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NORTH CAROLINA T.E.A.M.S. BUILDING RECOVERY
Treatment Education Accountability Manageability Sustainability

STATEWIDE CONFERENCE | OCTOBER 29-30, 2018 | SHERATON GREENSBORO HOTEL AT FOUR SEASONS

Multiple Pathways of Recovery

Chris Budnick, MSW, LCSW, LCAS, CCS



Rather shall we reflect that the roads to recovery are many; that any story or theory of recovery from one who has trod the highway is bound to contain much truth.

Bill Wilson
September 1944
The Grapevine



History of AOD Studies

- The study of alcohol and other drugs (AOD) has gone through various stages where different aspects of AOD problems were the focus of public and professional debate and research.
 - Pathology paradigm
 - Intervention paradigm
 - Recovery paradigm

Origins of a Recovery Paradigm

- 1998 – William L. White and Searcy W.





Recovery Paradigm

- Focus on:
 - The prevalence and patterns of long-term recovery from AOD problems
 - Exploring the growing varieties of pathways and styles through which people are resolving serious and persistent AOD problems
 - At-risk individuals, families and communities who have avoided the development of severe AOD problems



What is recovery?



Shifts in Recovery Definitions

- The definition of recovery has shifted from a focus on what has been deleted from one's life:
 - alcohol and other drugs, legal problems, hospitalizations etc...

- To a focus on what has been added to one's life:
 - the achievement of health and happiness, restored relationships etc...



Proposed Definition

- Betty Ford Institute (2007)
 - A panel of interested researchers, treatment providers, recovery advocates, and policy makers was convened to develop an *initial* definition of recovery as a starting point for better communication, research and public understanding



Working Definition of Recovery

- Recovery from substance dependence is a *voluntarily maintained lifestyle characterized by:*
 - Sobriety (Recovery)
 - Personal Health
 - Citizenship



Definitions

- Voluntary
 - A key element of recovery is the willing and voluntary pursuit of behaviors that constitute recovery

- Maintained lifestyle
 - Reflects recognition that recovery is more than just a state of being at a moment in time but that it is also not necessarily a permanent state

Sobriety

- Sobriety (recovery) refers to abstinence from alcohol and all other non-prescribed drugs.

Early recovery	1 – 11 months
Sustained recovery	1 – 5 years
Stable recovery	5 years or more



Personal Health

- Personal health refers to:
 - A state of complete physical, mental, and social well-being
 - Not merely absence of disease



Citizenship

- Citizenship refers to:
 - Effort and commitment to improving one's community.
 - It is captured in the traditional recovery terms “giving back” or “service work”



Citizenship

- Can citizenship also refer to:
 - Removal of obstacles and barriers to full participation in society
 - Education, employment, civic engagement



Further Definitions

- Recovery is the process through which severe alcohol and other drug problems are resolved along with the development of:
 - Physical, emotional, spiritual, relational and occupational health (White & Kurtz, 2005)



