

# NMSAS RECOVERY CENTER

*... A world of possibilities connecting people to pathways*

[www.youpickrecovery.org](http://www.youpickrecovery.org)

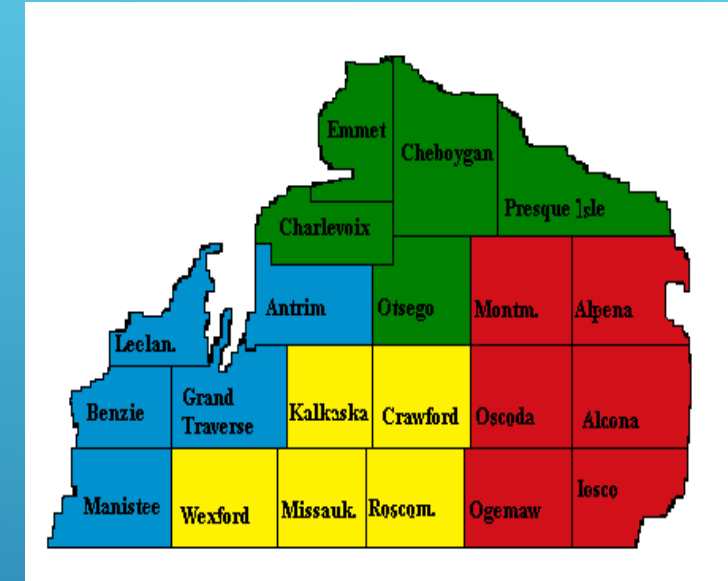
## Recovery Pathway Training



# NMSAS Peer Recovery Coaching

*... A world of possibilities connecting people to pathways*

- NMSAS has trained 300+ coaches to date
- NMSAS recovery coaching is peer based
- All NMSAS peer recovery coaches are volunteers
- Complete 30 hours of Connecticut Community Addiction Recovery (CCAR) training
- 16 hours of Ethics Training
- 21-28 hours of Recovery Advocacy training
- Receive ongoing educational opportunities
- Coaches must be in recovery and have
  - 6 months stable recovery to attend training
  - 2 years stable recovery to provide coaching
- Adhere to federal confidentiality laws



- North Central
- North West
- Eastside
- Mid Central

# What is a Peer Recovery Coach?

A Peer Recovery Coach is anyone interested in promoting recovery by removing barriers and obstacles to recovery and serving as a personal guide and mentor for people seeking or already in recovery

## Four Goals Of A Peer Recovery Coach

1. Promote Recovery
2. Help Remove Barriers
3. Connect Recoverees With Recovery Services
4. Encourage Hope, Optimism And Healthy Living

# HUMAN SERVICE REFERRAL MODEL

Circa 1950 to present day: common practice has been to direct individuals with substance use disorders and their families to the 12-Step Family Groups.

The number of individuals directed to the 12-Step Family Groups each year is nearly equal to the estimated membership of the 12-Step Groups.



# RECOGNIZING DIVERSITY IN RECOVERY

Recovery is as diverse as the using environments we came from therefore the roads in recovery are many.

