

# Alternative Peer Groups: Defining Family Support

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## Need for Alternative Peer Groups

Alternative Peer Groups (APG) are community-based, family-centered, and professionally staffed positive peer support programs that offer prosocial fun substance-free activities.

Alternative Peer Groups have been successful in promoting recovery skills among adolescents that helps create a community of young people that encourage healthy lifestyle changes in a safe, socially-reinforcing environment that is recovery and wellness focused.

The UNH Institute on Disability has developed an implementation model for APG's with access to resources and program development support.

Family support plays a large role in adolescents' success finding and maintaining recovery & there was little guidance on how to engage and support families in recovery.

## Building an APG

Resources Provided Through The IOD on Building a Successful APG

- APG Implementation Tools
- APG Coaches Resources
- APG Facilitator Resources
- Oversight Team Resources

## Establishing an APG

Resources Provided by the IOD to establish and sustain APGs:

Collaboration: Family Support Workgroup, APG Workgroup,

Creating Connections Organization

Interdisciplinary: Members within Family Support Work Group

Networking/Outreach: NAMI, Live Free Recovery, Substance Abuse & Mental Health Services Administration



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## Family Recovery Support Practice Profile

All family members are impacted by a youth's alcohol and other drugs use. Therefore, family members need information to understand what has happened, support and opportunities to heal, and to develop healthy living skills (The Prevention Researcher, 2012).

The Family Recovery Support Practice Profile was developed through a workgroup that was convened from July 2021 through January 2022 and started through the Creating Connections NH Project, funded by the Substance Abuse and Mental Health Services Administration (SAMHSA). It reflects the talent and voice of caregivers impacted by a child's substance use disorder, Family Support Providers, Certified Recovery Support Workers, APG Facilitators, Researchers, and State partners.

The Family Recovery Support Practice Profile is defined through twenty critical components for Family Recovery Support. These are aligned with the SAMSHA's Recovery competencies.

### RECOVERY-ORIENTED

### FAMILY-CENTERED

### ETHICS

### RELATIONSHIP-FOCUSED

### TRAUMA-INFORMED

### Resource Development

Survey Development for Teen Satisfaction of APG's

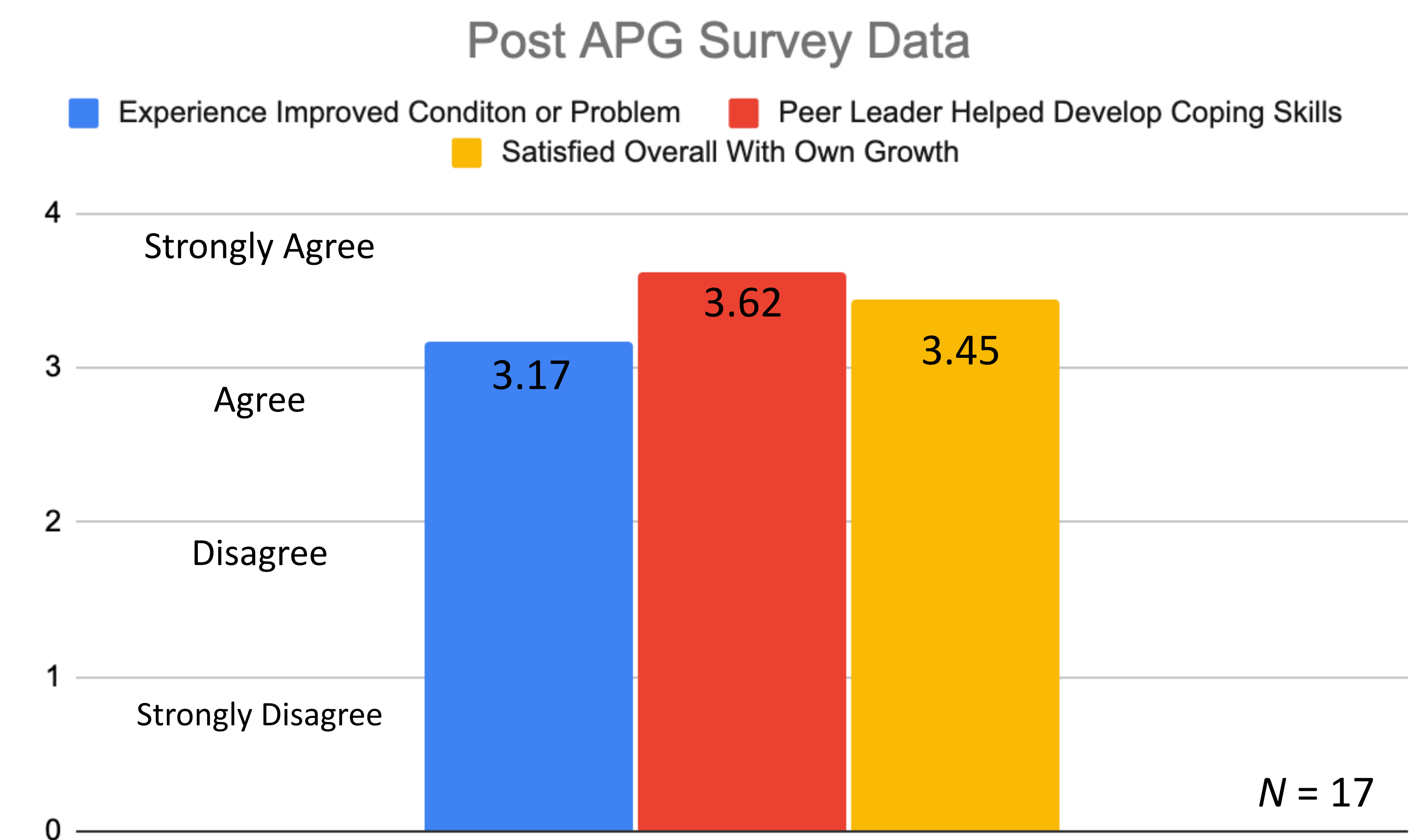
Survey Development for Family Satisfaction of Family Recovery Support

Job Description Outline for Family Support Specialist

Formatting and Development of Practice Profile, Defining Critical Components

Research and development of resources to support APG Learning Community

## Conclusion



## Value of Family Recovery Support

- Promote healing and reconnection within the family through the sharing of experiences, strengths, and hope, while integrating learning daily;
- Community based, family centered supports provided in a welcoming, supportive & unbiased environment;
- That results in positive youth and family outcomes.

## Next Steps:

- Present Family Recovery Support Practice Profile at AAPG Conference to gain support and traction
- Advance Alternative Peer Group Support to collegiate recovery
- Develop training resources, fidelity tools and engagement tools for family support providers

## References

- Creating Connections NH Alternative Peer Groups
- Family Recovery Support Practice Profile
- The Prevention Researcher. (2012). Supporting Youth and Their Parents During Recovery: A Q&A with Steve

## NH Alternative Peer Groups

