

# FOCUS GROUP REPORT

## Wexford & Cadillac - Individuals in Recovery

- **Increased need for mental health treatment**
  - Many individuals have underlying reasons behind their substance use, so having treatment that involves mental health therapy or counseling can strengthen their recovery.
- **Decreased stigma from community and medical professionals**
  - Individuals face stigma from community members, medical professionals, and employers that prevent them from progressing in their recovery.
- **Decreased barriers to care**
  - Cost, transportation, lack of recovery options and insurance all play a role in having access to treatment. Breaking these barriers to provide more individuals the ability to receive care.
- **Increased recovery or sober activities**
  - Create communities for individuals in recovery to strengthen bonds and give healthy outlets to socialize with one another.
- **Increased Youth Education**
  - Provide education to children to try to prevent the early onset of substance use.
- **Increase Medication Education**
  - Providing education on prescribed medications and making patients aware of potential addiction.

# RECOMMENDATIONS

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- **Sober Activities**
  - Providing adult recreational sport leagues, a walking group, or a sober club specifically for those in recovery.
- **Treatment with Mental Health Services**
  - Connect treatment centers to mental health services in order to strengthen the recovery process.
- **Increased Amount of Treatment Centers**
  - Adding more treatment centers in these areas to help bring awareness to the community and create increased access to care.
- **Providing Education in Schools**
  - Using schools to educate the youth allows for widespread education on substance use effects.
- **Providing Education on Medications**
  - Increase patient education techniques at medical visits and pharmacies, especially for potentially addictive substances.