



Northwest (HHS Region 10)

ATTC Addiction Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration



The Role of Community and Family in Recovery

Presented by: Denna Vandersloot, M.Ed
Co-Director, NWATTC



Don Darrell Warren

Defining a leader.....

*“ A **Leader** is anyone who is willing to **help**, anyone who sees something that needs to change and takes the **first steps** to influence that.”*

~Margaret Wheatley



[This Photo](#) by Unknown Author
is licensed under [CC BY-SA-NC](#)

START

HOW GREAT LEADERS INSPIRE
EVERYONE TO TAKE ACTION

WITH

SIMON SINEK

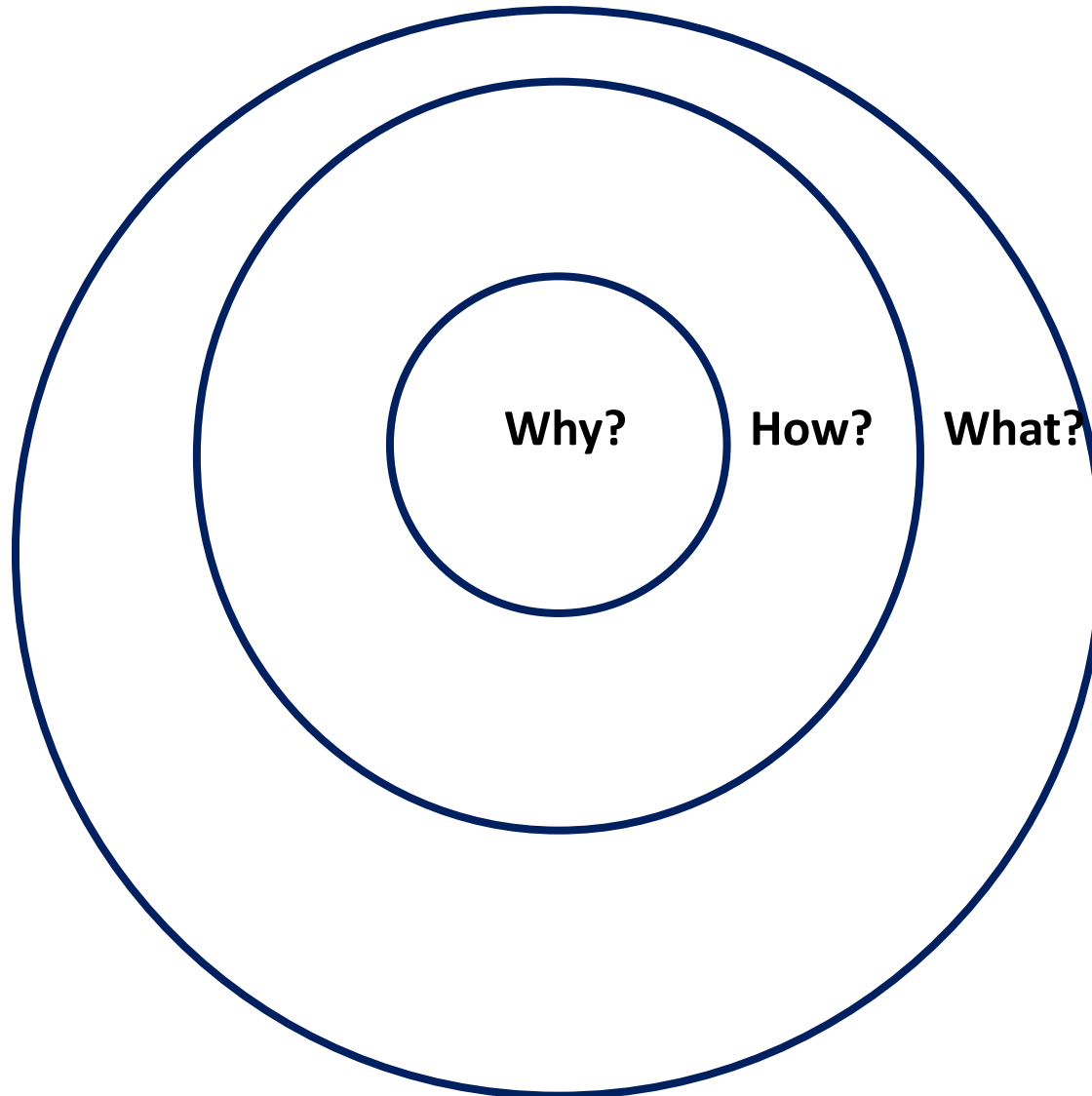
New York Times bestselling author of *Leaders Eat Last* and *Together Is Better*