**Dreams**

**Beliefs**

**Values**

**Hopes**

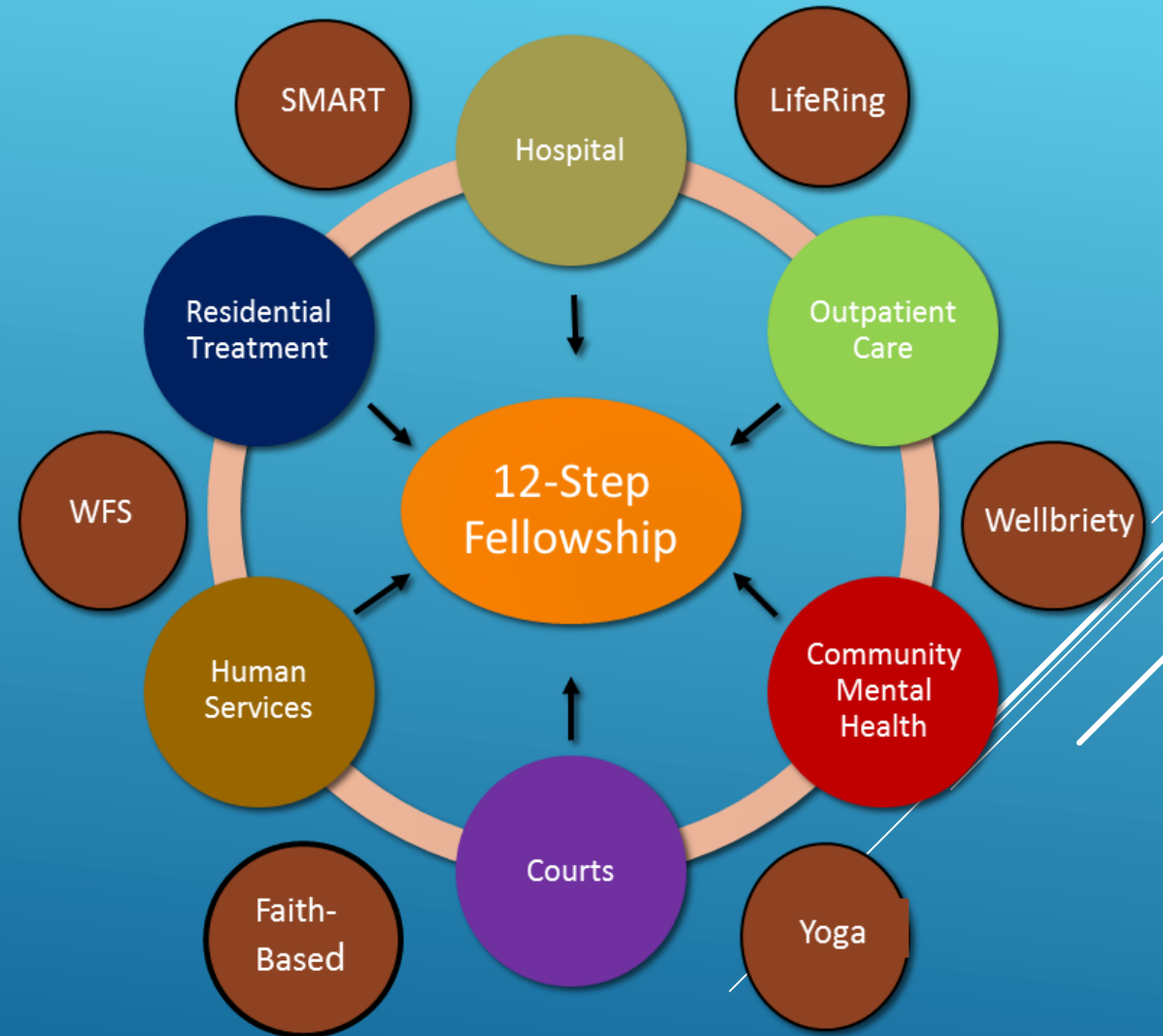
**Resources**

**Strengths**



# RECOVERY PATHWAY FRAMEWORK

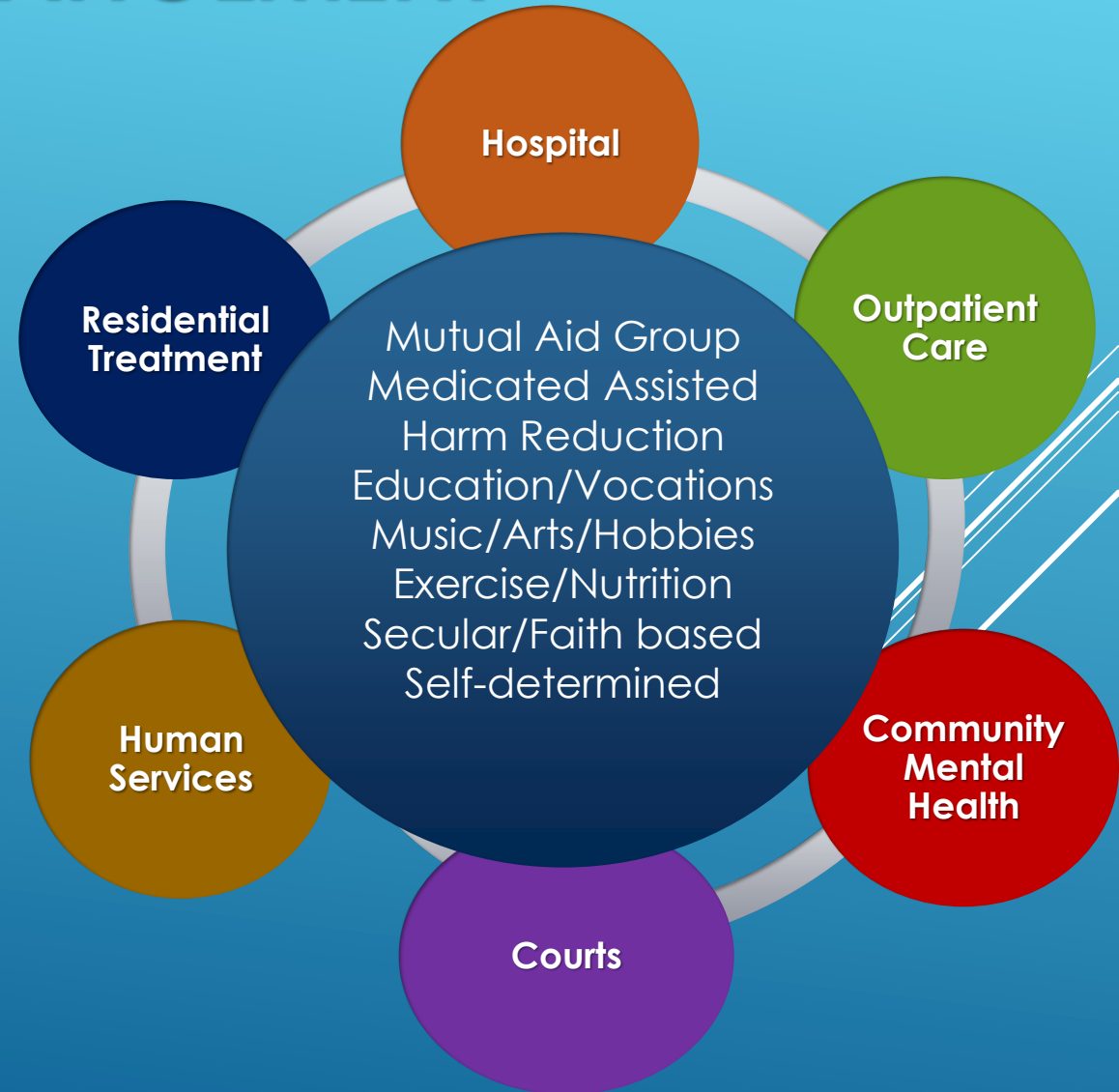
Additional recovery pathways are often shut out of the Human Service Referral Network. There are many reasons for excluding optional pathways but a common reason is people are unaware that other recovery pathways exist. The impact of offering a single recovery pathway has been to limit the breadth of recovery to those more accepting of 12-Step ideology.





