



Date: 04/28/2025

Location: TEECH Foundation

1750 West 103rd Street Chicago IL 60643

In person/virtual

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ROSC monthly meeting
Community topic: Multiple Pathways Recovery
Presenter and trainer: **Rober Bufford CPRS, NCRS, RCT**

Facts: 2023 United States National Survey and Drug Use and Health

- 48.5 million (16.7%) Americans (aged 12 and older) battled a substance use disorder in the past year.
- 10.2% of Americans 12 and older had an alcohol use disorder in the past year
- About 27.2 million Americans 12 or older 9.7 reported battling a drug use disorder in the past year.
- 7.5 million 2.7% of Americans 12 and older struggled with both alcohol and drug use disorders simultaneously.
- 20.4 million American adults 7.9 % suffered from both mental health and substance use disorder or co-occurring disorders in the past year.

What is Recovery:

- A process that promotes change, self-direction and improved overall health and wellness.
- Recovery has a new face, and voice that equals free choice

What are multiple pathways: Highly personalized approach based on the core concepts of motivational interviewing, focus on strength building, individualized coping skills development and providing resources.

Types of Recovery Pathways:

1. Self-Management: Recovery process that involves no formal services, sometimes referred to as "Natural Recovery". Natural recovery occurs with NO formal treatment or assistance of support groups.

2. Non-Clinical Pathway: Recovery processes that do not involve a trained clinician but are often community based and peer support settings.

3. Clinical Pathway: Recovery process aided by the services of a healthcare provider, clinician, or other credentialed professional.

4. Harm Reduction: Recovery process aid toward saving a life by decreasing the harm caused by substance misuse.

Clinical Pathways include:

- Detoxification
- Therapy
- Pharmacological Support
- Treatment Settings
- Individualized Approach

What is PEER based Recovery: PEER based Recovery support services are an essential component of the recovery process for individuals with substance use disorders and can include Mutual aid support, Faith based recovery support and alternative Recovery tools.

Mutual Support/Mutal aid includes:

- Self-help groups
- PEER groups
- Alcoholics Anonymous
- Cocaine Anonymous
- Heroin Anonymous
- SMART Recovery
- Families Recovery

Faith based Recovery Support includes Religion, clergy, church, temple, etc:

- Spiritual guidance and counseling
- Support groups and recovery ministries
- Mentoring and PEER Support
- Community and social support
- Confidential and safe environment

Alternatives Recovery Tools include:

- Amino Acid Therapies
- Cognitive Therapy Dance
- Art Therapy
- Fitness to recovery
- Holistic Health and natural alternatives
- Wrap-wellness recovery action plan
- Yoga in recovery
- Meditation/mindfulness base
- Journaling therapeutic writing
- Hypnotherapy

FACT: Multiple pathways to recovery empower individuals, giving them choices and encouraging ownership of their well-being. Recovery is a journey, not a destination. These pathways offer personal empowerment, foster hope, and promote growth, tailored to each recovery journey. All pathways are valuable tools for supporting healthy and positive lifestyles.

Multiple Pathways to Recovery

Robert Buford RC, CPRS, NCRS
TEECH/FSSRI ROSC Coordinator

FACING ADDICTION WITH TRANSPARENCY
THROUGH MULTIPLE PATHWAYS TO RECOVERY



Substance Use Disorder

The disease of addiction as manifest through Substance Use Disorders (SUD's) affect millions of Illinoisans. Substance use disorders occur when the repeated use of alcohol and/or drugs causes significant clinical and functional impairment, such as health problems, disability, and failure to meet major responsibilities at work, school, or home.

A substance use disorder is a brain disease in the same sense that hearts or lungs may become diseased. When alcohol or other drugs are consumed, they activate or imitate the brain chemistry associated with feelings of wellbeing, pleasure, and euphoria. Although a person does control the initial decision to have a drink or try a drug, once the alcohol or other drugs are in the body, they begin to modify brain neurochemistry. As modification occurs, the brain becomes dependent on the chemical intake of the substances, causing the person to develop a substance use disorder. The changes in the brain may last beyond detoxification and exhibited in resuming addiction, and intense cravings when the person is exposed to substance related stimuli. Brain dependency makes it extremely difficult for individuals to stop using the substances.

There is a Solution

Substance Use Disorders (SUDs) can indeed be challenging and have a significant impact on an individual's life. However, it's important to remember that SUDs are treatable conditions. Remember, recovery is not just about stopping substance use; it's about creating a new, positive, and healthy lifestyle. It's about finding joy in everyday moments, building meaningful relationships, and pursuing personal goals. With proper support, individuals can overcome SUDs and find a better way to live, filled with hope and possibilities.



