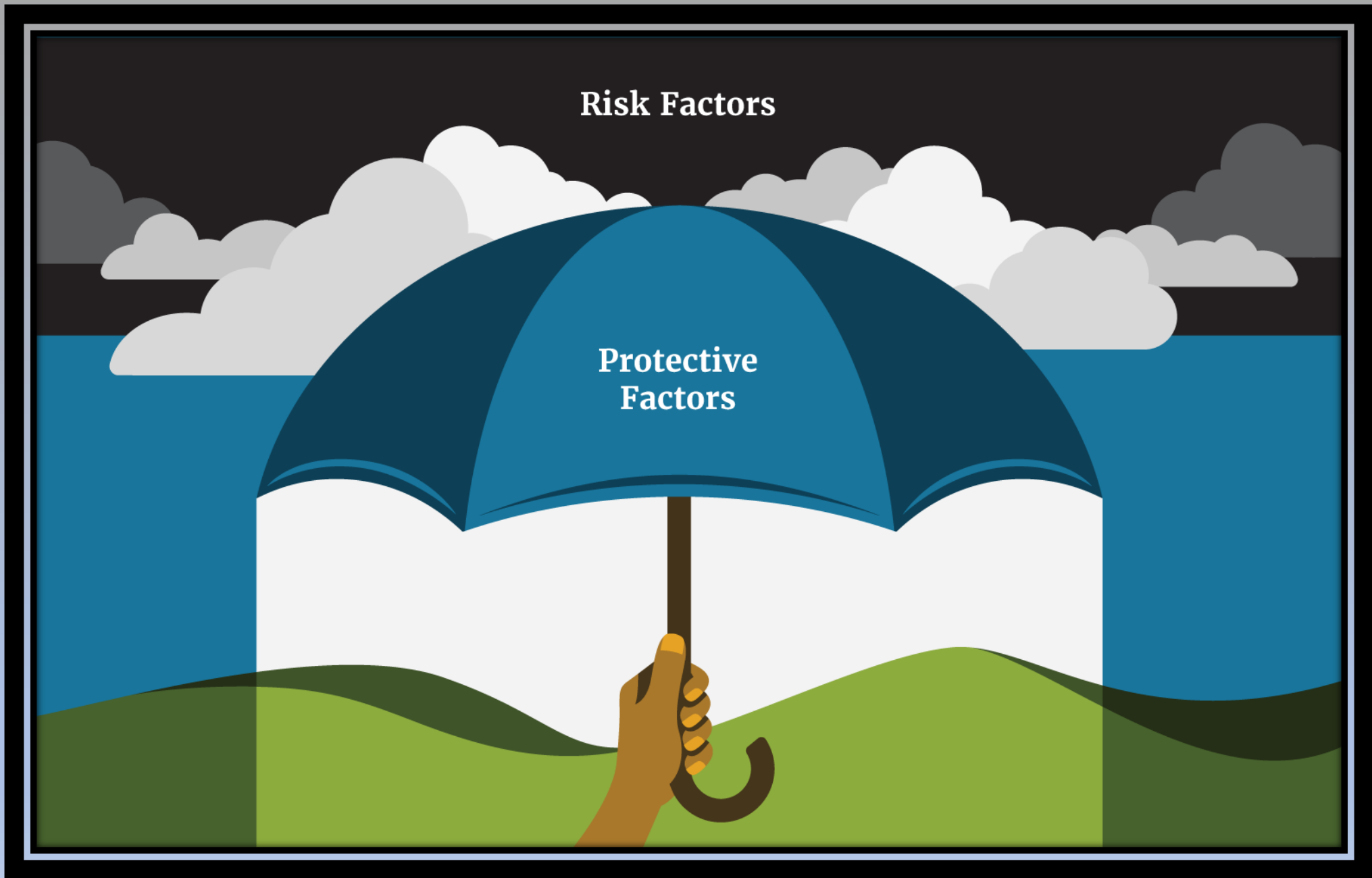
Alcohol and Marijuana are socially acceptable and easily accessible.

3

There is a need for more prevention and recovery resources in Washington County.

4

Youth and young adults in Washington County need more support for increased mental health outcomes.

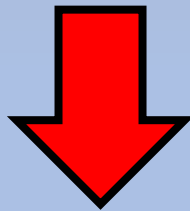


What Washington County is
doing to help with ~

RAISING Protective Factors



And



LOWERING Risk Factors

- Virtual Parent Support Group
- Student Assistance Program
- Facilitating Evidence Based Substance/Lifestyle Programs throughout centers that focus on At-Risk Youth
- Facilitating Evidence Based Parenting Programs to At Risk Families/Parents
- Community Workgroups, Focus Groups and Engaging Community Groups through Grant Money

THE WHY:

Research and practice consistently show that having safe, stable, and nurturing community and parenting relationships is a powerful buffer against the effects of stress and adversity on our children and community. Thus, the power to promote children's and our community's well-being is in our hands!



