

Supporting Youth in or Seeking Recovery

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Opioid
Response
Network

treat ME

MMA Center for Quality Improvement / Maine Chapter, AAP



A better tomorrow starts **today.**

Working with communities.

- ✦ The SAMHSA-funded *Opioid Response Network (ORN)* assists states, organizations and individuals by providing the resources and technical assistance they need locally to address the opioid crisis and stimulant use.
- ✦ Technical assistance is available to support the evidence-based prevention, treatment and recovery of opioid use disorders and stimulant use disorders.

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Working with communities.

- ✧ The *Opioid Response Network (ORN)* provides local, experienced consultants in prevention, treatment and recovery to communities and organizations to help address this opioid crisis and stimulant use.
- ✧ *ORN* accepts requests for education and training.
- ✧ Each state/territory has a designated team, led by a regional Technology Transfer Specialist (TTS), who is an expert in implementing evidence-based practices.



Contact the Opioid Response Network

- ✦ To ask questions or submit a request for technical assistance:
 - Visit www.OpioidResponseNetwork.org
 - Email orn@aaap.org
 - Call 401-270-5900



Learning Objectives

By the end of this session participants will be able to:

- ✧ Describe Substance Use Disorder;
- ✧ Describe Recovery, the Multiple Pathways of Recovery, and Strength-based Approaches ; and
- ✧ Describe at least 4 Techniques and Strategies for Supporting Young People in Recovery.

