



ROSC MEETING 4/19/2022

- Welcome - What is ROSC- Dr. White CADC, NCRS, RCT
- Audience Introductions – Jamia Pickett, RC
- Presenting of Guest Speaker – Fredrick Buford, RC

Guest Speaker – Ms. De'Shara Shells CPC, RC, RCT

Multiple Pathways to Recovery

Questions and Answers and Suggestions

Please make sure to leave your business cards so we can connect

- Closing Remarks – Frederick Buford, RC

Thank You

TEECH
FOUNDATION

Ms. De'Shara Shells CPC, RC, RCT

MULTIPLE PATHWAYS TO RECOVERY

DATE: 4/19/2022

TIME 10:00-12:00PM

2 CEU'S WILL BE GIVEN
IN-PERSON AND ZOOM
REFRESHMENTS WILL BE SERVED



ROSC Meeting Notes 04/19/2022

Welcome: Dr. Karen White

What is ROSC: Recovery Oriented systems of care with a focus on community. Rosc is about bridging gaps, breaking down stigmas through Education, networking, and awareness.

Audience introduction: Jamia Pickett RC

Presentation Of Speaker/ Trainer: Frederick Buford RC

Speaker/ Trainer: De'Shara Shells CPC, RC, RCT

Topic: Multiple Pathways to Recovery (Facing Addiction with Transparency)

Facts:

- 2015 over 27 million people in the United States reported current use of Illicit drugs or misuse of prescription drugs.
- Drug addiction currently called substances use disorders is classified as a disease that affects the brain and behavior.
- 2013 DSM-5 changed the terminology from Substance Abuse to Substance use Disorders.

Terminology:

Incorrect:

Substance Abuse
Addict, Junkie, Drunk, Drug abuser
Dirty/clean
Relapse, slip
Relapse prevention
Sober
Stayed clean

Correct:

Substance Use
A person with substance uses disorders
Negative/ Positive
Well, healthy, in recovery
Maintained Recovery

**Resumed
Misuse
Recovery**

a. Basic definitions

1. **Addiction:** The substance abuse and mental health services administration (SAMHSA) define addiction as: When recurrent use of alcohol and or drugs cause clinic functionally significant impairment, such as health problems, disabilities, and failures to meet major responsibilities at work, school, or home.
2. **Recovery:** According to SAMHSA Recovery is defined as a dynamic change process through which individual improve their health and wellness, live self-directed live strive to reach their full potential.
3. **Co-Occurring Disorders:** Co-Occurring Disorders (Commonly called dual diagnosis). Is defined as a situation when someone is experiencing a substance use disorder and illness at the same time.
4. **Integrated treatment:** Treatment that focus on Mental Illness and Substance use disorders and address both at the same time.

What is Multiple Pathways to Recovery?

Multiple Pathways to Recovery is a highly personalized approach that is based at the core of motivational interviewing. This approach focuses on building, individualized coping skills development and providing resources helping the person find their own path increases buy in tremendously and produce a long-lasting remission.

Types of Recovery Pathways

1. **Self-Management:** A recovery Process that involve no outside help to achieving recovery/ sobriety. Also known as Natural Recovery
2. **Non-Clinical Pathway:** Recovery Processes that do not involve a trained clinician but are often community-based and utilize peer support.
3. **Clinical Pathway:** Recovery process aided by the services of a health care provider and or clinician or other credentialed professional.

Self-Management

Example: Natural Recovery

Clinical Pathways

Examples: Treatment 28 day or longer, MAT, HOLISTIC Therapy, Cognitive Behavioral

