Imagine a serious substance use problem like a burning building…
we know how to extinguish the fire – stopping substance use

Kudy et al., 2018; White, 2018

BUT… we have been less successful in:

- preventing the fire from restarting – preventing relapse
- providing the architectural planning for reconstructing that person’s life once the fire is out – comprehensive treatment planning
- providing access to the building materials – recovery capital – necessary to reconstruct their lives
- granting the “rebuilding permits” needed to allow the recovery process to begin – advocating for individuals to help navigate systems

Kudy et al., 2018; White, 2018
Partnerships between treatment providers and RCOs are needed to help people gain access to the “building materials” (recovery capital), especially to reconstruct their lives early in the recovery phase.

Kelly et al., 2018; White, 2018

Recovery Community Organization

INDEPENDENT, NON‐PROFIT
REPRESENTS THE INTERESTS OF THE RECOVERY COMMUNITY
LED AND GOVERNED BY REPRESENTATIVES OF LOCAL RECOVERY COMMUNITY

MISSION

Our mission is to build and mobilize a compassionate community to support individuals seeking or maintaining recovery to inspire hope, create connection and eliminate stigma.
Acute Care Model

- Brief period of professional intervention followed by cessation of services.
- Screen, assess, place, treat and discharge.
- Less effective in SUD treatment with clients who have complex and high severity needs.
- Works well in acute trauma settings.

Considerations of an acute care model

- Services are delivered programmatically and uniform.
- Professional expert often directs and determines plan.
- Services are provided over a short period of time (time limited, usually payer driven).
- Impression that discharge or "graduation" is completion. Putting the onus of long-term recovery on the individual without professional assistance.
- Post-treatment relapse and re-admissions are viewed as failure or non-compliance of the individual rather than flawed treatment plan/aftercare planning.

Chronic Condition Model

- Long-term involvement with health care system.
- Continued care following treatment.
- Education regarding self-care.
- Regular check-ups.
- Linkage to community resources.
• Addiction is a treatable, chronic medical disease involving complex interactions among brain circuits, genetics, the environment, and an individual's life experiences. People with addiction use substances or engage in behaviors that become compulsive and often continue despite harmful consequences.

WHAT IS RECOVERY?
• There is no single definition of recovery
  • ASAM
  • SAMHSA
  • RAD

ASAM RECOVERY DEFINITION

Recovery from addiction is an active process of personal growth that addresses the biological, psychological, social, and spiritual disturbances inherent in addiction, and includes the following factors:
1. The aim of improved quality of life and enhanced wellness as identified by the individual
2. An individual's consistent pursuit of abstinence from the substances or behaviors towards which pathological pursuit had been previously directed or which could pose a risk for pathological pursuit in the future
3. Relief of an individual's symptoms including substance craving
4. Improvement of an individual's own behavioral control
5. Enrichment of an individual's relationships, social connectedness, and interpersonal skills
6. Improvement in an individual's emotional self-regulation.
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, Working Definition of Recovery

RAD believes recovery is a commitment to positive, strength-based life change. It does not begin or end with abstinence. Recovery is an individually directed journey in which positive, physical, mental, emotional and spiritual balance may be achieved.

Honoring Multiple Pathways to Recovery

- Mutual Aid Groups
- Inpatient Treatment
- Outpatient Treatment
- Cultural
- Natural
- Faith-based
- Criminal Justice
Educate and Increase Awareness

Educate and Increase Awareness

Community
- Schools
- Schools
- Colleges
- Community Clinics
- Hospitals
- Emergency Departments
- Walk-in Clinics
- Treatment Centers
- Wellness Centers

Faith-based community

Employers

Civic Groups

Governmental and Non-governmental agencies

Local Non-profits

• Emergency Shelter/Housing
• Domestic Violence/Sexual Assault Providers
• Youth Organizations

Criminal Justice System

• Treatment Courts
• Corrections

INSPIRE.

inspire | inˈspər|
To draw forth or bring out. To motivate.

Personal Testimony

- Strength based perspective
- Share success beyond struggle
- Inspire individuals seeking recovery
- Inspire individuals in recovery to speak publicly
- Inspire and create hope
- Eliminate shame and stigma
"A coordinated network of community-based service and supports that is person-centered and builds on the strengths and resiliencies of individuals, families, and communities to achieve abstinence and improved health, wellness, and quality of life for those with or at risk of alcohol and drug problems."

Recovery Oriented System of Care

SAMHSA

What does this look like?

What can a ROSC look like?
Eliminate Shame and Stigma

- Inspire others to recover
- Inspire others to get involved
- Advocate at the community level
- Advocate for policy change
- Choose a volunteer or career path in Peer Recovery Support

Setting for Recovery Support services

Community/Community organizations
College Community
Treatment Centers
Other care settings
Emergency Department
Jail

Benefits of Peer Recovery Support

- Connection is powerful
- Recovery is supported by a connection with another individual with shared experience
- Adaptable and flexible
- An individual can utilize peer recovery support throughout the continuum
- Language includes person centered language such as peer in recovery vs. addicted
- Reflection includes healthy, strengths, and resiliency vs. recovery as barrier
- Language in focusing on personal failures and isolation
- Self-directed
- The individual has a voice in recovery planning
UNDERSTANDING THE DIFFERENCES

NADCP Resource: A Partnership with SAMHSA GAINS Center

People Change When:

- Heard
- Empathy
- Compassion
- Understood
- Respected
IT TAKES TIME....

• More than half of individuals that go through treatment for addiction need multiple episodes.
• Progress in recovery is often cyclic, with episodes of abstinence, relapse, and treatment.

The progress of many individuals will be marked by cycles of recovery, relapse, and repeated treatments; often spanning many years...

IT TAKES TIME....

By some estimates, it can take 8-9 years for an individual to reach full recovery and it usually includes 3-4 treatment episodes.
Building Your Recovery Community

• Organize a group representing the recovery community to do the community mapping exercise
  • First-hand knowledge of resources available
  • Can be an additional support for clients
  • Builds buy-in from the community for your treatment court

“The How”

Community Mapping
In changing times

- Increased opportunity
- Thinking outside of box
- Technology
- Community events
- Corrections
- Hospitals
- Efficient timing during crisis
- Treatment court

Maintaining Connections
**Social Capital**

- Prosocial peers and role models, not restricted to family
- Commitment to and satisfaction from employment
- Support from someone, including those in authority
- Prosocial leisure activities
GUIDING PRINCIPLES OF RECOVERY

• There are many pathways to recovery
• Recovery is self-directed and empowering
• Recovery involves personal recognition of the need for change and transformation
• Recovery is holistic
• Recovery has cultural dimensions
• Recovery exists on a continuum of improved health and wellness

Until lions have their historians, tales of hunting will always glorify the hunter.
-African Proverb

Contact Us

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