



Presenters

Daniel Fred M.S., PRSS, CADCI
Nevada's Recovery & Prevention Community

Robert Ashford PRS, PRC
University of North Texas Collegiate Recovery Program



University of Nevada – Reno

- Integrated wellness community
 - Focus on recovery lifestyle and wellness
- Open to students in
 - SUD recovery
 - Behavioral addiction recovery
 - Mental health recovery
 - No previous diagnosis, but want to live a recovery lifestyle
- Peer support specialists and coaching
- Assisting students in building wellness capitol

University of North Texas
Collegiate Recovery Program



48 Bed Recovery Residence Hall Opening Fall 2015

The 1st in the **NATION**
 Integrated Behavioral Health Collegiate Recovery Program

Student Focused Initiatives

- Social empowerment program with peer & clinical supports
- Supporting students in recovery from substance use disorders & mental health concerns
- 24/7 accessible student lounge includes meditation room, study areas, and group rooms
- Evidence-based research in collegiate recovery efficacy and improvement
- 2nd largest student organization on campus - Eagle Peer Recovery
- Peer recovery services focused on Young Adult Recovery & Education Plans
- For-credit elective courses - Recovery seminars

University of North Texas

- Integrated behavioral health collegiate recovery program
 - Students living a holistic wellness lifestyle by choice
 - Students with primary mental health concerns (anxiety, depression, bi-polar, Autism spectrum, etc.)
 - Students with primary substance use disorders or process addictions (disordered eating, sex addiction, gambling, etc.)
 - Students with co-occurring disorders
- All receive same peer support services, access to support in 13 wellness domains (YA-REP), supportive and safe environment
 - Individualized care based on primary sense of recovery
 - Mental health peer groups, Autism Spectrum Group, Sensory neutral rooms, nutritionists, etc. (YA-REP plans)

What is Recovery?

“To live is the rarest thing in the world.
 Most people exist, that is all.”
 — Oscar Wilde

+ Definition of Recovery



A process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential.

SAMHSA Press Office 2011

One does not recover from an addiction by stopping use. Recovery is creating a new life where it is easier to not use.

www.addictionsandrecovery.org

+ Guiding Principles



- ◆ There are many pathways to recovery.
- ◆ Recovery is self-directed and empowering.
- ◆ Recovery involves a personal recognition of the need for change and transformation.
- ◆ Recovery is holistic.
- ◆ Recovery has cultural dimensions.
- ◆ Recovery exists on a continuum of improved health and wellness.
- ◆ Recovery emerges from hope and gratitude.
- ◆ Recovery involves a process of healing self-redefinition.
- ◆ Recovery involves addressing discrimination and transcending shame and stigma.
- ◆ Recovery is supported by peers and allies.
- ◆ Recovery involves (re)joining and (re)building a life in the community.
- ◆ Recovery is a reality.

HHS Publication No. (SMA) 09-4439

+ Stages of Recovery (Addiction)



- ◆ Stage One - Initiation
- ◆ Stage Two - Stabilization
- ◆ Stage Three - Recovery program immersion
- ◆ Stage Four - Enhanced quality of life

+

Stage One (Addiction) Initiation

10

- ❖ Learning about substance use & co-occurring mental health conditions
- ❖ Beginning program of recovery based on strengths approach and clinical necessity
- ❖ Possible recovery residence
- ❖ New social networks – discontinuing isolation
- ❖ Support systems of people who are in a healthy recovery
- ❖ Changing environment to safe substance free venues
- ❖ Becoming accountable – accepting responsibility
- ❖ Help and support from others is accepted and asked for

+

Stage Two (Addiction) Stabilization

11

- ❖ Behaviors begin to change – the old behavior no longer works
- ❖ Begins to stabilize emotions
- ❖ Language, attitude, and behaviors are recognizably changed
- ❖ Physical health and sickness begins to improve
- ❖ Person begins to act rather than react
- ❖ Begins to recognize the differences in feelings now – vs feelings before recovery
- ❖ Commits to RECOVERY

+

Stage Three (Addiction) *Immersion*

12

- ❖ There is no more “numbing – out” they feel joy and sadness
- ❖ Path or program of recovery is actively integrated into all aspects of life
- ❖ Drama is no longer an acceptable part of life
- ❖ Their family, friends become a reflection of who they have become in recovery
- ❖ Relationships and connections with people both in and out of recovery are formed
- ❖ Their life becomes one of honesty and integrity

+

Stage four (Addiction) Enhanced Quality of Life

13

- ◊ Relationships become meaningful based on love and mutual respect
- ◊ Recovery is a way of life
- ◊ Possibly for the first time in a long time – the person follows through
- ◊ Self-esteem and self-worth are a part of life
- ◊ True Joy and happiness have returned

+

Stages of Recovery (mental health)

14

- ◊ Stage One – Dealing With The Crisis
- ◊ Stage Two – Learning To Cope
- ◊ Stage Three – Looking Ahead and Moving into Advocacy

Strengthtohus.org -Adapted from NAMI Utah Progression 2009

+

Stage One (Mental health) Dealing with The Crisis

15

<ul style="list-style-type: none"> ◊ Emotions – ◊ Overwhelmed ◊ Hoping against hope ◊ Shock ◊ Confusion ◊ Fear ◊ Denial ◊ Confined ◊ Shaky ◊ Anxious ◊ Exhausted 	<ul style="list-style-type: none"> ◊ Needs – ◊ Empathy ◊ Prognosis ◊ Help finding resources ◊ Sleep ◊ Effective services and supports ◊ Reassurance ◊ Positive Support ◊ Understanding ◊ Patience from others and self
---	--

