

*SIUE School of Nursing*

*Presents*

*Creating a Healing Forest: The Entire  
Community as the Treatment Center*

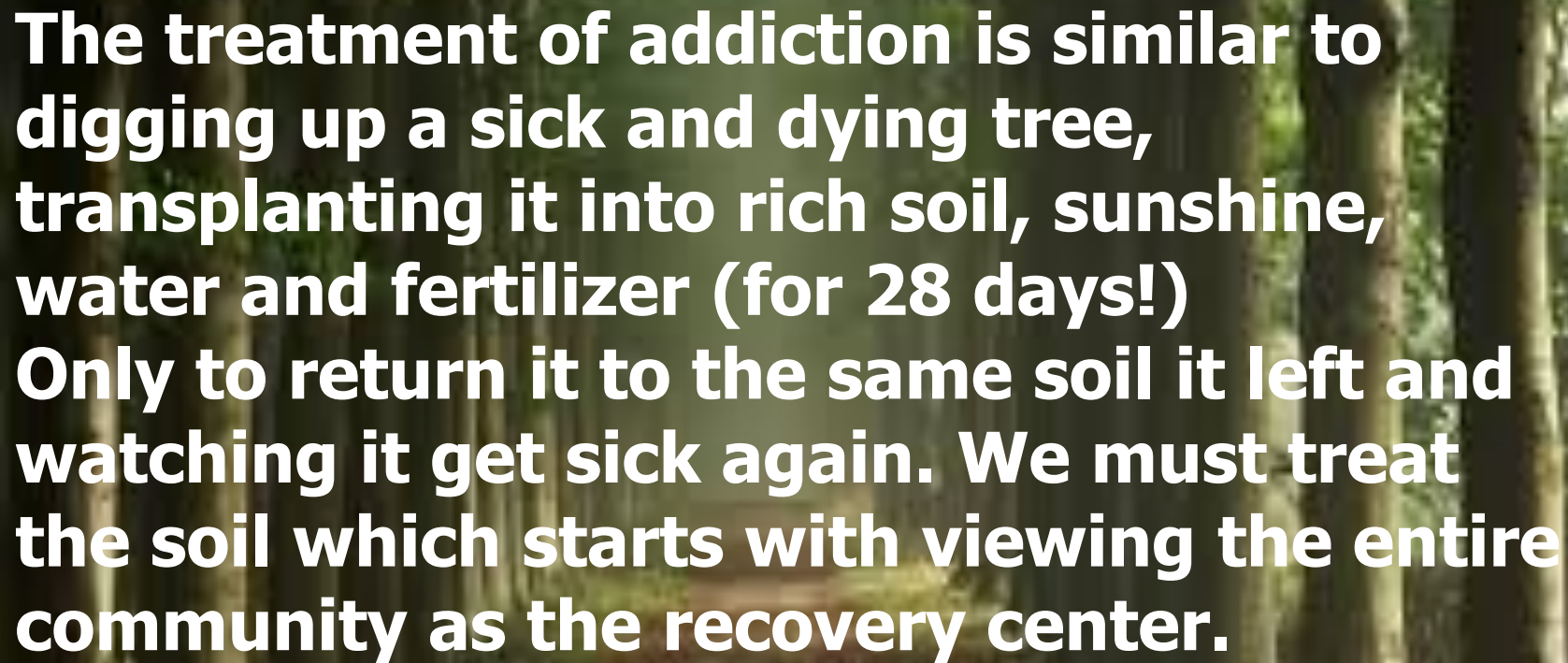
*Presenter*

*Mark Sanders, LCSW, CADC*

# The Healing Forest



Don Coyhis  
[www.whitebison.org](http://www.whitebison.org)



**The treatment of addiction is similar to digging up a sick and dying tree, transplanting it into rich soil, sunshine, water and fertilizer (for 28 days!) Only to return it to the same soil it left and watching it get sick again. We must treat the soil which starts with viewing the entire community as the recovery center.**

**Don Coyhis  
Native American Wellbriety Movement**

*Every community has resources within it that can be a part of a healing forest to support recovery. Think of a healing forest as "Treatment without walls."*

# *The Healing Forest*

## *The Community as the Treatment Center*

- *Families*
- *Treatment centers*
- *Faith based organizations*
- *Other social service organizations*
- *Persons in long term recovery*
- *The formerly incarcerated*
- *Employers-we can learn a lot from Portugal*
- *Concerned citizens*

*Crisis which shifted from a focus  
on acute care treatment solely  
towards creating a healing forest.*

