

Appendix A: Themes/Consensus Recommendations Related to Youth Oriented Recovery Community Centers:

Structure, Safety and Boundaries (Maddie, Ashlie)

- Staff and mentors must be trained on working with youth, healthy and ethical boundaries, and supporting youth adult partnership in recovery.
- Youth shall be offered onboarding/training that covers similar content on working with mentors, healthy and ethical boundaries, and engaging in a youth adult partnership in recovery.
- All centers must have trauma informed protocols, processes, and supports for youth reporting unethical behavior and abuse. Staff, mentors, and youth would need to be fully informed of the protocol and reporting process.
- All centers need to clearly define and create boundaries/eligibility of access to space/programming for age cohorts (14-18 or 18-24 for example)

Access (Kal, Ryan)

- Integrated in community to harness deep community connection and trust and prioritizing flexibility and access over volume. In rural areas this may mean RCCs share space with schools, offer flexible access options, including mobile or hybrid engagement, transportation support or outreach.
- For youth, RCCs should be required to offer or provide access to:
 - Resource Navigation: This includes establishing partnerships and warm handoffs with schools, families, ODHS, and juvenile justice systems.
 - Transportation Support
 - Prevention Resources
 - Youth-Specific Recovery Tools (including youth-centered hands-on, engagement activities such as art, outdoor events, video games, etc.)
 - Youth peer support training
 - Supports for cultural, language, and familial access needs (culturally and linguistically specific recovery options or spaces for youth and families in recovery together).
 - Transition planning for youth-to-adult transition, especially when young person turns 18. This includes transition planning between different

programming groups/ age-cohort groups or for different changes in life circumstances. This could also include life skills development such as:

- social and emotional intelligence, communication, distress tolerance, self-introspection, understanding thoughts, feelings and behaviors, etc.
- Skills related to employment, financial literacy, and independent living.
- Access to essentials and hygiene should be strongly considered: documentation assistance (State ID support, driving permit, etc), clean clothes and laundry, showers, mail, and hygiene products. Centers should offer hygiene and care products specific to a youth's identity, culture, or stated needs.

Governance (Gio, Kayla)

- Youth-Oriented RCC's shall provide youth leadership opportunities meaning:
 - Governance structures that include youth participants and peers in organizational decision making and co-design of space and programming.
 - Having Youth/Participant Led Programming
 - Having youth-informed choices for programming
 - Having organizational leadership roles and leadership development support for youth.
 - Providing youth with community leadership (beyond RCC) and volunteering opportunities.
 - Youth driven policies around person-centered care, autonomy, consent to services and confidentiality within applicable state and federal law.

Suggested Legislative Definition:

Section 1:

“A Recovery Community Center is a non-residential, peer-operated center, usually with a paid director and recovery staff. A Recovery Community Center offers drop-in hours, peer support, recovery and social support services. Participants in Recovery Community Centers are youth and adults experiencing challenges or obstacles consistent with recovery from a substance use disorder (SUD), or those in remission from such obstacles. These individuals participate in center activities and services and are engaging in the recovery process. Recovery Community Center services are typically free of charge to participants. If a Recovery Community Center does not offer culturally specific services specific to an individual's needs, the center must be able to refer them to such available services.

A Recovery Community Center is designed to help participants build recovery capital (i.e., resources available to an individual that can aid in SUD recovery) by sponsoring

social activities with other individuals in SUD recovery, fostering relationships among individuals in SUD recovery, navigating community resources and connection to social services, hosting mutual support meetings, connection to employment resources and opportunities, advocacy education, and volunteer opportunities.”

Section 2:

Whereas, one in ten young people in Oregon age 12-17 have a substance use disorder according to the National Survey of Drug Use and Health,

Whereas, there are few youth and young adult specific low-barrier recovery spaces for young people age 12-25,

Whereas youth and young adults need support in their recovery, particularly as it relates to transitioning to adult oriented services,

Whereas, Oregon does not currently have standards for practice and policy for youth recovery spaces,

Whereas, Recovery Community Centers that serve youth should provide protective boundaries and designated spaces designed by and for youth.

Whereas, youth in recovery navigate multiple systems that are different than their adult counterparts, including K-12 education, child welfare and foster care facilities, and the juvenile justice system.

“ A Youth-Serving Recovery Community Center is a Recovery Community Center as defined in Section 1 that serves young people under the age of 18. Youth-Serving Recovery Community Centers must:

- Provide staff, peers, and youth participants with policy, training, and reporting structures for working with youth, healthy and ethical boundaries, and supporting youth adult partnership in recovery.**
- Provide access to youth specific services or services that are more difficult for people aged 18 and younger to attain, including resource navigation for youth serving systems, transportation, youth-specific recovery tools, family supports**

and family-based recovery programs, and support for transitioning to adulthood, including planning and programming for transition.

- Have governance structures and policies, volunteer opportunities, and leadership roles that include and are informed by youth participants.”

The Alcohol and Drug Policy Commission shall develop standards for Youth-Serving Recovery Community Centers.”

Section 3:

Whereas, one in three young people in Oregon age 18-25 have a substance use disorder according to the National Survey of Drug Use and Health,

Whereas, holding recovery spaces that are distinct by age cohorts such as under 18, 18-25, and 25 and older may benefit long term recovery in creating more age specific programming and establishing healthy boundaries between participants, mentors, and staff,

Whereas, young adults need continued transition support even as youth services drop off at age 18.

“Recovery Community Centers as described in Section 1 that serve young adults aged 18 to 25 may provide services as defined for Youth-Serving Recovery Centers in Section 2, but at minimum shall provide resource navigation of young adult serving systems, policies and practices informed by young adult participants, and supports for transition to adulthood, including supports related to employment, life skills, financial literacy, and housing and independent living.”

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