# INTEGRATED SERVICE ARRANGEMENT

Providing individuals who no longer want to use alcohol or drugs, or who wish to reduce the harm associated with use, a menu of recovery paths from which to choose will increase the likelihood of stabilization.



# Multiple Recovery Pathways

*Each person must find their own pathway or pathways to recovery*

- ▶ **Natural Recovery** (*Spontaneous Remission*)
- ▶ **Mutual Aid Support Groups** (*LifeRing, SMART, Refuge Recovery, AA, NA*)
- ▶ **Faith-based Recovery** (*Celebrate Recovery*)
- ▶ **Medication Assisted Recovery**
- ▶ **Cultural Recovery** (*Traditional Native American Sweat Lodges*)
- ▶ **Criminal Justice** (*Incarceration, Drug/Sobriety Court*)
- ▶ **Outpatient / Inpatient Treatment**
- ▶ **Bodywork** (*Exercise, Yoga, Mindful Meditation*)
- ▶ **Activity Based Therapies** (*Animal, Gardening, Art Or Music*)
- ▶ **Exposure Therapy** (*Virtual Reality Therapy, Neurofeedback*)
- ▶ **Volunteering / Giving Back**



# Natural Recovery

*Honoring different pathways to recovery.....*

Natural recovery is where an individual is able to escape their alcohol or drug dependence without the benefit of any type of treatment. The individual just arrives at a point in their life where they feel able to quit.

**Natural recovery can be referred to by a number of other names including:**

- Spontaneous remission
- Self recovery / Self change
- Auto remission
- Spontaneous recovery
- Self maintained moderation

- Studies suggest that 66 to 75 percent of resolutions of risky drinking patterns to either abstinence or stable moderation occur naturally without treatment (Klingemann et al. 2001; Sobell et al. 1996).



# Cultural Recovery

*Honoring different pathways to recovery.....*

Cultural healing involves a return to wellness-promoting ancestral traditions or reapplication of ancestral traditions to contemporary life

Native traditional healing practices and cultural activities are core and complementary interventions in promoting wellness and long-term recovery. These practices and activities are woven throughout the behavioral health programs.

**They include:**

- Sweat Lodges
- Smudging/Purification
- Talking Circles; Storytelling
- Songs and Drumming
- Red Road teachings
- Native crafts
- Circle of Strength



# Medication For Addiction Treatment

*Honoring different pathways to recovery.....*

**“Medication for Addiction Treatment” is a pathway to recovery made possible by physician-prescribed and monitored medications, along with other recovery supports, such as counseling and peer support.**

- To detoxify a person/prevent withdrawal
- To reduce the intensity of cravings
- To block the experience of feeling “high”
- To provide a shield against impulsive use
- To treat or control symptoms of a medical or mental disorder, that if left untreated could lead to resumption of use

## ➤ Alcohol Dependence

- Antabuse (Disulfiram)
- Acamprosate (Campral)
- Naltrexone

## ➤ Opioid Dependence

- Methadone
- Buprenorphine (Suboxone)
- Naltrexone
- Zubsolv

# Supplemental Pathways - Bodywork Recovery

*Honoring different pathways to recovery.....*



## ➤ YOGA

## ➤ Combines: physical postures,

- breathwork and mindfulness
- fills the void of using
- Offers a natural high
- Allows a person to find their purpose
- Gives a sense of purpose
- Reduces anxiety and stress
- Improves attention, mood and
- depression
- Helps & motivates you to
- return to the present



# Supplemental Pathways - Activity Based Recovery

*Honoring different pathways to recovery.....*



## ANIMAL CONTACT / PET THERAPY ART-BASED THERAPY

- Helps individuals focus outside of themselves in the present to receive encouragement the individual to get outside themselves through the process of nurturing or creating. It can build self-esteem and self-confidence.
- Includes art or music therapy.
- Encourages the individual to get outside themselves through the process of nurturing or creating. It can build self-esteem and self-confidence.
- Provides a sense of what it means to be nurtured.

# MUTUAL AID SUPPORT GROUPS

*Honoring different pathways to recovery.....*



➤ Millions of individuals, severely formally or early chemically dependent and their involvement in mutual support groups do benefit extremely significantly in the long term of their recovery.





# **BENEFITS OF MUTUAL AID GROUPS**

**GROUP INTERACTION**

**NETWORKING**

**PRACTICAL KNOWLEDGE**

**COMPLIANCE**

**ACCEPTANCE**

# BENEFITS OF MUTUAL AID GROUPS (CONTINUED)

**COST EFFECTIVENESS**

**RECOGNITION**

**EMPOWERMENT**

**COMMUNITY**

# MUTUAL AID SUPPORT GROUPS

- ▶ Women For Sobriety - [www.womenforsobriety.org](http://www.womenforsobriety.org) - 1976
- ▶ Refuge Recovery - [www.refugerecovery.org](http://www.refugerecovery.org) - 2008
- ▶ Rational Recovery - [www.rational.org](http://www.rational.org) - 1986
- ▶ Moderation Management - [www.moderation.org](http://www.moderation.org) - 1994
- ▶ HAMS- Harm Reduction - [www.hamsnetwork.org](http://www.hamsnetwork.org) - 2002
- ▶ White Bison (Wellbriety) - [www.whitebison.org](http://www.whitebison.org) - 1988
- ▶ Secular Organization for Sobriety (S.O.S.) - [www.sossobriety.org](http://www.sossobriety.org) - 1986
- ▶ Life Ring - [www.lifering.org](http://www.lifering.org) - 1997
- ▶ SMART Recovery - [www.smartrecovery.org](http://www.smartrecovery.org) - 1994
- ▶ Celebrate Recovery - [www.celebraterecovery.com](http://www.celebraterecovery.com) - 1990
- ▶ Pagans in Recovery - [www.pagansinrecovery.com](http://www.pagansinrecovery.com)
- ▶ 12-Step Groups (AA, NA, CA, CMA, SA, ACOA's, CoDA, OA)



Established  
1976

Women for sobriety is dedicated to helping women overcome alcoholism and other addictions. The first national self-help program for women alcoholics. The "new life" program helps achieve sobriety and sustain ongoing recovery. WFS has been providing services to women alcoholics since July, 1976. The WFS "new life" program grew out of dr. Jean Kirkpatrick's search for sobriety.