WHY

MORE THAN
ONE MILLION
COPIES SOLD



Simon Sinek's Golden Circle





BREAK TIME

YouTube [michaeljrcomedy](#)

What is your **WHY**?

1. Find a neighbor at your table to talk with for a few minutes.
2. Identify who will talk first (you will both have a turn).
3. Spend two minutes “each” talking about your **WHY**.
 - ❑ It might be about your BIG WHY
 - ❑ Or just about your why you are here tonight. Why did you decide to come tonight? What matters to you?
4. When you hear the chimes it will be a reminder to switch roles and allow the other person to talk about his/her why.

Definition of Recovery

SAMHSA's WORKING DEFINITION OF RECOVERY



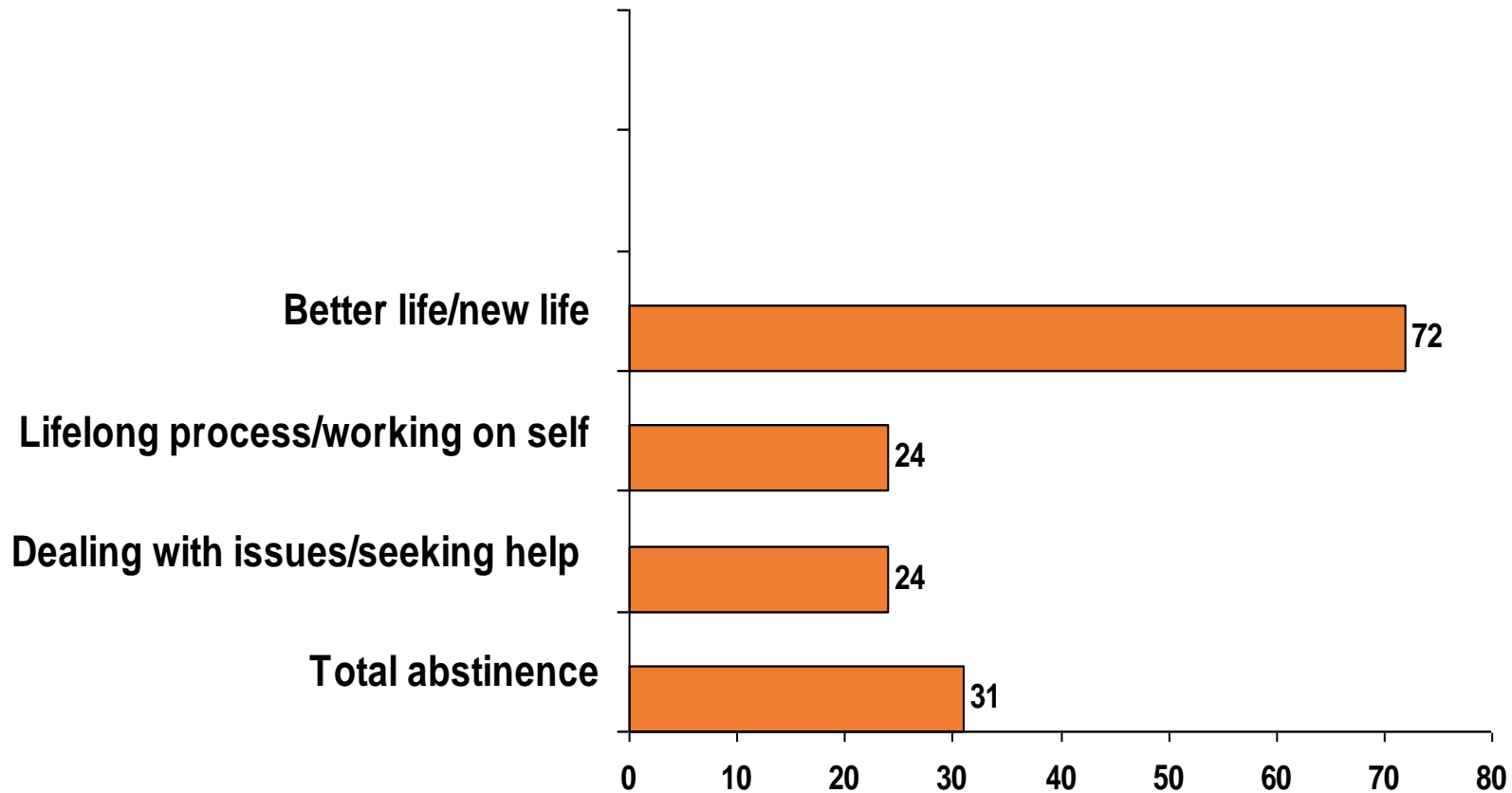
10 GUIDING PRINCIPLES
OF RECOVERY


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



How do individuals in recovery define recovery?



A woman with her arms outstretched is riding a bicycle in a lush green field under a clear blue sky. She is wearing a bright yellow t-shirt and blue denim overalls. The bicycle is black with a front headlight. The background shows a line of tall grasses and trees in the distance.

Health is a state of
COMPLETE physical,
mental and social well-
being and not merely the
absence of disease or
infirmity.

