

Recovery: Many Pathways to Success

SARA ROBERTS MSSA, LISW
CHIEF PROGRAM OFFICER AND CLINICAL DIRECTOR
HOPE VILLAGE RECOVERY



Finding Recovery

“Though no one can go back and make a brand new start, anyone can start from now and make a brand new ending.” – Carl Bard



[This Photo](#) by Unknown Author is licensed under [CC BY-NC](#)



What is Addiction?

ASAM Definition of Addiction:

Addiction is a primary, chronic disease of brain reward, motivation, memory and related circuitry. Dysfunction in these circuits leads to characteristic biological, psychological, social and spiritual manifestations. This is reflected in an individual pathologically pursuing reward and/or relief by substance use and other behaviors.

Addiction is characterized by inability to consistently abstain, impairment in behavioral control, craving, diminished recognition of significant problems with one's behaviors and interpersonal relationships, and a dysfunctional emotional response. Like other chronic diseases, addiction often involves cycles of relapse and remission. Without treatment or engagement in recovery activities, addiction is progressive and can result in disability or premature death.



What is Recovery?

Substance Abuse and Mental Health Services Administration (SAMHSA) defines recovery as:

A process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential.



Ohio's Definition of Recovery

Recovery is the personal process of change in which Ohio residents strive to improve their health and wellness, resiliency, and reach their full potential through self-directed actions.



4 Major Life Dimensions That Support Recovery

Health: overcoming or managing one's disease(s) or symptoms—for example, abstaining from use of alcohol, illicit drugs, and non-prescribed medications if one has an addiction problem—and for everyone in recovery, making informed, healthy choices that support physical and emotional wellbeing.

Home: a stable and safe place to live;

Purpose: meaningful daily activities, such as a job, school, volunteerism, family caretaking, or creative endeavors, and the independence, income and resources to participate in society; and

Community: relationships and social networks that provide support, friendship, love, and hope.

Based on SAMHSA Definition of Recovery



10 Guiding Principles to Recovery

1. Recovery emerges from **HOPE**
2. Recovery is **PERSON-DRIVEN**
3. Recovery occurs via **MANY PATHWAYS**
4. Recovery is **HOLISTIC**
5. Recovery is supported by **PEERS and ALLIES**
6. Recovery is supported through **RELATIONSHIPS and SOCIAL NETWORKS**
7. Recovery is **CULTURALLY-BASED and INFLUENCED**
8. Recovery is supported by **ADDRESSING TRAUMA**
9. Recovery involves **INDIVIDUAL, FAMILY, and COMMUNITY STRENGTHS and RESPONSIBILITY**
10. Recovery is based on **RESPECT**

Based on SAMHSA Definition of Recovery



Recovery is Person Centered

We have a better chance of success when we allow individuals to be the expert in their own recovery



[This Photo](#) by Unknown Author is licensed under [CC BY-NC-ND](#)



Multiple Pathways to Recovery



[This Photo](#) by Unknown Author is licensed under [CC BY-NC-SA](#)



Many Pathways to Meet Different Needs

- Professional Clinical Treatment
- Medication Assisted Treatment
- Support – family, schools, friends, employment, community
- Faith-Based or Spiritual Approaches
- Peer Support
- Consumer led programming
- Support Groups



Harm Reduction Save Lives



Harm Reduction as a Strategy to Increase Success in Recovery

Harm Reduction is a public health philosophy that seeks to reduce the harm of Substance Use Disorders and includes strategies for intervention and treatment, public policy recommendations and community based solutions that decrease the harm of SUD and promote health and wellness.

- Harm Reduction works because there is never a closed door regardless where someone is in their stages of change
- Medication Assisted Treatment, Good Samaritan Laws, Project Dawn, Syringe Access and Disposals and Addressing Stigma are all examples of Harm Reduction
- Harm Reduction is based on science and research and promote policies that use this same approach.



Professional Treatment



[This Photo](#) by Unknown Author is licensed under [CC BY-NC-SA](#)



Professional Treatment

Effective treatment is clinically driven and based on the needs that the individual presents at the time of assessment, not placement in a program based on the admission criteria.

Treatment must be individualized and developed in collaboration with the individual seeking treatment.

The Level of Care in treatment should match the treatment needs present in the assessment and also reflect the individual's willingness to change their current behaviors. The treatment plan need to be continually monitored.

Treatment must be able to address any additional needs that the individual presents with:

Trauma, Mental Health Diagnosis, Criminal Involvement, Homelessness,
Cognitive or Learning Issues, and Medical Conditional are all examples.



Medication Assisted Treatment



Medication Assisted Treatment

Medication Assisted Treatment (MAT) combines behavioral therapy and medications to treat substance use disorders.

