



Multiple Pathways of Recovery

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Learning Objectives:

- Expand the continuum of care to institutionalize recovery supports
- Identify various components that make up a well-formed Recovery Ecology
- Understand a diverse range of formal and informal recovery pathways

A Story of the Healing Forest

A misty forest with tall, thin trees, bathed in a soft, ethereal light, creating a serene and healing atmosphere. The trees are dark against the lighter, hazy background, and the overall color palette is dominated by soft blues and greys, giving it a dreamlike quality.



Following episodes of treatment and/or incarceration, individuals often return to communities that are ill-equipped to support their recovery.

The Healing Forest becomes a Recovery Ecology



Community

Sanctuary

Culture of Recovery



Land & Place
 Art & Music
 Media
 Values
 Language
 Commerce

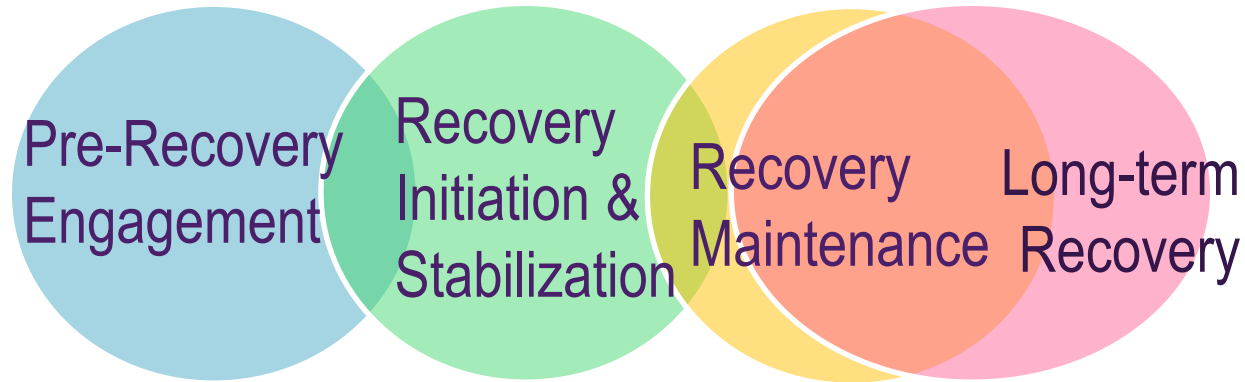
Health & Wellness
 Symbols
 Rituals
 Play
 History
 Stories

Healing

Wholeness

Continuum of Addiction Recovery

Adapted from William White



Continuum of Care

◆ Prevention ◆ Harm Reduction ◆ Treatment ◆ Recovery Supports ◆



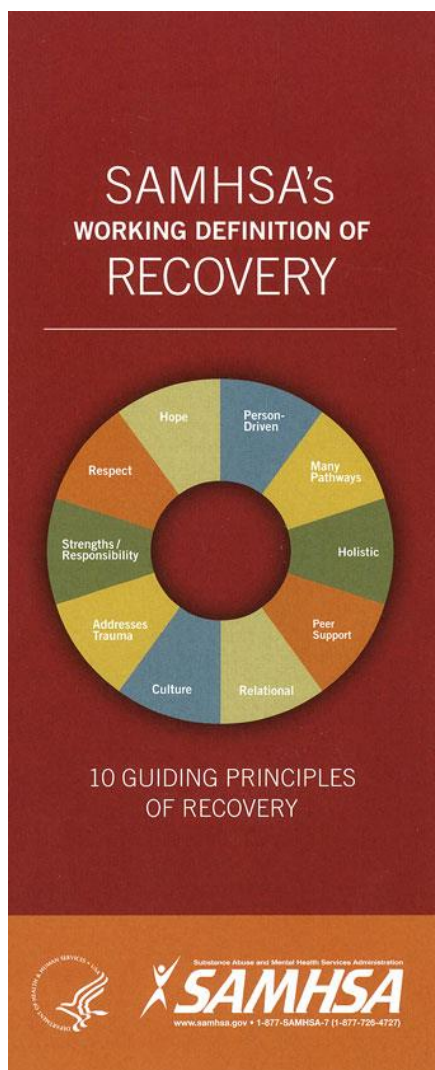
SAMHSA's Working Definition of Recovery

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

(SAMHSA, 2011)

10 Guiding Principles:

- Hope
- Respect
- Strengths/Responsibility
- Addresses Trauma
- Culture
- Relational
- Peer Support
- Holistic
- Many Pathways
- Person-driven



Recovery Capital

Stores Ledger Account [Simple]

Name: _____
 Code No: _____
 Description: _____

Maximum Level : _____
 Minimum Level : _____
 Reorder Level : _____
 Reorder Quantity : _____

Date	Particulars or Reference	Receipts			Issues	
		Qty. Units	Rate ₹	Amount ₹	Qty. Units	Rate ₹
2015 Jan 1	G.R.N. No					

Recovery Capital is the sum of the strengths and supports – both internal and external – that are available to a person to help them initiate and sustain long-term recovery from addiction.

