


Slide 1



## Recovery Management Resources

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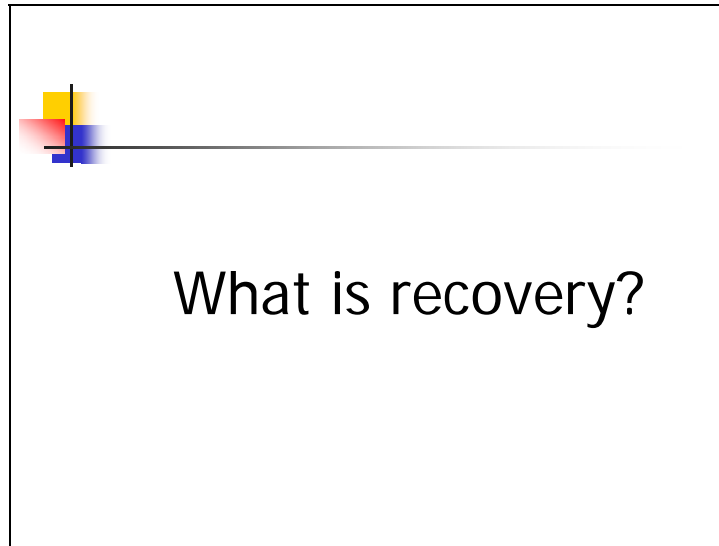
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## Objectives


- To explore the concept of recovery for adolescents
- To examine the recovery management model
- To identify recovery management resources

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# What is recovery?

- Being around sober peers/people
- Increased skills to make informed choices
- Support network/groups
- Increased sobriety
- Healthy goals
- Regaining trust
- Spirituality
- Honesty
- Patience
- Hope
- Integrity
- Humility
- Change in self-identity
- Challenging
- Frightening
- Rewarding
- Finding your passion
- Intentional
- Lonely
- Open-mindedness
- Empowering
- Ambivalence
- Asking for help
- Self care




## Important Considerations

- Recovery capital
- Recovery identity
- Cultural background/identity

Capital – internal and external resources person brings to the table that can impact the initiation and maintenance of recovery.

Identity – recovery neutral (individuals who have resolved MI or SA but do not self-identify as being in recovery), recovery positive (status of recovery from addiction/MI has become an important part of their personal identities, recovery negative (recovery status is self-acknowledged but not shared with others due to a sense of personal shame associated with status)

Cultural background identity – how ppl see themselves outside of MI or SA



## Stages of Recovery

- Recovery priming
- Recovery initiation
- Recovery maintenance
- Recovery termination


Priming – experiences that open a doorway of entry into recovery

Initiation – discovering a workable strategy of problem stabilization

Maintenance – achieving recovery stability and sustaining and refining broader strategies of problem resolution with continued focus on the recovery process

Termination – achievement of global health with diminished preoccupation with recovery (sometimes referred to as Stage II Recovery, rebuilding the life that was saved in Stage I)

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My clients don't hit bottom; they live on the bottom. If we wait for them to hit bottom; they will die. The obstacle to their engagement in treatment is not an absence of pain; it is an absence of hope.

Outreach Worker

White, Woll, & Webber 2003


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The miserable have no other  
medicine, but only hope.


William Shakespeare



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To hope means to be ready at every moment for that which is not yet born, and yet not become desperate if there is no birth in our lifetime.

*Erich Fromm*



## Recovery Management Defined...

...the stewardship of personal, family and community resources to achieve the highest level of global health and functioning of individuals and families impacted by severe behavioral health disorders.

It is a time-sustained, recovery-focused collaboration between service consumers and traditional and non-traditional service providers toward the goal of stabilizing,

and then actively managing the ebb and flow of severe behavioral health disorders until full remission has been achieved or until recovery maintenance can be self-managed by the individual and his or her family."

White, Boyle, Loveland, &  
Corrigan 2003

This is focusing on looking beyond just removing what was wrong but adding more of what can create wellness, facilitating the development of a consumer's best self

Collaboration = partnership, time-sustained NOT limited, involvement of traditional and non-traditional providers utilizing community supports

Actively NOT passively or watching the ebb and flow; ebb (remission) and flow (relapse); this gives ownership to the consumer; providers are helping until consumers have enough tools to do it on their own


Basically, recovery by any means necessary



## Premises of Recovery Management


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- AOD problems present in transient and chronic forms.
- Course and resolution of severe SUD can span years.
- Severe and persistent AOD problems been long portrayed as "chronic, progressive disease", but more often treated like acute health conditions.




