




Many Pathways to Recovery

Tools of Recovery




The opposite of addiction is not sobriety. The opposite of addiction is connection.”

- Johann Hari

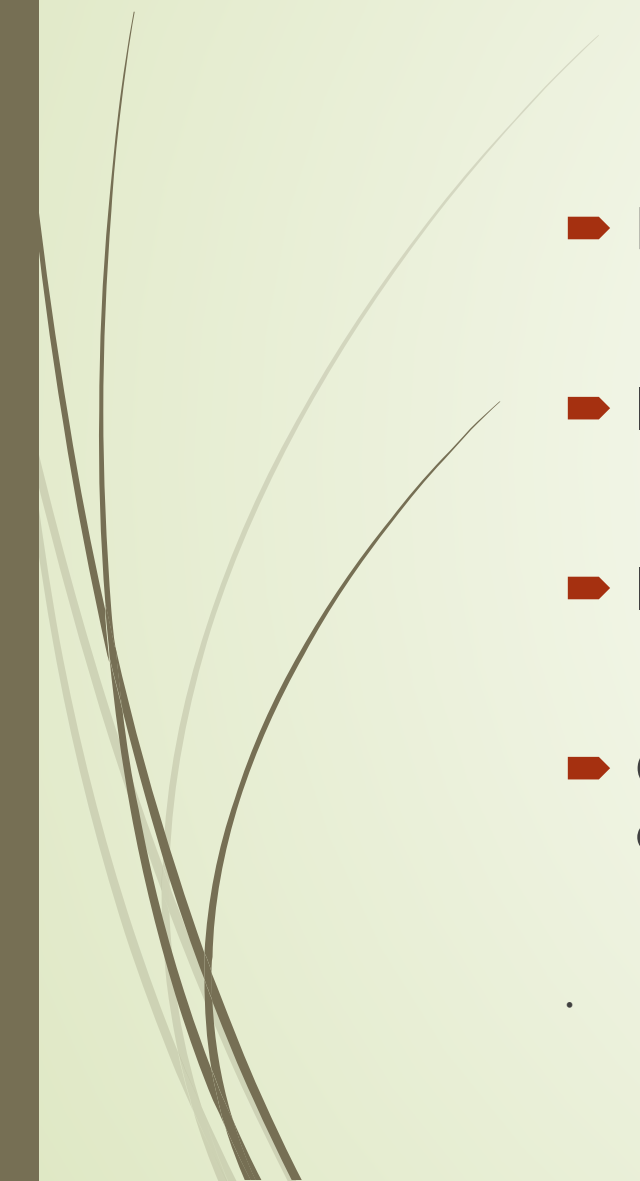


Connection is the Key

- **The key element of all forms of recovery is connection: being connection with self, the group and a higher calling.**
 - **There is a necessity to find a new connection – that involves a deeper meaning and purpose and sense of belonging.**
- 



In these Trying Times

- **Now more than ever our ties to others are what is important.**
 - **It is our connections with others that is our strength.**
 - **It is our ability to remain vulnerable and reach out.**
 - **Our daily one on one connections and our connection to community is vital.**
- 



Resilience



- **In the face of so much - Resilience is available even in the face of addiction, trauma and abuse**
- **Self care of providers is as important in these times as those we care for.**
- **Remember to take care of each other and watch over one another as we reach out and help our wounded and weary.**



What Doesn't Help

- **Rigid thought process will lead to extreme long lasting emotional states**
 - **Fear of invisible enemy**
 - **Lack of support**
 - **Anxiety of Unknown**
- **Flexible thinking patterns help with coping skills help deal with current situations.**




Evidence of Crisis

- ▶ **A recent crisis mental health line has seen an 891% spike in calls**
- ▶ **Available lines**
 - ▶ **Disaster Distress Helpline 1-800-985-5990**
 - ▶ **Text TALK With Us to 66746**
 - ▶ **Local Text “Hopeline” to 741741**