Consequences of Addiction Can Deplete Recovery Capital



- Limited education
- Minimal or spotty work history
- Low or no income
- Criminal background
- Poor rental history
- Bad credit; accrued debt; back taxes
- Unstable family history
- Inadequate health care

Creating and Reinforcing Recovery Capital



Essential Ingredients for Sustained Recovery:

- Safe and affordable place to live
- Steady employment and job readiness
- Education and vocational skills
- Life and recovery skills
- Health and wellness
- Recovery support networks
- Sense of belonging and purpose
- Community and civic engagement

Creating and Reinforcing Recovery Capital



Common Sticking Points:

- Legal issues
- Expunging criminal records
- Financial status: debt, taxes, budgeting, etc.
- Restoring revoked licenses: professional, business, driver's
- Regaining custody of children
- Developing relationship and parenting skills
- Developing recovery support networks and community connections

Recovery Capital Assessment

Ten Domains

- | | |
|-----|---|
| 1. | Substance use and abstinence |
| 2. | Mental wellness and spirituality |
| 3. | Physical and medical health |
| 4. | Citizenship and community involvement |
| 5. | Meaningful activities: job/career, education, recreation, support |
| 6. | Relationships and social networks |
| 7. | Housing and safety |
| 8. | Risk taking and independence from legal responsibilities and institutions |
| 9. | Coping and life functioning |
| 10. | Recovery experience |



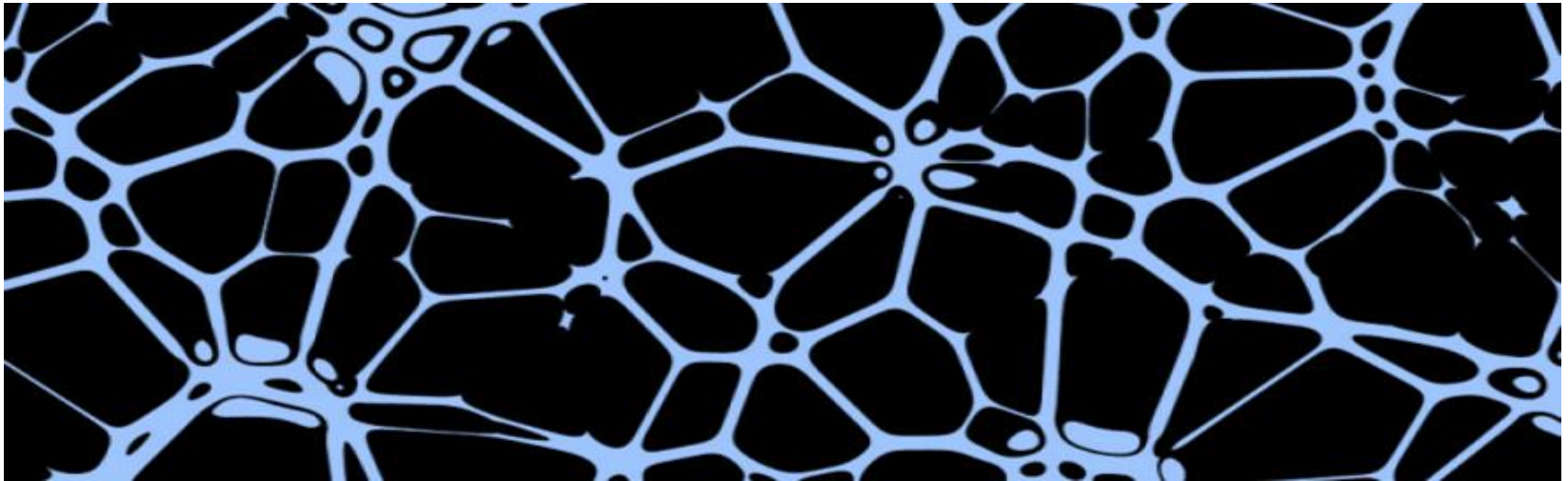
Recovery Community Principles and Values



- Primacy of recovery
- Authenticity of lived experience
- Diversity and inclusion
- Multiple pathways
- Leadership development
- Participatory Process

Recovery Working Assumptions

- A set of replacements is initially necessary
- Recovery flourishes in community
- Informed choices help determine recovery pathways
- Since addiction is chronic, recovery is a long-term process
- Recovery is evolutionary