Non-Clinical Pathway

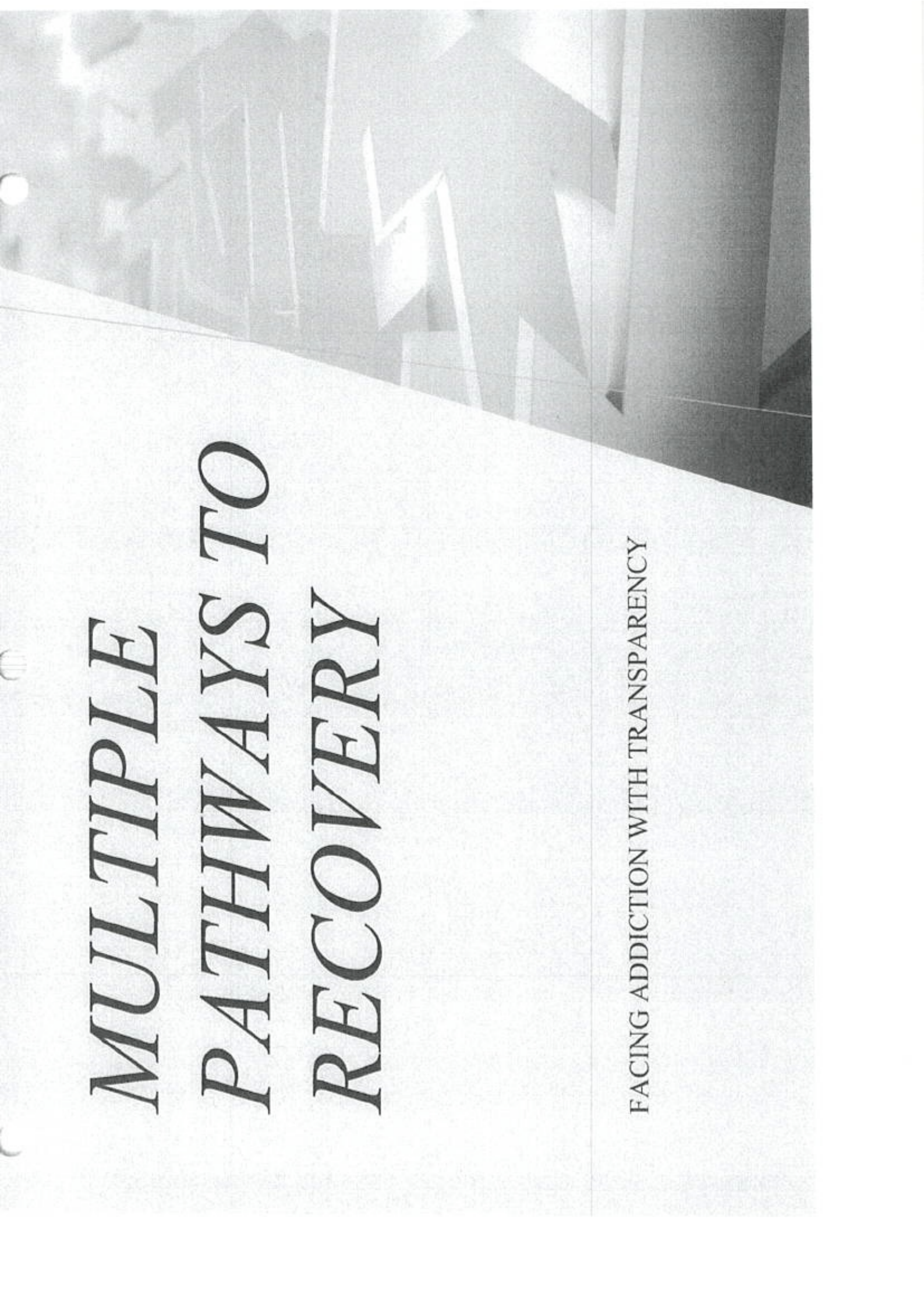
Example: Faith based, peer support, recovery coaches, 12 step, recovery homes, life coaches

Harm Reduction:

- Include abstinence, moderation, and safer use



- Celebrates any positive change
- Individual pathway by starting wherever one is willing to start
- Harm reduction suggests that taking away a person's coping mechanism of choice without providing other ways to cope is potentially ineffective.
- Harm reduction promotes saving the individual's life so that they can make it to another day with the hopes of long-term recovery as the common and end goal.



MULTIPLE PATHWAYS TO RECOVERY

FACING ADDICTION WITH TRANSPARENCY

FACTS

FACT: “In 2015 over 27 million people in the United States reported current use of illicit drugs or misuse of prescription drugs and over 66 million people (nearly a quarter of the adult and adolescent population) reported binge drinking in the past month. Alcohol and drug misuse and related disorders are major public health challenges that are taking an enormous toll on individual's , families and society.(The U.S. Surgeon General's Report and Alcohol, drugs, and health, 2016)

FACT: Drug addiction currently called Substance Use Disorders is classified as a disease that affects the brain and behavior that leads to an inability to control the use of legal or illegal drugs and or medication. This also includes Nicotine, cannabis, and alcohol. (www.mayoclinic.org)

RECOVERY HAS A NEW FACE

- “2013 DSM-5 changed the terminology from Substance Abuse Addic alcoholism to substance use disorders. Which encompasses both drug alcohol or alcohol use disorders. www.journalofaddiction.com/turningpointsofview

UNDERSTANDING THE LANGUAGE

INCORRECT TERMS

1. Substance abuse
2. Addict, junkie, drunk, drug abuser
3. Dirty/ clean
4. Relapse, slip
5. Relapse Prevention
6. Sober
7. Stayed Clean

