

Recovery Attitudes and Actions

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Change Attitudes, Change Actions, and Champion Recovery

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Disclosure

No commercial relationships to disclose

Outline

- ❖ 10 Guiding Principles of Recovery
- ❖ 8 Dimensions of Wellness
- ❖ Life in Recovery Scale

Principles of Recovery - #1

Recovery emerges from hope

- Hope is the catalyst of the recovery process.
- People can and do recovery every day – despite significant internal and external challenges and barriers.
- This belief provides the motivating message of a better future.

“...meet people where they dream.”



~Stephen Andrew
Motivational Interviewing Trainer

Principles of Recovery - #2

Recovery is person-driven

- Individuals should define their own life goals and design their unique path(s) towards those goals. The power of choice is a powerful thing.
- Through leading their path, individuals can build on their strengths, find autonomy for themselves, and are, ultimately, empowered.

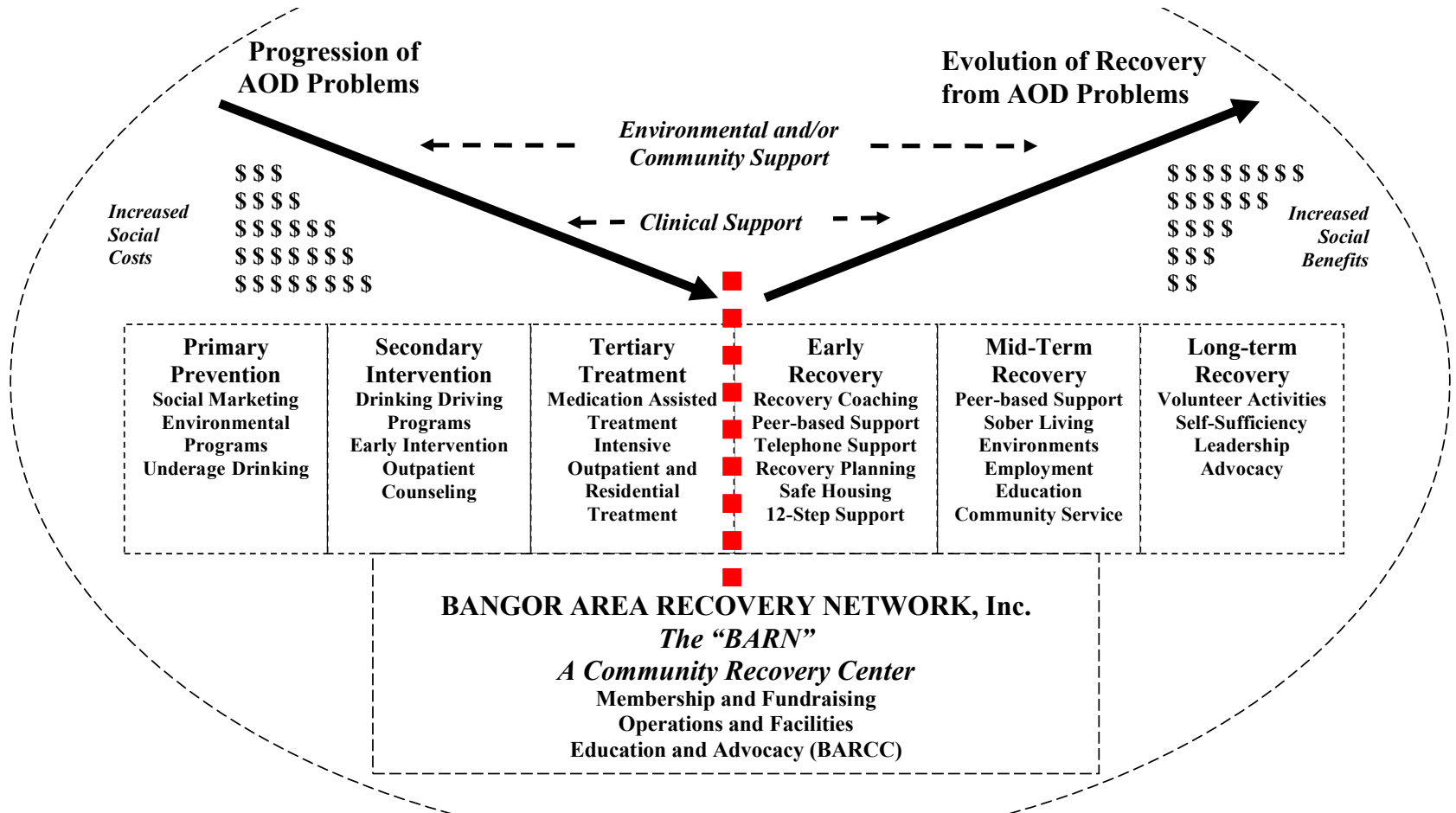
Principles of Recovery - #3

Recovery occurs via many pathways

- Individuals have distinct needs, strengths, preferences, goals, and backgrounds. Thus, pathways are highly personalized.
- Recovery is non-linear, characterized by continual growth and improved functioning that may involve unexpected course changes (positive or negative).
- Paths may include a variety of components...