References:

- <https://www.preventioninstitute.org/>
- <https://www.samhsa.gov/>
- <https://www.safeproject.us/>
- <https://dhs.wisconsin.gov/>

THANK YOU~



Holly Luther, B.S., CTTS
Prevention Services Program Manager
Washington County Health Department

Holly.Luther@maryland.gov

240-313-3374



The
Family
Tree

RAISING FAMILIES

IIID

Understanding Positive & Adverse Childhood Experiences (PACEs)

Maryland Center of Excellence on Problem Gambling
University of Maryland, School of Medicine

The 2nd Annual Addiction and Recovery Conference

Contact

2108 North Charles Street
Baltimore, Maryland 21218
410-889-2300
mjones@familytreemd.org
www.familytreemd.org



Matila S. Jones II, MS
Assistant Director, Community Education
Services, **THE FAMILY TREE**



It's about you and me
CHANGING
the future of
PUBLIC HEALTH

DISCOVERY





Memory of our experiences
IS STORED IN OUR BODY

CONCEPTION



Childhood Experience

Adaptation

Adult Functioning



ACEs are Common, Interrelated, Powerful



High ACE Scores
in Population

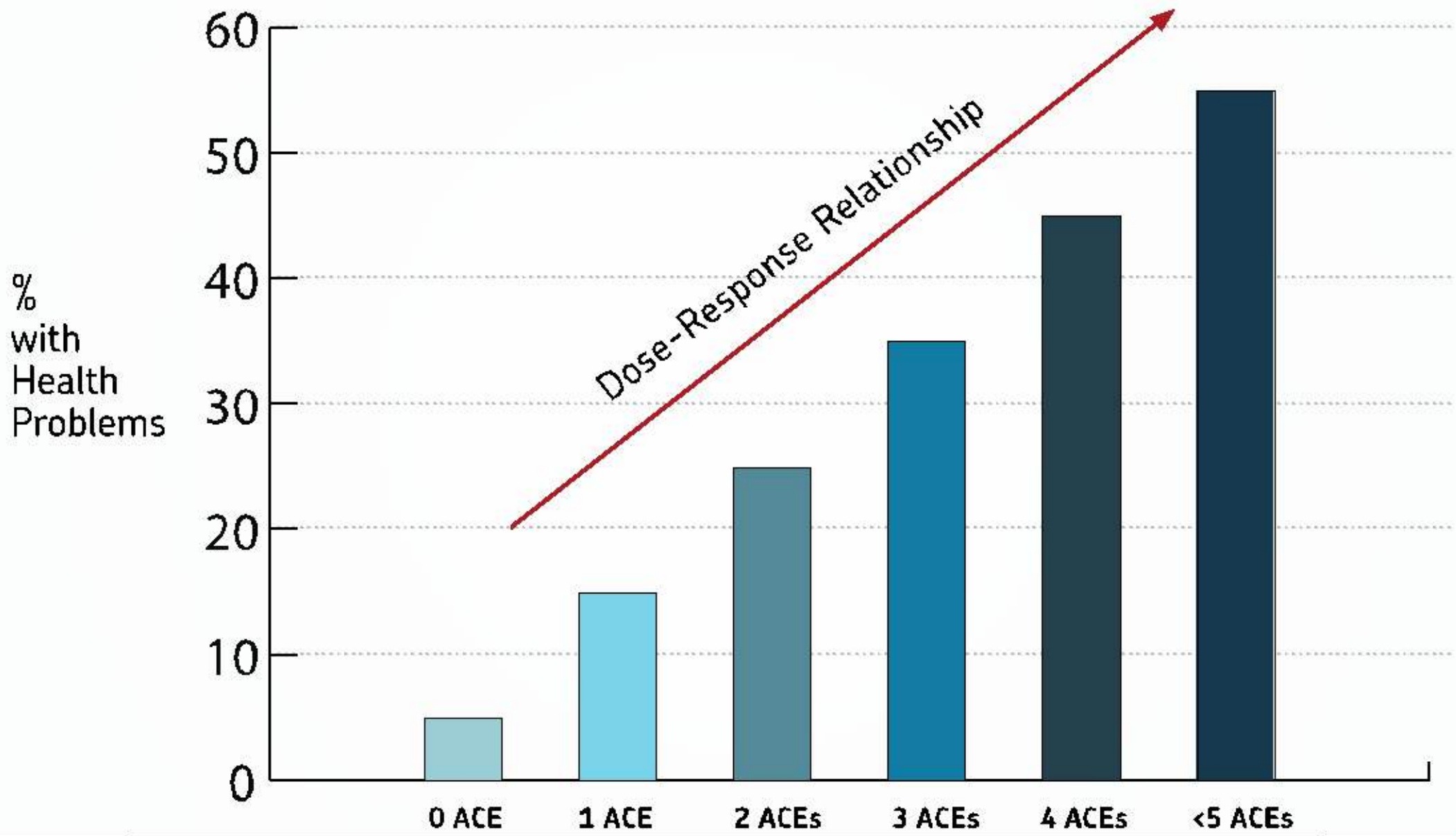


Increased Risk of Multiple
Health and Social Problems



Intergenerational
Transmission of ACEs

ACE Score and Health Problems





Help that Helps

Four Resilience Factors that Make a Difference
They are even more powerful when we Layer Up...