*The best day to have a Substance  
Use Disorder in America*

*May 13, 1978*

*William White, MA*



Betty Ford



# *The Crises That Preceded the Paradigm Shift Towards Creating a Healing Forest*

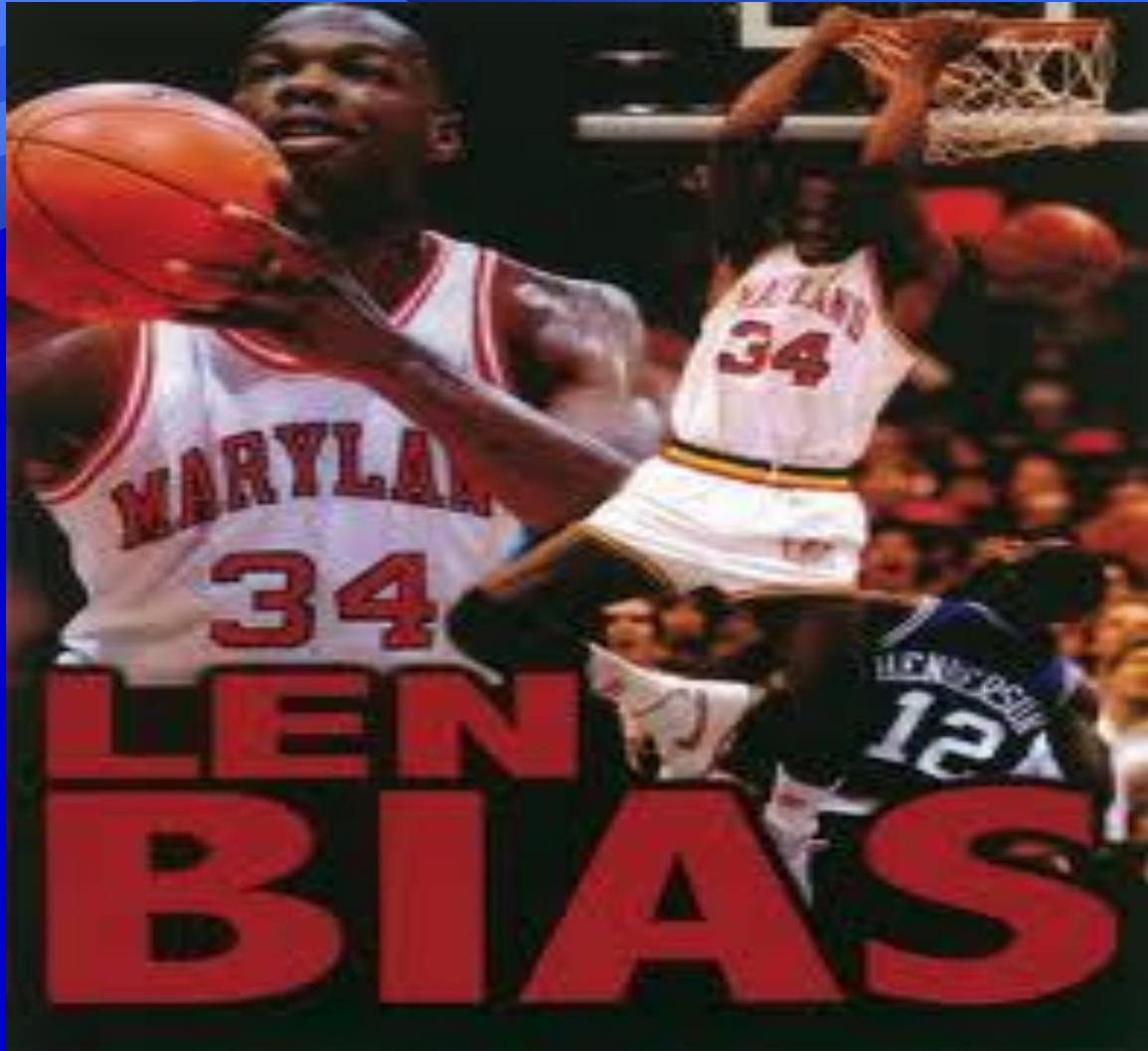
## 1. Cocaine crisis of the 1980s



*1986*



Richard Pryor



# *Prison Increase*

<i>1985</i>	<i>–</i>	<i>400,000 inmates</i>
<i>1995</i>	<i>–</i>	<i>1 million</i>
<i>2005</i>	<i>–</i>	<i>2 million</i>
<i>Today</i>	<i>–</i>	<i>2.2 million</i>

# *Crisis Continued*

- *Felony arrests*
- *Stigmatizing language*  
*"Crackhead"*  
*"Crack babies"*

# *Crisis Continued*

## *2. Managed care – 1980's*

*Managed care led to 90% of inpatient Substance Use Disorders and mental health facilities closing between 1985 to 1995. Today a person seeking recovery can get longer term treatment in prison than in communities.*