World Health Organization

Factors that Influence Health Status

HEALTH CARE

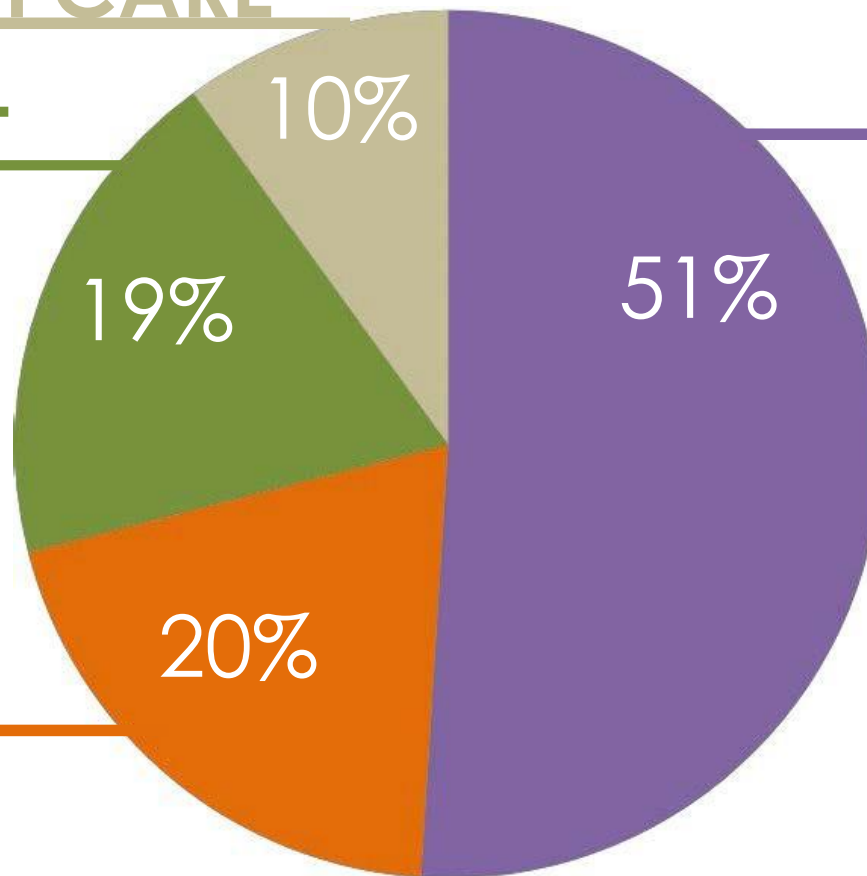
ENVIRONMENT

Living Environment
Safety
Housing
SES/Employment

HUMAN BIOLOGY

LIFESTYLE

Smoking
Obesity
Stress/Coping
Nutrition
Blood Pressure
Social Support



Lifestyle and Environmental Factors

Account for 70%
OF HEALTHCARE
OUTCOMES



What do we know about Recovery?

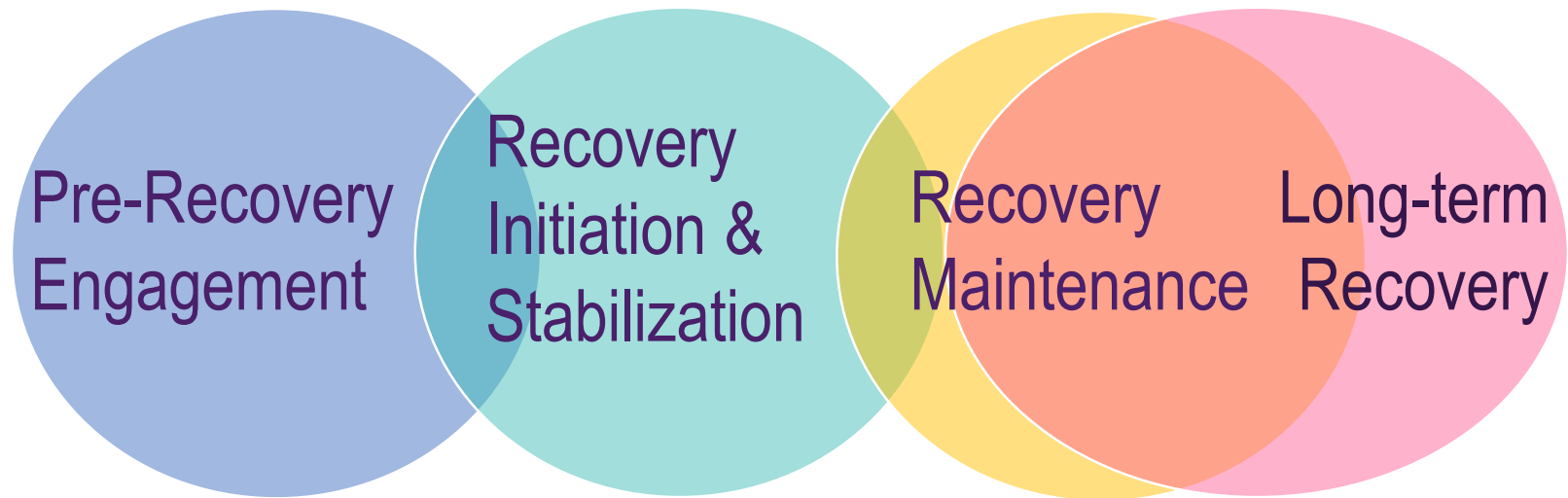
**Stable alcoholism
recovery is not reached
until 4-5 years of
sustained remission,
longer for other drugs.**

(Jin et al, 1998)



National ATTC ROSC Slides (2013)

Addiction Treatment and Recovery Continuum



Adapted from William White

What do we know about **Recovery?**

**Recovery can be initiated
in an artificial
environment . . .
but successful recovery
maintenance can only be
achieved in a **natural
community environment.****



National ATTC ROSC Slides (2013)

(Kelly, J. & White, W. (Eds., 2011). *Addiction recovery management: Theory, research and practice*. New York: Springer Science.)

This shift in thinking changes our question from

***“How do we get a
client into
treatment?”***

. . . to

“How do we support a person in their recovery process?”