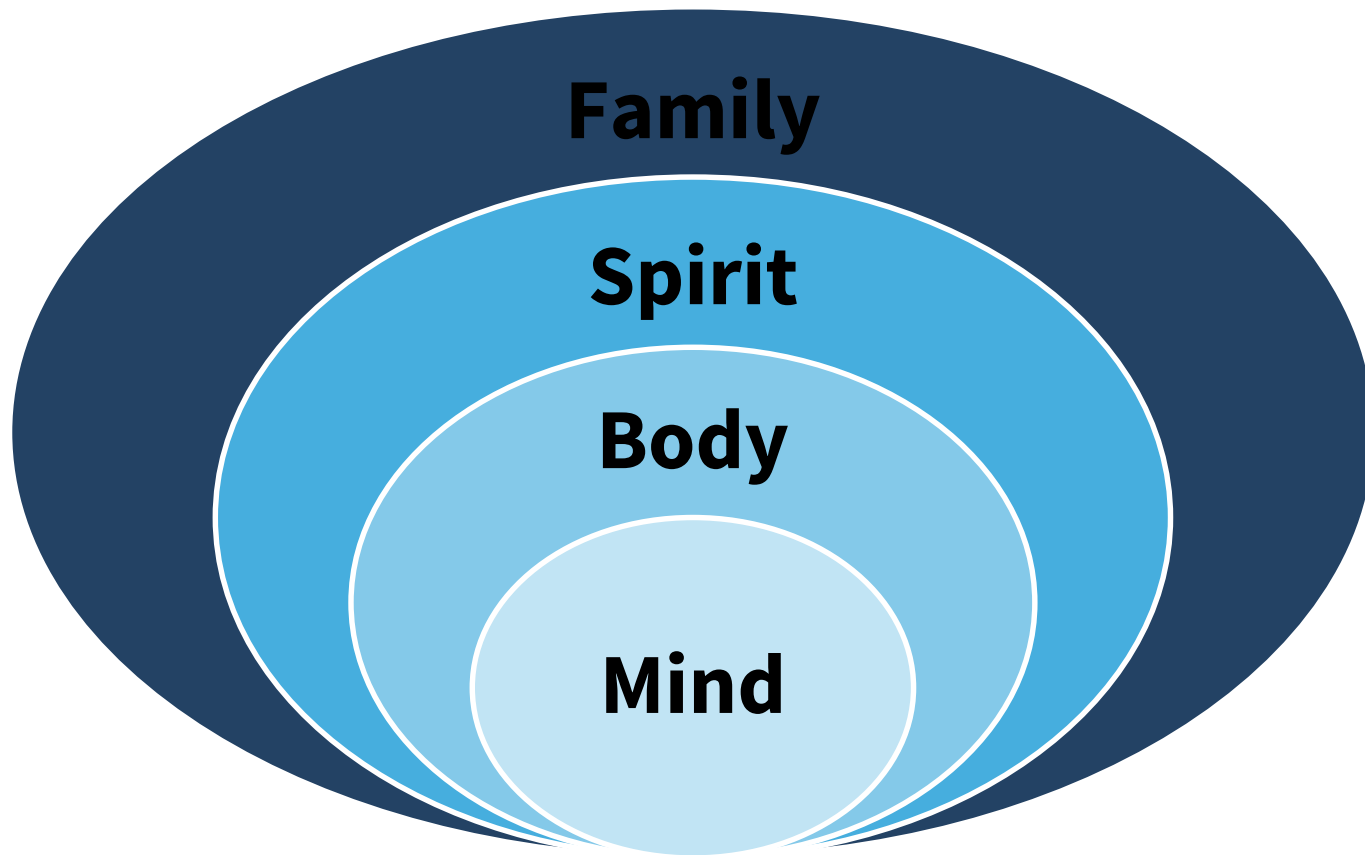


Substance Use Disorder

- ✦ **Substance use disorders** occur when the recurrent use of alcohol and/or drugs **causes clinically and functionally significant impairment**, such as health problems, disability, and failure to meet major responsibilities at work, school, or home. **A diagnosis of substance use disorder is based on evidence** of impaired control, social impairment, risky use, and pharmacological criteria (SAMHSA, DSM-V, 2017).



Impacts: Holistic Model



Recovery Definition (SAMHSA)

A process of change through which individuals **improve their health and wellness, live a self-directed life, and strive to reach their full potential.** The four dimensions of recovery are: Health, Home, Purpose and Community:

- **Health:** living in a physically and emotionally healthy way as well as overcoming or managing one's disease(s) or symptoms;
- **Home:** a stable, safe and recovery conducive place to live;
- **Purpose:** meaningful daily activities, such as a job, school, volunteerism, family caretaking, or creative endeavors, and the independence, income and resources to participate in society; and
- **Community:** relationships and social networks that provide support, friendship, love, and hope.



William White

(www.williamwhitepapers.com)

“The experience of a **meaningful productive life** within the limits imposed by the risks of addiction. Recovery is both the **acceptance and transcendence of limitation**. It is the achievement of optimal health – the process of **rising above and becoming more than an illness**.

Recovery in contrast to treatment **is both done and defined by the person in recovery.**”



Stages of Recovery

- ✦ **Stabilization** (0-90 days) Pre-Recovery
- ✦ **Early Recovery** (day 1 to 5 years)
- ✦ **Long-Term Recovery** (5 years or more)
- ✦ **NOTE:** Needs and Wants Are Different



Multiple Pathways of Recovery



**THERES MORE
THAN ONE PATH TO
RECOVERY**

Recovery Capital

- ✦ Recovery Capital (RC) is the breadth and depth of internal and external resources that can be drawn upon to initiate and sustain recovery from Substance Use Disorders (Granfield & Cloud, 1999; Cloud & Granfield, 2004).
- ✦ Recovery capital is conceptually linked to natural recovery, solution-focused therapy, strengths-based case management, recovery management, resilience and protective factors, and the ideas of hardiness, wellness, and global health. There are several types of recovery capital that can be influenced by professionals (White, 2007).



Physical Recovery Capital (cont.)

- ✧ Physical Health
- ✧ Financial Assets
- ✧ Health Insurance
- ✧ Safe and Recovery-Conducive Place to Live
- ✧ Clothing
- ✧ Food, and
- ✧ Access to Transportation



Human Recovery Capital (end)

- ✦ Values
- ✦ Knowledge
- ✦ Educational/Vocation Skills and Credentials
- ✦ Problem Solving Capacities
- ✦ Self-awareness
- ✦ Self-efficacy
- ✦ Self-esteem
- ✦ Hopefulness/Optimism
- ✦ Perception of Past/Present/Future
- ✦ Sense of Meaning and Purpose and
- ✦ Interpersonal Skills
- ✦ Family involvement/support
- ✦ The support from a community of other young people in recovery



8 Dimensions of Wellness



Peggy Swarbrick and Jay Yudof:
https://www.center4healthandsdc.org/uploads/7/1/1/4/71142589/wellness_in_8_dimensions_booklet_with_daily_plan.pdf

Our Individual and Collective Roles in Supporting Recovery

- ✦ Understand SUDs as a Public Health Matter, Not a Criminal Justice Issue, Never be Punitive
- ✦ Listen to Support, Never to Judge
- ✦ Support the Multiple Pathways of Recovery
- ✦ Attend to Trauma, Involve Family Members in Your Approaches
- ✦ Use Strength Based Language, Eliminate Stigma
- ✦ Humanize People, Build Equity, Lead with Restorative Justice
- ✦ Create Safe Spaces for Youth to Share and Receive Supports



Thanks – Muchas Gracias



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Thank you!
Please fill out our
brief survey

<https://tinyurl.com/Oct-Hernandez>