# *Crisis Continued*

## *3. Methamphetamine crisis of the 1990's*

*"Methamphetamines makes crack look like candy."*

*Meth raids and stigmatizing language (Meth Orphans)*

- Number one drug problem in rural America*
- Number one legal problem in some states*
- Number one cause of rural fires*
- Number one public health problem in some states*
- A number of states reported that, in spite of the crisis, only a small percentage of methamphetamine users make it to treatment.*



# *The Opiate Crisis Today*

- *Kills more people in America than gun violence*
- *Kills more people than car accidents*
- *Decreased life expectancy in rural America*
- *Crisis in Suburbia*
- *Urban communities of color ignored in spite of increases in Opiate related deaths*

# *Limitations of the Acute Care Model*

- 1. Ineffective service dose.*
- 2. Difficulty with attraction*
- 3. Long waiting lists and high dropout rates*
- 4. High administrative discharge rates*
- 5. High relapse and recidivism rates*

# *The Healing Forest Continued*

- *Community colleges*
- *Vocational schools (STEM)*
- *Restaurants*

The background is a solid dark blue color. On the left side, there are several curved, overlapping bands of lighter blue, creating a sense of movement or a stylized wave. The text is positioned in the upper left quadrant, overlapping the lighter blue bands.

# *Examples of Healing Forest*

# *Scott County Indiana: Where it's Cool to be in Recovery!*

*In 2015*

- *Jobs went away*
- *There were 200 reported cases of HIV diagnosis in a county of 4000 people connected to an increase in injection drug use in the county*
- *This made headlines worldwide*
- *Multiple challenges in the rural county: poverty, high unemployment, limited access to medical care, a shortage of addiction treatment facilities*

## *Creation of a Healing Forest in Scott County Indiana*

- *Tom Cox a lifelong Indiana resident formed a Recovery Oriented System of Care (ROSC). He mobilized the entire community*
- *The goal of the Scott County ROSC is to see that all of Scott County embraces a culture of recovery through a coordinated network of community based services and supports*

# *Results in Scott County*

- *Recovery support groups in the county increased from 30 people attending 1 recovery support group per week to 330 people attending 18 weekly meetings at 9 locations. An increase in 1000% of individuals making long term recovery efforts*
- *37 Recovery Coaches trained and hired to help support recovery throughout the county including hospital emergency rooms*
- *The syringe service program referred 75% of the participants to drug treatment*
- *New cases of HIV reduced from 154 in 2015 to 8 in 2017*

*Alkali Lake Tribal Band  
British Columbia, Canada*

***From 100% alcoholism to 95% recovery***

- *One recovery at a time*
- *Alcoholics Anonymous*
- *Treatment*
- *Community development*