CORRECT TERMS

- Substance Use
- A person with Substance Use
- Recovery
- Resumed
- Misuse
- Negative or positive
- Recovery Management
- Well, healthy, in recovery
- Maintained Recovery

BASIC DEFINITIONS

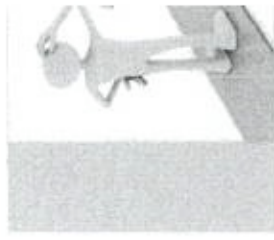
- **Addiction:** The Substance Abuse and Mental Health Services Administration (SAMHSA) defines addiction as: "When the recurrent use of alcohol and/or drugs causes clinically/functionally significant impairment, such as health problems, disabilities, and failure to meet major responsibilities at work, school, or home. A diagnosis of substance use is based on evidence of impaired control, social impairment, risky use, and pharmacological criteria."
- **Recovery:** According to SAMHSA, recovery is defined as "a dynamic change process through which individuals improve their health and wellness, live self-directed lives, and strive to reach their full potential."
- **Co-Occurring Disorders:** Co-Occurring Disorders (commonly called dual diagnosis) are defined as a situation where someone is experiencing a substance use disorder and a mental illness at the same time.
- **Integrated treatment:** Treatment that focuses on mental illness and substance use disorders and addresses both at the same time.

WHAT IS MULTIPLE PATHWAYS TO RECOVERY

- “Multiple Pathways of Recovery is a highly personalized approach that is based on the core concepts of motivational interviewing. This approach focuses on skill building, individualized coping skills development, and providing resources. Helping the person find their own path increases “buy-in” tremendously and produce a long-lasting remission”.
- Recovery from addiction is a lifelong process and specific to the individual. Addictions to drugs or alcohol not only have different causes, but the solutions have different solutions. Many have tried to define and categorize the Addiction Recovery experience. Spiritual to secular, natural to treatment-assisted, abstinence-based to medication-assisted — these are just the frameworks used to help an individual recover from addiction. The methods are each referred to as a pathway to Recovery.

TYPES OF RECOVERY PATHWAYS

- **Self Management :** Recovery processes that involve no formal services, sometimes referred to as “natural recovery.” A person has recovered with the help of treatment or support groups.
- **Non-Clinical Pathway:** Recovery processes that do not involve a trained clinician but are often community-based and utilize peer support.
- **Clinical Pathway:** Recovery processes aided by the services of a health provider, clinician, or other credentialed professional.



SELF MANAGEMENT

- Natural recovery is a common recovery pathway to remission from substances use disorder and is achieved without outside help.
- Quote: "There are many paths and if we want to help people, we need to explore all of them means recognizing that natural exists and not dismissing data like" Maia Szalavitz (2018 fact addiction).
- Natural Recovery" is according studies, the most common recovery pathway, but the prevalence of declines as problem duration increases. Natural recovery is a viable pathway for people with and less severe alcohol and other problems and for those with higher incomes and more stable social occupational supports" - Willia

CLINICAL PATHWAYS

- Treatment: 28 days in facility treatment or longer
- MAT (Medicated assisted treatment) is the use of medications in combination with counseling and behavioral therapies for treatment of substance use disorders. Examples: Methadone (Opioid use), Disulfiram blocks a specific enzyme involved in metabolizing alcohol intake.)
- Cognitive behavioral (CBT): Focus on changing thinking patterns.
- Holistic Therapy: Holistic approach considers overall physical, mental, spiritual, and emotional well-being to promote optimal health.

NON-CLINICAL PATHWAYS

- Faith based: Church, spiritual group, religion
- Peer support groups (people with lived experience): Recovery Coach workers, 12 step sponsors
- Recovery Homes
- Recovery Life Coach Services

HARM REDUCTION

- Harm Reduction may include abstinence, moderation, and safer use.
- Harm Reduction celebrates “any positive change”.
- It can be an individual’s pathway by starting wherever one is willing
- Harm reduction suggest that taking away a person's coping mechanism of choice) without providing other ways to cope is potentially ineffective
- Harm reduction is a public health philosophy with the aim of decreasing harms caused by substance misuse. It can be viewed as health orientated management of an addiction and an overall support system for people struggling with addiction.

RECOVERY IS A LIFESTYLE

- “Treatment professionals can point the way. However, each person’s recovery is ultimately a personal triumph and victory.” (www.AmericanAddictionCenter.org 2022).
- If there is anything modern research on Recovery is teaching us, it is critical lessons: People with alcohol and drug problems—even the most of such problems are not a homogenous population, and there are many pathways and styles of long-term recovery”. William White