Research

According to the 2023 United States National Survey on Drug Use and Health (NSDUH):

- 48.5 million (16.7%) Americans (aged 12 and older) battled a substance use disorder in the past year.
- 10.2% of Americans 12 and older had an alcohol use disorder in the past year.
- About 27.2 million Americans 12 or older (9.7%) reported battling a drug use disorder in the past year.
- That same year, 7.5 million (2.7%) of Americans 12 and older struggled with both alcohol and drug use disorders simultaneously.
- 20.4 million American adults (7.9%) suffered from both a mental health disorder and a substance use disorder, or co-occurring disorders in the past year.

<https://americanaddictioncenters.org/rehab-guide/addiction-statistics-demographics>.

What is Recovery

- Betty Ford Institute Consensus Panel

The word "recovery" is used to mean a range of different things. For example, members of Alcoholics Anonymous (AA) may say they are "in recovery" or are "recovering alcoholics." Substance use treatment program directors sometimes speak of their "recovery rate," meaning the proportion of patients who have graduated and remained abstinent. Some activists describe themselves as being part of a "recovery movement."

Professionally, recovery may be considered, a process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential. - Substance Abuse and Mental Health Services Administration (SAMHSA). Even individuals with severe and chronic substance use disorders can, with help, overcome their substance use disorder and regain health and social function. This is called remission. When those positive changes and values become part of a voluntarily adopted lifestyle, that is called "being in recovery." Although abstinence from all substance misuse is a cardinal feature of a recovery lifestyle, it is not the only healthy, pro-social feature.



Recovery Controversy

The diversity in pathways to recovery has sometimes provoked debate about the value of some pathways over others. For example, people who achieve recovery with the support of medications (e.g., methadone (Opioids), buprenorphine (Opioid), disulfiram (Alcohol), acamprosate (Alcohol), naltrexone (Alcohol/Opioids)), or even antidepressants) have sometimes been denounced by those who do not take medications, based on assumptions that using medication is inconsistent with recovery principles or a form of drug substitutions or replacement. Nonetheless, members of the National Alliance for Medication Assisted Recovery or Methadone Anonymous refer to themselves as practicing medication-assisted recovery.

Some people who have had severe substance use disorders in the past but no longer meets criteria for a substance use disorder do not think of themselves as operating from a recovery perspective or consider themselves part of a recovery movement even if they endorse some or all the beliefs and values.

Recovery has a new face

- ▶ YOU HAVE A VOICE
- ▶ ITS YOUR CHOICE
- ▶ RECOVERY IS NOT A JOURNETY BUT DESTINATION
- ▶ YOU ARE IN CONTROL OF YOUR WELLBEING
- ▶ RECOVERY HAS A FACE OF MANY COLORS, PERSONAILTIES, VALUES AND BELIEFS.
- ▶ EVERYONE IS EMBACED FAMILY, FRIENDS AND COMMUNITY

No one can judge how another person navigates their recovery process. As you embark on the road to Recovery, you can listen to the stories of what has worked for others. However, it's important to tread your own path. Every step toward a life of recovery is cause for celebration, no matter how different your journey looks from someone else's.



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 strength building, individualized coping skills development, and providing resources. Helping the person find their own path increases "buy-in" tremendously and can 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 they also 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 a few of the frameworks used to help an individual recover from addiction. These methods are each referred to as a pathway to Recovery.
- ▶ While each treatment center or counselor may have their own preferred method, if you're struggling with addiction, it's important to realize that Recovery is a highly personal journey. Each individual may have their own preferred method, no one is in a position to judge how another person navigates the process.

Types of Recovery Pathways

- ▶ **Self Management** : Recovery processes that involve no formal services, sometimes referred to as "natural recovery." A person has recovered without 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 healthcare provider, clinician, or other credentialed professional.

▶ WWW.SANSHIAC.COM



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 to start.
- ▶ Harm reduction suggest that taking away a person's coping mechanism(drug of choice) without providing other ways to cope is potentially ineffective.
- ▶ Harm reduction is a public health philosophy with the aim of decreasing the harms caused by substance misuse. It can be views as health orientated management of an addiction and an overall support system for people struggling with addiction.

