


THE ROLE OF RECOVERY NETWORKS IN MAINTAINING LONG- TERM REMISSION



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DEFINING LONG-TERM REMISSION

- Recovery is
 - **‘Process of sustained action** that addresses the biological, psychological, social and spiritual disturbances inherent in addiction.”
 - “Aims to improve the quality of life by seeking balance and healing in all aspects of health and wellness.”
 - “Recovery actions lead to reversal of negative, self-defeating internal processes and behaviors, **allowing healing of relationships with self and others.**”
 - “**The concepts of acceptance and surrender** are also useful in this process. “

https://www.asam.org/docs/default-source/public-policy-statements/1-terminology-atr-7-135f81099472bc604ca5b7ff000030b21a.pdf?sfvrsn=d23d69c2_0

DEFINING LONG-TERM REMISSION

- Remission is...
 - “A state of wellness where there is an abatement of signs and symptoms that characterize active addiction.”
 - “Many individuals in a state remission state remain actively engaged in the process of recovery.”
 - “Reduction in signs or symptoms constitutes improvement in a disease state, but **remission involves a return to a level of functioning that is free of active symptoms** and/or is marked by stability in the chronic signs and symptoms that characterize active addiction.”
- For our purposes, long-term remission should be recovery

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DEFINING RECOVERY

- SAMHSA’s definition...
 - “A process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential.”
 - Recovery is built on access to **evidence-based clinical treatment and recovery support services** for all populations
 - **Incorporates 10 guiding principles**

<https://store.samhsa.gov/shin/content//PEP12-RECDEF/PEP12-RECDEF.pdf>

SAMHSA’s WORKING DEFINITION OF RECOVERY



10 GUIDING PRINCIPLES OF RECOVERY



RECOVERY NETWORKS SHOULD PROMOTE A BETTER QUALITY OF LIFE, THEY SHOULD SUPPORT RECOVERY WELLNESS AND RECOVERY CAPITAL.



RECOVERY WELLNESS



RECOVERY CAPITAL

- Paradigm shift from pathology and intervention focus to a recovery assets focus
- A key element in this shift is recovery capital
- “Recovery capital (RC) is the breadth and depth of internal and external resources that can be drawn upon to initiate and sustain recovery from severe AOD problems (Granfield & Cloud, 1999; Cloud & Granfield, 1 2004).”

https://www.naadac.org/assets/1959/whitewcloudw2008_recovery_capital_a_primer.pdf



RECOVERY CAPITAL

- Personal
- Social
- Community or Collective
- Cultural




https://www.naadac.org/assets/1959/whitewcloudw2008_recovery_capital_a_primer.pdf



RECOVERY WELLNESS AND
RECOVERY CAPITAL ARE
COMPONENTS OF
RESILIENCE IN RECOVERY



THE KEY ROLE OF RECOVERY
NETWORKS IS
CONNECTIONS



CONNECTIONS OCCUR IN RECOVERY COMMUNITIES BECAUSE OF AUTHENTICITY AND TRANSPARENCY.



THERE ARE MANY PATHWAYS

- Types of Recovery Pathways:
 - **Natural Recovery**
 - **Recovery Mutual Aid Groups**
 - **Medication- Assisted Recovery**
 - **Peer- Based Recovery Supports**
 - Family Recovery
 - Technology- Based Recovery
 - Alternative Recovery Supports

<https://www.facingaddiction.org/wp-content/uploads/2018/05/Multiple-Pathways-of-Recovery-Guide-FINAL.pdf>



THERE ARE MANY PATHWAYS NATURAL RECOVERY

- Happens naturally over a period of time
- Often, these people would not view themselves as being in recovery or ever truly having an addiction. Although, they would have had a diagnosable substance use disorder.

“Natural recovery is a more viable pathway for people with shorter and less severe alcohol and other drug problems and for those with higher incomes and more stable social and occupational supports”

– William White

<https://www.facingaddiction.org/wp-content/uploads/2018/05/Multiple-Pathways-of-Recovery-Guide-FINAL.pdf>



THERE ARE MANY PATHWAYS MUTUAL AID GROUPS

- Often called ‘self-help’ groups or ‘support’ groups
- These groups provide a safe space for people to share stories, talk about challenges, or share personal achievements often with an overarching framework guiding the group purpose.
- Most mutual aid groups meet face to face, but there are web-based groups as well.
- These include:
 - 12-Step Fellowships
 - Celebrate Recovery
 - Refugee Recovery
 - SMART Recovery
 - Phoenix Multisport and other sober active lifestyle communities

<https://www.facingaddiction.org/wp-content/uploads/2018/05/Multiple-Pathways-of-Recovery-Guide-FINAL.pdf>



THERE ARE MANY PATHWAYS MEDICATION-ASSISTED RECOVERY

- Medication-assisted treatment (MAT) is the use of medications in combination with counseling and behavioral therapies for the treatment of substance use disorders.
- The MARS Project
 - "...helps Medication-Assisted Treatment Programs develop holistic approaches that includes MAT education and a supportive peer community..."

<https://www.facingaddiction.org/wp-content/uploads/2018/05/Multiple-Pathways-of-Recovery-Guide-FINAL.pdf>



THERE ARE MANY PATHWAYS PEER-BASED RECOVERY SUPPORT SERVICES

- One of the most common forms of peer supports are Recovery Coaches.
- Recovery Coaches help the individual determine the recovery pathway that best suits their needs rather than guiding them down any specific pathway.
- Recovery Coaches are certified through
 - Connecticut Community for Addiction Recovery (CCAR)
 - Nationally Certified Recovery Coaches (NCRC)
 - Many organizations throughout different states offer trainings
- Recovery Coaches vs Certified Peer Specialists

<https://www.facingaddiction.org/wp-content/uploads/2018/05/Multiple-Pathways-of-Recovery-Guide-FINAL.pdf>
<http://www.williamwhitepapers.com/pr/2006SponsorRecoveryCoachAddictionCounselor.pdf>



THERE ARE MANY PATHWAYS PEER-BASED RECOVERY SUPPORT SERVICES

- A Recovery Coach or peer support provider is not a Sponsor.
- See Handout...

- Autocratic vs Participatory support

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THE INTEGRATION OF RECOVERY SUPPORT

- What is currently happening in our communities?
- Where are the gaps which can be filled by peer-based recovery support services?



**THANK YOU!
ANY COMMENTS OR
QUESTIONS?**

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