A Recovery-Oriented System of Care: Bangor, Maine

BANGOR REGION PUBLIC HEALTH ADVISORY BOARD *Substance Abuse Task Force*



Bangor Area Recovering Community Coalition

BARCC is a group of recovering individuals and their allies who advocate and support addiction recovery in the greater Bangor area.

Principles of Recovery - #4

Recovery is holistic

- Recovery encompasses an individual's whole life
 - 8 dimensions of wellness on next slide
- Services and supports should be integrated and coordinated.
 - “Where [health care] is the most like a system is where we're most successful. **Having the right parts isn't enough. To become a system, those parts have to bridge in ways we aren't used to.** The ability to devise solutions is really critical.”

~Atul Gawande, M.D., M.P.H



Eight Dimensions of Wellness

EMOTIONAL

Coping effectively with life and creating satisfying relationships

SOCIAL

Developing a sense of connection, belonging, and a well-developed support system

SPIRITUAL

Expanding our sense of purpose and meaning in life

OCCUPATIONAL

Personal satisfaction and enrichment derived from one's work

INTELLECTUAL

Recognizing creative abilities and finding ways to expand knowledge and skills

FINANCIAL

Satisfaction with current and future financial situations

PHYSICAL

Recognizing the need for physical activity, diet, sleep, and nutrition

ENVIRONMENTAL

Good health by occupying pleasant, stimulating environments that support well-being



SOURCE: Adapted from Swarbrick, M. (2006). A wellness approach. *Psychiatric Rehabilitation Journal*, 29(4), 311–314.

Emotional Wellness



Emotional

Coping effectively with life
and creating satisfying
relationships

Tips for optimal emotional wellness

- Stay in tune to your thoughts and feel your feelings
- Cultivate an optimistic attitude
- Accept & forgive yourself
- Practice gratitude
- Practice self-compassion

Positive affirmations

- Say “I love you”
- Cuddle with a pet
- See a counselor
- Journal

Environmental Wellness



Environmental

Good health by occupying pleasant, stimulating environments that support well-being

Signs of good environmental wellness

- You are aware of the limits of the earth's natural resources
- You conserve energy (i.e. shutting off unused lights)
- You recycle paper, cans, and glass as much as possible
- You enjoy, appreciate, and spend time outside in natural settings
- You do not pollute the air, water or earth if you can avoid doing so



Financial Wellness



Financial

Satisfaction with current and future financial situations

Tips for optimal financial wellness

- Learn how to manage your money and establish a budget
- Learn to not let money be the driving force of your life
- Donate some of your money to a cause you believe in
- Don't live beyond your means
- Avoid credit card debt. Try to pay off the entire balance each month to avoid interest
- Set up a savings account/retirement account



Intellectual Wellness



Intellectual

Recognizing creative abilities
and finding ways to expand
knowledge and skills

Tips for optimal intellectual wellness

- Spend more time pursuing personal interests
- Read books, magazines, and newspapers
- Spend less time on social media
- Practice self-reflection
- Draw and/or paint
- Attend artistic, historical, musical and theatrical events
- Surround yourself with people who challenge you

Occupational Wellness



Occupational

Personal satisfaction and
enrichment from one's work

Tips for optimal occupational wellness

- Take breaks during the day
- Create uninterrupted time to complete tasks
- Balance your workload so that you are not overwhelmed
- Take mental health days
- Have a peer support group or network at work
- Create a vision for your future
- Choose a career that suits your personality, interests, and talents
- Be open to change and learning new skills
- Set boundaries. Say “no”
- Get regular supervision or consultation and professional development

Physical Wellness



Physical

Recognizing the need for physical activity, healthy foods, and sleep

Tips for optimal physical wellness

- Refrain from smoking and protect from second-hand smoke
- Exercise at least 15 minutes a day – build strength, flexibility, or endurance
- Spend time in the sun
- Routine appointments with primary care physician, dentist, specialists, etc.
- Get adequate sleep
- Learn to recognize early signs of illness and prevent diseases
- Eat a variety of healthy foods and control meal portions
- Maintain a regular sleep schedule

Social Wellness



Social

Developing a sense of connection, belonging, and a well-developed support system

Tips for optimal social wellness:



Cultivate healthy relationships

- Contribute to your community
- Share your talents and skills



Communicate your thoughts, feelings, and ideas



Practice appropriate self-disclosure

- Don't over-commit

- Surround yourself with like-minded, positive people
- Reflect on yourself and your social needs
- Make an effort to keep in touch with supportive friends and family
- Practice active listening
- Join a club or organization