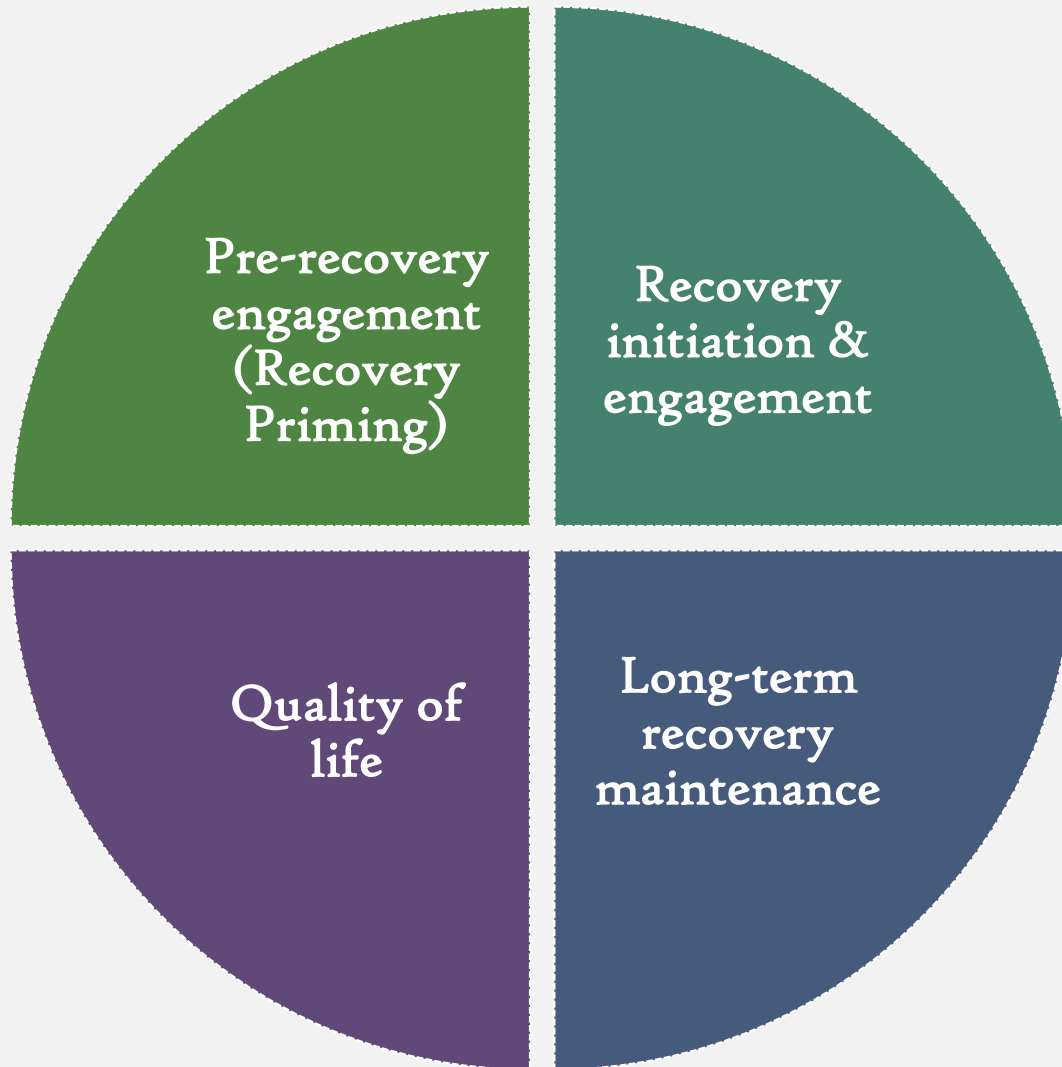
Further Definitions

- The Substance Abuse and Mental Health Services Administration (SAMHSA) defines recovery as:
 - “A process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential.”



Driving this Paradigm Shift

1. A loss of recovery focus through professionalization
2. Science-based conceptualizations of addiction as a chronic disorder (Hser et al., 1997; McLellan et al., 2000; Dennis & Scott, 2007)
3. Accumulation of systems performance data on limitations of acute care (AC) model of addiction treatment (White, 2008)





Initiating and Sustaining Recovery

- Increasing evidence that people can and do achieve stable recovery:
 - 58% (Sheedy and Whitmer, 2009)
 - 58% - 60% (Dennis and Scott, 2007)
 - 50% (White, 2012)



