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INSTITUTE FOR  
HEALTH & RECOVERY



# Institute for Health and Recovery In Cambridge and Massachusetts

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Cambridge Commission for Human Services  
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# Institute for Health and Recovery: Mission

The Institute for Health and Recovery (IHR) is a statewide service, research, policy, and program development agency. IHR's mission is to develop a comprehensive continuum of care for individuals, youth, and families affected by alcohol, tobacco, and other drug use, mental health problems, violence/trauma, and HIV/AIDS.

# Institute for Health and Recovery

IHR's work is based on principles of:

- Establishing collaborative models of service delivery
- Integrating gender-specific, trauma-informed, and relational/cultural models of prevention, intervention, and treatment
- Fostering family-centered, strength-based approaches
- Advancing multicultural competency within the service delivery system

# Institute for Health and Recovery

- Targeted capacity building
- Training and technical assistance
- Access to residential treatment: youth, pregnant women, families
- Outpatient services: youth, adults, families



# Institute for Health and Recovery

- Main office in Cambridge since 1989
- Founded by Dr. Norma Finkelstein, who is still E.D.
- State and federal grants and contracts
- 75 employees statewide
- Nationally accredited by CARF in June, 2013
- Named one of 2013's "Top Places to Work" by the Boston Globe

## Why Women?

- Much of prior research on SA done on men
- “Bootstraps” recovery model
- Women: stigma, guilt, shame
  - Powerlessness, hopelessness, despair
  - Lack of trust: fear of loss of children
  - Anger & blame from caregivers

# Developing a New Paradigm

“Sometimes things.....

must be believed to be seen”



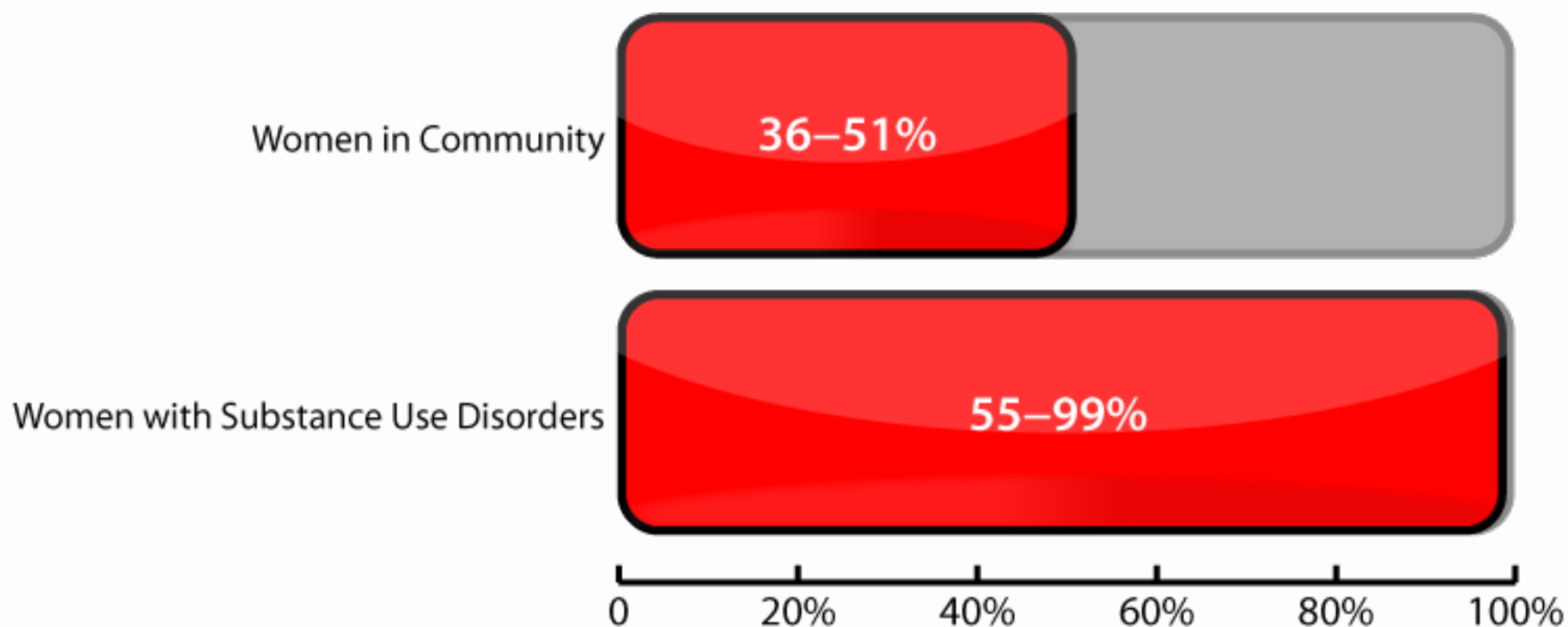
## Women as Mothers

- “Crack baby” media sensation in the '80s spurred research on women and substance use
- Substance Abuse and Mental Health Services Administration (SAMHSA) funded PPWI projects
- IHR founded by Dr. Norma Finkelstein, from CHA/CASPAR, with PPWI grant