## Premises of Recovery Management

- Acute models of treatment are not the best frameworks for treating severe and persistent AOD problems.
- Most consumers discharged from addiction treatment are precariously balanced between recovery and re-addiction in the weeks, months, and years following treatment.




## Recovery Management Model

- Pre-recovery support services to enhance recovery readiness
- In-treatment recovery support services to enhance the strength and stability of recovery initiation
- Shift from focus on acute stabilization to recovery maintenance



## Model Principles

- Emphasis on resilience and recovery processes
- Recognition of multiple long-term pathways and styles of recovery
- Development of highly individualized and culturally nuanced services
- Heightened collaboration with diverse communities of recovery
- Commitment to best practices



## Model Practices

1. Engagement and Motivational Enhancement
2. Assessment and Service Planning
3. Service Duration and Emphasis
4. Locus of Services
5. Role of the Consumer
6. Service Relationship
7. Model Evaluation



## 1. Engagement and Motivational Enhancement

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- Focus on outreach
- Implement pre-treatment support services
- Low-threshold for admission
- Building motivation for change
- Strengthening motivation for change



## 2. Assessment & Service Planning

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- Global
- Asset-based
- Ongoing



### 3. Service Duration and Emphasis


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- Sustained post-stabilization monitoring
- Stage-appropriate recovery education & coaching
- Assertive linkage to local communities of recovery
- Early re-intervention when needed



## Recovery Coaching

- An intensive, community-based case management program designed as an integrated component of a comprehensive treatment program
- Designed to help individuals
  - in addiction treatment gain access to needed resources, services, or supports that will help them achieve recovery
  - who have entered an addiction treatment program or have been placed on a waiting list



## Recovery Coaching

- Reflects the collaborative and strengths-based nature of the program
- Assists in accessing resources
- Addresses multiple issues in a supportive relationship
- Aids in transition through mental health and addictions treatment systems
- Supports recovery efforts after treatment completion



## Recovery Coaching Program Principles

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1. Intensive services (small caseloads)
2. Clearly defined role for recovery coaches and case managers
3. Community-based service delivery model
4. Provision of strengths-based services
5. Application of motivational interviewing skills



## Recovery Coaching Program Principles


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6. Integrate case management with existing addiction treatment services
7. Develop or enhance resources
8. Behavioral skills training
9. Ongoing relationship



## *Strengths-Based Recovery Coaching*


1. Focus on individual strengths rather than pathology
2. Community is viewed as an oasis of resources.
3. Interventions based on consumer self-determination
4. Aggressive, community outreach
5. Consumers with a substance use disorder or mental illness can continue to learn, grow, and change.



## Importance of Community

Ultimately, it is the community that cures...To cure the wounded, one need only return them to their community or construct a new one.


Philip Rieff



#### 4. Locus of Services

- Emphasis on home/neighborhood based services
- Stigma reduction
- Removal of environmental obstacles to recovery
- Development of needed recovery support services within local communities


How do we nest the process of recovery within the client's natural environment?  
For adolescents, the key is the family.



## 5. Role of Client

- Consumer self-manages his or her own recovery process.
- Each consumer becomes an expert on his/her own condition and how to manage it.


Family plays a huge role here in order to better understand how to support and maintain recovery for the adolescent



## 6. Service Relationship

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- Partnership
- Sustained continuity of contact



## 7. Model Evaluation

- Long term effects of multiple service interventions
- Science-based outcomes
- Consumer evaluations



## Recovery Management Resources

- Schools
- Peer supports
- Community centers
- Doctor's offices
- Extracurricular activities
- Churches
- Jobs
- Gym/health club

What are some recovery management resources available in the community?

How can you connect with other community resources?

Bar without alcohol/dancing lounge

Bowling alley

All night video game room

Volunteering in the community

Mentoring opportunities

Libraries

Theatre

Zoo

Theme parks

Museums

Public health agencies

Alumni organizations

Local probation offices

3 free post discharge visits

Extended aftercare (as far as 2 years)

Performing arts program

Prevention program

Mentoring program

Gang outreach

Planned parenting