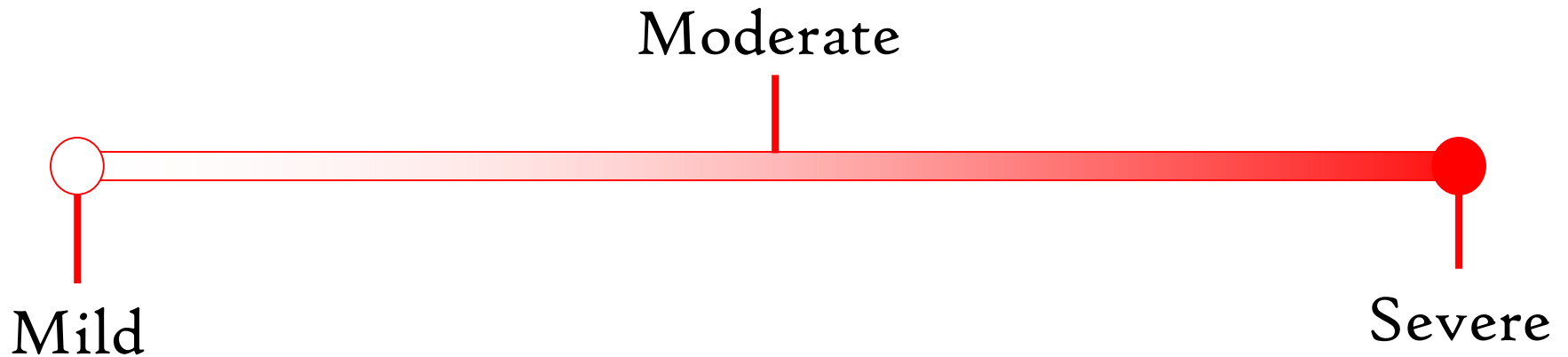
Initiating and Sustaining Recovery

- Substance use disorders have different causes and different solutions



Initiating and Sustaining Recovery

- Problem severity





Initiating and Sustaining Recovery

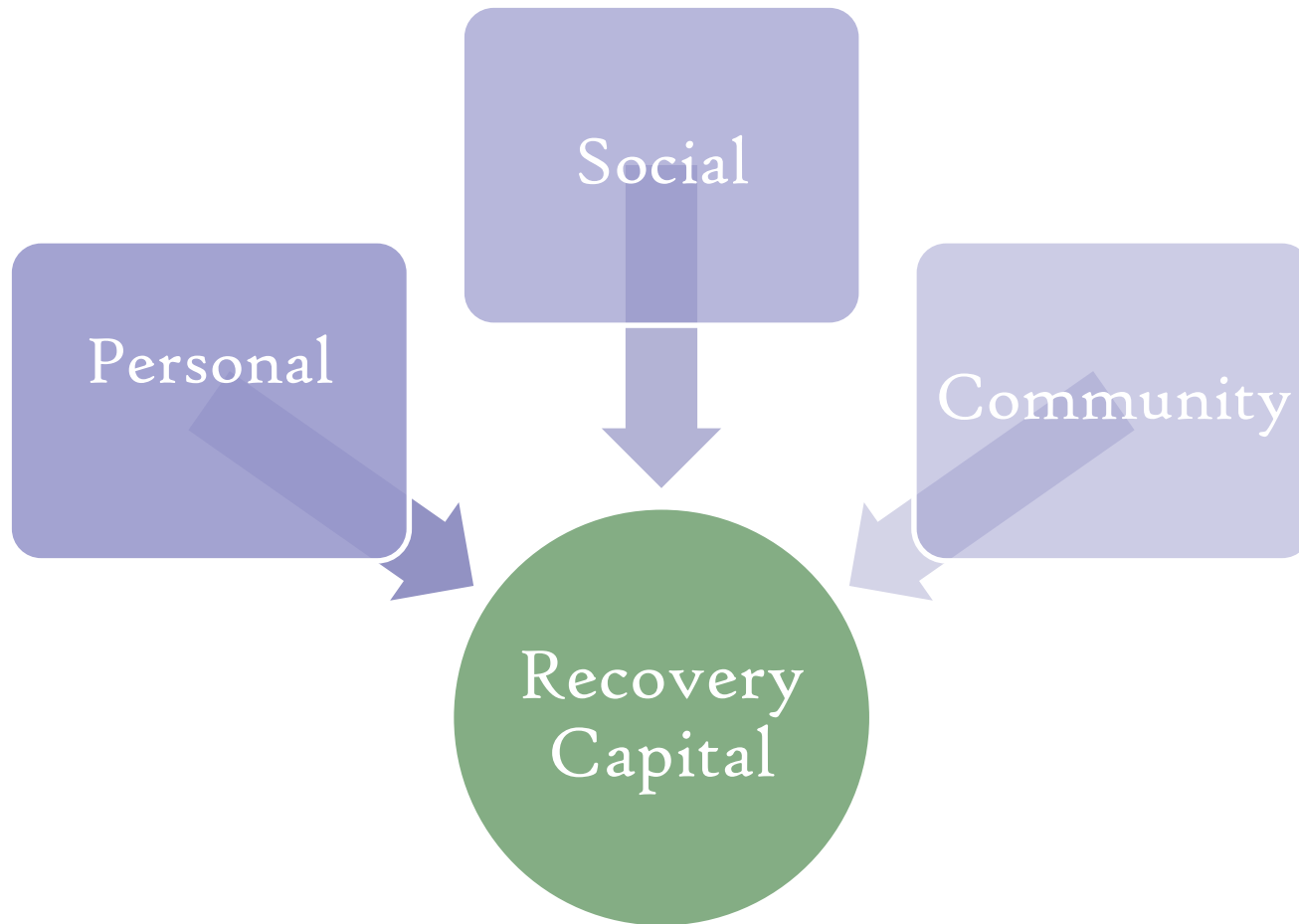
- Problem complexity
 - Addiction
 - Addiction + Mental Illness
 - Addiction + Mental Illness – Housing – Social Supports