One Size Does Not Fit All

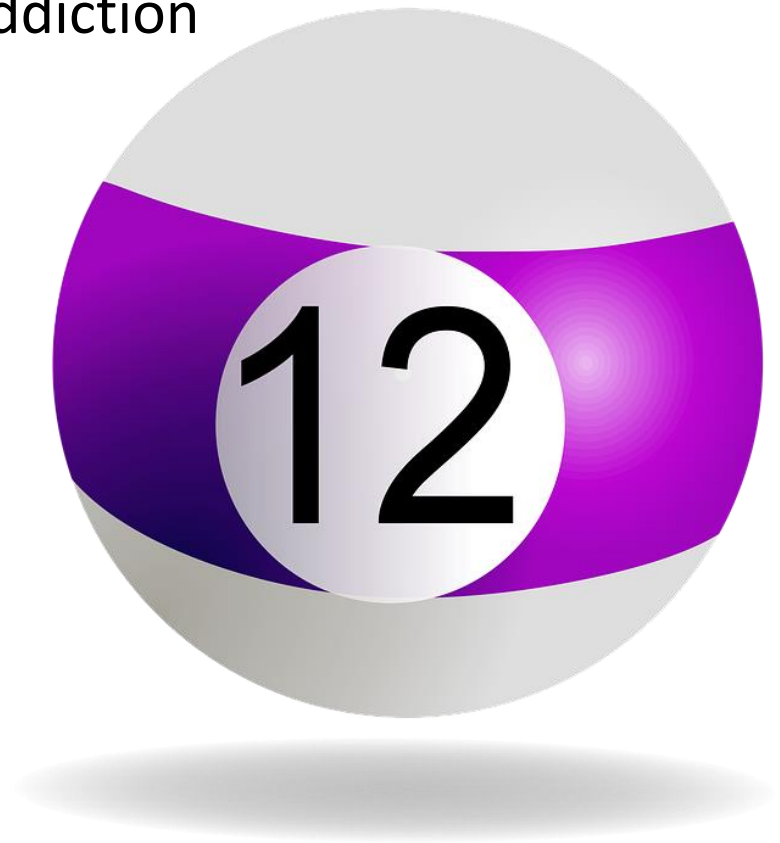
Variables:

- Demographics and personal background
- Recovery capital scale
- Varieties of lived experience
- Personal style, preference, and choice
- Cultural and community norms



12-Step Groups and Fellowships

- Includes Alcoholics Anonymous, Narcotics Anonymous, and more than 45 other groups that focus on individual- and family-related addiction
- History and evolution
- Depth, reach, and accessibility
- Free of charge
- Effect on society



The Best of 12-Step Groups



- Recovery in bite sizes
- Degrees of commitment
- Emphasis on self-reflection
- Sharing through personal storytelling
- Leadership development
- Sense of belonging and connection to community
- Service to others

Limitations of 12-Step Groups

- Overriding perceptions: rigid, cult-like, religious, exclusionary
- Insular attitudes based on cultural dominance
- Doesn't work for everyone
- NA: history of excluding people on medication



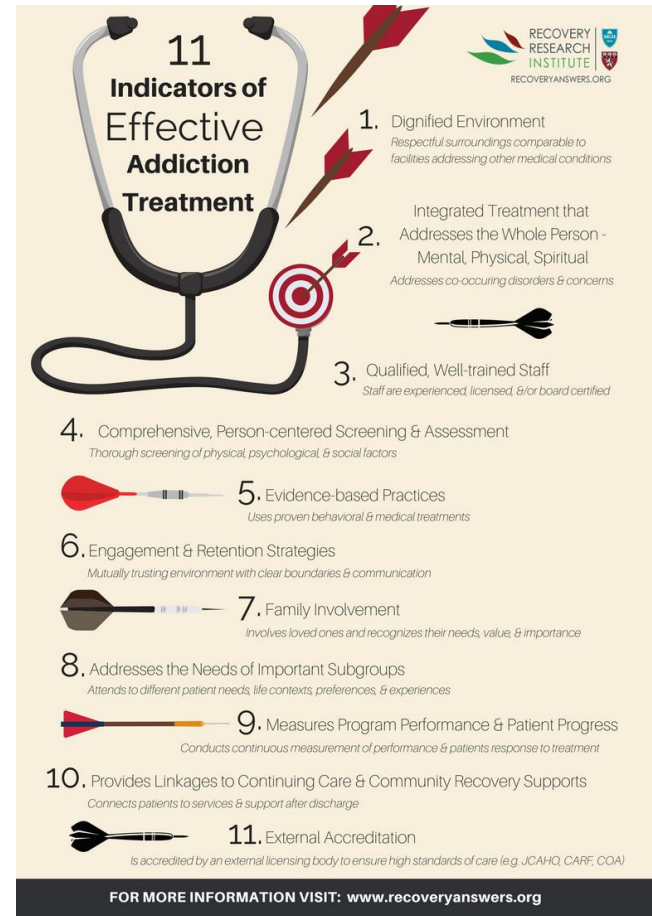
Other Mutual Aid Support

- All Recovery Meetings
- Women for Sobriety
<https://womenforsobriety.org/>
- SMART Recovery
<https://www.smartrecovery.org/>
- LifeRing Secular Recovery
<https://lifering.org/>
- Refuge Recovery
<https://refugerecovery.org/>
- Rebel Recovery
<https://www.rebelrecoveryfl.com/>
- Celebrate Recovery
<https://www.celebraterecovery.com/>