Comprised of thirteen acceptance statements that will provide each woman with a new way of life through a new way of thinking.



Established  
1997

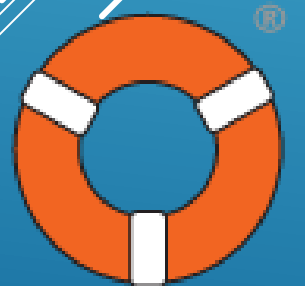
LifeRing Secular Recovery is an abstinence-based, network of individuals seeking to live in recovery from addiction to alcohol or to other non-medically indicated drugs. LifeRing offers each other peer-to-peer support in ways that encourage personal growth and continued learning through personal empowerment.

**SOBER**

**SECULAR**

**SELF-DIRECTED**

- The focus is on current events in the participants lives
- You are not required to label yourself “alcoholic” or “addict”
- Encourages questions, comments, and other feedback





# **SMART Recovery**<sup>®</sup>

Self-Management and Recovery Training

Established  
1994

- Teaches self-empowerment and self-reliance.
- Provides meetings that are educational, supportive and include open discussions.
- Teaches techniques for self-directed change.
- Supports the use of medication assisted recovery.
- SMART is secular, meaning it has no spiritual or religious principles or foundation.
- Evolves as scientific knowledge in addiction recovery evolves.

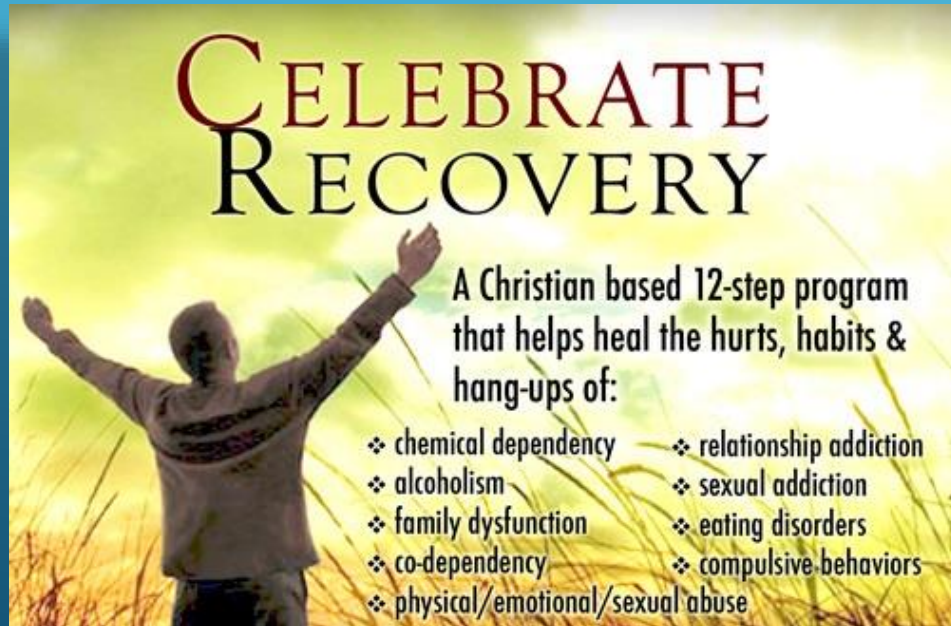
## **4-POINT PROGRAM**

*Offers tools and techniques for each program point:*

- 1. Building and Maintaining Motivation**
- 2. Coping with Urges**
- 3. Managing Thoughts, Feelings and Behaviors**
- 4. Living a Balanced Life**



Celebrate Recovery is a Christ centered 12 step program based on biblical principles with the purpose of letting God restore a person's mental, physical, emotional and Spiritual health with His healing power.



Established  
1990

## A 12-step Program for any

- Hurts: Love, relational, physical, emotional, sexual abuse...
- Hang-Ups: Co-dependency, anger, self-harm...
- Habits: Food, chemical, alcohol, sexual addiction...
- Jesus Christ is the one and only Higher Power
- Large group consists of fellowship and lessons. Then break off into small groups that are gender specific.

- Honor all pathways of Recovery
- Acknowledges that each person is unique and reflects their personal strength
- Provides Social Support
- Focuses on Hope and Healing
- Connect with others from different pathways
- Friends and family are welcome



#### **ALL RECOVERY MEETING FORMAT**

##### **OPENING**

I'd like to welcome everyone to this All Recovery meeting.

An All Recovery meeting is not a 12-step meeting and has no affiliation with NA/AA.

My name is \_\_\_\_\_. To begin with, I'd like to say that we welcome all who struggle with addiction, are affected by addiction, or support the recovery lifestyle. We would also like to ask that you respect the views and comments of others and that you refrain from the overuse of profanity that may offend others. Let us start from a place of respect and understanding for one another by sharing one at a time.

Please turn your cell phones off or put them on vibrate.

Can we start this meeting with a moment of silence to remember why we are here? Thank you.

Please feel free to share on anything that you feel will enhance your recovery or the recovery of others. Please be mindful of the amount of time you share.

##### **CLOSING**

In closing, I would like to thank all who have attended today.