- Evidence based MAT treatment provides a holistic approach to treatment and considers the therapeutic needs, as well as the medication
- Currently, there are approved, evidence based MAT programs for opioid, alcohol and tobacco addictions.
- MAT works to stabilize, achieve remission of symptoms and establish, as well as maintain recovery.
- MAT can start with Withdraw Management and can be used short or long term effectively.
- According to SAMHSA, evidence based MAT protocols allow clients to stay on MAT as long as they need to and the decision to change dosage or end treatment should be completed with a doctor and the patient with input from any other treatment providers who are part of the treatment team.



Support: Family, Friends, Schools, Employment, Community



[This Photo](#) by Unknown Author is licensed under [CC BY](#)



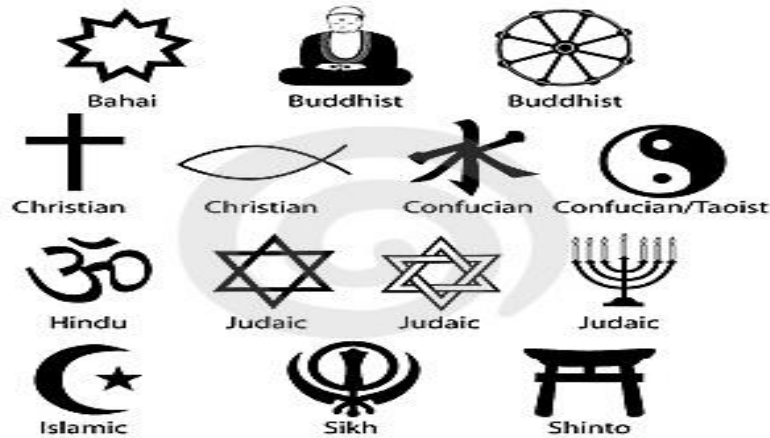
Support: Family, Friends, Schools, Employment, Community

An essential piece of recovery is to have people and supports involved who believe in the individual's ability to recover. These assets in recovery provide hope and encouragement and create a meaningful connection for the individual in recovery.

- Employers that respect the need for additional supports like time to go to treatment and meetings
- Connection with parents, siblings, children and significant others/spouses who understand addict and believe that recovery is possible
- Friends who can be of support in the recovery process
- Schools that support the needs of someone in recovery and offer or promote activities that encourage people in recovery to be a part of something
- Communities that work together to address stigma and embrace recovery are important for prolonged recovery and support.



Faith-Based or Spiritual Approaches



[This Photo](#) by Unknown Author is licensed under [CC BY-SA](#)



Faith-Based or Spiritual Approaches

Many individuals in recovery can find a meaningful connection through a spiritual or faith based approach.

- AA and NA use the concept of a Higher Power to help individuals who find this framework helpful in managing the symptoms of their disease to achieve recovery.
- RU Recovery and Celebrate Recovery are specific recovery programs that are Christian centered.
- Refuge Recovery is a Buddhist path to recovery and has local and online meetings
- Professional treatment can be faith based for those who seek this in their path to recovery.
- For those who seek recovery through faith, they are able to find a meaningful connection and reasons for their struggles beyond themselves.
- Faith can often connect individuals to a community of people who they are able to find a way to belong to something greater and find some community supports as well.



Peer Support



This Photo by Unknown Author is licensed under [CC BY-SA](https://creativecommons.org/licenses/by-sa/4.0/)



Peer Support

Peer Support services offers a unique service for individuals working on recovery that bases the service and relationship on lived experience that the peer and individual seeking recovery share.

- Peer Support has been shown to reduce healthcare costs
- Peers help to create a sense of belonging within the community for those in recovery or seeking it
- Peers show all of us that recovery is attainable
- Peers help to create self-efficacy for those working toward recovery
- Peers help those in recovery find purpose, meaning and social connections
- Peer support can include – Peer mentoring or coaching, resource connection, group facilitation, build a recovery community.
- Peers help those seeking recovery to find their own pathway. Peers can share their own experience, but effective peer supports acknowledge that all pathways to recovery are different and respect those differences.



Support Groups



[This Photo](#) by Unknown Author is licensed under [CC BY-SA](#)



Support Groups

There are many support groups available for seeking recovery

- 12 Step Meetings – AA, NA, HA, CA or Al-Anon and Nar-Anon for families
- Smart Recovery – Meetings based on Rational Emotive Behavioral Therapy, also has a Family and Friends groups as well
- RU Recovery and Celebrate Recovery – Christian Based Meetings
- Refuge Recovery – Meetings in person and online in Buddhist tradition
- LifeRing Recovery – Secular Recovery local meetings or online
- Kent Collegiate Recovery Community -Offers programs and services to Kent State Students and the larger community and offers support meeting – Thrive and Empowering Students in Recovery
- Akron University Collegiate Recovery - Roos in Recovery– Offers a community, support activities for student Akron U.
- All Addictions Anonymous – AAA – Based on an adaptation of the traditional 12 Step Model of AA and is open to all substances.



