

MIDD 2 Initiative RR-09: Recovery Café (NEW)

How does the program advance the adopted MIDD policy goals?

This program primarily addresses the adopted MIDD policy goal of “improve health and wellness of individuals living with behavioral health conditions.”

The nonprofit Recovery Café provides an alternative therapeutic supportive community for women and men traumatized by homelessness, addiction and other mental health challenges. Operating for over 10 years, Recovery Café has helped thousands of women and men find stability and support on their recovery journey.

MIDD 2’s annual investment, in combination with operating and capital funding from other sources, would allow a second location in King County to be launched.

The alternative therapeutic model used at Recovery Café provides support, resources, and a community of care along the entire continuum of a person’s need for recovery assistance. Whether a person is in crisis, newer to recovery, in long-term recovery, experiencing a relapse, in a difficult life change, or in a mental health transition, Recovery Café is a refuge of care and evidence-based addiction support.

Recovery Café provides a community in which women and men can stabilize in their mental/physical health, housing, relationships and employment/volunteer service. This community helps women and men fulfill their potential and live meaningful lives. Recovery Café teaches people ways to manage their mental health, maintain sobriety and build mutually supportive community.

Through its work, Recovery Café prevents individuals from potentially lethal crises, avoiding the need for emergency intervention to stabilize that person, and allowing mental health and addiction support professionals to focus on health maintenance and additional harm reduction.

Recovery Café has been recognized by Washington State and King County experts as an example of how a Recovery Oriented System of Care (ROSC) works.¹²⁸

¹²⁸ The ROSC approach has been embraced by the Washington State Division of Behavioral Health and Recovery and King County. A ROSC is a more effective approach for addressing substance use disorder (SUD) issues than traditional models, because it meets people where they are on the recovery continuum, engages them for a lifetime of managing their disease, focuses holistically on a person’s needs, and empowers them to build a life that realizes their full potential. This person-centered system of care supports a person as they establish a healthy life and recognizes that everyone needs a meaningful sense of membership and belonging in community.

1. Program Description

◇ A. Service Components/Design (Brief)

Recovery Café provides a safe, warm, beautiful, drug-and-alcohol-free space and loving community to anchor members – Recovery Café’s most closely held participants – in the sustained recovery needed to gain and maintain access to housing, social and health services, healthy relationships, education and employment. Recovery Café’s program is designed to help people maintain recovery, reduce relapse and fulfill their potential. Important elements of this work include:

- A healing milieu including free nutritious meals, activities, computer access and individualized encouragement.
- Accountability groups called Recovery Circles, where members become known and get to know others.
- Peer-to-peer member empowerment, enrichment and involvement.
- The School of Recovery, an educational program available to members featuring classes that address the underlying causes of addiction, teach coping skills, develop knowledge, learn new skills and build the resources necessary to begin and maintain recovery from substance use disorders.
- Referral Services to help members navigate the complex social services system to gain and maintain housing, health care, mental health services, legal assistance, and a base of support including positive and consistent relationships with service providers.
- 12-step meetings held in a dedicated space.

Recovery Café’s community support model has the flexibility to meet the needs of people at any stage of recovery from alcohol and substance addiction. Major elements of the program include behavioral interventions, motivational interviewing style, motivational incentives, psychoeducation (including relapse prevention and skill building), and significant peer-to-peer support.

◇ B. Goals

Recovery Cafe services aim to meet the need for stabilizing community accountability for women and men suffering from the trauma of homelessness, addiction and/or other behavioral health challenges in King County.

The goal of MIDD 2’s investment in Recovery Café is to seed the launch of a second café in King County beyond downtown Seattle, in partnership with other funds to be secured by Recovery Café, and to provide ongoing support for the operations of this additional site. At the time of this report, Recovery Café was evaluating sites south and east of downtown Seattle, but had not yet selected a site for expansion.

◇ C. *Preliminary Performance Measures (based on MIDD 2 Framework)*¹²⁹

1. *How much? Service Capacity Measures*

The MIDD investment could support services for 85 to 350 members at any one time – or 300 to 1,000 per year – depending on the amount of other funds that are leveraged. Services would begin in 2018.

2. *How well? Service Quality Measures*

- Increased use of preventive (outpatient) services
- Improved wellness self-management

3. *Is anyone better off? Individual Outcome Measures*

- Reduced behavioral health risk factors
- Improved wellness and social relationships
- Reduction of crisis events

◇ D. *Provided by: Contractor*

Recovery Café will provide this service via a contract with King County BHRD.

2. **Spending Plan**

The spending plan outlined here is limited to the MIDD funding level. As such, implementation scale and timing will be significantly affected by the degree to which other funds are leveraged for the second King County Recovery Café site. As a result, the timing and/or amounts of some expenditures shown below may depend on when and how the new location is successfully sited. Potential timeframe changes and/or revisions to these approaches should be expected.

¹²⁹ Throughout 2017, review and refinement of Results-Based Accountability (RBA) performance measures for MIDD 2 initiatives will be conducted whenever applicable, in consultation with providers. Updates to performance measures that may result from this collaborative process will be reported in the next MIDD Annual Report in August 2018.

Year	Activity	Amount
2017 only	Capital and/or startup funding for second Recovery Café site in King County	\$348,717
2017 Annual Expenditure		\$348,717
2018 Annual Expenditure	Operational funding for second King County Recovery Café site (site management and mental health coordination)	\$357,783
2018 Annual Expenditure		\$357,783
Biennial Expenditure		\$706,500

3. Implementation Schedule

◇ A. Procurement and Contracting of Services

No procurement process will be required. Funding will be disbursed to Recovery Café via a contract that will be specific to the launch of the second site.

◇ B. Services Start date (s)

As no procurement process is needed, funds could be disbursed as soon as third quarter 2017. Services at the second Recovery Café site in King County could potentially begin sometime in 2018, after other funding is secured; a site is identified, secured, and readied; and staff are in place to implement the program model.

4. Community Engagement Efforts

This is a new initiative building from an established program model. Recovery Café is working with community stakeholders to determine the best site for expansion. Community engagement that is occurring as part of the site selection process includes regular discussions regarding potential sites for acquisition, outreach to community leaders, and exploring partnership opportunities with other nonprofit entities. As a site is selected, the Café will engage current members in focus group settings to get feedback on the expansion.