We will close this meeting with a positive affirmation about ourselves followed by a moment of silence to remember why we are here.

# REFUGE RECOVERY

A BUDDHIST PATH TO RECOVERING FROM ADDICTION

Established  
2008

Refuge Recovery is a community of people who are using the practices of mindfulness, compassion, forgiveness, and generosity to heal the pain and suffering that addiction has caused in their own lives and the lives of their loved ones.

The primary purpose is to offer a Buddhist- inspired path to recovery from addiction of all kinds.

## The Four Truths:

1. Addiction creates Suffering
2. The cause of addiction is repetitive craving
3. Recovery is possible
4. The path to recovery is available

## 8 Fold Path of Refuge Recovery:

1. Wise Understanding
2. Wise Intention
3. Wise Communication/Community
4. Wise Action/Engagement
5. Wise Livelihood/Service
6. Wise Effort/Energy
7. Wise Mindfulness/Meditations
8. Wise Concentration/Meditations

## LOW-RISK DRINKING LIMITS

Source: National Institutes of Health

**MEN 18-65**  
No more than:  
**4 drinks per day**  
AND no more than:  
**14 drinks per week**

**WOMEN 18-65\***  
No more than:  
**3 drinks per day**  
AND no more than:  
**7 drinks per week**

**AGE 66+**  
No more than:  
**3 drinks per day**  
AND no more than:  
**7 drinks per week**

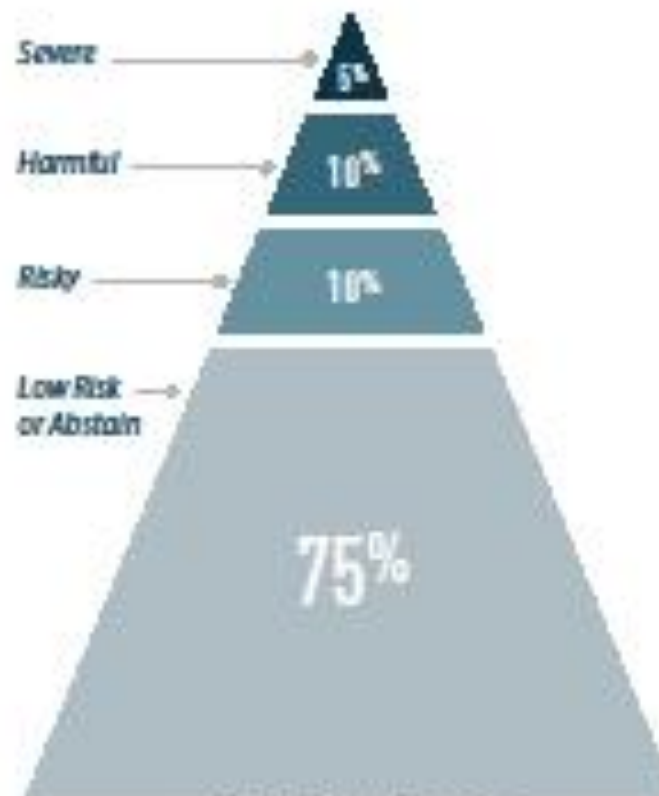
\*Women who are pregnant or breastfeeding should not drink.

## WHAT COUNTS AS ONE DRINK?



**One drink is:**  
12-ounce can of beer  
5-ounce glass of wine  
A shot of hard liquor (1½ ounces)

## RISK ZONE PYRAMID



Adapted from World Health Organization





# The Anonymous People Official Trailer

Greg Williams

A Grassroots Recovery Movement



**THE ANONYMOUS PEOPLE** is a feature documentary film about the over 23 million Americans living in long-term recovery from addiction to alcohol and other drugs.

**Red Sky Stage LLC**  
Petoskey Michigan

# RECOVERY NOTES

*New Opportunities To Enjoy Sobriety*

**Presents: Open Mic Sunday**  
Performances Include:  
~Music ~ Instruments ~ Comedy ~ Poetry ~ Other~  
\*The road to recovery is a struggle on so many levels. Some material might contain mature subject matter and/or content. We promote a family friendly drug free environment and welcome everyone to join us and support the power of healing.

**Dates:** 2nd Sunday of the Month: Feb.-June  
(Feb. 10, March 10, April 14, May 12 & June 9)

**Location:** Red Sky Stage  
445 E. Mitchell St.  
Petoskey, MI 49770

**Event Time:** 6:30-8:30 p.m.

**Admission:** Free

\*Donations Appreciated @ the Door

**Contact:** If you would like to perform or for more information please:

**Email:** [recoverynotes411@gmail.com](mailto:recoverynotes411@gmail.com)

**Visit:** [YOU PICK RECOVERY.ORG](http://YOU PICK RECOVERY.ORG)

\*Submissions allocated on 1st come 1st serve basis

\*Safe Drug Free Environment\*



**Supported By:**



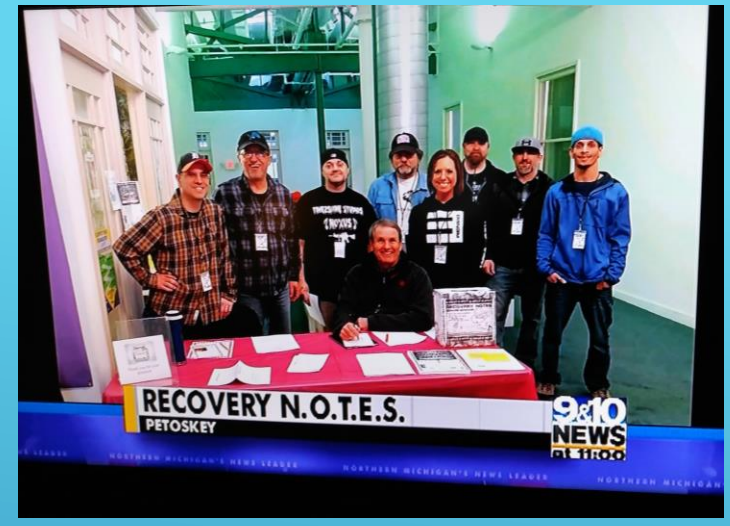
2594 Springvale Rd,  
Boyne Falls, MI 49713  
Ph: (231) 535-2822  
Email: [HelpNow@bearriverhealth.com](mailto:HelpNow@bearriverhealth.com)



