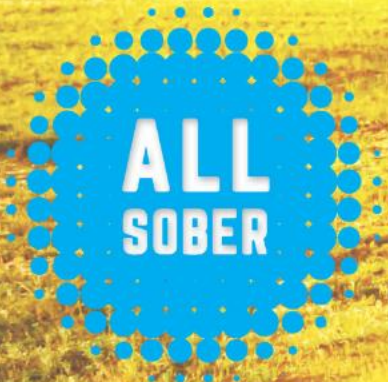


# Support & Celebrate All Pathways of Recovery



NATIONAL  
**RECOVERY**  
**MONTH 2021**





# **WHAT IS RECOVERY?**







## 12-STEP (1935 - )\*

1. **Abstaining from alcohol & other non-prescribed drugs. \*\* \*\*\***
2. **Attending mutual aid meetings.**
3. **Committing to work the 12-steps & practice their underlying principles in all aspects of one's life.**

\* Unofficial.

\*\* Not to be confused with Tradition 3, in which the only requirement to identify as a *member* of this society is a *desire* to abstain.

\*\*\* Using prescribed opioid agonists (e.g. methadone, buprenorphine, Suboxone) is not considered recovery in Narcotics Anonymous.

## CCAR (1999)

**You are in Recovery if you say you are.**



## BETTY FORD INSTITUTE CONSENSUS PANEL (2007)

**A voluntarily maintained lifestyle characterized by sobriety, personal health, and citizenship.**



## SAMHSA (2011)

**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 RESEARCH INSTITUTE (2017)

**The process of improved physical, psychological, and social well-being and health after having suffered from a substance related condition.**



# Multiple Paths of Recovery

## 12-Step Mutual Aid

- Several types (Drug Specific, Process Specific) (AA, NA, CA, DAA, OA, SAA, etc.)
- Follows a specific framework (e.g., the steps), worked with a sponsor
- Often requires acceptance of a "higher power"
- Most widely available in the United States

## Non-Secular Mutual Aid

- Several types, most often broad focus in meetings on individual concerns or problems (Celebrate Recovery, Recovery Dharma / Refuge Recovery, etc.)
- Religious or spiritual framework, may contain formal process (i.e., step work) or be more informal
- May be specific to a particular religion or more holistic and non-denominational
- May be harder to find, though available in many areas

## Secular Mutual Aid

- Several types (Drug & Process Specific) (SMART, SOS, LifeRing, etc.)
- Clear separation from religious or spiritual framework, largely based on self-awareness and thoughts, actions, and behaviors
- Progress completed individually or with "mentors" with experience in program
- May be harder to find, though available in many areas (especially large cities)

## All Recovery Mutual Aid

- A specific meeting type that allows individuals using any pathway to connect and support each other
- Does not use any formal framework, can be viewed as "non-denominational" recovery meetings
- Available at many RCOs or RCCs, CRPs, or in communities with an active recovery advocacy group

## Physical Activity Mutual Aid

- Often used in combination with another recovery pathway, though can also be engaged with by itself (Recovery CrossFit, Recovery Yoga, etc.)
- Support is received through connection to others with lived experience and using physical activity to improve health
- No formal framework in most, though some types such as recovery yoga, may involve sharing and processing
- Not available in many areas, most often found in larger cities

## Medication Supported

- Several types that may use another pathway framework (i.e., 12-steps), but focus on support for individuals using medication (e.g., MARA, MARS, etc.)
- Often not its own "program", but meetings and networks that offer support peer to peer from others using medication
- May be harder to find, though often available in larger cities

## Harm Reduction Mutual Aid

- Mutual aid for individuals with or without a desire for complete abstinence (Harm Reduction Works, Moderation Management, HAMS, etc.)
- Formal framework for most types dependent on the individual program chosen
- Not available in many areas

## Natural Recovery

- A recovery path that does not involve formal support, but may rely on informal support
- Many individuals do not engage in a formal recovery path, but naturally recover
- Natural recovery may be associated with higher intrinsic and external recovery capital from other non-recovery specific sources

**Recovery is the expectation,  
not the exception.**

**UNITY RECOVERY**  
★  
RECOVERY COMMUNITY ORGANIZATION



A still from the TV show Star Trek: Picard featuring Michelle Hurd as the character Raffi Musiker. She is shown from the chest up, wearing a dark, sleeveless top and a dark cap. She has curly blonde hair and is looking off to the side with a serious expression. She is holding a small, clear object in her right hand. The background is slightly blurred, showing what appears to be an indoor setting with a window and some decorative items.

“We have so many people in our world today that have addictions, and there is a weird taboo about talking about addictions. Some people try to push them to the side. They’re not worthy of being at the table... And, what I really wanted to show with Raffi is that she’s still viable. She still has a lot to contribute.”

*Michelle Hurd on her character Raffi Musiker  
from Star Trek: Picard*



# **OVERCOMING RECOVERY PATHWAY BIAS**





# OVERCOMING RECOVERY PATHWAY BIAS

From Joint Commission | Quick Safety | Issue 23, April 2016 | Implicit Bias in Health Care

- ***Perspective-taking:*** The cognitive component of empathy, perspective-taking can reduce bias and inhibit unconscious stereotypes and prejudices. Provider empathy positively affects participant satisfaction, self-efficacy perceptions of control, emotional distress, adherence, and health outcomes.





# OVERCOMING RECOVERY PATHWAY BIAS

From Joint Commission | Quick Safety | Issue 23, April 2016 | Implicit Bias in Health Care

- ***Emotional regulation skills:*** Providers who have good emotional regulation skills and who experience positive emotion during service encounters may be less likely to view participants in terms of their individual attributes, and to use more inclusive social categories. It's easier to empathize with others when people view themselves as being part of a larger group.