## Facts on Women, Mental Health & Trauma

- Substance abuse & mental health problems frequently occur together
- Women with mental health problems are more likely to have experienced physical and/or sexual abuse

## Substance Use Disorders, Women & Trauma



Najavits et al., 1997

## Children Affected by Parental Substance Use

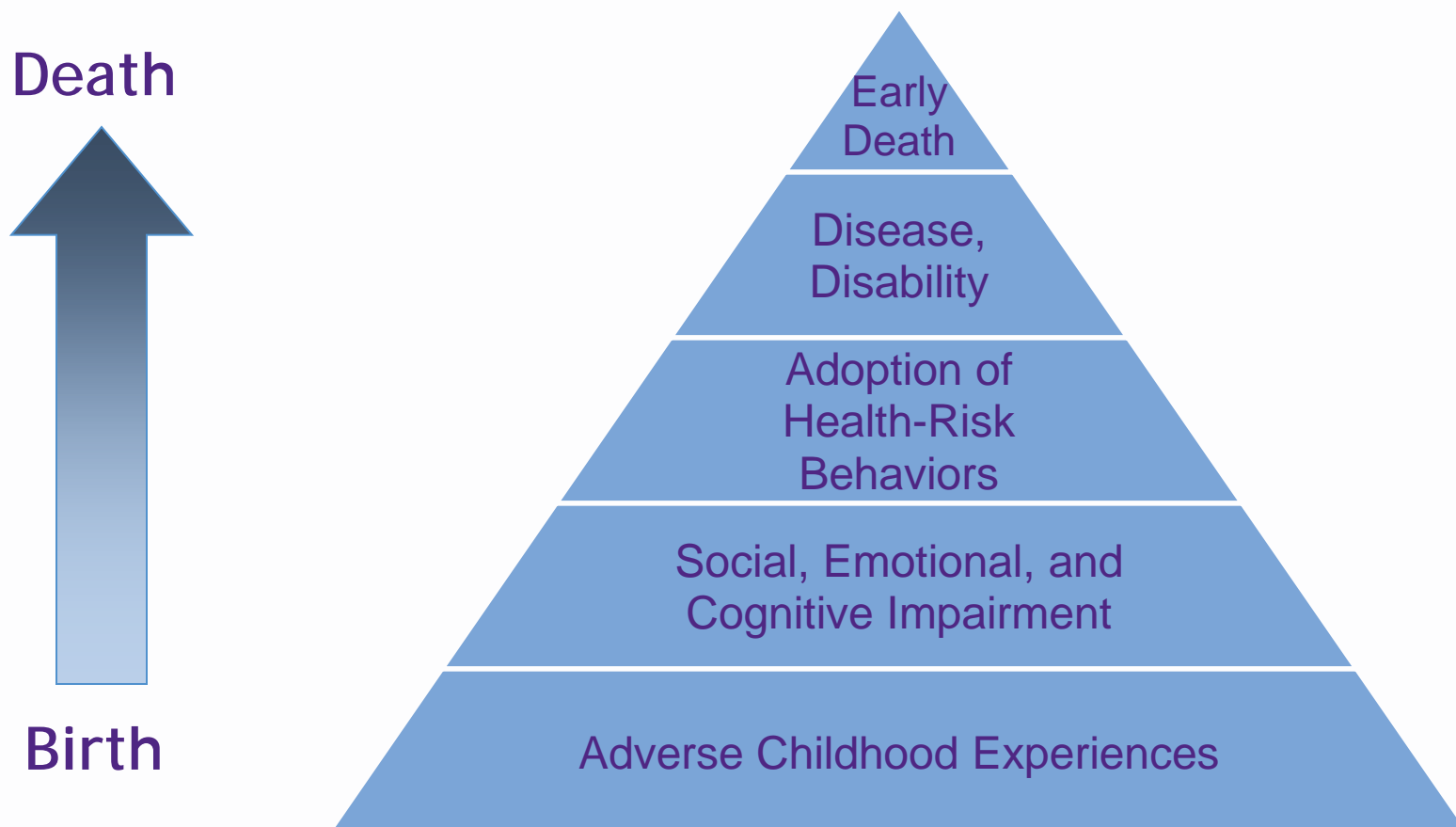
- Studies have mainly measured treatment retention/reduction in maternal substance abuse as primary outcome; assumed parenting and work with children are secondary to this primary goal
- “We used to think that just keeping kids with their moms would be enough; but have found that the children have needs of their own”



