

# Pride Recovery: An Affirming Peer-Support Group for LGBTQ+ Persons in Recovery

Ethan Martin, MPH/MSW Candidate  
Rachel Kowalski, Program Manager, Pride Recovery

### Activities

- Design of Pride Recovery evaluation plan (deliverable 1) and program manual (deliverable 2)

### Lessons Learned

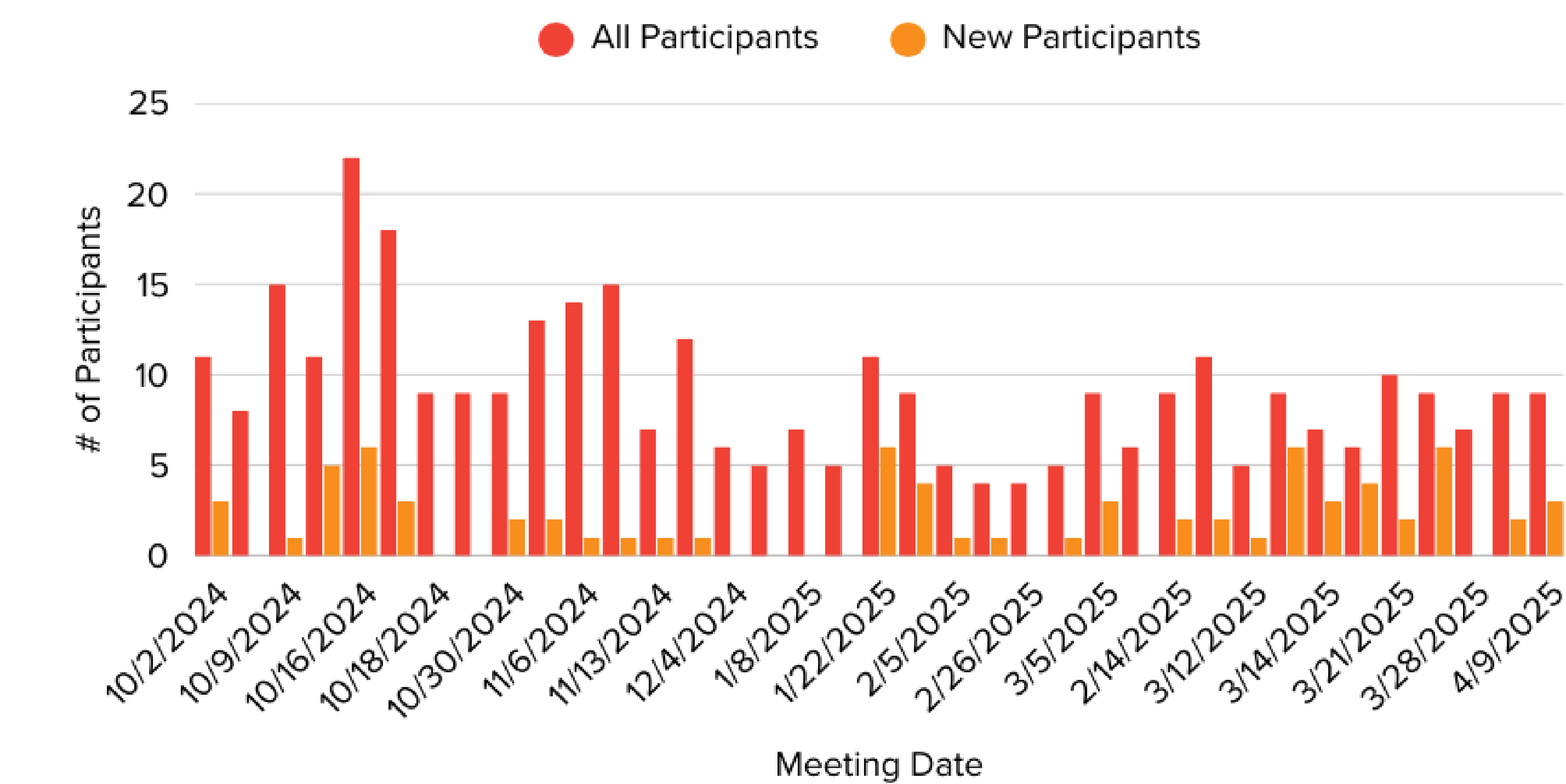
- Real-world experience with program design and evaluation
- Development of skills for working with LGBTQ+ communities and nonprofit orgs

### Public Health Implications

- Pride Recovery addresses an upstream cause of disparities in mental health and substance use (social support) among LGBTQ+ persons

### Preliminary Results

Attendance at Pride Recovery Peer-Support Groups



### References

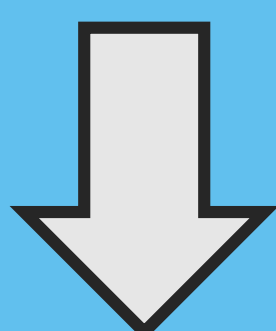
McGeough, B. L., Greenwood, E. (m), Cohen, N. L., & Wootton, A. R. (2023). Integrating SMART Recovery and mental health services to meet the needs and goals of LGBTQ individuals experiencing substance use-related problems. *Families in Society: The Journal of Contemporary Human Services*, 104(2), 222–233. <https://doi.org/10.1177/10443894221124621>

Parent, M. C., Arriaga, A. S., Gobble, T., & Wille, L. (2019). Stress and substance use among sexual and gender minority individuals across the lifespan. *Neurobiology of Stress*, 10(100146), 100146. <https://doi.org/10.1016/j.ynstr.2018.100146>

# Pride Recovery Logic Model

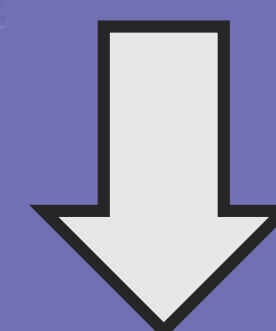
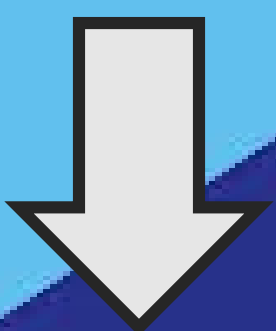
## Inputs

- Group facilitators' time
- Advertising materials (flyers, posters, etc)
- Grant money
- Facilities at the LGBT Center and partner sites
- Software for data collection
- Workbooks and program materials



## Outputs

- # of folx:
  - Attending groups
  - Using individual counseling
  - Getting screened for SUD
- # of new program sites
- # of new facilitators trained through the program
- # folx who receive information about PRIDE Recovery



### Short-Term

- Increased awareness of tools for recovery among participants
- Increased awareness of community resources for LGBTQ+ persons in Cleveland among participants

### Medium-Term

- More LGBTQ+ individuals in Cleveland have strong sober social support networks
- Increase in the availability of safe, affirming, and equitable recovery services for LGBTQ+ persons in Cleveland

### Long-Term

- Decreased substance use and addictive behavior
- Improved physical and mental health outcomes in Cleveland's LGBTQ+ community