Consumer Led Programs



[This Photo](#) by Unknown Author is licensed under [CC BY](#)



Consumer Led Programs

People with lived experience offer a different level of understanding and engagement that can help others move to success in their own recovery.

There are many ways that consumers can be a part of programs that help others move through their recovery:

- Support Groups – i.e. AA and NA
- Clubs or Community Groups – offer a space for meetings, organize activities that support recovery
- Businesses or Social Enterprises – business models that are run by peers and hire other peers in recovery to develop and increase occupational skill sets.



Allies – How Can You Help?



Allies – We Work Better Together!

People seeking recovery need support in the community from supportive allies, who understand the disease of addiction.

- Allies can break stigma
- Allies can offer compassion
- Allies can advocate for changes in policy
- Allies can use their voice to highlight the need for additional services and supports in communities
- Allies can hire individuals in recovery or encourage local businesses to do so as well
- Allies can support local causes that benefit individuals struggling with Substance Abuse Disorders who are working toward recovery



Recovery is **NOT** a Linear Pathway

Recovery is not a linear process and is characterized by continual growth and changes.

Changes do not always remain stable

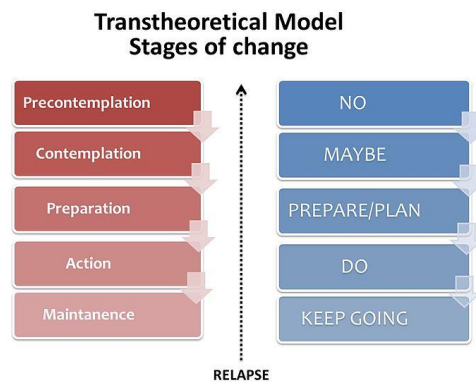
There can be set backs in Recovery that need to be attended to and managed.

The most effective way to manage changes in Recovery is to have a plan that an individual can implement for the needed supports and assistance

Recovery plans should be developed by the individual with help from someone who has knowledge of recovery and can help guide them through the process.



Stages of Change



This Photo by Unknown Author is licensed under [CC BY-SA](https://creativecommons.org/licenses/by-sa/4.0/)



The Family - Next Steps and Self Care

- Know that you are not responsible for your loved ones recovery – you can help, love, support, offer accountability, but you cannot make someone change
- You can set boundaries with your loved one but this does not mean that you cannot also be loving, supportive and caring
- Take care of yourself and your own feelings about addiction and the impact that it has on you.
- Find your own support system – online, local groups, Al-Anon
- Many family members who have experienced addiction with a loved one have benefitted from their own treatment. More family members are having issues with PTSD and trauma over a loved one's death, overdose or addiction. Seeking support or professional help with these issues can help.
- Research treatment options for loved ones to ensure that they are going to a quality treatment program, with qualified staff who has a program that meets the needs of the individual seeking treatment.

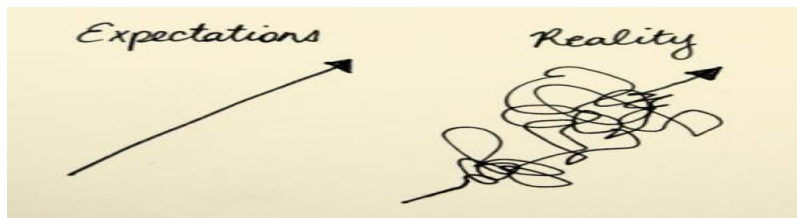


Recovery Happens

Recovery is a process and takes time, but it is attainable when an individual seeking recovery finds the right supports and the right fit.

“Fall seven times, stand up eight.” – Japanese proverb

“Success is the sum of small efforts, repeated day in and day out.” – Robert Collier



[This Photo](#) by Unknown Author is licensed under [CC BY-NC](#)



References

<https://www.asam.org/resources/definition-of-addiction>

<https://blog.samhsa.gov/2012/03/23/defintion-of-recovery-updated/#.Wsl8j4jwaUk>

<http://mha.ohio.gov/Portals/0/assets/Supports/PeerSupportedEmpl/recovery.pdf>

<http://www.drugpolicy.org/issues/harm-reduction>

<https://store.samhsa.gov/shin/content//SMA18-5063FULLDOC/SMA18-5063FULLDOC.pdf>

<https://www.samhsa.gov/recovery/peer-support-social-inclusion>

<https://www.aa.org/>

<https://www.na.org/>

<https://heroinanonymous.org>



References

<https://ca.org/>

<http://al-anon.org/>

<http://www.nar-anon.org/>

<http://www.alladdictionsanonymous.org/>

<https://www.smartrecovery.org/>

<https://rurecovery.com/>

<http://www.celebraterecovery.com/>

<https://refugerecovery.org/>

<http://lifering.org/>



References

<https://www.facebook.com/KentStateCRC/>

<https://www.facebook.com/RoosinRecoveryAkron/>

