

Recovery Advocacy

Change Attitudes, Change Actions, and Champion Recovery in Healthcare

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Disclosure

No commercial relationships to disclose

Recovery Allies

are people who share an interest in supporting people in recovery.

- **Family members and friends**
- **Treatment providers**
- **Professionals**
- **Community groups**
- **Concerned citizens**

Do what you can, where you are, with what you have.

--Theodore Roosevelt

Champions and Change Agents

are interested in new ways of doing things and are determined to make change happen.

- ***Champions*** are people within an organization who believe in and want change.
- ***Change Agents*** are people in positions of authority who are responsible for implementing change.

Progress is impossible without change, and those who cannot change their minds cannot change anything.

--George Bernard Shaw

Recovery Advocates

are people who publicly support people in recovery and policies that improve their lives.

- ***Education:*** Help educate the general public, family members, and professionals about drug and alcohol use, and about recovery
- ***Public policy:*** Help shape public policy at the local, state, and federal levels that improves the lives of people in recovery
- ***Stigma:*** Help smash stigma and work against policies and practices that discriminate against people in recovery

*If you want to go quickly, go alone.
If you want to go far, go together.*

--African Proverb

What can you do?

Stay informed.

The Substance Abuse and Mental Health Services Administration (SAMHSA) has identified four major dimensions that support life in recovery:

- ***Home*** – safe housing, recovery residences, homeless shelters, housing vouchers
- ***Health*** – special health concerns (HIV/AIDS, Hepatitis C), primary care, mental health care, dental care
- ***Purpose*** – employment, volunteer opportunities, education
- ***Community*** – peer support, recovery coaches, community-building activities

<https://www.samhsa.gov/recovery>

What can you do?

Stay informed.

The Recovery Research Institute

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

**Facing Addiction in America: The Surgeon General's
Report on Alcohol, Drugs, and Health**

<https://addiction.surgeongeneral.gov/>

**Principles of Drug Addiction Treatment: A Research-Based
Guide**

<https://www.drugabuse.gov/publications/principles-drug-addiction-treatment-research-based-guide-third-edition/preface>

What can you do?

Spread the word.

**Use your personal and professional networks to speak out.
Help spread SAMHSA's message:**

**Behavioral Health Is Essential To Health
Prevention Works
Treatment Is Effective
People Recover**

<https://www.samhsa.gov/>

What can you do?

Smash stigma.

Stigma

Relationship between an attribute (substance user) and a stereotype that assigns undesirable labels, qualities and behaviors to a person (e.g. liar, thief, loser)

Stigma = stereotype

What can you do?
Smash stigma.

Social stigma

Negative attitudes, beliefs and behaviors about a group of people based on stereotypes and misinformation

Social stigma = social exclusion

What can you do?

Smash stigma.

Structural stigma

Societal level conditions, cultural norms, and institutional practices that constrain the opportunities, resources, and wellbeing for stigmatized populations

Structural stigma = discrimination

What can you do?
Smash stigma.

Self stigma

Internalized public stigma

Self stigma = shame

What can you do?

Smash stigma.

Stigma = stereotype

Social stigma = social exclusion

Structural stigma = discrimination

Self stigma = shame

What can you do?

Smash stigma.

- Evidence for people with mental illness
- Evidence for people living with HIV/AIDS
- Emerging evidence for people with substance use disorder
- Promising practices

Ending Discrimination for People with Mental and Substance Use Disorders

<https://www.nap.edu/catalog/23442/ending-discrimination-against-people-with-mental-and-substance-use-disorders>

What can you do?

Learn about local resources to support people in recovery.

What local resources support the four dimensions of recovery?

- Home
- Health
- Purpose
- Community

Portland Recovery Community Center

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

Maine Alliance for Addiction Recovery

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

Maine Association of Recovery Residences

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

What can you do?

