



RECOVERY MANAGEMENT: HELPING PEOPLE MOVE FROM ACTIVE ADDICTION TO LASTING RECOVERY

PRESENTED BY
MARK PANASIEWICZ

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Disclosure

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Overview

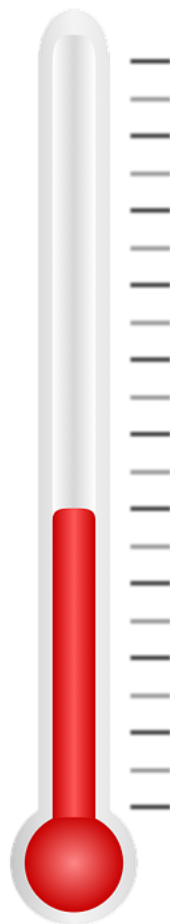
- Addiction, remission, recovery
- How people get better
- Recovery management



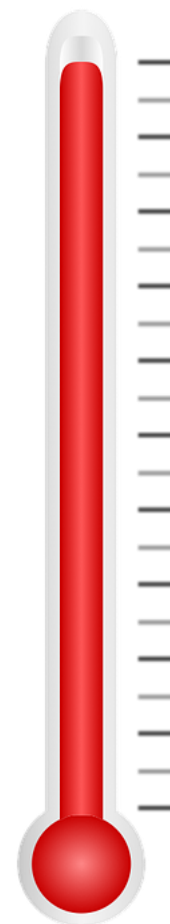
Addiction



Remission



Recovery



Addiction

American Society of Addiction Medicine

- Severe substance use disorder
- Treatable, chronic, medical
- Brain circuits, genetics, environment, experiences
- Substances, other behaviors
- Compulsive
- Harmful consequences
- DSM-5: At least 6 out of 11 symptoms



Remission

DSM-5

- Almost none of the 11 symptoms of SUD
- At least 90 days (early)
- At least 12 months (sustained)
- One symptom may persist – even in sustained remission



Recovery

- Change process
- Health and wellness
- Abstinence
- Self-directed life
- Full potential quest
- Personal condition, not a program
- Always a choice



Recovery Doesn't Happen in Isolation



Support

Affirmation

Advice

Accountability

Affiliation



Recovery Doesn't Happen in the Absence of Hope



Recovery Requires Connection and Belief



Five Essential Action Steps

1. Get ready
2. Break free
3. Break the connection
4. Choose the right path
5. Deal with temptation





Recovery and Recovery Capital

Language of Recovery

Current Terminology

Treatment is the goal; Treatment is the only way into recovery

Untreated Addict / Alcoholic

Substance Abuse

Drug of Choice / Abuse

Denial

Relapse Prevention

Pathology Based Assessment

Immediate Focus is on total abstinence from all illicit and non-prescribed substances the CLINICIAN identifies

A Drug is a Drug is a Drug

Clean/Sober

Relapse is part of Recovery

Relapse

Self Help Groups

Drug Overdose

Graduate from Treatment



Alternative Terminology

Treatment is an opportunity for initiation into recovery (one of multiple pathways into recovery)

Individual not yet in Recovery

Substance Use Disorder / Addiction / Substance Misuse

Drug of Use

Ambivalence

Recovery Management

Strength / Asset Based Assessment

Focus first on the drug or other issue the CLIENT feels is creating problems

Each illicit substance has unique interactions with the brain; medication if available is appropriate

Drug Free / Free from illicit and non-prescribed medications

Recurrence / Return to Use may occur as part of the disease

Recurrence / Return to Use

Mutual Aid Group

Drug Poisoning

Commence Recovery



The Most Respectful Way of Referring to People is as People



| Current | Alternative | Reasoning |
|---|--|--|
| Clients Patients Consumers | <ul style="list-style-type: none">• The people in our program• The folks we work with• The people we serve | More inclusive, less stigmatizing |
| Alex is an addict | <ul style="list-style-type: none">• Alex is addicted to alcohol• Alex is a person with a substance use disorder• Alex is in recovery from drug addiction | Put the person first Avoid defining the person by their disease |
| The terms listed below, along with others, are often people's ineffective attempts to reclaim some shred of power while being treated in a system that often tries to control them. The person is trying to get their needs met, or has a perception different from the staff, or has an opinion of self not shared by others. And these efforts are not effectively bringing them to the result they want. | | |
| Mathew is manipulative | <ul style="list-style-type: none">• Mathew is trying really hard to get his needs met• Mathew may need to work on more effective ways of getting his needs met | <ul style="list-style-type: none">• Take the blame out of the statement• Recognize that the person is trying to get a need met the best way they know how |
| Kyle is non-compliant | <ul style="list-style-type: none">• Kyle is choosing not to...• Kyle would rather...• Kyle is looking for other options | Describe what it looks like uniquely to that individual – that information is more useful than a generalization |
| Mary is resistant to treatment | <ul style="list-style-type: none">• Mary chooses not to...• Mary prefers not to...• Mary is unsure about... | Avoid defining the person by the behavior Remove the blame from the statement |
| Jennifer is in denial | <ul style="list-style-type: none">• Jennifer is ambivalent about...• Jennifer hasn't internalized the seriousness of...• Jennifer doesn't understand... | Remove the blame and the stigma from the statement |



How likely are
people to recover?

Recovery Happens



Understanding Recovery Capital

- The breadth and depth of internal and external resources that can be drawn upon to initiate and sustain recovery from SUD.
- The sum total of person's resources that can be brought to bear on the initiation and maintenance of recovery.
- Recovery capacity





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