

SPOTLIGHT: Aware Recovery Care



Background

Aware Recovery Care (ARC) provides at-home treatment services for drug and alcohol addiction throughout Connecticut and New Hampshire. Modeled closely on the visiting nurse program, ARC was founded in June of 2011 by a group of healthcare professionals and entrepreneurs in recovery who collaborated with addiction specialists from Yale University and thought leaders in the field to create a comprehensive model of care that was otherwise missing for individuals with substance use disorders: in-home treatment. Each ARC client is assigned a multidisciplinary team of specially trained treatment professionals who work with the client and the family in their very own living space to develop the skills necessary to live in long-term recovery from addiction.

How It Works

A team of clinicians and professionals (many of whom are in long-term recovery themselves) is assigned to each client once the individual's specific needs have been assessed and the level of care has been deemed clinically appropriate. This team is supervised and led by an addiction psychiatrist and supported by a licensed marriage and family therapist (LMFT), a licensed specialty care coordinator (e.g., LCSW, LPC, master's level clinician, MSW, LADC, or Addiction RN), and an individual therapist. Clients frequently receive visits by members of their clinical team, as well as daily support from a certified recovery advisor (CRA) whose age, story, and gender are matched with the client. All treatment occurs one-on-one and follows a curriculum that utilizes evidence-based practices and is designed to transform the home into a recovery-positive space by focusing on developing skills and healthy routines, as well as improving family dynamics when applicable.

Part of ARC's success can be attributed to the fact that it is a comprehensive, year-long program. Recent studies have shown that individuals who maintain abstinence from drugs and alcohol for an entire year have an 80

"The substance use treatment industry will completely change within the next ten years, and Aware Recovery Care will be at the forefront...It's taking many things that we know are effective and combining them into one. In my opinion, it's going to be the way that we handle addiction in the future."

– Ellen Lockhard Edens, MD,
Assistant Professor of Psychiatry;
Associate Fellowship Director,
Addiction Psychiatry

percent chance of sustaining their abstinence.ⁱ If the year-long program has been completed and a client needs to extend their length of treatment, they can elect to do so.

Some clients enter the program directly after having gone through treatment in an intensive inpatient facility, while others come to ARC as a first line of treatment. For those transitioning from higher levels of care, ARC helps to make sure that this period—during which patients are at high risk of relapsing—goes smoothly by maintaining close contact with the client and creating an individualized treatment plan that builds upon and implements skills that the client began to develop during their inpatient stay. All clients experience the benefits of being able to receive treatment and specialized care while remaining within the familiar surroundings of their own home and community—at work, in school, and with their loved ones. This is significant because learning to live in recovery ultimately does not happen within controlled, unfamiliar environments, but rather within individuals' homes and communities.

Clients in need of extra support, such as those who have undergone multiple residential treatment stays and relapses, may decide to participate in one of ARC's

Spotlight Series: *highlighting innovative programs across the nation enacting a comprehensive strategy to address substance use disorders and addiction.*

many technologically advanced offerings, such as its voluntary GPS tracking system and various methods of random alcohol and drug testing.

How it is Innovative

ARC is designed to be flexible and individualized. By prioritizing the specific needs of each client and meeting them in their own home environment, rather than in a controlled environment, such as a group setting off-site or an office, the program bypasses common barriers that many people face when trying to access treatment. This includes a lack of transportation to and from appointments, difficulties with scheduling, and the crippling social anxiety that is often associated with adopting new behaviors. If a client does not have their own home, appointments can be held at alternative locations, such as a friend's house, a space made available by partnering organizations in the community, a walking path, and even in a client's car. Clients whose schedules are difficult to navigate due to work and/or family care can make appointments at any time throughout the day, ensuring that treatment fits seamlessly into their lives.

ARC provides innovative and holistic treatments by incorporating key aspects of everyday life into its bio-psycho-social curriculum, such as educational training and vocational support. As a model that prioritizes laying the groundwork for long-term recovery in the spaces where it will be practiced each day, the clinical team also helps each client access resources and cultivate local support systems outside of the home and within their community.

The treatment that ARC offers is a vital part of any continuum of care intended to maximize clinical outcomes and give clients the best possible chance at attaining and maintaining recovery while affording health, wellness, and hope.

In Connecticut and New Hampshire, ARC is currently covered in-network by Anthem Blue Cross and Blue

Shield and its affiliates, and available via a self-pay. A full year of ARC amounts to the cost of a one- or two-month stay at a traditional residential treatment center.

Demonstrating Success

In 2016, a study conducted by Anthem Blue Cross and Blue Shield concluded that ARC had recovery rates six times higher than the national average. Sixty to 70 percent of ARC clients completed the one-year program, compared to the national completion average of less than 12 percent.ⁱⁱ Of those who successfully completed the program, about four out of five remained abstinent one year later.

Stakeholders & Partners

In order to ensure that clients receive all of the resources they need to achieve and maintain a life in recovery, ARC cultivates partnerships with local recovery-oriented groups (such as SMART Recovery, Celebrate Recovery, Alcoholics Anonymous, and other 12-Step programs), as well as vetted local agencies that offer residential care, detoxification, and stabilization. Should an ARC client require a higher level of care, the clinical team can quickly connect them to the appropriate local treatment agency.

The Future of Aware Recovery Care

ARC's care teams currently are strategically placed throughout Connecticut and New Hampshire. The stakeholders at ARC have plans to expand throughout the United States in the next few years, while working closely with officials and statisticians who are actively monitoring the opiate epidemic that is ravaging the nation.

ARC leaders anticipate that as demand for the model increases and success continues to be proven across Connecticut and New Hampshire, as well as in other states, so too will the number of insurers that cover ARC's unique services.

Resources & References

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- ii. [Aware Recovery Care]. (2016, Nov 10). *Extraordinary Addiction Recovery Rates Achieved by Aware Recovery Care* [Video File]. Retrieved from https://www.youtube.com/watch?v=yppYrk_0wnYw&feature=youtu.be

Aware Recovery Care's Website: <https://www.awarerecoverycare.com/>