Spiritual Wellness

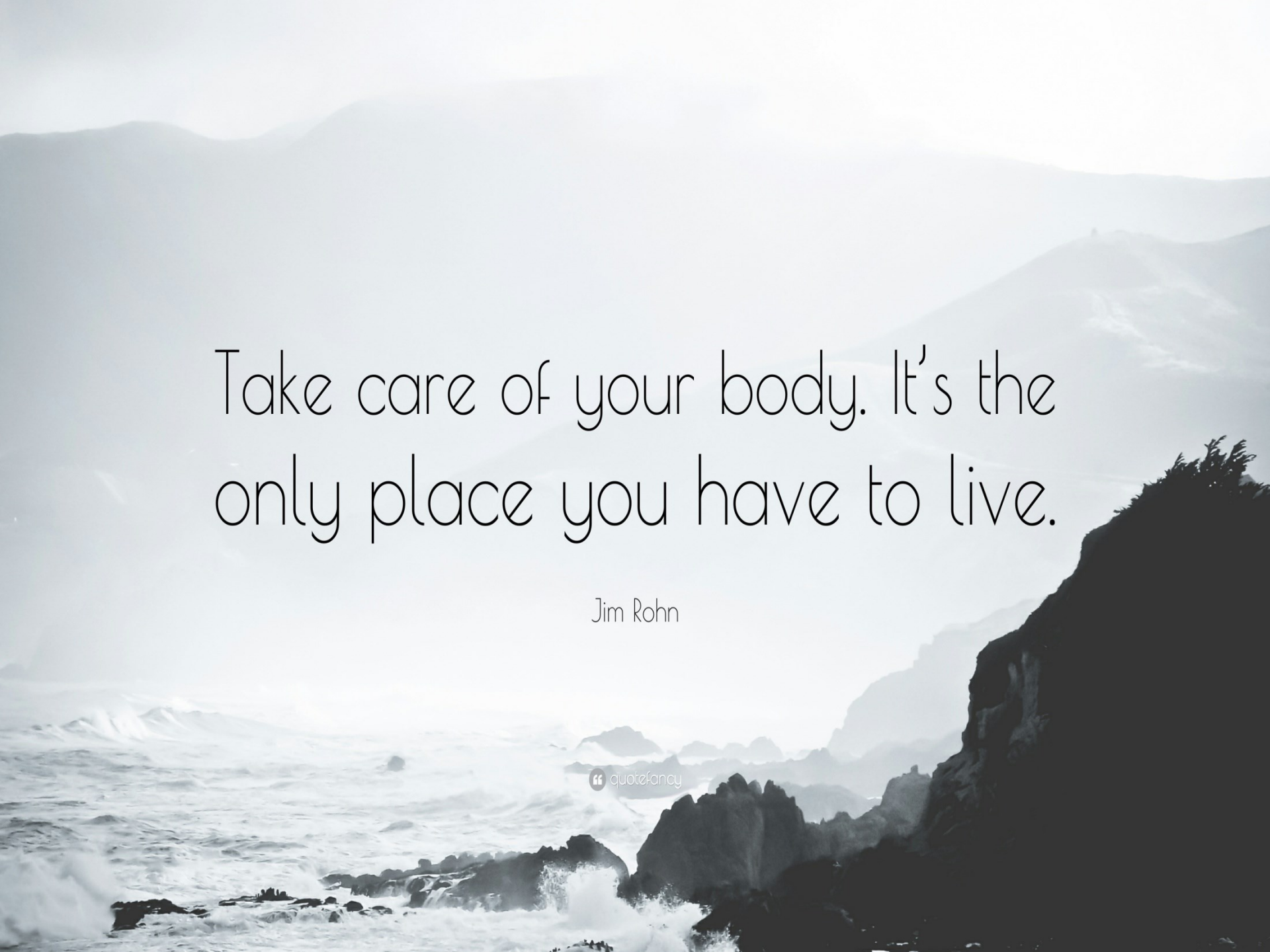


Spiritual

- Expanding a sense of purpose and meaning in life

Tips for optimal spiritual wellness:

- Explore what spirituality means to **YOU!**
- Meditate
- Connect with nature
- Be inquisitive
- Be fully present
- Listen with your heart
- Live by your principles
- Allow yourself and those around you to be who you/they are
- See opportunities for growth in the challenges that life brings you
- Practice gratitude
- Yoga



Take care of your body. It's the
only place you have to live.

Jim Rohn

“ quote fancy

Principles of Recovery - #5

Recovery is supported by peers and allies

- Sharing experiences, knowledge, and skills with each other, as well as social learning, play an invaluable role in recovery.
- Peers encourage each other, providing a vital sense of belonging, supportive relationships, valued roles, and a sense of community.
- Peer supports provide important resources to assist people along their journeys of recovery and wellness.
 - YPR chapters, recovery coaches, recovery centers, etc.
- Professionals can also play an important role in the recovery process by providing clinical treatment and other services that support individuals in their chosen recovery paths.

Principles of Recovery - #6

Recovery is supported through relationships and social networks

- A presence and involvement of people in the community who believe in them
- Family members, peers, providers, work colleagues, faith groups, community groups, etc...
- They can come from anywhere

Principles of Recovery - #7

Recovery is culturally-based and influenced

- Culture and background – including values, traditions, and beliefs - are keys in determining a person's journey and unique pathway to recovery. Services should be tailored to be culturally competent.