704 Emmer Street  
Petoskey, MI 49770  
Toll Free: (888)880-5511  
Direct: (231) 347-5511

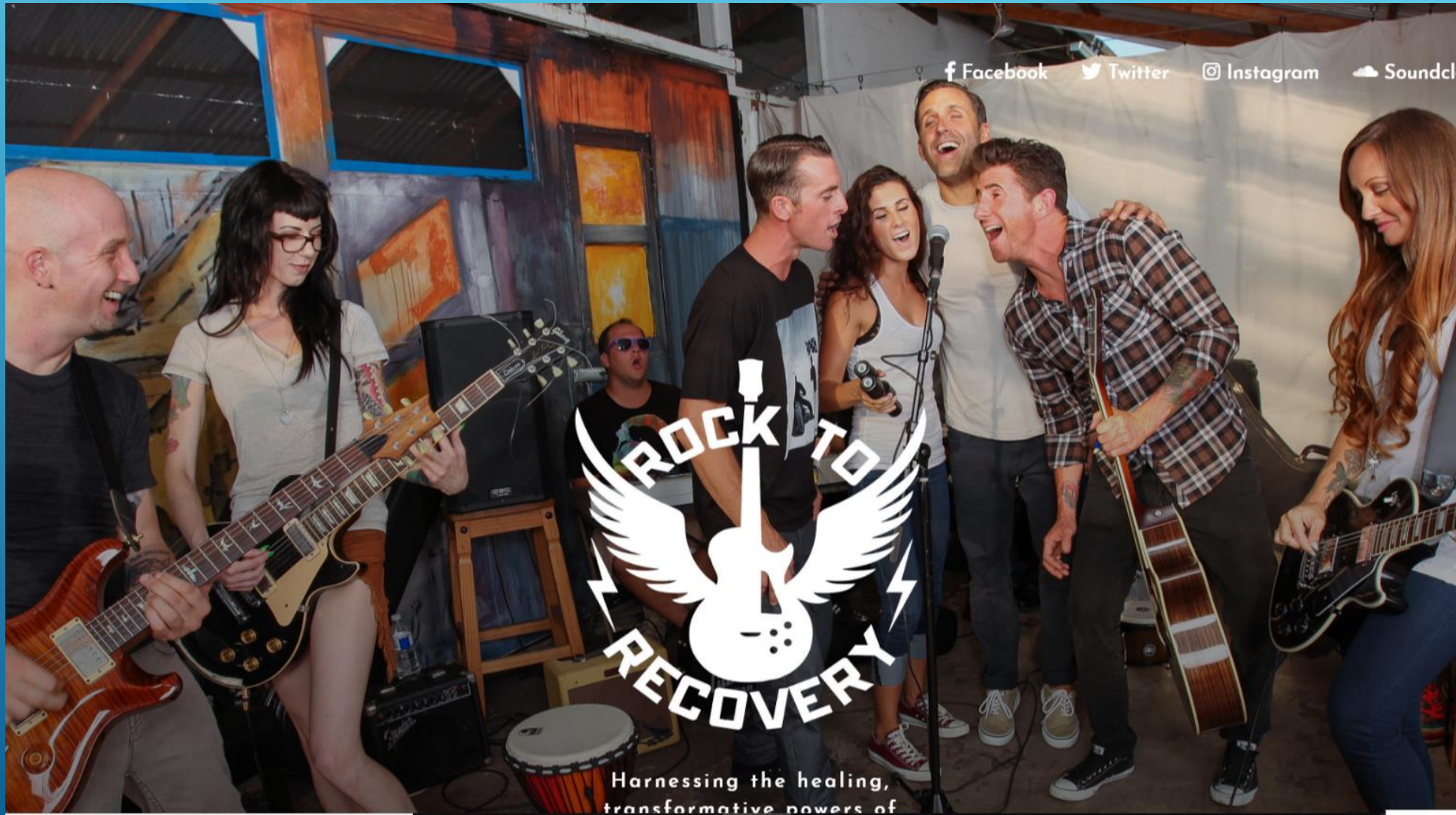


445 E. Mitchell Street  
Petoskey, MI 49770  
Phone: (231)487-0000  
Email: [marty@redskystage.com](mailto:marty@redskystage.com)





“Harnessing the healing transformational powers of playing music as a group for non-musicians”





In addition to over 100 weekly mutual aid support meetings, the Alano Club offers other recovery resources, like weekly recovery yoga and mindful meditation classes, monthly seminars on topics like brain chemistry and addiction and relationships and recovery, and regular workshops on topics ranging from recovery advocacy to mindful-based relapse prevention. The Alano Club also hosts large-scale sober social events, like our Recovery Art Walk, Recovery Talent Show and holiday community dinners.



We are The Phoenix, and since 2006, our free sober active community has inspired more than 26,000 people across America to believe they have the strength to rise from the ashes of addiction through the support of those who are walking that very same path. Activities include Boxing, Climbing, CrossFit, Hiking & Camping, Mindfulness, Road & Mountain Biking, Running, Skiing & Snowboarding, Social Events, Strength Training, Yoga.