Initiating and Sustaining Recovery

- Recovery capital
 - Internal and external resources that can be mobilized to initiate and sustain long-term addiction recovery (Granfield and Cloud, 1999).


Initiating and Sustaining Recovery





Pathways of Recovery

- This describes various ways people enter recovery
 - Solo (natural) recovery
 - Peer-assisted
 - Treatment-assisted

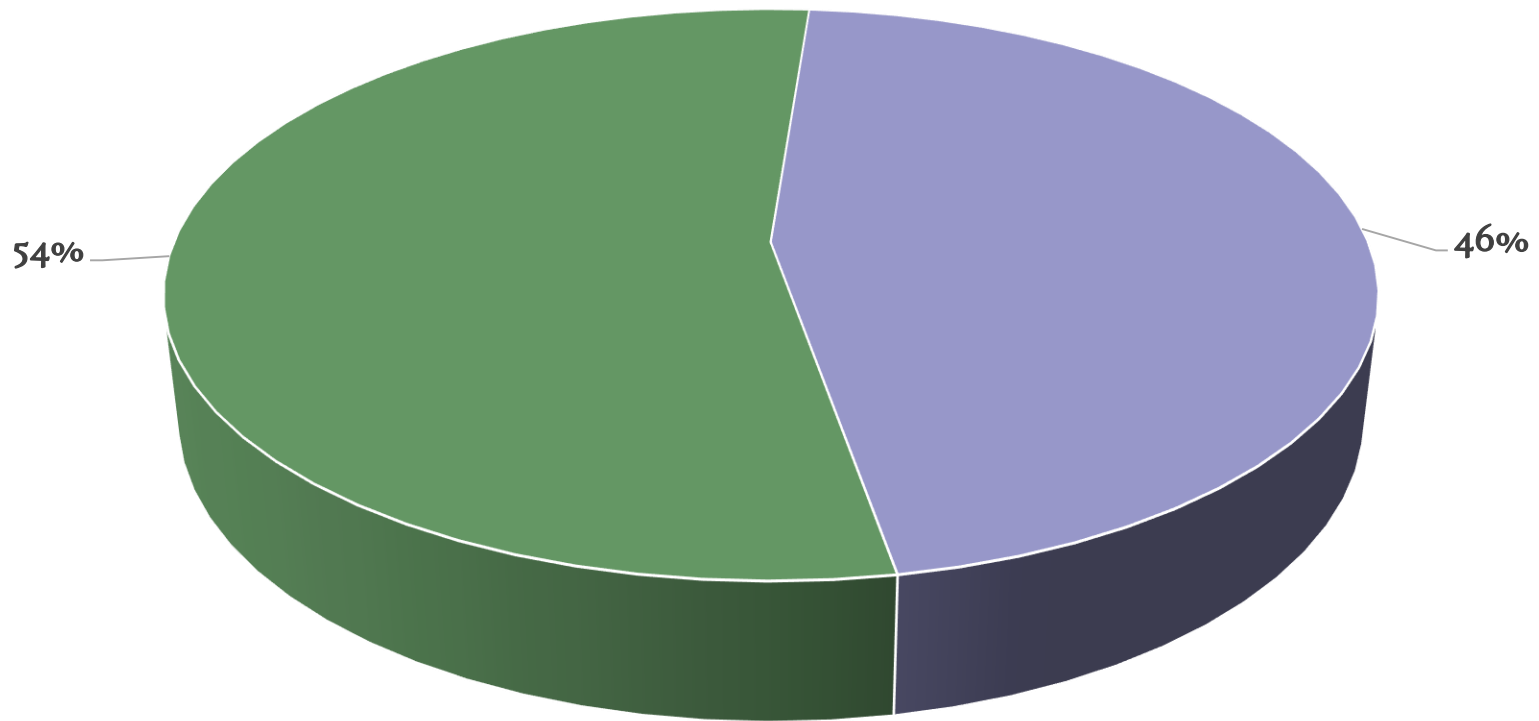


Pathways of Recovery

- Solo (natural) recovery
 - Most common pathway
 - Often occurs without adopting a recovery identity




National Recovery Survey



■ Do not self-identify as in recovery

■ Self-identify as in recovery



Pathways of Recovery

- Peer-assisted
 - Expanding type and prevalence of:
 - Religious, spiritual, and secular mutual aid groups
 - Recovery supports
 - Population specific supports



Mutual Aid Recovery Pathways

Religious


- Celebrate Recovery

Spiritual

- 12-Step Fellowships
- Refuge Recovery


Secular

- LifeRing Secular Recovery
- Secular Organization for Sobriety
- SMART Recovery
- Women for Sobriety




Pathways of Recovery

- Recovery Supports
 - Recovery coaches
 - Recovery community centers
 - Fitness (i.e. Oak City Recovery Run Club, Fit2Recover)
 - Yoga (i.e. Y12SR)



Pathways of Recovery

- Population Specific Supports
 - Ben's Friends (Restaurant/hospitality)
 - Collegiate Recovery Programs
 - Recovery High Schools (i.e. Emerald School of Excellence, Wake Monarch Academy)
 - Lawyer Assistant Programs
 - Alternative Peer Groups (Adolescents)
 - Caduceus (Healthcare professionals)



Pathways of Recovery

- Treatment-assisted (clinical populations)
 - Higher personal vulnerability (e.g., family history, lower age of onset, victimization)
 - Higher severity (acuity & chronicity)
 - Higher rates of co-morbidity
 - Greater personal and environmental obstacles to recovery
 - Lower recovery capital (personal assets / family and social supports)



National Recovery Survey

- Kelly et al. (2017) – Recovery Research Institute