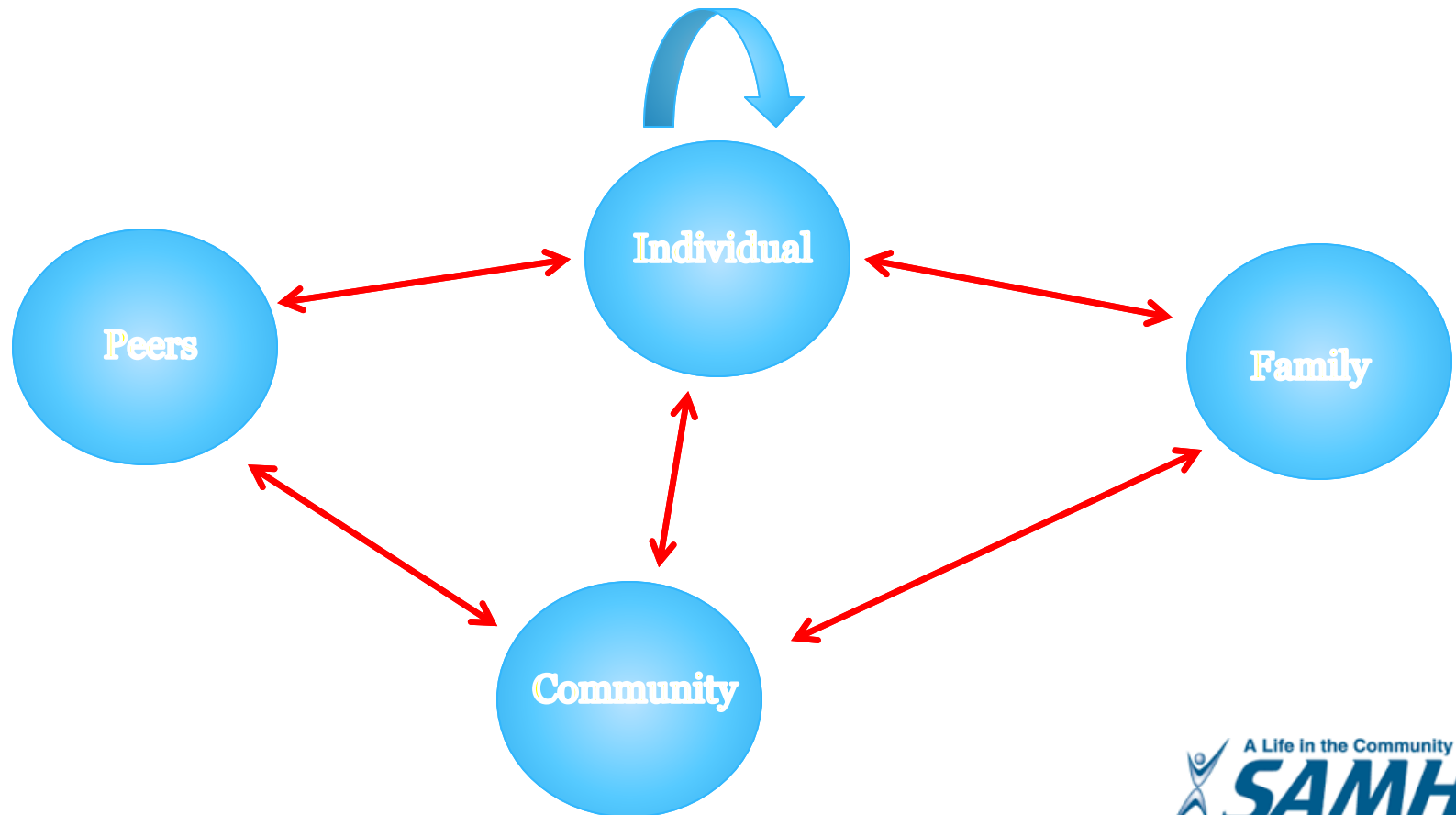
Principles of Recovery - #8

Recovery is supported by addressing trauma

- Trauma, in a variety of forms, is often a precursor to or associated with alcohol and substance misuse and mental health problems.
 - What do you think of when you hear trauma?
 - Here's what I think of...
- Services and supports should be trauma-informed to foster safety (physical and emotional) and trust, as well as promote choice, empowerment, and collaboration.
 - If someone is reacting and not responding, there might be something going on... consider how your words may land on others

Principles of Recovery - #9

Recovery involves individual, family, and community strengths and responsibilities



Principles of Recovery - #10

Recovery is based on respect

- Respect from **outside**: community, systems, and society at large should accept and appreciate people with SUD and in recovery.
 - including protecting their rights and eliminating discrimination
- Respect from **inside**: there is a need to acknowledge that taking steps towards recovery may require great courage. Self-acceptance, developing a positive and meaningful sense of identity, and regaining belief in one's self are particularly important, too.

"LIFE IN RECOVERY"