A close-up photograph of a person's hand and forearm wrapped in thick, white medical bandages. The hand is clenched into a fist. Another person's hands are visible, gently holding the bandaged hand from below. The background is dark and out of focus.

Rhetoric versus Reality

Acute versus Chronic Disorders

National ATTC ROSC Slides (2013)

The Healing Forest



Photo credit flickr.com

Recovery-Oriented Systems of Care (ROSC)

A coordinated network of community-based services and supports that is person-centered and builds on the strengths and resilience of individuals, families, and communities to achieve improved health, wellness, and quality of life for those with or at risk of alcohol and drug problems.

Why do we need a recovery-oriented system of care?

Community Challenges

1. Countless families have been devastated by the disease of addiction.
2. People don't know where to turn for help or how to get their loved one's in treatment.
3. High stigma keep people isolated and suffering alone.
4. Community members who want to help don't know how to help.
5. **We often only see the disease, and seldom see recovery. Therefore families and individuals often don't have hope that recovery is a reality for them.**

Focus Groups at Pioneer Center North Individual Challenges



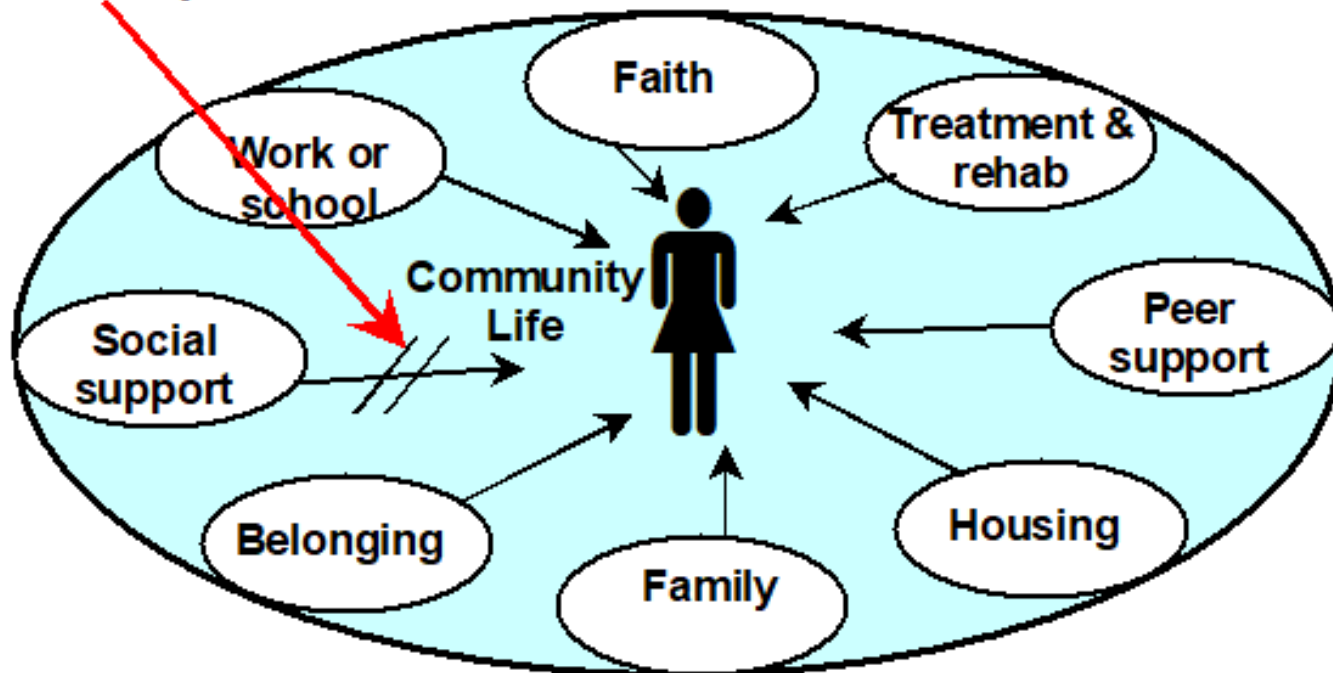
Four Dimensions of Recovery



Risk and Resilience Model

What connections are not yet in place for this person and what needs to be done to establish or cultivate them?