1. Feeling social/emotional support and hope
2. Having 2 or More People Who Help (two or more people who give concrete help when needed)
3. Community reciprocity in watching out for children, intervening when they are in trouble, doing favors for one another
4. Social Bridging – People reach outside their social circle to get help for their family and friends

Community Capacity Development

Leadership Expansion

Coming Together

Shared Learning

Results-Oriented Decisions

Leadership Expansion

Coming Together

Shared Learning

Results-Oriented Decisions



CHANGE is up to US



It is shaped by our thoughts, our conversations, the way we relate with one another in relationships, in families, and in communities.

The Best Time to
**PLANT SEEDS
OF SUPPORT**
for All Children is Now



50  Prevent Child Abuse
America

 The Family Tree
Raising families up.



The Family Tree

Raising families up.

*We'd Love to
Hear From You!*

Matila S. Jones, II, MS, HS-BCP

Asst. Director, Community Engagement Services

The Family Tree

mjones@familytreemd.org

To learn more about **child abuse & neglect prevention**,

visit our website at

www.familytreemd.org

Follow Us on

Facebook, Instagram & Twitter [@FamilyTreeMD](#)

Call our 24/7 Parenting Helpline

1-800-243-7337

That's all Folks!



Understanding the LGBTQ+ Community

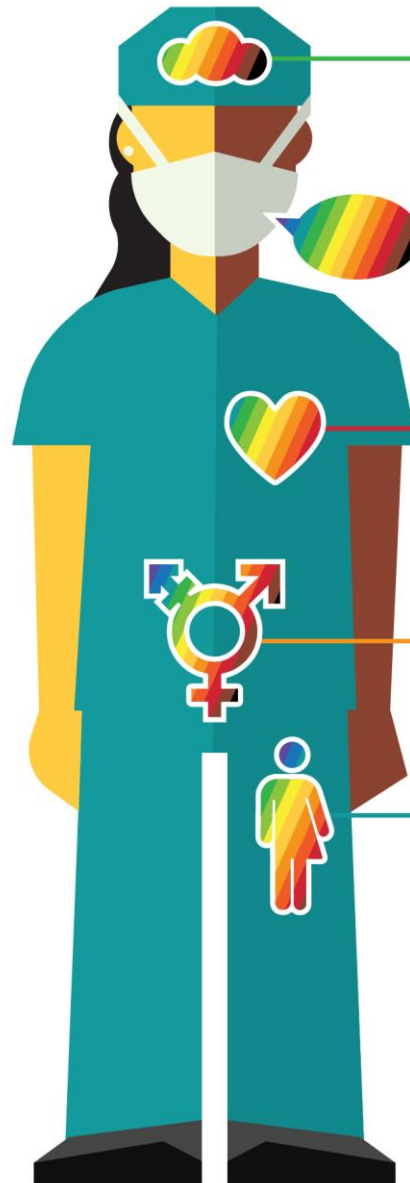
For Recovery Coaches



SOGIE

Sexual Orientation Gender Identity and Expression

Gender ID ≠ Sexual Orientation ≠ Sex ≠ Gender Expression



GENDER IDENTITY

Psychological Sense of Self

Male Two-Spirit Agender Genderless Female
Gender-Queer Gender-Fluid Enby

PRONOUNS

Respectful Communication

he/him/his she/her/hers they/them/theirs
ze/hir/hirs none (use name) something else

SEXUAL ORIENTATION

Romantic/Erotic Attraction to
Men, Women or Multiple Genders

asexual demisexual pansexual
bisexual lesbian gay queer

ASSIGNED SEX

Anatomy/Chromosomes/Hormones
male female intersex

GENDER EXPRESSION

Overall Communication/Perception of Gender

masculine feminine gender-neutral gender-variant
hyper-masculine hyper-feminine butch femme
androgynous gender non-conforming

CISGENDER

Your biological sex
aligns with your
gender identity

TRANSGENDER

Your biological sex
does not align with
your gender identity



LGBTQ+ SUBSTANCE ABUSE STATISTICS

LGBTQ+ adults are
nearly 2X as likely
as heterosexual adults
to experience a
substance use disorder.



