

Recovery- Next Stage of Treatment

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- ▶ Terisha works at Missouri Baptist Hospital Sullivan in the field of Substance Use Disorder, in the Medical Stabilization Program. Terisha provides withdrawal services to adults who are currently experiencing acute withdrawal symptoms from Opiates or Alcohol. Terisha, is also a Medication Awareness Recovery Specialist (MARS), specializing in MAT (medication assisted treatment) combining behavioral therapy and medication to treat Substance Use Disorder.



Today's Agenda

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- ▶ What we will cover
 - ▶ What does recovery look like?
 - ▶ What are the five stages of recovery?
 - ▶ What are the four major dimensions that support recovery?
 - ▶ What is the role of a recovery specialist?





Estimated 22 Million Americans in Recovery.....

- ▶ It is estimated that 22 millions Americans are in recovery from substance use disorder. We say “estimated” because states and the federal government do not track recovery like they track addiction rates or overdoses.
- ▶ Recovery Is not only possible but it is the reality for almost 10% of US adults.

Recovery in America

This year marks the 30th year for National Recovery Month in America. Every September, SAMHSA sponsors recovery month to increase awareness and understanding of mental and substance use disorders and celebrates the people who recover.

This year's theme was, Join the Voices for Recovery: *Together We Are Stronger*

What Does Recovery Look like?

The dictionary defines recovery as a “return to a normal state of health, mind or strength.”



Recovery is a process of skills and practices that can be worked on each day in order to maintain effective recovery and prevent return of symptoms. This can differ depending on the individual and his or her personal needs.

A Look at what Recovery is.....

- Living honest with one's self
- Being able to enjoy life without drinking and using drugs like one may be used to
- Living a life that contributes to society for your family or your betterment
- Being the kind of person that people can count on

What Are The Five Stages of Recovery?

Pre-Contemplation stage - This stage is characterized by denial of alcohol or drug usage.

Contemplation stage - People are aware of personal consequences of their substance use disorder (SUD) and spend time thinking about their problem.

Preparation stage - In this stage people have made a commitment to make a change.

Action stage - People believe they can change and are actively taking steps in recovery.

Maintenance/recovery stage - The client learns to successfully avoid triggers and other temptations that would lead back to substance misuse.

What are the four major dimensions that support recovery?



Health - Overcoming or managing one's disease or symptoms making informed healthy choices that support physical and emotional wellbeing.



Home - Having a stable, stress-free and safe place to live.



Purpose - Conducting meaningful daily activities, having the independence, income and resources to participate in society.



Community - Having relationships in social networks that provide support, friendship, love and hope.



The Role as a Recovery Specialist:

- ▶ It is to support the person with the substance use disorder or those in recovery to realize that if they heal themselves, they will have the opportunity to rebuild broken relationships that have been damaged by destructive behaviors.

The Attributes of a Recovery Specialist

- Motivator and Cheerleader
- Coach
- Truth Teller
- Role Model and Mentor
- Support System
- Problem Solver
- Advocate
- Community Organizer
- Teacher



There is a need to acknowledge that taking steps towards recovery may require great courage.

There is not set time requirement for recovery, as it is recognized that this is an individualize process whereby each person's journey of recovery is unique and whereby each person in recovery chooses supports, ranging from clinical treatment to peer services that facilitate recovery.

Recovery is Based on Respect....

“Change is the essence of life be willing to surrender what you are for what you could become” Author - Unknown