## Adverse Childhood Experiences (ACE) study

- Large study of over 17,000 HMO members (Kaiser Permanente)
- Strong link between adverse childhood experiences and adult physical health
- Severe physical/emotional abuse as children; growing up with alcohol or drug user; witnessing mother being treated violently

# Adverse Childhood Experiences (ACE) Study



# Integrated Treatment Model

- Substance use and mental health disorders
  - Brain disease
  - Emotional, physical, psychological, spiritual, socio-political
- Women's development
  - Relationships and mutuality as core elements
  - Relational-cultural model

Stephanie Covington, Norma Finkelstein, Janet Surrey, Maxine Harris

# Integrated Treatment Model

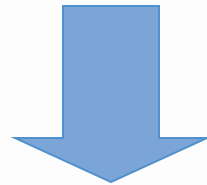
- Trauma
  - Trauma-informed and trauma-specific treatment
- Family-centered
  - Family as client, not solely individual

Stephanie Covington, Norma Finkelstein, Janet Surrey, Maxine Harris



# Family-Centered Care: Relational-Cultural Model

Multiple vulnerabilities for children, families,  
significant others



Parenting and family relationships critical to recovery



Comprehensive, family-centered treatment

## Systems Work: Capacity Building

- Central intake and access for youth, pregnant women, families
- Training and TA on relational model, SUD, trauma, tobacco
- Parenting and Children's Services: *Nurturing Program for Families in Substance Abuse Treatment and Recovery*

## Systems Work: Capacity Building

- Training in early childhood trauma, social/emotional development, attachment for wide variety of early childhood providers
- FASD State Coordinator; policy development on substance-exposed newborns
- Interagency work: EOHHS agencies in MA

## Direct Service Work

- Home, clinic, and community-based counseling
- Licensed for mental health and substance abuse counseling
- Programs with ex-offenders (male and female), young adults civilly committed to treatment, families involved with DCF, parents in methadone treatment



## IHR Outpatient Services

- Offices in Cambridge, Boston, Lowell, Fall River
- Individual treatment for children, youth, and adults struggling with mental health or substance use issues
- Home or clinic-based individual/family treatment
- Trauma, wellness, recovery groups
- Groups are clinic based, or can be held on site for residential programs (e.g. CASPAR)



## IHR Outpatient

- All treatment provided is family-centered and trauma-informed
- Walk-ins welcome at Cambridge office during normal business hours
- All MassHealth coverage types accepted

## IHR's SAFE Project

- Treatment program designed to meet the specific needs of young people 12 through 24
- Home, school, and community-based treatment for youth and their families
- Use of evidence-based treatment models which promote healthy lifestyle and seeks to improve parent/child relationships

# Collaboration with Cambridge Prevention Coalition

- Active member of CPC since 2011
- Helped develop the Marijuana Education & Engagement Prevention Program (MEEPP)
- IHR has provided trainings to Cambridge youth programs
- IHR is always available for technical assistance around youth substance use issues

# Training

- IHR has provided “Substance Use 101 and Resources” trainings for:
  - Cambridge Youth Center staff
  - Cambridge football and basketball coaches
  - Parents of CRLS students

## Cambridge's MEEPP

- Three-hour drug awareness class for young people caught with/using marijuana
- Offered to small groups (1-4 students at a time)
- Curriculum provides education, self-assessment, skill building, resources
- Requirement for CRLS students who are referred to the CPC
- Requirement for youth engaged in City of Cambridge programming (youth centers, sports, job programs, etc.)

## IHR and MEEPP

- In 2008, MA voters decriminalized possession of less than an ounce of marijuana
- IHR provides the drug education classes across the state for all youth cited for marijuana possession
- In 2011, Cambridge started to develop a similar program for youth caught at CRLS and in city programs (MEEPP)

## IHR and MEEPP

- IHR partnered with CPC/Office of Public Works to develop a program to meet the needs of the city
- IHR shared its drug education curriculum
- Provided technical assistance to edit that curriculum for Cambridge
- CPC now offers the MEEPP program for youth within the same week they are caught with marijuana



# Thank You!

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