12.9%

LGBTQ+ people aged 18
or older had both a
substance use disorder
and a **mental illness**
in 2019.



1.4 million

LGBTQ+ adults **have misused opioids.**



96.9%

of total opioid users in
the LGBTQ+ community
misused prescription
medication.



10.3%

of total opioid users in the LGBTQ+
community used **heroin.**

Dr Michael Loes MD



LGBTQ+ and Problem Gambling





How to Build Trust in Your Organization

Creating a welcoming environment for clients and staff means being intentional. Intentionality begins by outlining how your organization can ensure appropriate, welcoming interactions with LGBTQ peoples.

Co-Brand with LGBTQ trusted groups

Do you know the trusted LGBTQ groups in your community? If not, ask around. Look for an LGBT center, chamber of commerce, or pride festival.

Promote

Your Organization through LGBTQ media channels. Maybe it's a local paper, podcast, television show, that suits your orgs' needs?

Shop LGBTQ

Not sure who's LGBT? Not a problem - look for businesses that are LGBTBE certified.

Know the Basics

LGBTQ folx are sexual and gender minorities - understanding the basics sets everyone up for success.

Examine Your Bias

Often, we're not aware of our bias. Being cognizant of common biases can empower us to support those we wish to include.

Conduct an LGBTQ Needs Assessment

Then, take that information and include LGBTQ Goals In your action plans. Need help? Check out the Human Rights Campaign or your local LGBT trainer for assistance.

Lend a Hand

When you find an organization, whose mission resonates with yours, ask them how you can support them to grow.

Create Inclusive Spaces

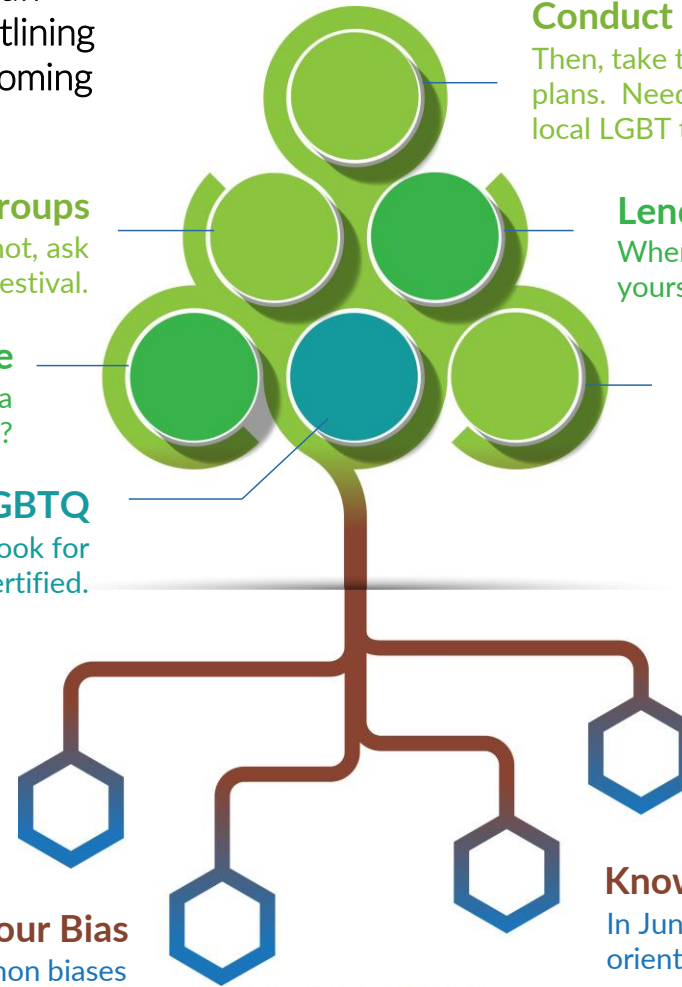
If you have single stall bathrooms, make them gender neutral. It's not just kind, they offer safety to transgender and gender nonconforming people. Inclusive spaces are also clearly marked - know our symbols of welcome and use them.

Be Trustworthy

Just because someone is out to you doesn't mean they are out to everyone. Ask who knows and if it's okay for you to share the information with others.

Know the Law

In June 2020, the Supreme Court of the United States ruled that sexual orientation and gender identity are included under "sex" as a prohibited ground of employment discrimination in the Civil Rights Act of 1964



Thank you!

DOLAN
RESEARCH INTERNATIONAL



Maryland Center *of* Excellence *on* Problem Gambling

Promoting healthy and informed choices regarding gambling and problem gambling through public awareness, training and education, prevention, technical assistance to the behavioral health care system, peer recovery support, research and public policy.