Report on the Survey Findings

Prepared by Alexandre Laudet, Ph.D.
for **Faces & Voices of Recovery**



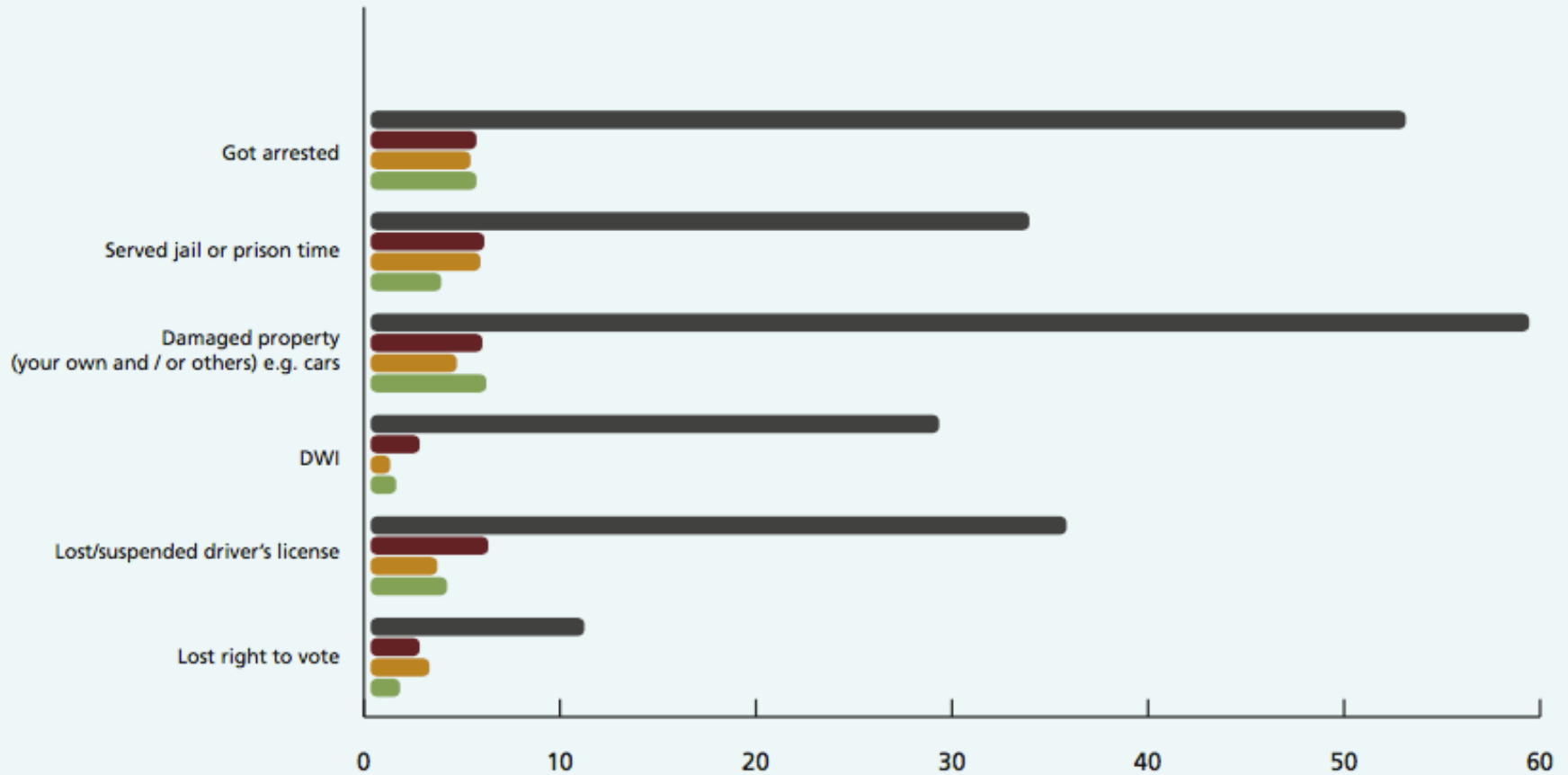
**FACES &
VOICES**
OF RECOVERY

FACESANDVOICESOFRECOVERY.ORG

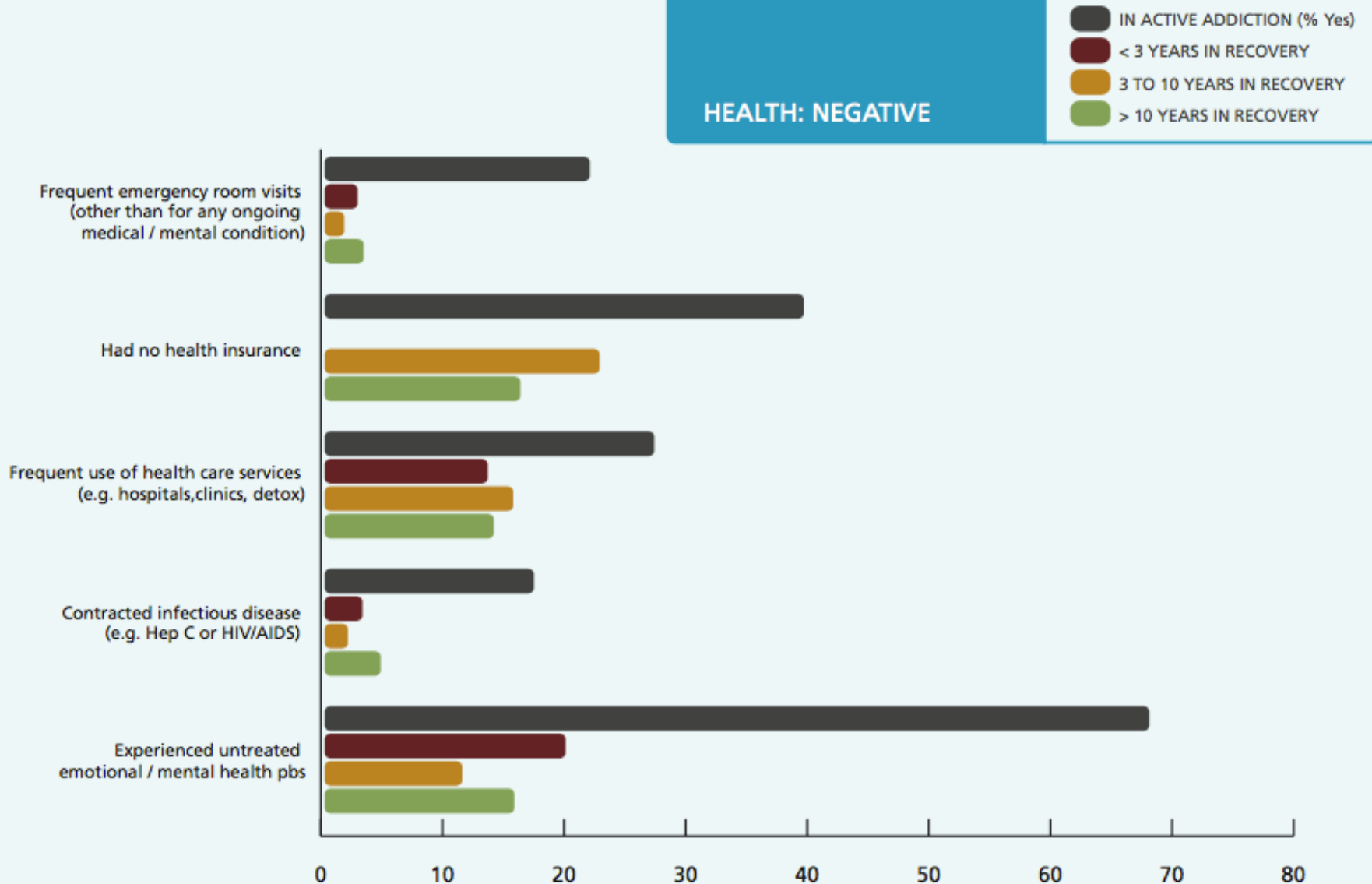
APRIL 2013

LEGAL: NEGATIVE

- IN ACTIVE ADDICTION (% Yes)
- < 3 YEARS IN RECOVERY
- 3 TO 10 YEARS IN RECOVERY
- > 10 YEARS IN RECOVERY

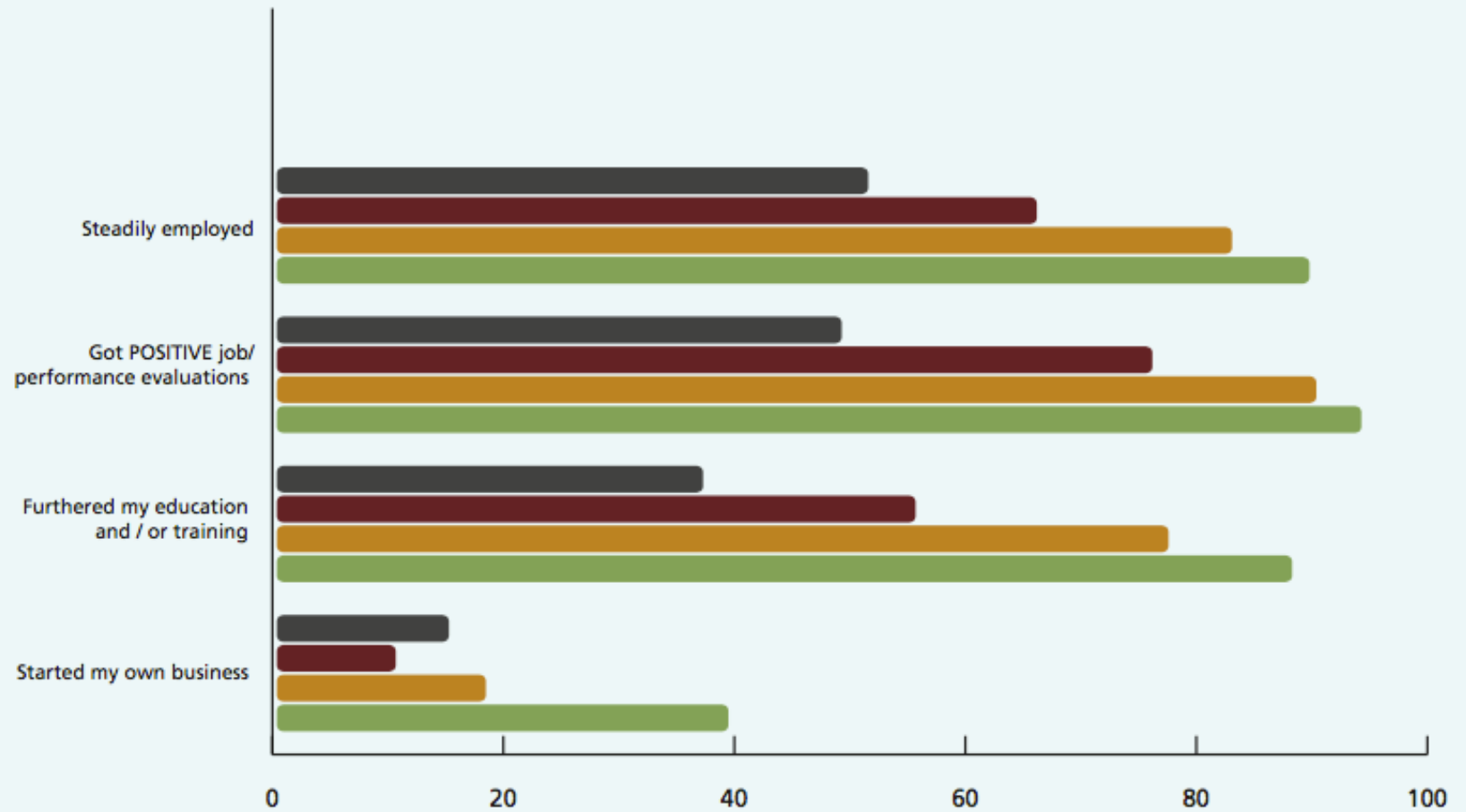


HEALTH: NEGATIVE