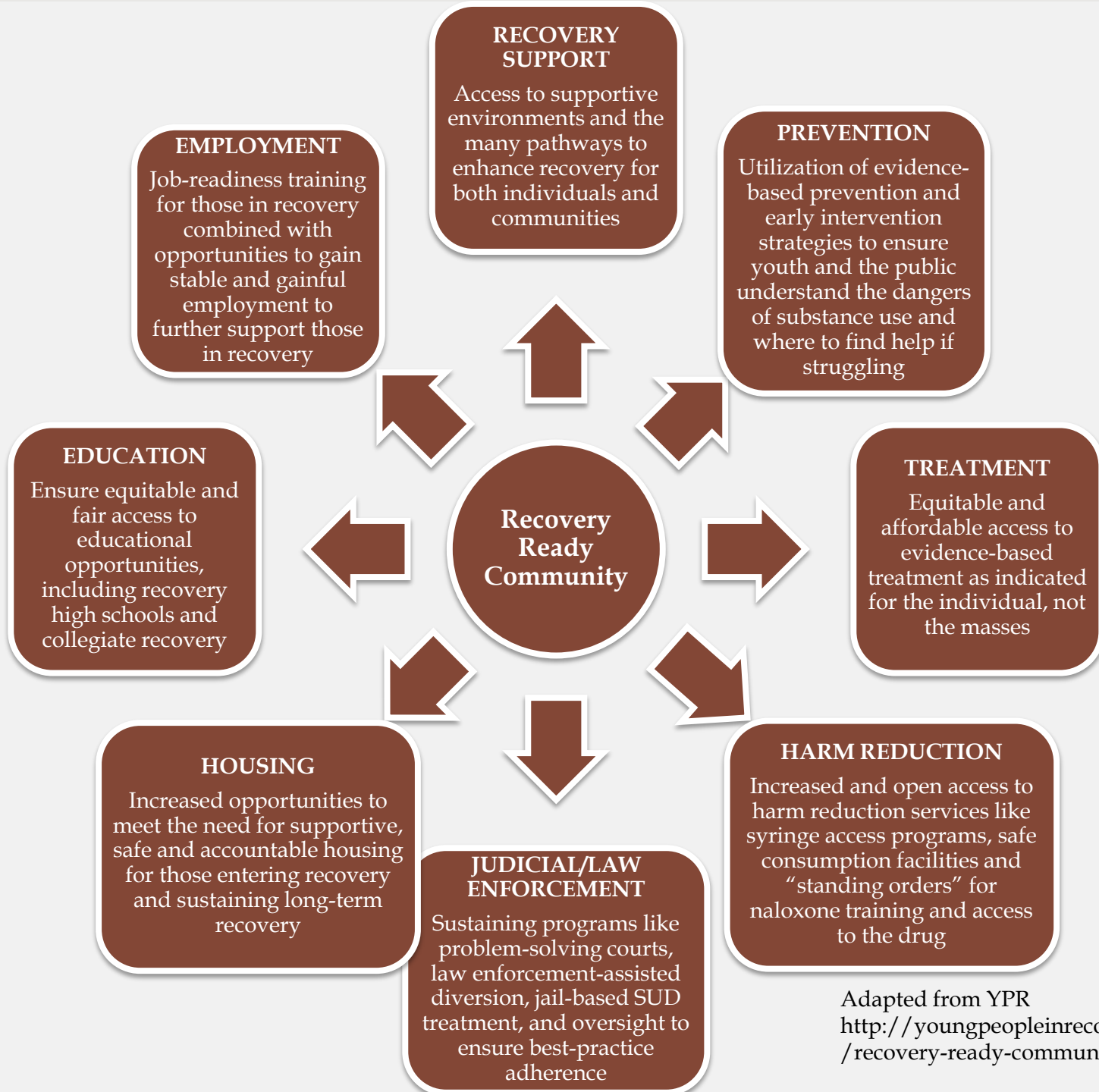
Change the conversation,
create a new way of thinking.

Change

- **Language**
- **Policies and procedures**
- **Systems**
- **Community culture**

Create

- **Recovery ready communities**
- **Recovery oriented systems of care**



Adapted from YPR
<http://youngpeopleinrecovery.org/recovery-ready-communities/>

Recovery Advocacy means speaking out.

I am a recovery advocate, and for me that means.....

*Our lives begin to end the day we become silent about
things that matter.*

--Martin Luther King, Jr.

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