Journey through Recovery—Pathways to Health and Wellness is a community-engaged research partnership between the Northern Illinois Recovery Community Organization (NIRCO) and Northwestern University’s Feinberg School of Medicine.

This work provides a foundation for program development. We are working to develop a project that could provide community health worker training specific to the needs of persons of color in recovery.

ABOUT OUR PROJECT

UNDERSTANDING LIVED EXPERIENCES

Our goal is to understand how recovery and chronic health conditions may present challenges and use this information to design interventions to support persons through these challenges.

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We hosted three community listening sessions and one community dialogue session with persons in recovery, recovery service providers, faith-based organizations, community institutions, emergency services and health care providers to identify barriers, facilitators, and priorities for persons of color with chronic health conditions.

FINDINGS SUMMARY

Management of chronic conditions is important to substance misuse recovery.

Needs related to having a low-income, racism, and substance misuse recovery needs intersect to create challenges to chronic condition management for people of color in Lake County, IL.

FINDINGS CONTINUED

- Health knowledge gaps for persons in recovery
- Preferred strategies to address needs and support persons in recovery in managing chronic health conditions were:
  - educating health care providers/systems
  - advocacy for health care access
  - peer-to-peer support

BACKGROUND

Understanding experiences of POC in substance misuse recovery intersection with chronic health management

Identify community priorities for reducing challenges

Develop program ideas

Official Websites

- www.nircolakecounty.org/
- bit.ly/Northwestern-Nirco