For example



Recovery Capital



*In assisting people to achieve their recovery goals, it is often helpful to help them assess and build their **Recovery Capital**.*

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.

(Granfield and Cloud, 1999, 2004; White, 2006)

Essential Ingredients for Sustained Recovery



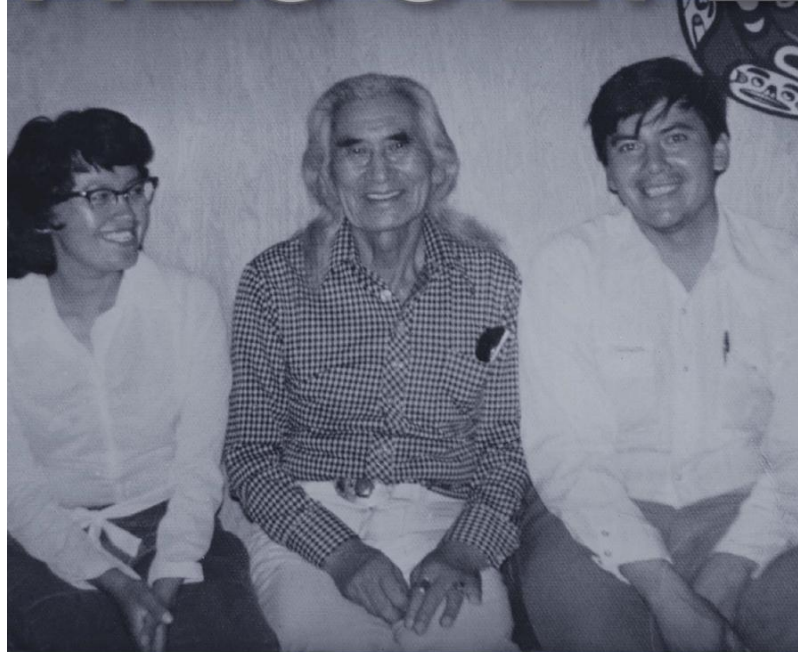
- **Safe and affordable place to live**
- **Steady employment and job readiness**
- **Education and vocational skills**
- **Life and recovery skills**
- **Health and wellness**
- **Recovery support networks**
- **Sense of belonging and purpose**
- **Nurturing relationships**
- **Community and civic engagement**

Recovery-Oriented Systems of Care (ROSC)