# OVERCOMING RECOVERY PATHWAY BIAS

From Joint Commission | Quick Safety | Issue 23, April 2016 | Implicit Bias in Health Care

- ***Partnership-building skills:*** Providers who create partnerships with participants are more likely to develop a sense that their partner is on the same “team,” working toward a common goal.



# OVERCOMING RECOVERY PATHWAY BIAS

From Joint Commission | Quick Safety | Issue 23, April 2016 | Implicit Bias in Health Care

- ***Professional Ethics & Values:*** Assiduously practicing “evidenced-based medicine.”





# **ADDRESSING STIGMA**



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## THAT ANCIENT STAIN

Stigma is a degrading and debasing attitude of the society that discredits a person or a group because of an attribute... Stigma destroys a person's dignity; marginalizes affected individuals; violates basic human rights; markedly diminishes the chances of a stigmatized person of achieving full potential; and seriously hampers pursuit of happiness and contentment.

2015 International Conference on Stigma  
Howard University, Washington, DC

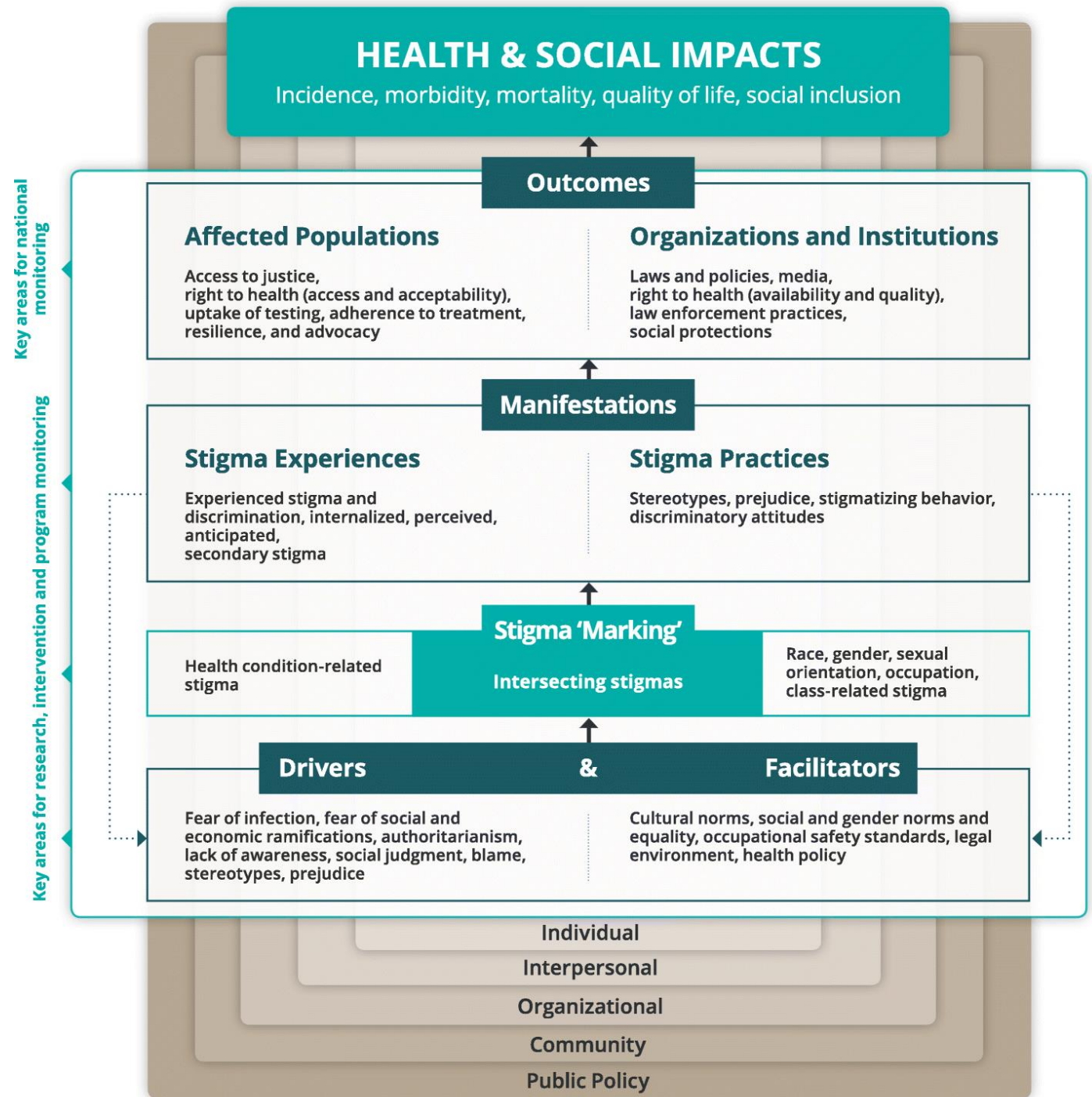
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## WHEN IT SEEPS THROUGH

*Internalized stigma...* occurs when a person cognitively or emotionally absorbs stigmatizing assumptions and stereotypes... and comes to believe and apply them to him- or herself.



# REQUIRED READING



# REQUIRED READING



## ENDING DISCRIMINATION AGAINST PEOPLE WITH MENTAL AND SUBSTANCE USE DISORDERS

**The Evidence for Stigma Change**

*The National Academies of*  
SCIENCES • ENGINEERING • MEDICINE





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#RecoveryMovement  
#PieLife