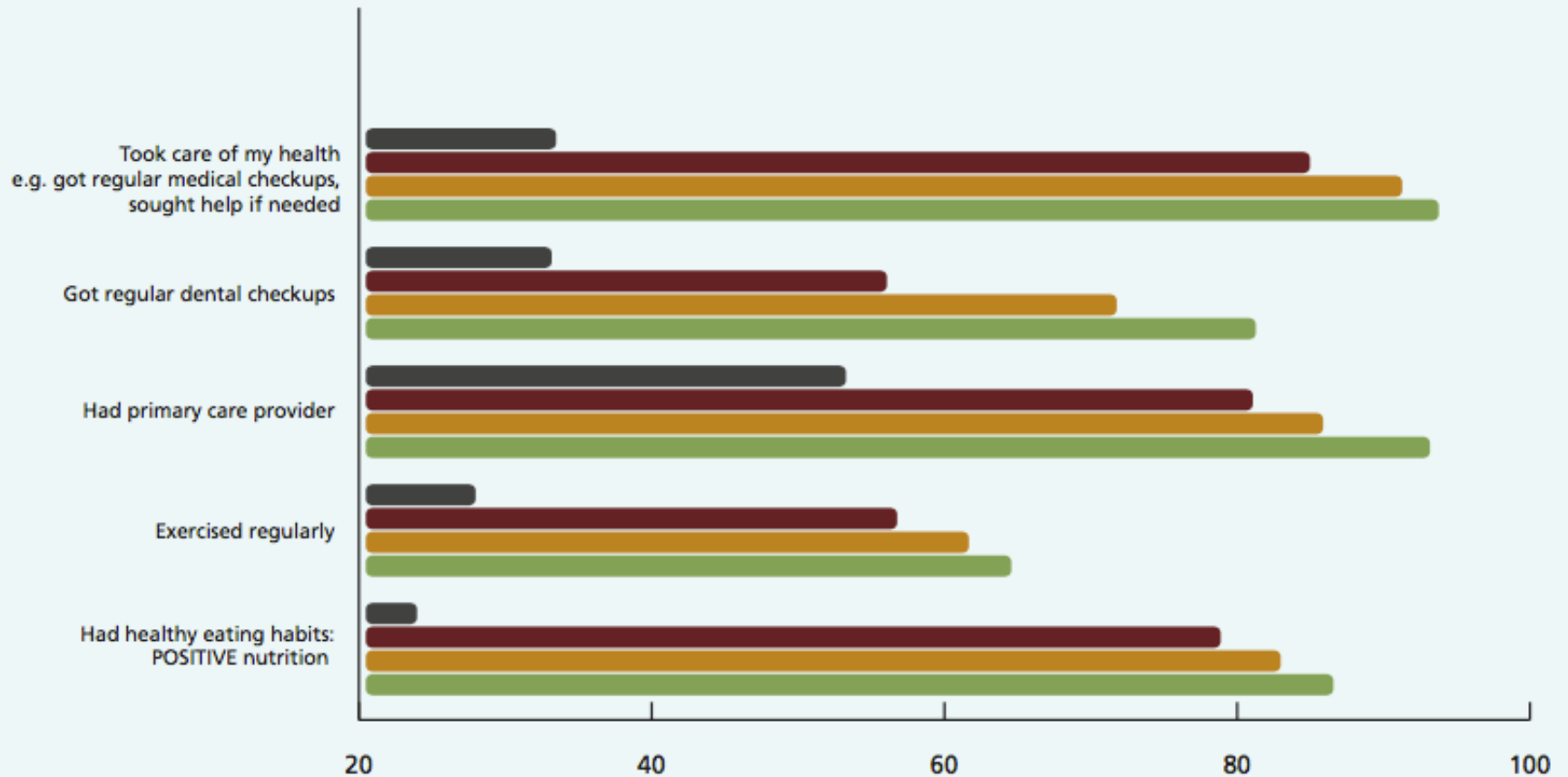
WORK: POSITIVE

- IN ACTIVE ADDICTION (% Yes)
- < 3 YEARS IN RECOVERY
- 3 TO 10 YEARS IN RECOVERY
- > 10 YEARS IN RECOVERY



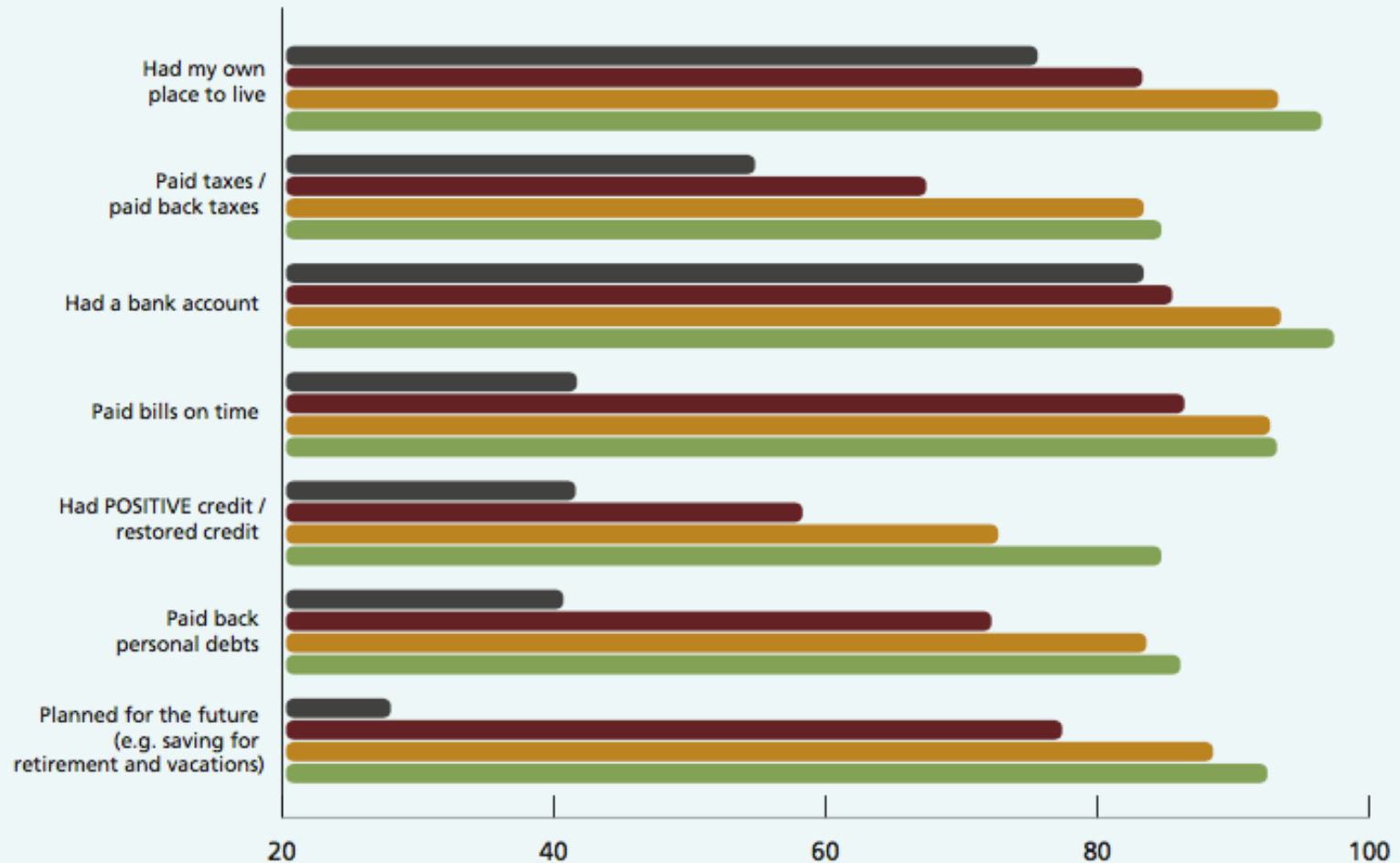
HEALTH: POSITIVE

- IN ACTIVE ADDICTION (% Yes)
- < 3 YEARS IN RECOVERY
- 3 TO 10 YEARS IN RECOVERY
- > 10 YEARS IN RECOVERY



FINANCES: POSITIVE

- IN ACTIVE ADDICTION (% Yes)
- < 3 YEARS IN RECOVERY
- 3 TO 10 YEARS IN RECOVERY
- > 10 YEARS IN RECOVERY



Implications of these data

- ❖ A shift from active use to active recovery is good for individuals, families, communities, and the nation's health and economy
- ❖ We need to start using the benefits of recovery (not the magnitude of the problem) as a driving force for change

Summary

10 GUIDING PRINCIPLES OF RECOVERY

- Hope
- Person-driven
- Many pathways
- Holistic
- Peer Support
- Relational
- Culture
- Addresses trauma
- Strengths/responsibilities
- Respect

- “Oh the comfort, the incredible comfort, of feeling safe with a person, having neither to weigh thoughts nor measure words, but to pour them out at once, chaff and grain together, knowing that a faithful hand will take and sift them, and with a gentle breath of kindness, simply blow the rest away...”

~Anonymous



Thank you for championing recovery!

You're making the world a better place, too

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