



SUMMARY OF THE PEER RECOVERY SUPPORT SERVICES EVALUATION

FUNDED BY THE STATE OF NEW HAMPSHIRE FOR SFY2021

GOALS OF THE ANALYSES

1. Determine the effectiveness of PRSS
2. Identify which PRSS were possible predictors of BARC-10 scores
3. Identify predictors of BARC-10 scores using a variety of dependent or outcome variables
4. Identify possible demographic predictors of recovery capital and engagement
5. Identify themes and patterns in responses from site visit discussions

BARC-10 ANALYSIS

- PRSS are effective at increasing recovery capital
- 18.4% BARC-10 completion rate
- Analyses were conducted on approximately 27.4% of the total participants served
- BARC-10 scores increased by an average of 2.4 points

PEER RECOVERY SUPPORT SERVICES

Analyses showed that the most common PRSS associated with increased recovery capital include the following:

- Attending a higher number of total meetings, prosocial activities and advocacy activities
- Completing recovery plan goals

CONTRIBUTING FACTORS

Analyses showed that the most common contributing factors associated with increased recovery capital include the following:

- Increased physical health
- Increased quality-of-life
- Increased mental health
- Increased self-satisfaction
- Currently being on probation or parole
- Having stable housing
- Being employed full-time
- Having consistent access to transportation

DEMOGRAPHICS

Key demographic predictors of recovery capital and overall engagement include the following:

- Identifying as heterosexual
- Identifying as bisexual
- Being 45–64 years of age

RECOMMENDATIONS

1. Increase community-based services
 - Consistent and timely funding for PRSS
 - Increase peer recovery support workforce
 - Increase capacity of community resources that address healthcare, behavioral health, stable housing and transportation
2. Improve data quality and availability
 - With the help of the FO, develop and implement strategies to increase the number of participants completing initial and subsequent BARC-10 assessments
3. Improve the operational effectiveness of RCOs (with the help of the FO)
 - Develop and implement strategies to recruit, train and retain peer recovery support staff
 - Utilize effective techniques to engage and retain participants
 - Develop additional programming and support services for LGBTQ+ participants and participants under the age of 45
4. Place greater focus on engaging participants
 - Encourage greater participation in PRSS, including meetings and advocacy activities
 - Assist participants in accessing physical fitness activities, employment opportunities, medical, mental health and social services, and educational/vocational trainings
 - Encourage greater participation in developing recovery plans and completing recovery goals

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