

# Learning Circle Peer Facilitator Guide: Addiction and Recovery



**Directions:** In your local Learning Circles, a Peer Facilitator leads a discussion leveraging the questions below to process the training content from the most recent learning event. Please reflect on all learning topics to date as you discuss today's content including personal life experiences and how these topics might be woven into your day to day work with UHG and ultimately impact our members.

1. Consider how substance use disorders touch your work and life. What is the most important fact or strategy you learned today about addiction and recovery and why is it important?
2. As a result of this training, how could a member-facing team/business segment integrate the SAMHSA recovery elements in care planning?
3. In what ways has today's presentation added to your knowledge of addiction and recovery? Did anything surprise you about the correlation between adverse childhood experiences and addiction?
4. Consider the addiction and recovery myths presented. How might those misconceptions or beliefs create challenges for people affected by substance use disorders? How might the myths present challenges for those responsible for care or program design?

For those in member-facing roles:

5. As a result of this training how might you work differently with someone who is affected by a substance use disorder?
6. What community organizations do you currently work with to support someone in recovery? How do these resources align with our clinical culture training from today's presentation?