

TEECH Far Southside ROSC Monthly Meeting

February 27, 2023

Agenda.....

Welcome..... Frederick Buford, CPRS

Introduction of Audience... Roger Elm

What is ROSC.... Frederick Buford CPRS

Introduction of Speaker... Adonis Reed CADC, Governor State Intern

Speaker.... De'Shara Shells

Closing..... Dr. Karen White CADC, NCRS, CEO

Please leave business cards



FEB 27, 2023 | 10:00 A.M. - 12:00 P.M

Zoom Information:

<https://us02web.zoom.us/j/83457129193?pwd=SXZHSUJwOVlPbTRHMTlhDRDZYYTg3Zz09>

Meeting ID: 834 5712 9193

Password: 553998

Phone Number: 312-626-6799

TEECH FOUNDATION

1750 W 103rd Street

www.techfoundationl.org

Virtual

In Person

CEU's will be provided



FSSRI Far Southside ROSC Initiative
PLANNING FOR A BETTER COMMUNITY



Guest Speaker:

DE'SHARA SHELLS CPCC, RCP

MULTIPLE PATHWAYS TO RECOVERY

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We're looking forward to seeing you there.

Here are the event details:

TEECH Foundation Multiple Pathways to Recovery
February 27, 2023 at 10:00 AM CST
Virtual & In-Person, 1750 W 103rd St, Chicago, IL 60643, USA

Multiple Pathways to Recovery

Addiction:

Drug addiction currently called substance use disorders are classified as a disease that effects the brain and behavior that leads to an inability to control the use of legal or illegal drugs and or medication.

Fact:

- 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 reported binge drinking in the past month.
- 38% of adults in 2017 battled illicit drug disorder.
- 2017, 8.5 Million American adults suffered from both mental health disorder and a substance use disorder or co-occurring disorders.

- Drug abuse or misuse addiction cost American society more than 740 million annually in lost workplace productivity, healthcare expenses, and crime related costs.
- 1999-2001 53,495 deaths were contributed to overdoses of Substance misuse.

Changing the language:

Incorrect Terms:

Substance Abuse

Addict, junkie, drunk, drug abuser, Crack head

Dirty/clean

Relapse/slip

Relapse Prevention

Sober

Stayed clean.

Correct Terms:

Substance Use

A person with substance uses disorder.

Recovery

Resumed

Misuse

Negative or positive

Recovery Management

Well, healthy.

Maintained Recovery

What are Multiple Pathways to Recovery:

- A VOICE



- A CHOICE
- CUSTOMIZED PLAN
- HOLISTIC
- OBJECTIVE
- A WAY OF LIFE

Types of Pathways:

- **Self-Management:** Recovery process that involves no formal services is sometimes referred to as Natural Recovery. Natural Recovery is an individual that recovered without 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 healthcare provider clinician or other credentialed professional.

Clinical Pathway examples:

- Treatment 28-day facility treatment or longer
- MAT(MEDICATED ASSISTED TREATMENT)
- Cognitive Behavioral therapy
- Holistic Therapy
- Relapse prevention
- Acceptance based Recovery Services
- Motivational Interviewing and Motivational enhancement therapies.

Non-Clinical Pathways:

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

Alternative Recovery tools:

- **Amino Acid Therapies**
- **The artist way**
- **Cognitive Therapy**
- **Dance, music, art, journaling**
- **Fitness for recovery**



FSSRI Far Southside ROSC Initiative

PLANNING FOR A BETTER COMMUNITY

- **Celebrate Recovery**
- **Smart Recovery**
- **Hypnotherapy**
- **Meditation**
- **WRAP Wellness Recovery Action Plan**
- **WOLF Therapy**
- **YOGA**