# Multiple Pathways of Recovery: A Guide for Individuals and Families



**Facing Addiction**  
with NCADD

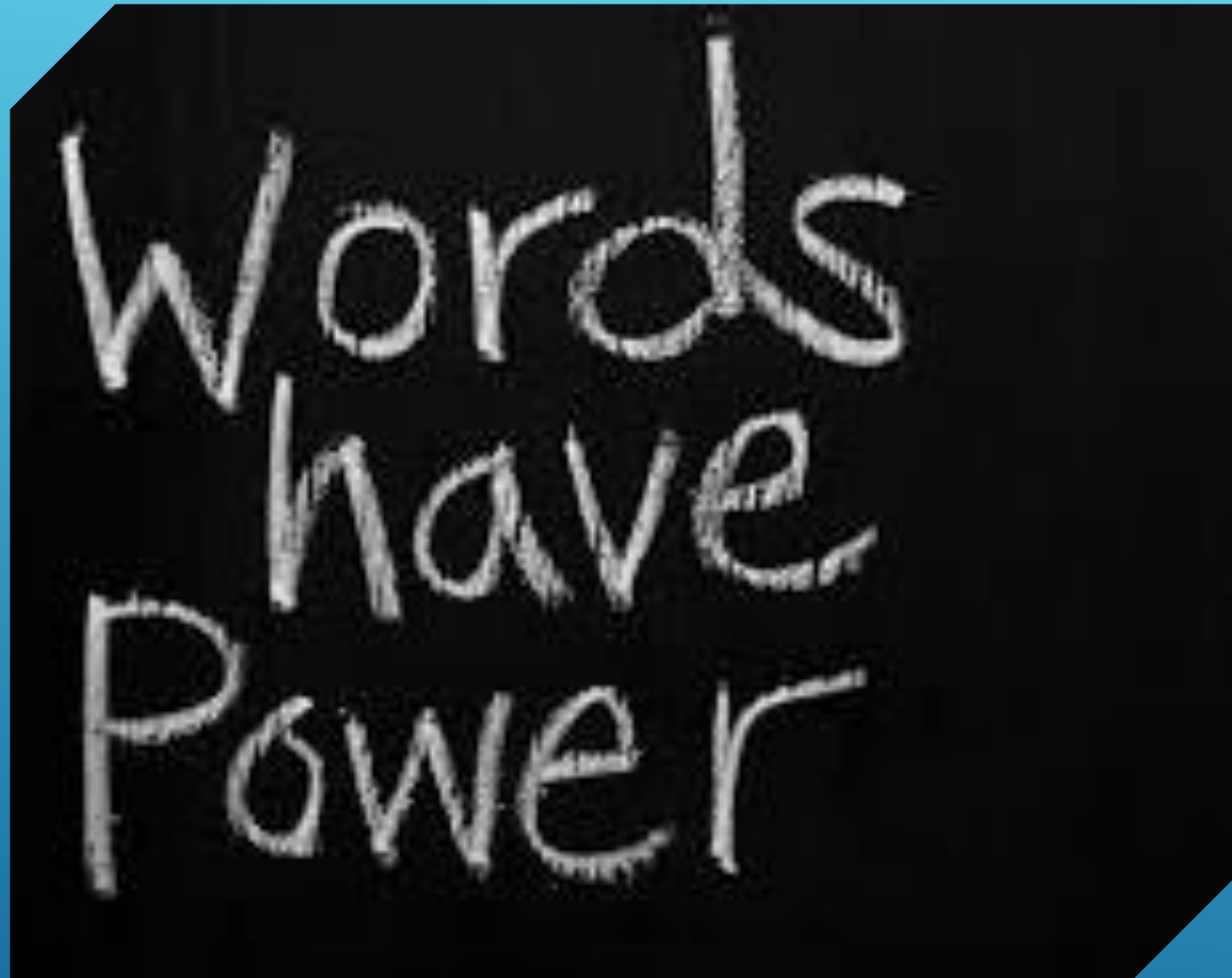
[www.FacingAddiction.org](http://www.FacingAddiction.org)

## Search The Title and Download the Pamphlet

- 50 percent of adults who once met diagnostic criteria for an SUD are in stable remission.
- Remission from an SUD can take several years and multiple episodes of treatment, recovery supports, and/or mutual aid.
- This pamphlet shows testimony from people who have utilized specific pathways
  - Shows Advocacy Groups
  - Family Recovery Groups
  - Peer Based Supports
  - Online Recovery Support Groups/Family Community
  - Alternative Recovery Tools: Amino Acid therapies, The Artists Way, etc..

# Why Is It Important To Populate Our Communities With Multiple Pathways?

- To provide people seeking recovery with recovery options
- To connect people who are otherwise disconnected from recovery
- To offer the tools necessary to sustain long-term recovery
- To engage those in recovery, offering an opportunity to give back
- To strengthen the health of our communities and build recovery capital
- To increase the size of the recovering community
- To build a recovery movement (become a voice)



# WHY LANGUAGE MATTERS

What words can you think of that are used to describe someone with an addiction?

