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POLICY RESEARCH ASSOCIATES

Blog Media Our Projects

PRA Celebrates Recovery Month

September is National Recovery Month! During Recovery Month we, along with our partners, work to raise awareness and understanding of behavioral health disorders and celebrate the people who recover. This year's Recovery Month theme is *Join the Voices for Recovery: Invest in Health, Home, Purpose, and Community*.

To celebrate this year's Recovery Month theme, Policy Research has assembled three videos from three of our topical areas: homelessness, juvenile justice, and criminal justice. Each video provides an overview of recovery supports that can be put in place to enhance an individual's recovery journey.

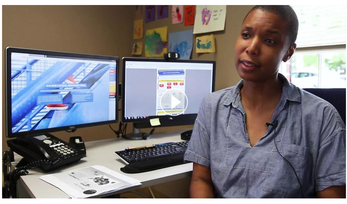
SOAR and Recovery

In this video, PRA has highlighted a local SSI/SSDI Outreach, Access, and Recovery (SOAR) Success Story. SOAR is a national program designed to increase access to the disability income benefit programs administered by the Social Security Administration for eligible adults who are experiencing or at risk of homelessness and have a serious mental illness, medical impairment, and/or a co-occurring substance use disorder. You'll meet Russell, the SOAR applicant; Abigail Kirkman, Senior Project Associate at PRA; and staff from the Interfaith Partnership for the Homeless in Albany, New York.

Recovery Month 2018: SOAR and the Story of Russell

The School Responder Model and Recovery

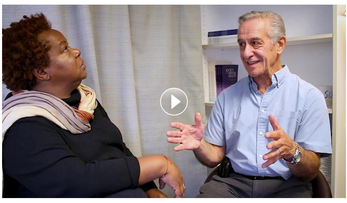
In this video, PRA Senior Project Associate Avery Irons provides an overview of the School Responder Model and its implementation in the Schenectady City School District. The School Responder Model is a behavioral health response to school infractions that provides an alternative to calling law enforcement and addresses root causes of behavior.



Recovery Month 2018: The School Responder Model

Recovery and Reentry

In this video, two of PRA's criminal justice experts, LaVerne Miller and Dan Abreu, sat down to discuss reentry and recovery. Ms. Miller and Mr. Abreu review the ways in which individuals returning to the community from jails and prisons can be supported to enhance the recovery process.



Recovery Month 2018: Reentry of Individuals with Justice Involvement

October is National Disability Employment Awareness Month

Each October we celebrate National Disability Employment Awareness Month (NDEAM), organized by the U.S. Department of Labor. NDEAM celebrates the contributions of workers with disabilities and provides education about the value of a workforce inclusive of their skills and talents. In celebration of this year's NDEAM, we are highlighting employment resources from the SAMHSA SOAR TA Center to help start conversations about working while receiving SSA disability benefits. Check out the following resources and incorporate them into your work!

Yes, You Can Work! Conversation Starter

SOAR Enhances Recovery by Providing a Pathway to Employment Infographic

SOAR Employment Conversation Guide

Publication: Strategies to Promote Walking Among Community-Dwelling Individuals with Mental Health Conditions

Earlier this year, Senior Project Associate Dr. Crystal Brandow—in collaboration with Drs. Margaret (Peggy) Swarbrick, Collaborative Support Programs of New Jersey, Rutgers Health University Behavioral Health Care; Patricia Nemec, Nemec Consulting, Rutgers University; and Amy Spagnolo, Rutgers University—published the paper, *Strategies to Promote Walking Among Community-Dwelling Individuals with Major Mental Disorders* in the Journal of Psychosocial Nursing and Mental Health Services.

The paper summarizes select walking interventions for people with mental health conditions and highlights strategies that nurses and other service providers can use to encourage walking among people served by the public mental health system. Nurses are in a unique position to collaborate with peer providers and other supporters to help people add, increase, and sustain walking as part of their daily routine to improve health and well-being.

From the abstract: "Individuals with major mental disorders could benefit from low-cost, functional ways to support healthy lifestyles. Walking is a popular, preferred, accessible, and safe physical activity for many people. Walking is free, requiring no specialized equipment or membership fee, and is important to support engagement in other daily living activities."

Recent Stories from the PRA Blog

When New Parent Leave is Also Family Medical Leave

ARDRAW Cohort 2

Writing for Wellness: Environmental Wellness

Parkland

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