Insights of Peer Support in the Central Region

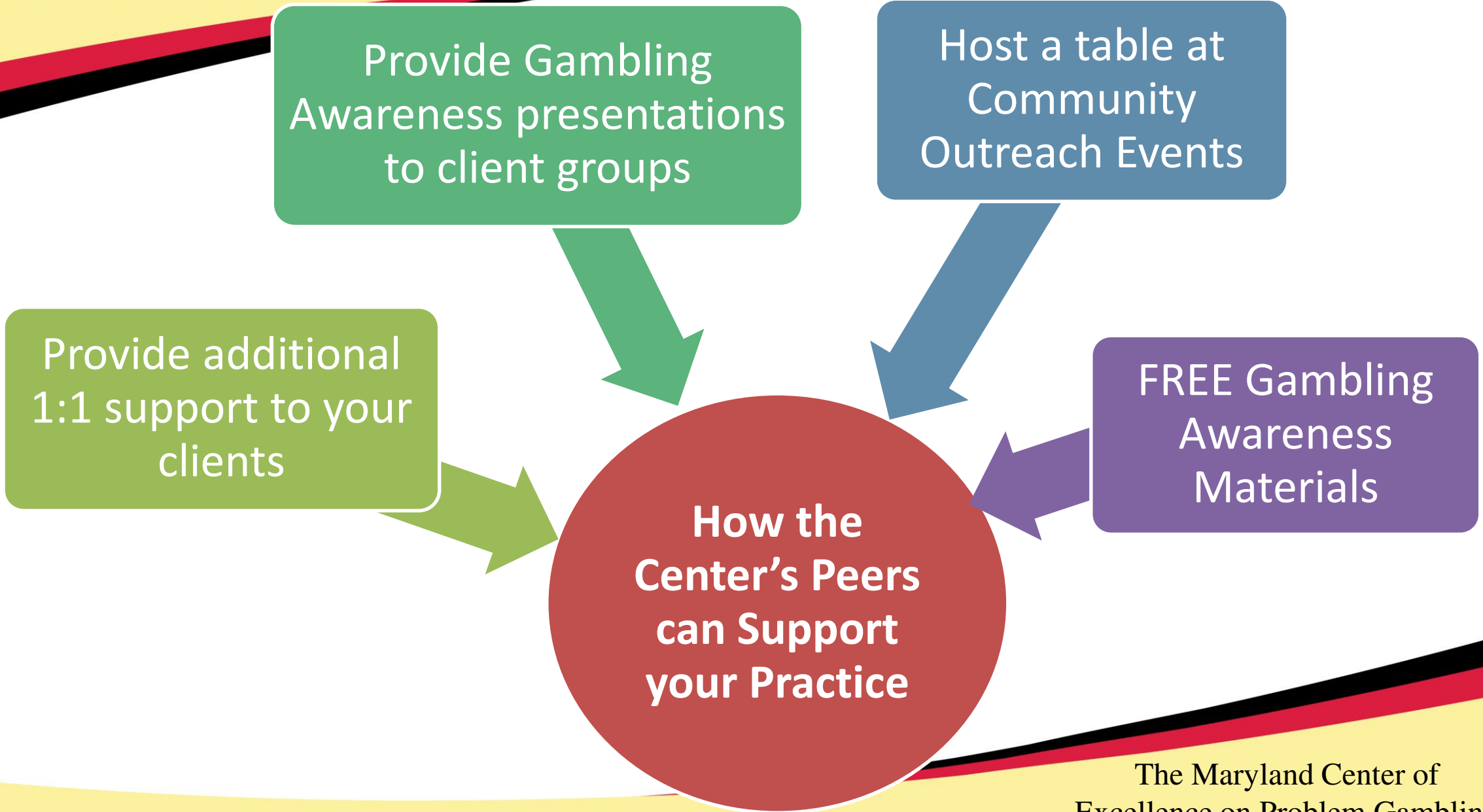
Baltimore, Carroll, Cecil, Harford and Howard Counties



Ken Wolfson, CPRS, RPS
kwolfson@som.umaryland.edu
Cell: 443-690-9811

REGIONAL DATA HIGHLIGHTS

- ✓ 29.2% of Central Region residents over the age of 18 gambled at least monthly. (Tracy et al., 2020)
- ✓ In FY22 (July 2021-June 2022), help seeker calls into the Maryland Helpline from Baltimore County represented 33.1% of total calls received from this region. (LACG)
- ✓ 24% of Baltimore County high school students reported gambling in the last year, the third highest in the state. (YRBS, 2018)





GAMBLING RESOURCES

Gambling Helpline: 1-800-GAMBLER

National Council on Problem Gambling

<https://www.ncpgambling.org/>

Gamblers Anonymous

<https://www.gamblersanonymous.org/ga/locations>

Gam-Anon

<https://gam-anon.org/>

Gam-Ban

<https://gamban.com/>

Consumer Financial Protection Bureau:

<https://www.consumerfinance.gov/>

National Suicide Prevention Lifeline:

<https://988lifeline.org/>

1-800-273-8255 or **988**



MARYLAND RESOURCES

Gambling Helpline: 1-800-GAMBLER

Maryland Legal Aid:

<https://www.mdlab.org/>

Maryland Volunteer Lawyers Service

<https://mvlslaw.org/>

Consumer Credit Counseling Services of Maryland:

www.cccsmd.org

Maryland Coalition of Families:

<https://www.mdcoalition.org/who-we-help/problem-gambling/>

Maryland Center of Excellence on Problem Gambling:

- mdproblemgambling.com
- helpmygamblingproblem.org
- asiangamblingsos.org
- militarygamblesafe.org

Local GA Meetings:

<http://dmvgamblinghelp.org/>

Maryland 211, press 1: Crisis Hotline

The Maryland Center of
Excellence on Problem Gambling



UNIVERSITY of MARYLAND
SCHOOL OF MEDICINE

Thank You!

The Maryland Center of
Excellence on Problem Gambling



Daniel Carl Torsch Foundation

New day. New beginning.

Our Story



The Daniel Carl Torsch Foundation (formed in 2011) is a community based 501(c)3 non profit organization, serving and supporting individuals and their families that are struggling with substance use, addiction and mental health.

In loving memory of Daniel Torsch
(1986 - 2010)

Our Work



- Family and Peer Support Services
- Case Management
- Care Coordination
- Support Groups
- Recovery Support Funding
- Recovery Support Services
- Naloxone training and distribution
- Organized clean-up days for syringes
- Distribute hygiene supplies
- Distribute wound care supplies
- Assistance with essentials

What is Harm Reduction?

Any Positive Change

- Reduces negative consequences, from managed use to abstinence.
- Meets people where they are at and does not leave them behind.



How it Works

- Non-judgmental, non-coercive services provided.
- Quality of life as standard of success, not cessation of use



Social Justice

- Realizes that social inequalities increase harms.
- Works to abolish racialized drug policies and dismantle oppressive systems.



Reality Based

- Accepts that drug use is a part of our world.
- Does not minimize real, tragic harms of drug use.



Empowering

- People who use drugs are primary agents of change
- Gives people who use drugs a real voice in policies.

What is NOT Harm Reduction



**Daniel Carl Torsch
Foundation**

New day. New beginning.

QUESTIONS?

Contact information:

Austin Torsch CFPS

Daniel Carl Torsch Foundation

Family Peer Support / Coordinator

austint.dctf@gmail.com

443-554-0765

<https://www.dctfoundationinc.org>

dctfoundationinc@gmail.com





*Celebrating 40 Years Certifying Maryland's
Behavioral Health Workers*

MABPCB

www.mabpcb.com

INTRODUCTION



Monica White, MS, CAC-AD, CCDC,
RPS
MABPCB President

- Newly Elected President, Maryland Addiction and Behavioral-health Professionals Certification Board
- Executive Director & Co-Owner, Misha House, LLC.
- Clinical Director, Light of Truth Center & By Grace Counseling Services
- Owner, One Mo' Chance Thrift Closet



An introduction to Peer support Acronyms

BRSS TACS - Bringing Recovery Supports to Scale Technical Assistance Center Strategy

IC&RC - International Certification and Reciprocity Consortium

MABPCB - Maryland Addiction and Behavioral-health Professionals Certification Board

ROSC – Recovery Oriented System of Care

CPRS - Certified Peer Recovery Specialist

PRS – Peer Recovery Specialist (non-certified)

RC – Recovery Coach (non-certified)

i-FPRS - Integrated Forensic Peer Recovery Specialist

CPRS-F – Certified Peer Recovery Specialist – Family

RPS - Registered Peer Supervisor

WWW.MABPCB.COM

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Celebrating 40 Years
Certifying Maryland's
Health Workers!

[Learn More](#)

Verify A Credential



CPRS CORE Training Requirement

A **CORE** training is a curricula that provides at least 24+ Peer Training Curriculum approved by MABPCB to meet the knowledge, skills and abilities associated with the four (4) Domains of Advocacy, Ethical Responsibility, Mentoring/Education & Recovery/Wellness.