Strengthtohus.org -Adapted from NAMI Utah Progression 2009

+

Stage Two (Mental health) Learning to Cope

- ◆ Emotions -
- ◆ Tentative
- ◆ Anxious
- ◆ Illness takes a lot of mind room
- ◆ Time to get going
- ◆ Restlessness (want to move and can't)
- ◆ Anger/Frustration
- ◆ Grief
- ◆ Self-Doubt
- ◆ Recognition

- ◆ Needs -
- ◆ Encouragement
- ◆ Hope
- ◆ Education and Information
- ◆ Letting go
- ◆ Effective services and supports
- ◆ Being nice to self
- ◆ Vent feelings
- ◆ Skill training
- ◆ Reassurance

16

Strengthofus.org -Adapted from NAMI Utah Progression 2009

+

Stage Three (Mental health) looking ahead – moving into advocacy

- ◆ Emotions -
- ◆ Consistent, more solid
- ◆ Looking, planning for the future
- ◆ Illness takes less focus, less thinking time
- ◆ Acceptance, confidence
- ◆ Anger at injustice
- ◆ Understanding

- ◆ Needs -
- ◆ Restoring balance in life
- ◆ Effective services and supports
- ◆ A dream to strive for
- ◆ Acceptance and appreciation
- ◆ Meaningful activities
- ◆ Activism

17

Strengthofus.org -Adapted from NAMI Utah Progression 2009

+

MH & SUD Recovery Crosswalk

The integration of a behavioral health mindset into the practical recovery of all quality of life concerns benefits the larger community of intentional wellness.

- ◆ Stage One –Dealing With The Crisis (MH)
- ◆ Stage One & Two – Initiation & Stabilization (SUD)
- ◆ Stage Two – Learning To Cope
- ◆ Stage Three – Immersion (SUD)
- ◆ Stage Three – Looking Ahead and Moving into Advocacy
- ◆ Stage Four – Improved Quality of Life (SUD)

While we must celebrate the differences between substance use disorders, mental health concerns, and co-occurring disorders – the fact of the matter is that recovery skills, peer supports, and community wrap around services systematically manifest similarly.

+

19

MANY Pathways to Recovery

+

20

Types of Recovery

- ❖ Abstinence-based recovery
- ❖ Moderation-based recovery
- ❖ Medicated-assisted recovery
- ❖ Holistic Recovery

Adapted from:
The Varieties of Recovery Experience:
A Primer for Addiction Treatment Professionals
and Recovery Advocates
William White, MA and Ernest Kurtz, PhD

+

21

Context of Recovery

- ❖ Individual recovery
- ❖ Treatment-assisted recovery
- ❖ Mental health recovery supports and/or recovery oriented services
- ❖ Peer-assisted recovery

Adapted From:
The Varieties of Recovery Experience:
A Primer for Addiction Treatment Professionals
and Recovery Advocates
William White, MA and Ernest Kurtz, PhD

+ Context of Recovery (SUD & MH)



❖ Individual recovery

❖ Involves the use of one's own intrapersonal and interpersonal resources (family, kinship and social network) to resolve alcohol and other drug problems without the benefit of professional treatment or involvement in a recovery support group.

The Varieties of Recovery Experience:
A Primer for Addiction Treatment Professionals
and Recovery Advocates
William White, MA and Ernest Kurtz, PhD

+ Context of Recovery (SUD & MH)



❖ Treatment-assisted recovery

❖ Involves the use of professional help in the initiation and stabilization of recovery.

The Varieties of Recovery Experience:
A Primer for Addiction Treatment Professionals
and Recovery Advocates
William White, MA and Ernest Kurtz, PhD

+ Context of Recovery (MH)



❖ Creating a Culture of Recovery

❖ The New Freedom Commission Vision for Recovery:

❖ "A future when everyone labeled with mental illness will recovery" and to do so "care must focus on increasing the consumers' [sic] ability to successfully cope with life's challenges, not just managing symptoms.

❖ Recovery is living well with or without symptoms – the focus is on health and wellness. Recovery is about what people are experiencing – rather than a diagnosis.

+

25

Components of Recovery
spiritual, religious, secular and
self-directed

+

Recovery Capital

26

Recovery Capital is the quantity and quality of both internal and external resources that a person can bring to bear on the initiation and maintenance of Recovery (W. White, 2006).

Recovery Capital is the sum total of all the personal, social, and community resources a person can draw on to begin and sustain his recovery from drug and alcohol or mental health conditions.

****Recovery Capital is not a term used in MH – but the theory should and can be applied to both SUD and MH recovery.**

+

Concepts of Recovery Capital

27

- ❖Physical
- ❖Human
- ❖Social

+ The “recovery” status quo

Is what we do working?

- Historically, recovery has been segmented into addiction recovery & mental health recovery
- This creates silo’ d populations that build similar resiliency & coping skills
- Lack of augmentation of recovery support services for a demographic that has 40-60% co-occurring disorders
- Time for change

+ Whole health and wellness



+ New Paradigms

Integration of recovery & wellness

- Integration of recovery practices, common language, and peer support services
- Behavioral Health as informed practice in most settings is successful
- Person-directed approach for substance use disorders, mental health concerns, or co-occurring disorders is successful in all settings
- Recovery is the seeking of an improved quality of life – period.

+

Thank you!

Daniel Fred - Dfred@unr.edu
Robert Ashford - Robert.Ashford@unt.edu

<http://nvrp.com/>
<http://recovery.unt.edu/>