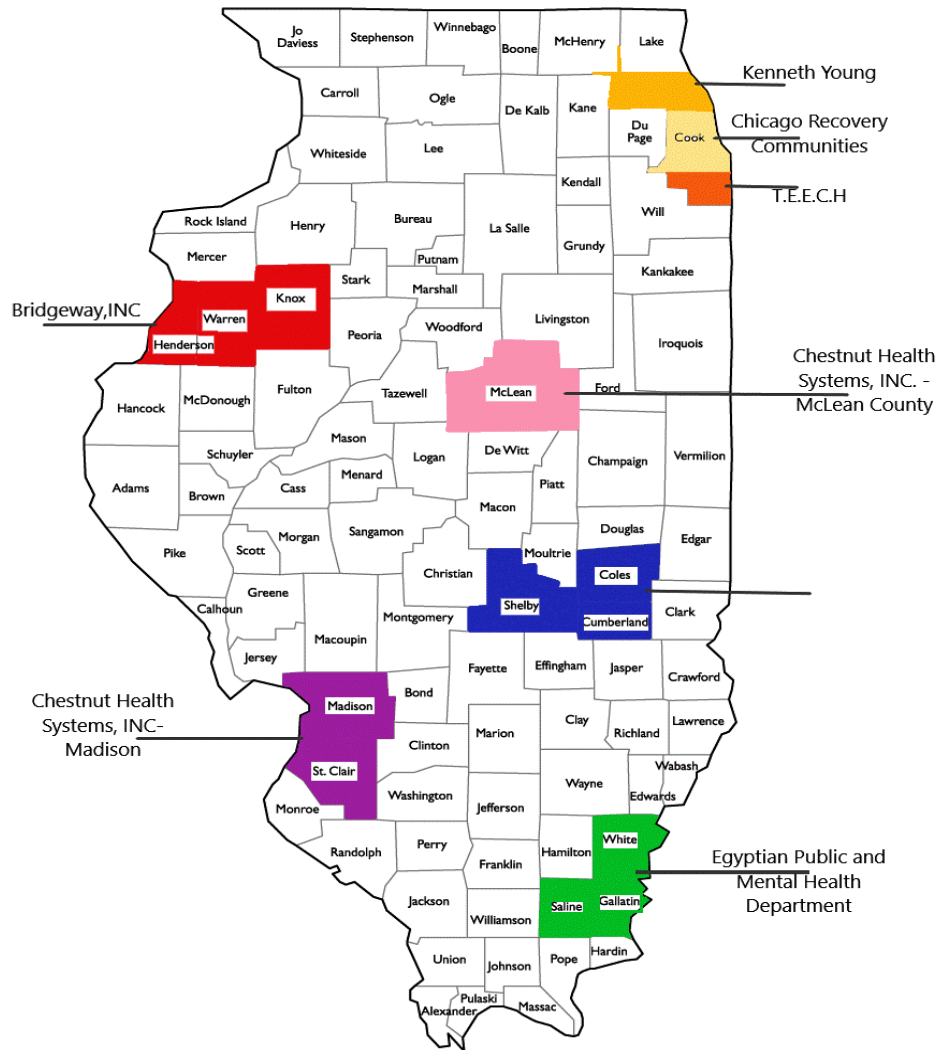
# *Alkali Lake Continued*

- *Return to tribal religion and cultural practices*
- *Reinstitution of the chief and tribal council*
- *Improvement of schools*
- *Prevention and treatment simultaneously*
- *Personal growth seminars*
- *Spreading the approach to other indigenous communities*

# *Illinois ROSC Councils*

- *RFP sent to providers*
- *8 providers selected*
- *Partnership with Great Lakes ATTC to provide technical assistance*

Illinois Department of Human Services/Division of Substance Use Prevention and Recovery  
Recovery Oriented Systems of Care (ROSC) Coalitions



# *Illinois ROSC Councils Continued*

- *The 8 lead agencies recruited key stakeholders of the community to join the council*
  - *Use of social media*
  - *Monthly meetings*
  - *Educating the council about ROSC*
  - *Education about stigmatization and de-stigmatizing language*
- *Creation of a name, mission and vision statement together as a council along with a five year strategic plan*

# *Illinois ROSC Councils Continued*

- *Each council consisted of 30 to 150 members*
- *One lead agency helped develop ROSC councils in each of the 6 counties served*
- *One council opened a Recovery Drop In-center*
- *Stigma reduction, education and community mobilization*
- *Each council recruited people with lived experience to be involved*
- *Expansion of peer based Mutual Aid options*
- *Lead agencies started partnering with each other*

# *The Role of Employers in the Healing Forest*

- *Portugal*
- *Vocational schools*

*Leonard Noble, Chicago helped  
3000 people seeking recovery start  
careers in construction industry*



# *Southwestern Illinois Correctional Center Recovery Coaching Program*





# *Kentucky Fried Chicken*





← The Felony Frank

## **FELONY FRANKS® HOT DOGS**

Felony Frank	"Jumbo Hot Dog"	\$3.75
Misdemeanor Weiner	"Regular Hot Dog"	\$2.35
Cell Mate Dog	"Double Dog"	\$3.45
Custody Dog	"Cheese Dog"	\$2.85
Chain Gang Chili Dog	"For Chili Lovers"	\$2.85
Pardon Polish	"Polish Sausage"	\$3.65

Mustard, grilled onions, sports peppers

All dogs are served with Fries, and choice of mustard, onions, relish, tomato, sport peppers and celery salt.

Ketchup upon request

---

---

All ¼ lb. Burgers

## **PROBATION BURGERS**

Hamburger	\$3.25	Double Hamburger	\$4.25
Cheeseburger	\$3.75	Bacon Cheeseburger	\$4.50
Double Cheeseburger	\$4.75	Double Bacon Cheeseburger	\$5.50
<b>The WARDEN Special:</b>	\$5.95		

Chopped Steak, choice of cheese, on garlic bread with grilled onions

All burgers include ketchup, onions, pickles, mustard

Choice of Cheese include American, Swiss, or Mozzarella

---

---

# *Miracle Village – Gary, Indiana*

- *Incentives*
- *Outreach*
- *Removal of barriers*
- *Easy access to treatment*
- *Help with housing and employment*
- *Partnership among treatment, mental health, and child welfare*

*[www.onthemark25@aol.com](http://www.onthemark25@aol.com)*