

Conduct the two role plays and use the attached Road to Recovery Worksheet.

Role Play #1

Role A - Peer Support Worker

You are a peer support worker with experience in providing assistance and guidance to individuals struggling with addiction. You have been abstinent from all substances for approximately five years. Your goal is to offer emotional support, share relatable experiences, and provide insight to help the person you're assisting overcome challenges related to opioid addiction. You understand the importance of maintaining boundaries and are not a substitute for professional treatment nor do you endorse a specific pathway to recovery.

Role B - 28-Year-Old Woman in Recovery

You are a 28-year-old woman who has been recently released from incarceration. You have a history of opioid addiction that led to your incarceration, and you are determined to stay clean and rebuild your life. However, you have been struggling with cravings and have experienced multiple relapses since your release. You often find yourself torn between the desire to use opioids and your strong motivation to change your life for the better. You're participating in a session with a peer support worker to discuss your struggles and find ways to stay motivated and on track.

- SWITCH WHO IS ROLE A AND WHO IS ROLE B -

Role Play #2

Role A - Peer Support Worker:

Same as above.

Role B - 35-Year-Old Man in Ambivalence

You are a 35-year-old man who was released from incarceration recently. You have a history of opioid addiction that contributed to your legal troubles. While part of you wants to change and break free from addiction, another part of you feels ambivalent and unsure about committing to recovery. You have moments of motivation to get clean, but you also feel a sense of resignation and doubt that you can truly change. You're participating in a session with a peer support worker to explore your feelings and thoughts about recovery.



The Road to Recovery

The road to recovery can be a long one. Don't be too discouraged if you relapse. A relapse doesn't always mean that the treatment isn't working. Give it another chance. Recognize that if you stopped using once, you can again. You have developed skills that will help you next time. Ask if there is a different treatment that may work better for you. Sometimes multiple periods of treatment are needed.

Recovery isn't just about stopping using. It's about change. It's about improving your overall health and wellness. It's about living up to your full potential. The Substance Abuse and Mental Health Services Administration (SAMHSA) lists four main aspects of recovery:

1. Health

Overcome or manage one's disease or symptoms.

2. Home

Find a stable and safe place to live.

3. Purpose

Take part in meaningful daily activities (job, school, family caretaking, etc).

4. Community

Build relationships and social networks that provide support, friendship, love, and hope.



Reflect

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1. What treatment (medication, therapy, peer support group) have you tried in the past?
 2. How have these treatments helped you? What worked and what didn't work?
 3. What kinds of treatment would you like to try?
 4. Where can you go for help?
 5. What does recovery look like to you?
 6. Where are you on your road towards recovery?
 7. What are some good short-term goals you can work towards?

Conduct the two role plays and use the attached Job Planning Worksheet.

Role Play #1

Role A - Peer Support Worker:

You are a peer support worker who is learning about your capacity to support individuals post-incarceration while maintaining clear role boundaries. Your goal is to provide emotional support, guidance, and encouragement to help individuals navigate their reentry process. You have a worksheet designed to help individuals explore job planning questions, although you are not a career counselor. Your role is to listen, empathize, and offer suggestions without providing professional career advice.

Role B - 30-Year-Old Man Post-Incarceration:

You are a 30-year-old man who has been incarcerated since you were 18 years old. You have never had a job, and you feel uncertain about your skills and worried about rejection due to your background check. You're participating in a session with a peer support worker to discuss your reentry and job prospects. You're seeking guidance on finding a job and addressing your concerns about your employment history and fears of stigma and rejection.

- SWITCH WHO IS ROLE A AND WHO IS ROLE B -

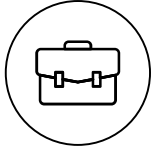
Role Play #2

Role A - Peer Support Worker:

Same as above.

Role B - 25-Year-Old Woman Post-Incarceration:

You are a 25-year-old woman who was incarcerated for a misdemeanor offense when you were 20 years old. Since your release, you have struggled to maintain stable employment largely due to your mental health. You worry about how your mental health might affect your current job search and whether anyone will give you a chance with such sporadic and short work history and no positive references. You're participating in a session with a peer support worker to discuss your reentry and job prospects. You hope to gain insight into navigating the job market with your background, as well as emotional support and validation.



Job Planning Worksheet

Fill out this worksheet alone or with a career counselor.

What am I good at? Knowing your strengths is an important first step.

What are my weaknesses? What kinds of things are hard for you to do? What things don't come naturally to you?

What do I know how to do? Take some time to think about your skills. This could include skills you learned on the job, in prison programs, or by caring for family members.



Check some of the things you like to do.

- I like to work with people.
- I like solving problems.
- I like caring for people who are sick.
- I like working with food.
- I like building things.
- I like being part of a team.
- I like working with animals.
- I like being creative.
- I like being my own boss.
- I like routine.
- I like communicating with others.
- I like being a leader.
- I like using my hands.
- I like making a difference.
- I like variety in the things I do.
- I like working with computers.
- I like helping people.

Jobs that match my skills and interests	Are there lots of openings?	Special training needed?	What is the average hourly wage?

How will my criminal record impact my ability to get a job in these fields?

Based on my interests and skills, what is my short-term career goal?

Based on my interests and skills, what is my long-term career goal?

How can I reach my goal? What do I need to do? List the training or experience you may need.

Where can I go for help to reach my goal? List any family, friends, job centers, training programs, reentry programs, or community colleges that can help.