CCAR - Connecticut Community Addiction Recovery (Recovery Coach Academy)

WRAP - Wellness Recovery Action Plan

IPS - Intentional Peer Support

DBSA - Depression and Bipolar Support Alliance

PRS Training Curriculum - Jordan Peer, Theeseed, & Mosaic Group

Certified Peer Recovery Specialist Requirements

- High School diploma or GED
- 46 hours of training
- 500 hours of documented hours of service either paid or volunteer
- 25 hours of documented supervision by a Registered Peer Supervisor
- Self-identify as a person in recovery for at least 2 years
- Reside/Work in Maryland 51% of the time

CPRS RECERTIFICATION - Minimum 20 hours of related coursework and must include 6+ Ethical Responsibility ONLY training course

Registered Peer Supervisor Requirements

- One must have (1) year experience supervising Peer Recovery Specialist in the behavioral health, recovery and/or crisis support field, or;
- One must be a MABPCB Certified Peer Recovery Specialist (CPRS) for one year, **AND** have documentation of a Lead Peer role or direct supervision of Peer Recovery Specialists for six (6) months within your organization **AND** reflective in your current organization's job description **AND** a letter of support from your current supervisor or;
- Administrative/Clinical Supervisors must have six (6) months in a supervisory position in the behavioral health field

Registered Peer Supervisor Requirements

- Must complete a six (6) hour “Supervising Peers” training
- An RPS must take a refresher course and apply for renewal status every two years
- It is suggested that individual or group peer supervision be provided at least twice monthly

Current Endorsements

Peers are eligible for Endorsements after CPRS certification (integrated-Forensic Peer Recovery Specialist) i-FPRS:

- Expand knowledge base in assisting individuals who have historical involvement in the legal system
- 24 additional training hours

(Certified Peer Recovery Specialist-Family) CPRS-F:

- Expand knowledge base and work specifically with Peers and their respective family members
- 21 additional training hours



Endorsements

Certified Peer Housing Specialist (CPHS)

Specific Training related to working in Recovery Housing settings & Residential treatment

Certified Peer Outreach Specialist (CPOS)

Specific Training related to working in the community as an Outreach Worker

Application Fees

\$125 Certified Peer Recovery Specialist

\$125 Re-certification Certified Peer Recovery Specialist

\$75 Endorsements (i-FPRS and CPRS-F)

\$50 Registered Peer Supervisor

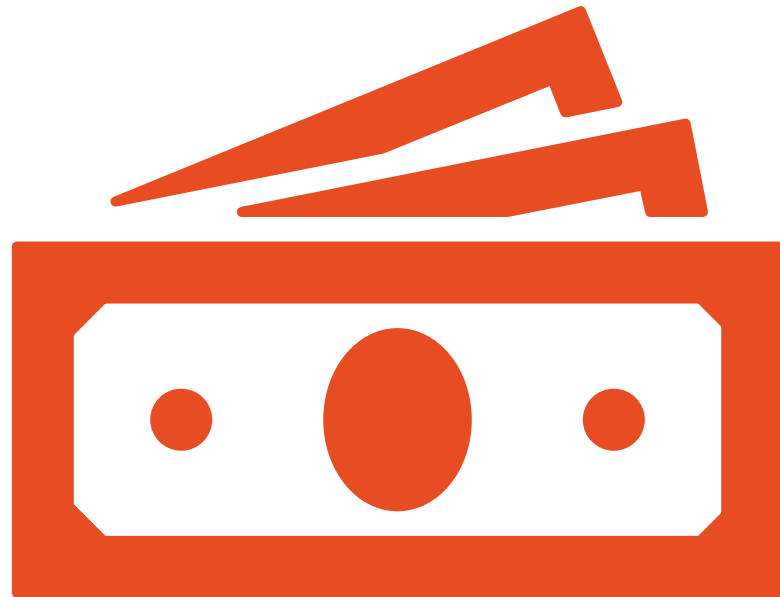
Maryland's
Behavioral
Health
Administration:
Peer
Certification
Expansion Fund
(PCEF)

Originally designed to reduce financial barriers for peers working towards their CPRS credential:

- **Funding used to support Peers seeking certification and recertification**

Expanded eligibility to include two new services:

- **CPRS Retest Costs - Peers who do not pass their CPRS exam can now apply to use funds to cover their retest fees**
- **Registered Peer Supervisor (RPS) Endorsements - Individuals obtaining their RPS can now apply to use funds to cover their application fees**



CPRS &
MEDICAID
REIMBURSEMENT

JUNE 2023

CPRS MEDICAID REIMBURSEMENT SERVICES

- ❖ **Programs Eligible to provide billable Peer Support Services**
 - ❖ **Maryland Medicaid Provider Type 50 programs**
 - ❖ OP Level 1
 - ❖ IOP Level 2.1
 - ❖ PHP Level 2.5
 - ❖ **Medicaid Provider Type 32 programs - Opioid Treatment Programs**
 - ❖ **Medicaid Provider Type 34 programs - Federally Qualified Health Centers)**