# The message: "It's all your fault!"

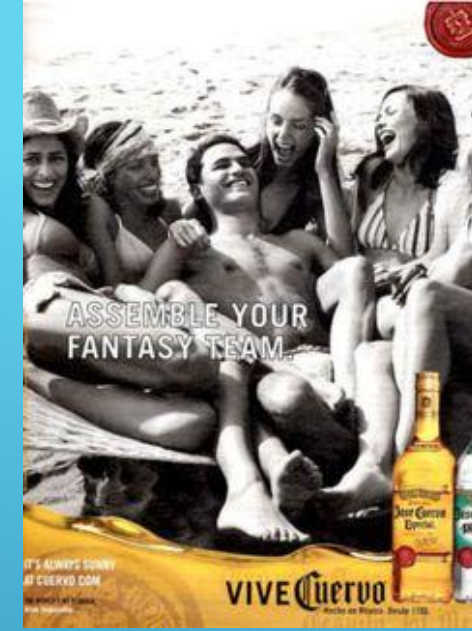
Richard Sacker from Purdue Pharma quotes: " Abusers die, hell that is the choice they made."

"Abusers aren't victims; they're are the victimizers"

"You won't believe how committed I am to make Oxycontin a huge success." In 2016 \$31 billion dollars in sales

"Its bad people doing bad things with a great product".

"We have to hammer on the abusers in every way possible"



**2017 Opioid Overdose Deaths by Age Group**  
National Vital Statistics System

Location	0-24	25-34	35-44	45-54	55+	Total
<b>United States</b>	<b>4,173</b>	<b>13,181</b>	<b>11,149</b>	<b>10,207</b>	<b>8,877</b>	<b>47,600</b>
Alabama	31	122	101	96	72	422
Alaska	NSD	NSD	NSD	NSD	NSD	102
Arizona	118	221	185	176	228	928
Arkansas	20	53	38	39	38	188
California	208	536	380	402	671	2,199
Michigan	162	572	455	432	412	2,033









We must help everyone see that addiction is not a character flaw – it is a chronic illness that we must approach with the same skill and compassion with which we approach heart disease, diabetes, and cancer.

DR. VIVEK MURTHY  
US SURGEON GENERAL



## FROM 2016 SURGEON GENERAL'S REPORT:

- ▶ Substance use disorders have a neurobiological basis. They should be treated as a medical issue like any other.
- ▶ We must change social attitudes, shifting how we think, talk, and act towards people with substance use problems.
- ▶ We have a moral obligation and economic imperative to provide access to high quality care for those suffering from substance use disorders.



## “LIFE IN RECOVERY” Survey, 2012, Alexandre Laudet, Ph.D. Faces & Voices of Recovery

- ✓ Involvement in domestic violence decreases
- ✓ Participation in family activities increases by 50%
- ✓ Financial
- ✓ Fifty percent more people pay taxes in persons in recovery from addiction
- ✓ Legal
- ✓ Voting in the general election increases
- ✓ Health
- ✓ Involvement in the general government with the financial justice
- ✓ Family
- ✓ Three million more women were
- ✓ Dry and decrease in days missed at school work
- ✓ recorded across multiple life
- ✓ Voting increases significantly



## RECOVERY LIFESTYLES

# PUTTING A FACE ON RECOVERY

## The Real Picture

The reality is that the majority of people suffering from addiction are good people. People that are family members, friends, co-workers, church members, rich and poor. They equally represent the members of our communities.



# NMSAS RECOVERY CENTER

*... A world of possibilities connecting people to pathways*

**Multiple Pathway Training**

**Thank you!**



# NMSAS Recovery Center

Assisting communities with new pathways



- Provider assistance and training
- Help new meetings off the ground with starter kit/Brochures/Flyers/meeting location and recruitment efforts
- Provide on-going recovery support
- Maintain recovery website: [youpickrecovery.org](http://youpickrecovery.org)
- Work with Drug Courts and other human service agencies
- Build a multiple pathway directory (web based)

*... A world of possibilities connecting people to pathways*



# PATHWAYS TO HEALING & RECOVERY

Study by ADT & Hart Research Associates for SAMHSA 2010

Age	Race or Ethnicity	Profession	Education	Income	Pathway(s)	Recovery/Healed
70+	White	HIV/AIDS prevention	Some college	<\$30K	Natural (friends, education), Faith-based	31 years
60-69	Black	Legal proofreader	Bachelor's degree	\$30K-\$59K	12-step mutual aid group (AA), Residential treatment, Family support, Education	29 years
30-39	White	Communication specialist	NA	NA	12-step mutual aid group (NA, AA), Outpatient treatment	8 months
40-49	Hispanic/Latino	Veterinary technician	High school graduate	\$30K-\$59K	Residential treatment, Peer-to-peer support, Therapy, Incarceration	7 years
60-69	Black	Counselor	Associate's degree	\$60K-\$99K	12-step mutual aid group (AA)	32 years
30-39	White	Social worker	Master's degree	\$100K+	Non-12-step mutual aid group (SMART Recovery), Therapy, Physician-assisted	7 years
NA	Black	Superintendent of halfway house	NA	NA	Faith-based, 12-step mutual aid group, Outpatient treatment, Inpatient treatment	2.5 years
40-49	White	Counselor	Bachelor's degree	\$30K-\$59K	Drug court, 12-step mutual aid group (AA)	4.5 years
50-59	White	Corporate vice president	Some college	\$100K+	Therapy, Physician-assisted, Bodywork (addiction energy healing)	15 months
18-29	White	Bartender, musician	Bachelor's degree	<\$30K	Art therapy, Traditional Chinese medicine, Therapy	7 years
18-29	American Indian	Nonprofit employee	Some college	\$30K-\$59K	Traditional Native American rituals, Giving back	5 years
18-29	White	Repairman	Some college	\$30K-\$59K	Residential treatment, Giving back	4 years
18-29	White	Real estate agent	Some college	\$30-\$59K	Residential treatment, Giving back, 12-step mutual aid group (AA)	4 years
18-29	White	Addiction counselor	Master's degree	NA	Faith-based	9 years
70+	White	Psychotherapist	Master's degree	\$60K-\$99K	12-step mutual aid group (AA), Therapy	35 years

