



The Importance of Choice: Multiple Pathways of Recovery

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BUY-IN

- ▶ Multiple Pathways of Recovery is a highly personalized approach that is based on the spirit 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.

Allowing Choice in Language

- ▶ Allowing personal choice in identifying and descriptive language is a person-centered trauma-informed approach. The person should be given the freedom to describe and define themselves in any manner they see fit as it pertains to recovery. By doing so, the likelihood of buy in increases

Different Approaches

*Powerlessness vs.
Power of Choice*

12-Step TimeLine: Powerlessness

AA

Most believe the roots of recovery date back to the start of Alcoholics Anonymous (AA).

AA began in 1935 in Akron, Ohio, as the outcome of a meeting between Bill W. and Dr. Bob S. two “hopeless alcoholics” (Alcoholics Anonymous, n.d.).



NA

Narcotics Anonymous was founded in 1953.

Today, NA members hold nearly 67,000 meetings weekly in 139 countries (Narcotics Anonymous, n.d.).



CR

Celebrate Recovery (CR) started in 1991 at Saddleback Church in Lake Forest, California (Celebrate Recovery, n.d.).

CR allows the person to incorporate his or her Christian faith into recovery efforts.



Non-12 Step Approach: Power of Choice

Rational Recovery

- ▶ This approach personifies the voice of addiction as "the beast" which separates it from an individual's rational self.
- ▶ Individual's gain tools to combat this voice and are encouraged to avoid adopting the "disease outlook" of substance use as a lifelong problem.
- ▶ This recovery program disbanded when they discovered that identifying the addictive voice did not require regular group support meetings,
- ▶ SMART Recovery came out of this foundation.

SMART Recovery

- ▶ SMART has grown steadily since its inception in 1994.
- ▶ SMART stands for Self-Management and Recovery Training. The SMART approach is secular and science-based, using cognitive behavioral therapy and non-confrontational motivational methods



Discover Strengths :Locus of Control

- ▶ Locus of control refers to what a person believes causes his or her successes or failures.
 - ▶ Internal locus – an individual attributes failure and success to factors inside him or herself such as own abilities or efforts.
 - ▶ SMART recovery or other self-management programs – effort- and skill-based (Li, Feifer, & Strohm, 2000).
 - ▶ External locus – failure and success are attributed to factors outside the person such as luck or fate.
 - ▶ 12 step concept of powerlessness and higher power (Li, Feifer, & Strohm, 2000).

Religiosity and Participation in Mutual-Aid Support Groups for Addiction

Randolph G. Atkins, Jr., Ph.D.^a and James E. Hawdon, Ph.D.^b

- ▶ This study provides important new evidence that individuals who are philosophically well matched to support groups are more likely to participate in mutual-aid support groups and that support group participation improves recovery outcomes.
- ▶ If mutual-aid support groups are going to be a major component in treatment protocols, then matching treatment patients to the most appropriate mutual-aid support groups with regard to their individual beliefs and needs may be a critical factor in long-term treatment success.

Natural Recovery

- ▶ Recovery can happen naturally over time with no treatment whatsoever. Some people in remission may never identify as having an addiction or as being in recovery.
- ▶ Some individuals experience natural recovery through a change in environment or everyday habits.
- ▶ **Not spontaneous remission!**



Prevalence and pathways of recovery from drug and alcohol problems in the United States population: Implications for practice, research, and policy

- ▶ Tens of millions of Americans have successfully resolved an AOD problem using a variety of traditional and non-traditional means. Findings suggest a need for a broadening of the menu of self-change and community-based options that can facilitate and support long-term AOD problem resolution.

Substance Use, Recovery, and Wellness in the United States

22.35 million individuals
have resolved a past substance use problem

10.28 million individuals
identify as a person in recovery

53.9%

used
assisted
pathways

|

46.1%

did not
use assisted
pathways

Most utilized recovery supports

45.1% mutual aid

27.6% treatment / 8.6% use of medications

21.8% recovery support services

6.1% recovery community centers

What does that mean

- 46.1 % are recovering without specific interventions.
- Almost half of all recovered individuals do not identify as “recovered” and do not use “language” to describe their healing.
- We need more diversity in our approach, recommendations, and language surrounding recovery.

Barriers to Multiple Pathways

- A person can have a strong belief in a certain pathway of recovery and develop bias they are unaware is present.
- A person can also develop bias through the singular approach of the facility in which they work.
- Many times bias is rooted in something that helped or hurt a person in their path or a path of a loved one.
- I am still attached to my original pathway(belief system) no matter how far I am removed. It is uncomfortable to strive to practice in an inclusive manner.

Systemic Bias

- ▶ According to Substance Abuse and Mental Health Services Administration (SAMHSA), 73% of all substance use treatment in the United States are fully or partially based in the 12-steps.
- ▶ Many times, individuals in substance use treatment, recovery residences, and the court system are required to attend 12-step recovery groups without careful assessment of individual needs and preferences.
- ▶ Many professional monitoring programs will not allow SMART Recovery, Celebrate Recovery, or any other proven pathway. RPP has changed their approach
- ▶ There is no scientific evidence that shows one pathway is more effective than the other.

Inclusive Terminology for Strength Building in Recovery

- ▶ Sense of Community - finding connection
- ▶ Passing it Forward - volunteer work
- ▶ Mentorship - giving/receiving
- ▶ Accountability - ultimately holding self accountable)
- ▶ Vulnerability
- ▶ Internal Change - value system
- ▶ Environmental Change
- ▶ Recovery Management - risk reduction and recurrence prevention
- ▶ Holistic Wellness Focus

“ Program ”

- ▶ Reward inhibition – The ability to suspend my need for reward/benefit
- ▶ Distress tolerance – The ability to endure emotional pain over longer periods of time without immediate relief.
- ▶ Empathy building – The ability to both identify, understand, and value the emotional experience or perspective of others.
- ▶ Letting go- breaking obsessions – A radical acceptance skill, this can be labeled an “internal coping skill” but is often a focus of reducing cravings or cue reactivity with SUD

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