CPRS MEDICAID REIMBURSEMENT SERVICES

KEY INFORMATION TO EFFECTIVELY PREPARE

- ❖ ALL PROVIDERS MUST HAVE AN RPS ON STAFF TO BILL FOR SERVICES
- ❖ SERVICES CAN ONLY BE BILLED FOR CERTIFIED PEER RECOVERY SPECIALIST
 - ❖ Non-certified Peer services are not eligible for billing
- ❖ SERVICES ARE IN CONJUNCTION WITH AND NOT IN PLACE OF CLINICAL SERVICES
 - ❖ Peer-to-Peer Sessions
 - ❖ Peer Support Groups (NO CLINICAL CURRICULUM)

For more information:

Visit our website:

<https://www.mabpcb.com>

Email:

peer@mabpcb.com

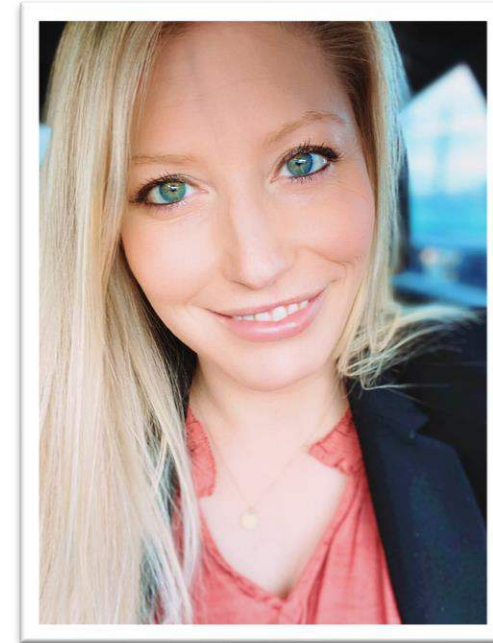


Q+A



Phoenix Recovery Academy is a recovery high school in the heart of Frederick, MD. We meet the individual educational needs of teens recovering from substance use disorder with care, compassion, respect, and rigor.

<https://phoenixrecoveryacademy.org>



Jessica Nicholson, RPS

Academy and Community Relations Director

Phoenix Recovery Academy

Direct: 240-370-2656

jnicholson@phoenixrecoveryacademy.org



Maryland Coalition of Families

**Connect.
Support.
Empower.**





Connect





INTERNATIONAL OVERDOSE AWARENESS DAY
 Join the community at The Glades Pavilion
 For Stories of Hope and a Candlelight Vigil
August 31, 2022 | 6:00pm-8:00pm

- Special displays to honor loved ones lost
- Information & resources
- Speakers bringing stories of hope
- Free Narcan will be available
- Candlelight vigil & music

International Overdose Awareness Day is a global event held on August 31st each year. Its purpose is to raise awareness around overdose and to acknowledge the grief felt by families and friends.

A COLLABORATION BETWEEN



SUPPORT





Empower





Our work in Mental Health

Our Work in Substance Use



Gambling Family Support

Does someone you love have a gambling problem?

You are not alone.



When someone you love has a gambling problem, it can strain family relationships, interfere with work and lead to financial problems. You may feel worried, alone, ashamed, and unsure what to do. That's why we're here!

Maryland Coalition of Families provides safe, confidential support without judgement. Our staff have experienced gambling issues in their own families, and they use that experience to help others in this situation. We offer free, personalized support as well as information and connection to resources.

For additional information or to find help in your community, contact us today.

**410-730-8267 | info@mdcoalition.org
mdcoalition.org**



Scan code to learn more

The Need for Family Peers in Problem Gambling

Maryland's Problem Gambling Helpline

1-800-GAMBLER



By the Numbers

3,465

families received individualized support for help with children's mental health, addictions to substances or gambling, or involvement with the Department of Juvenile Services

623

support groups and workshops provided opportunities for family members to learn and connect

143

substance use treatment admissions were facilitated with support from MCF staff

15,540

individuals were reached with information about Maryland's Good Samaritan Law, which protects people assisting in an emergency overdose situation from arrest and prosecution for certain crimes

Why do we do what we do?

Contact MCF

www.mdcoalition.org

Calling: 410-730-8267, PRESS 1

Emailing:

help@mdcoalition.org

facebook.com/MdCoalition

Jaimie Bell

Calling: 240-226-0530

Emailing: jbelle@mdcoalition.org



Save Our Children Peer Support Group provides support, resources, and education to individuals and families who struggle with drug, alcohol, and/or gambling addiction.

Our mission is to guide you and your family to find a successful recovery path. We empower our community with strength, hope, courage, knowledge, and compassion. We provide comprehensive resources and education through our own lived experiences.

Meetings are Tuesdays from 6:30pm-8:00pm.

Virtual meetings are weekly. In-Person Meetings are bi-weekly.

Please contact Carin Miller for more information: 301-471-1830

In-person location:

Platoon 22 Veteran Services Center

1750 Monocacy Blvd. Frederick, MD 21701

Virtual meeting link:

<https://umaryland.zoom.us/j/97860276349>



MHAA



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