

# HOW A MIXED METHODS RESEARCH APPROACH CAN BE USED TO IMPROVE RECOVERY SUPPORT SERVICES

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## RESULTS



Greater outreach and culturally competent care for individuals identifying as LGBTQIA+



Additional education and funding for stigma-reduction and expansion of peer support roles in community and healthcare settings



Innovative treatment provision mechanisms to better improve access to care, particularly for rural communities



A need for a continuum of care for individuals currently and formerly incarcerated

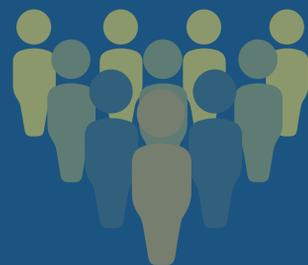
## BACKGROUND & OBJECTIVES

As part of a statewide effort to develop a strategic plan for Coloradans in recovery, Mental Health Colorado conducted a mixed methods research project to better understand the needs of people in recovery as it relates to support services. Mental Health Colorado investigated what supports are currently in place that are helpful and working well in communities throughout the state, and barriers and challenges to long-term recovery and accessing recovery support services in Colorado.

## METHODOLOGY



KEY INFORMANT  
TELEPHONE  
INTERVIEWS N=7



IN-PERSON  
FOCUS GROUPS  
N=40



ONLINE SURVEY  
N=335

## CONCLUSION

Colorado is taking the necessary steps to improve recovery support services. This research identifies existing needs and provides a step forward to addressing these deficits with buy-in from the communities most affected.