Clinical Pathway's

Clinical services for addiction, also known as addiction treatment, encompass a comprehensive range of interventions designed to address substance use disorders. These services include:

- ▶ **Detoxification**
- ▶ **Therapy**
- ▶ **Pharmacological Support**
- ▶ **Treatment Settings**
- ▶ **Individualized Approach**

Mutual Support/Mutual Aid

- ▶ Mutual Support Groups, often referred to as 'self-help' or 'support' groups, play a crucial role in the recovery process for individuals with Substance Use Disorders.
- ▶ One of the primary benefits of Mutual Support Groups is that they offer an initial destination for individuals seeking recovery.
- ▶ Most Mutual Support Groups meet face-to-face, allowing members to connect and build relationships in person. However, there are also web-based groups available, which can be particularly beneficial for individuals who may not have access to in-person meetings or prefer the convenience of online support.

Natural Recovery

Natural recovery, occurs without formal treatment or support groups. People may gradually recognize the negative impact of their substance use and make changes to their behavior and lifestyle to overcome their addiction.

Natural recovery is a journey that involves several key elements:

- ▶ **Humility**
- ▶ **Motivation**
- ▶ **Sustained Effort**
- ▶ **Restoration of Meaning and Purpose**

Medicated Assisted Recovery

- ▶ Medication-assisted treatment (MAR) is a comprehensive approach to treating substance use disorders that combines FDA-approved medications with counseling and behavioral therapies.
- ▶ MAR works by addressing both the physical and psychological aspects of addiction.
- ▶ Counseling and behavioral therapies are essential components of MAR, as they help individuals develop coping strategies, address underlying issues related to their addiction, and build a support network.
- ▶ MAR is particularly effective for treating opioid use disorder and alcohol use disorder, but it can also be used for other substance use disorders.

Online/Digital Recovery Supports

Online recovery meetings are a valuable resource for individuals seeking support in their addiction recovery journey. These meetings offer several benefits:

- ▶ **Connection with Support Group**
- ▶ **Safe Environment**
- ▶ **Convenience and Accessibility**
- ▶ **Collaborative Efforts**
- ▶ **Flexibility**

Peer Based Recovery Supports

- ▶ Peer-based recovery support services are an essential component of the recovery process for individuals with Substance Use Disorders.
- ▶ The core idea behind peer-based recovery support is that individuals who have "been there" can offer invaluable support, empathy, and guidance to others who are currently facing similar challenges.
- ▶ Peer recovery coaches, who are trained and supervised individuals with lived experience, play a crucial role in these services.
- ▶ **Emotional Support**
- ▶ **Informational Support**
- ▶ **Instrumental Support**
- ▶ **Affiliation Support**
- ▶ Peer-based recovery support services are designed to be person-centered and strength-based, focusing on the individual's unique needs, strengths, and recovery goals.
- ▶ The long-term focus of peer recovery support goes beyond merely reducing or eliminating symptoms. It encompasses self-actualization, community and civic engagement, and overall wellness.

Alternative Recovery Tools

- ▶ Amino Acid Therapies
- ▶ Cognitive Therapy Dance
- ▶ Music Therapy
- ▶ Art Therapy

Alternative Recovery Tools Continued

- ▶ Fitness for Recovery
- ▶ Holistic Health and Natural Alternatives
- ▶ Hypnotherapy:
- ▶ MBSR (Mindful-Based Stress Reduction
- ▶ MBRP (Mindful-Based Relapse Prevention
- ▶ Journaling/Therapeutic Writing
- ▶ Meditation
- ▶ Nutrition Therapy for Biochemical Recovery
- ▶ WRAP - Wellness Recovery Action Plan
- ▶ Yoga in Recovery

Family Recovery Supports

Families play a significant role in the recovery experiences of individuals with mental or substance use disorders. They are not just passive observers but active participants who influence and are influenced by the recovery journey of their loved ones. Here's a deeper look into the various roles and supports that family members provide:

- ▶ **Caregivers**
- ▶ **Navigators**
- ▶ **Allies**
- ▶ **Training and Support**
- ▶ **Systems Transformation**

The roles of family members in the recovery process are diverse and multifaceted. They provide essential support, advocacy, and guidance, helping their loved ones achieve and sustain recovery.

Faith-Based Recovery Support

Religion, clergy, and church communities can play a significant role in the recovery process for individuals with substance use disorders or mental health challenges. Here's how they can provide support:

- ▶ **Spiritual Guidance and Counseling**
- ▶ **Support Groups and Recovery Ministries**
- ▶ **Mentoring and Peer Support**
- ▶ **Community and Social Support**
- ▶ **Confidential and Safe Environment**

Religion, clergy, and church communities can offer a holistic and compassionate approach to recovery, addressing both the spiritual and practical needs of individuals.

Find Your Path
Thank You
www.teechfoundation.net

"There are multiple pathways to recovery some more known of then others, but no one is superior. Each pathway is a tool to aid assist and combat addiction and mental health issues."