RESOLVE



ANDY & PHYLLIS CHELSEA

and the story of a First Nation Community's will to heal

Carolyn Parks Mintz



Hancock Ohio – Recovery Oriented System of Care

Community Guidelines

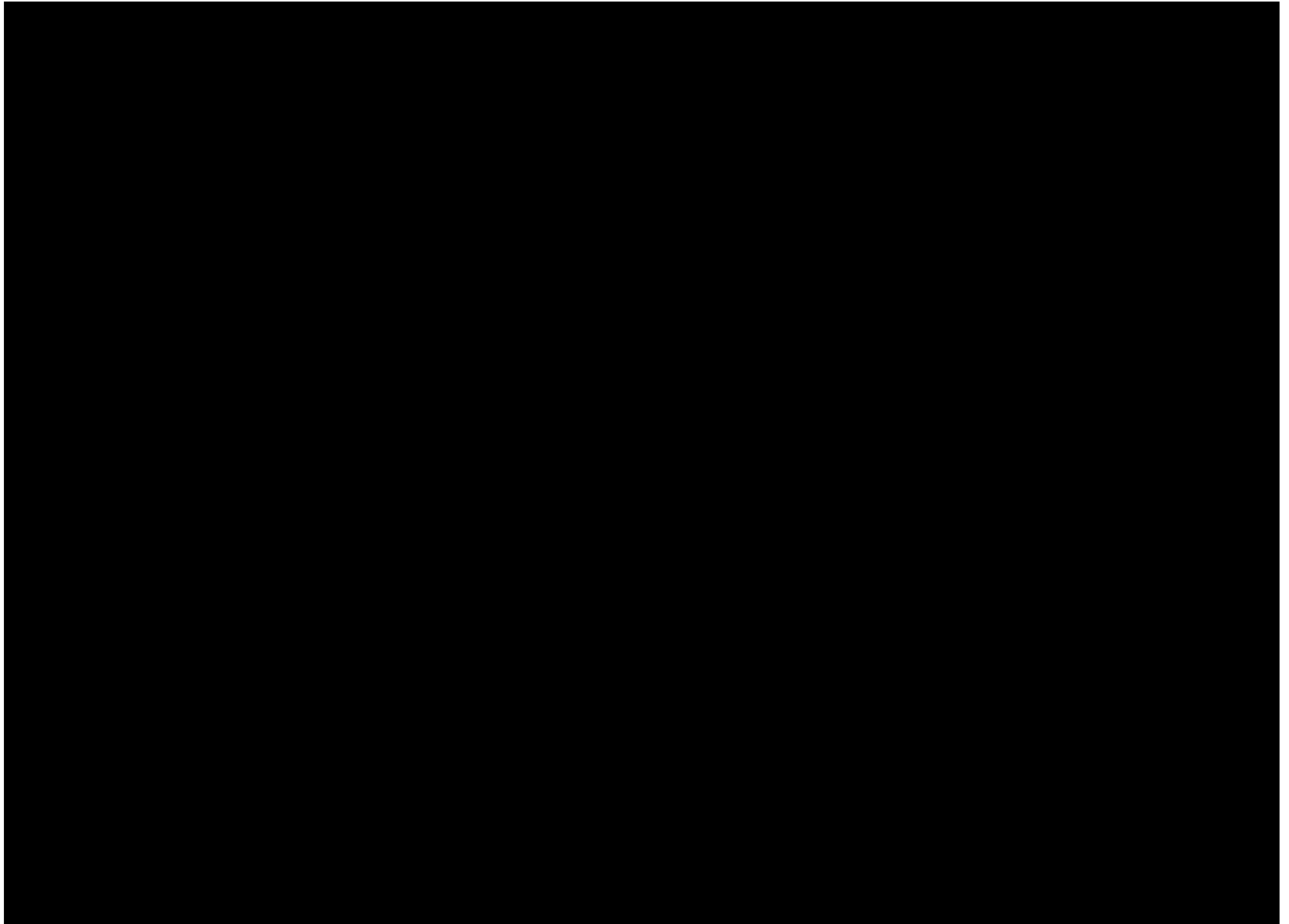
A Community Position on the Value of Life in Hancock County Adopted February 2017

“All have their worth and each contributes to the worth of others.” – J.R.R. Tolkien

As a community, we embrace these truths:

1. No person is expendable.
2. Addiction is a chronic disease of the brain.
3. Each member of our family serves as the best hope for ending this crisis.
4. Prevention and treatment work, and recovery is real.

When we speak this common language, we break down barriers and allow our community to heal.





stigma

surgery

shoulder blotch

social patchy **skin**

tear

belly

surface

ashamed

discrimination

blemish

discredit

lonely

isolated **humiliation**

melanocyte

injury **shame**

sickness

stigma

disfigurement

warning **disgrace**

guilty

flaw

unemployment

stress

business

ethnicity

healthcare

concept

disease

melanin

human

stop

caution

nervous

prejudice

uncomfortable

problem

humiliated

embarrassment

condition

sin

dermatitis

alone

lesion

different

depression

section

secret

fault

disorder

scarred

feeling

stomach

“If you want to treat an illness that has no easy cure,
first of all, treat them with hope”

`George Valliant



What does recovery look like and sound like?

Transition Slide