

SAFE Family Recovery: Recovery Management Checkups and Support (RMCS)

Recovery Management Checkups & Supports (RMCS) provides substance use recovery monitoring and early re-intervention to services for parents/caregivers who have discharged from treatment, regardless of the discharge reason. RMCS includes frequent (at least weekly) in-person and/or telephone/text “check-ins” immediately following the referral. Check-ins taper over time based on parent/caregiver needs.

Target Population

RMCS is available to DCF-involved adult parents/caregivers age 18 and older who would benefit from recovery supports and checkups after substance use treatment ends. Parents/caregivers must have indicators of substance use that may be impacting their parenting capabilities.

Referral and Service Initiation

DCF Social Workers will submit a referral form and release of information to the DCF Gatekeeper. The referral form includes checkboxes and narrative sections describing the parent/caregiver strengths, substance use indicators, and impact of substance use on children. The Contractor will be available to accept referrals Monday-Friday, 52 weeks per year at least but not limited to the hours of 8:00 a.m. to 5:00 p.m.

Caseload and Length of Service

- Caseload = 30 caregivers per Recovery Support Specialist
- RMCS works with parents/caregivers for six months after discharge from substance use treatment.

Services and Interventions

RMCS provides ongoing supports, check-ins, and early re-intervention to substance use treatment for people entering recovery. RMCS focuses on pro-recovery activities, pro-recovery friends, temptations and triggers, substance use, goal checks, upcoming high-risk situations, and goal setting. RMCS is delivered at least weekly in the parent/caregiver’s home or other community setting. RMCS staff may continue working with participants who re-enter into treatment to help increase and maintain treatment motivation, and prevent treatment dropout and further relapse, or a return to use. RMCS accomplishes this through:

- Initiating and maintaining regular contact parents/caregivers
- Assessing parents/caregivers to determine if parents/caregivers have re-engaged in substance use
- Linking parents/caregivers back to treatment as soon as possible to minimize the impact of relapse
- Engaging parents/caregivers to increase motivation to participate in RMCS and substance use treatment and overcome barriers

Crisis Response

Recovery Support Specialists co-develop with the parent/caregiver an initial Crisis Response Plan within the first 30 days of service. Crisis Response Plans are part of the Recovery Support Plan, which describes the resources parent/caregivers have available to support their recovery and to respond to a crisis such as family members, friends, or other recovery supports, as well as services available from a substance use treatment provider or other appropriate interventionist.

Reporting Expectations

- The Contractor will submit individual, client level data to the Department’s PIE System or other system as required by the Department.
- The Contractor will submit data to the RMCS model developers consistent with the requirements of the quality assurance process.
- The Contractor will provide written and verbal monthly progress reports to the referral source concerning the parent/caregivers they referred.