- Largest national survey of the prevalence and pathways of recovery in the U.S.
- Probability-based survey of non-institutionalized, adult, U.S. population, estimating:
 - Prevalence of AOD problem resolution
 - Lifetime use of assisted v. unassisted resolution pathways
 - Correlates of assisted pathway resolution



National Recovery Survey

- 25,229 (64%) of a U.S. population pool of 39,809 adults over 18 responded to the survey
- Asked “Did you use to have a problem with alcohol or drugs but no longer do?”
 - 9.1% of those surveyed answered “yes.”
 - Previous estimates range from 5.3% to 15.3%



National Recovery Survey

- Respondents who had resolved an AOD problem tended to be:
 - Male (60%);
 - Aged 25 - 49 years of age (45%);
 - Non-Hispanic White (61%);
 - Employed (47%)
 - Living with family or relatives (46%)



National Recovery Survey

□ Problem resolution

Length of recovery	Percentage
0 – 5 years	34.5%
5 – 15 years	35.2%
15+ years	29.3%



National Recovery Survey


- 54% report an “assisted pathway”
 - Mutual aid (45%);
 - Treatment (27.6%);
 - Recovery support services (21.8%);

- Assisted pathway correlates:
 - ↑ problem severity (i.e. low-age of onset, polysubstance use)
 - Mental health diagnosis
 - Criminal history (especially drug court history)



Role of the Profession

- For those with greater problem severity/complexity and lower recovery capital:
 - Upon engaging in treatment you will receive 5 years of ongoing recovery supports and recovery check-ups
 - How well does this describe the standard care of individuals with substance use disorders in your community?



Bill White – Atlanta 2009

- Being there for people





Community/Cultural Recovery

- Can recovery involve a transformation of entire communities?
 - Alkali Lake story
 - White Bison – “Wellbriety”



... of ... metaphor, concept of
treating the community





Concluding Thought

- There are many pathways to recovery and ALL are cause for celebration



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