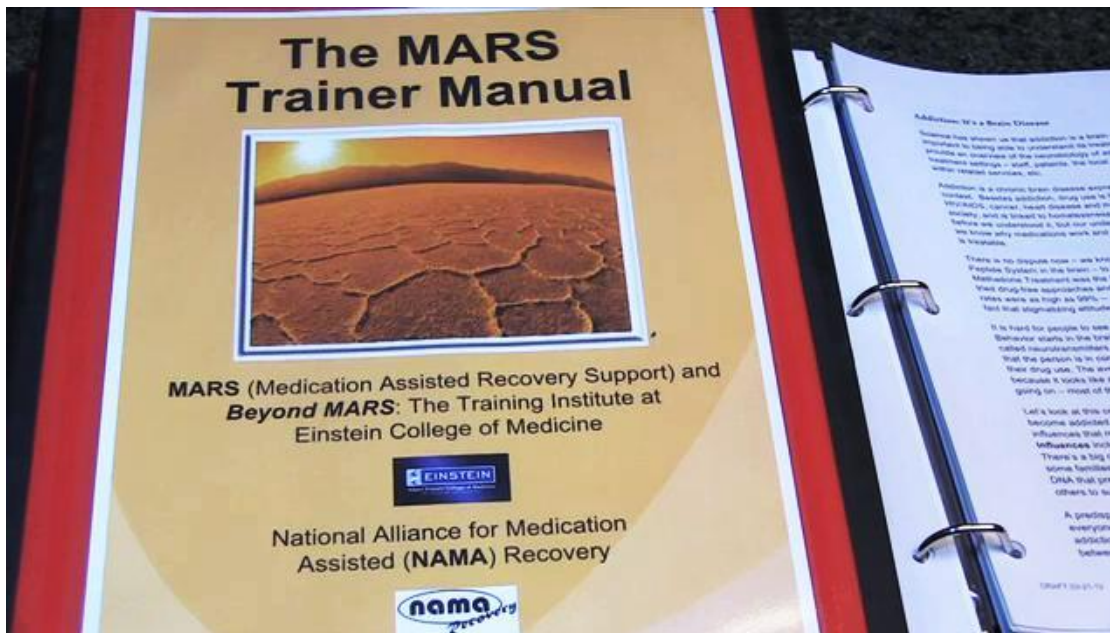
Addiction Treatment

- Treatment is a pathway to recovery, often episodic
- Multiple pathways of treatment
- Not everyone in recovery receives treatment
- Treatment plans vs. Recovery plans
- Outcomes: treatment vs. recovery



Medication-assisted Recovery (MAR)

- Why this concept is important
- Three-legged stool: Medication + Counseling + Recovery Supports
- MAR = Abstinence, with the right variables
- MAR 12-step Groups
- MARS programs



Peer Recovery Support Services

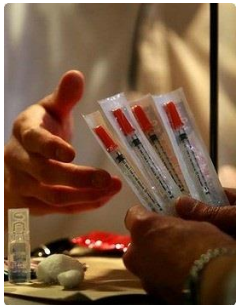


- Recovery coaching
- Peer bridgers
- Peer-facilitated support and educational groups
- Peer telephone support
- All Recovery meetings
- Recovery Community Centers

Harm Reduction: A Philosophy and Public Health Approach



Naloxone Distribution



Syringe Exchange



Peer Support & Community Mobilization

Harm reduction refers to a range of services and policies that lessen the adverse consequences of drug use and protect public health. Unlike approaches that insist that people stop using drugs, harm reduction acknowledges that many people are not able or willing to abstain from illicit drug use, and that abstinence should not be a precondition for help.



Low Barrier Drop-In Spaces



Safe Consumption Sites



Legal Support & Policy Reform

Harm Reduction Engagement

- “Any positive change”
- Harm reduction on the continuum of care
- Recovery interfacing with Harm Reduction
- Naloxone distribution
- Syringe Exchange and Overdose Prevention Sites
- Peer support in ER and community outreach settings



Digital Recovery

- In the Rooms
- Online mutual support meetings
- Recovery Apps



A Renewed Vision

- ~~Recovery Works~~
- ~~Recovery is Possible~~
- **Recovery is an Expectation!**

