

## ABOUT OUR PROJECT



*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.*

**Northwestern Medicine**  
Feinberg School of Medicine

**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.

### MORE INFORMATION:



(847) 662-3205



202 S Genesee St,  
Waukegan, IL 60085



[www.nircolakecounty.org/](http://www.nircolakecounty.org/)

Maryann Mason, PhD



(312) 503-5142



Feinberg School of Medicine,  
Northwestern University



[maryann-mason@northwestern.edu](mailto:maryann-mason@northwestern.edu)



NIRCO

Northern Illinois  
Recovery Community  
Organization

**Promoting Principles of Recovery**

## CHRONIC HEALTH CONDITIONS & RECOVERY JOURNEY

This work was funded by a partnership development seed grant from the Alliance for Research in Chicagoland Communities (ARCC), at the Feinberg School of Medicine

## 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.



### Official Website

[www.nircolakecounty.org/](http://www.nircolakecounty.org/)



## Official Websites

- [www.nicolakecounty.org/](http://www.nicolakecounty.org/)
- [bit.ly/Northwestern-Nirco](http://bit.ly/Northwestern-Nirco)

## 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

## FINDINGS INCLUDE:

- Lack of access to good health insurance
- Need for transportation to multiple health care services providers
- Unwelcoming (racist) health care systems
- Providers' lack of knowledge/awareness and stigma towards recovery needs



## BACKGROUND

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.

## OBJECTIVES



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



Identify community priorities for reducing challenges



Develop program ideas

