

What's TCRP? Why does it matter?

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*In tribute to
Marc
Johnigan, CEO
and founder*



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Health Disparities in Substance Use

African-Americans are 2x likely to die from a drug overdose than Whites

American Indians are 7x more likely than Whites



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What are the social factors influencing overdose?

- Access to culturally-specific providers, peer networks, and behavioral health services.
- Prescriber's perception of risk and prescribing practices.
- Drug disposal facilities.
- Access to MAT.
- Access to naloxone and naloxone training.
- Public health and harm reduction programming.



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Twin Cities Recovery Project, What is it?

A Recovery Community Organization (RCO)

- Independent, led by reps of local communities to mobilize resources to increase and improve long-term recovery from SUD and mental health.
- Peer-based recovery supports

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TCRP, a RCO

- Provide culturally specific resources
- Serve African-Americans with substance use/mental health
- Twin Cities
- Multi-service
- Builds on self-efficacy
- Wide array of support services
- TCRP: National recognition for service in Black community

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TCRP: who are we?

- Staff (paid): 7 recovery coaches, 4 interns (navigators, from AmeriCorp), leadership team
- Staff backgrounds: BIPOC, mostly African-American, in recovery
- Training: provided
- Located: Minneapolis
- Funding from: grants, state, billing

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Twin Cities Recovery Project (TCRP): What do we do?

- Offering multiple services to support those in recovery with a primary focus on the African American community
- **Mission statement:** to assist and support those suffering from SUD in their transition toward lifestyles of health and productivity by offering a drug free environment, as well as resources to develop healthy, positive relationships enabling individuals to become productive members of society
- TCRP staff includes Certified Peer Recovery Specialists/Recovery Coaches (CPRS) to ensure that everyone looking for help in their recovery or assistance in navigating community resources can be paired with a [Recovery Coach](#).

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TCRP Services

- 1-to-1 recovery coaching to provide aid with recovery support, education, employment, housing, or other barriers that people face in early recovery
- Free GED tutoring
- Peer-2-Peer Recovery Development Academy
- CPRS certification exam study group
- Monthly CPRS Alumni Support Group
- Multiple recovery support groups are hosted at TCRP weekly

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TCRP Services

- 8-week Grief and Trauma Support Group
- Community Safety Initiative to decrease gun violence/domestic violence
- Street Outreach Team
- Naloxone Training
- Weekly Social Club night and monthly social wellness events
- Mental Health support and referrals to mental health resources
- HIV testing

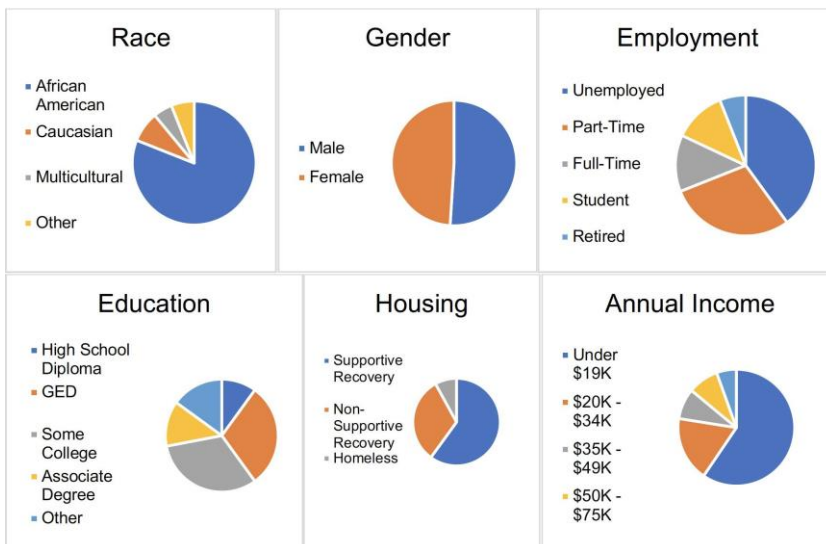
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TCRP: who have we served?

- 4923 individuals in 2021
- Referred from:
 - Criminal justice: drug court, probation
 - Treatment centers
 - Self: homeless
 - HCMC
 - Other hospitals

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Twin Cities Recovery Project (TCRP) Participant Demographics - 2020



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The Impact of Specific RCC Programs and Participation on Recovery Capital in the African American Community

Marc Johnigan: President and CEO; Twin Cities Recovery Project

Sheila Specker, MD: Associate Professor; Department of Psychiatry;
University of Minnesota

Mark Thomas, PhD: Professor; Department of Neuroscience; Director, Medical
Discovery Team on Addiction, University of Minnesota

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Collaborative study:

Twin Cities Recovery Project

Univ. of Minnesota- Medical Discovery Team on Addiction

- How does "recovery capital" change with participation in specific programs?
- Assessments at beginning and 90 days
- Identify barriers to continuing participation and engagement with RCO activities

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Collaborative study:

*Twin Cities Recovery Project
Minneapolis Fire Department/EMS
KOPI, Univ. of Minnesota*

- Problem: high overdose rates, lack of immediate access to help, recurrent visits to ER, police
- Project: intervene at level of fire stations
- Provide immediate connection to TCRP peer recovery specialist
- Reduce stigma

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*How to reach
US*



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