What Works in Recovery

- **Whatever the mutual aid society.**
 - **These programs teach personal, interpersonal and some form of higher purpose connection.**
 - **They all provide a sense of purpose and meaning.**
 - **All of this to once again or for the first time to become a purposeful member of society.**
- 




How to Practice a Health Lifestyle

- **First Tool I Practiced: One Day at a Time - Taking life in small chunks and not worrying about tomorrow or ruminating about the past.**
- **HALT – Hungry, Angry, Lonely, Tired**
- **This to Shall Pass**



Gratitude and Keeping a Clean Slate

- ▶ **Even a plant know to turn it face towards the sun.**
 - ▶ **God grant me the serenity, I'll provide the gratitude**
 - ▶ **Keeping daily gratitude list**
 - ▶ **Avoiding Amends and making Amends.**
 - ▶ **Pray for one's enemies or even those who annoy us.
A new perspective.**
- 



Practical Advice for the Introvert and Extrovert

- Use the On-line meeting as much as possible.
- Keep in contact with your sponsor and people in the program.
- Keep in contact with others in your support network outside of the program.
- If family is important to you, stay connected.
- Remember introverts even though it seems like we don't need it, connection is still important.



Extra for Extrovert

- **Meet up with your sponsor outside.**
- **A hike, bike or run with someone else in the program.**
- **Deliver groceries, a prescription or other needed item to someone on lockdown due to age or health issues.**
- **Reach out and call individuals in your recovery circle**



Be Vulnerable

Vulnerability is the:

- **Courage to be imperfect**
- **Compassion to be kind to yourself and others**
- **Connection as a result of authenticity**

Vulnerability allows us to live with joy, gratitude and openheartedness

-Source: Brene Brown. “The Power of Vulnerability” TEDTalk, June 2010.



On-line Resource

On-line Recovery meetings <https://www.intherooms.com/home/>

Smart Recovery <http://www.smartrecovery.org/smart-recovery-toolbox/smart-recovery-online/>

Wellbriety Native American on-line meeting Thursday 6pm (Central Time)
<http://www.intherooms.com/home/>

Refuge Recovery – Buddhist Recovery Meetings online-
<https://refugerecovery.org/locations/online-us>

District 02, Area 74 AA On-line Meetings www.district02aa.org/contact-us

Facebook Group- “AA during an Outbreak” – listing of on-line meetings and encouragement.



SAMSHA Resources

- ▶ SAMSHA Training and Technical Assistance Related to COVID – 19 for Mental Health and Substance Use Providers Upcoming Webinars:

<https://www.samhsa.gov/sites/default/files/training-and-technical-assistancecovid19.pdf>

- ▶ Includes: Trauma Informed and Resilience-Oriented Leadership during Pandemic
- ▶ Leadership in Times of Chaos
- ▶ Wellness and Self-Compassion: Supporting MH and SU Providers during Pandemic
- ▶ Ambiguous Loss: Grieving in the Time of COVID-19



Addiction Technology Transfer Center (ATTIC) Resources

- ▶ ATTIC have produced several resources to help providers to improve services capability in response to COVID-19:

<https://attcnetwork.org/centers/global-attc/pandemic-response-resources>

- ▶ Telemental Health Fundamentals: Preparing Your Office and Engaging Your Clients
- ▶ SUD Services in the Days of a Pandemic: You Need a Bigger Boat!
- ▶ Telehealth Learning Series for SUD Tx and Recovery Support Providers
- ▶ Online Telephone and Support Groups
- ▶ Healing the Healer: Employing Principles of Neuroscience, CBT and MI to Understand and Treat Compassion Fatigue Among Human Services Professionals



Remember You Not Alone

**Most of All Remember There are Millions of Sober People
All Working Together to Stay Clean and Sober Every Day in
This New Norm**

You Are Not Alone!

Reach Out to Those You Love and Know,

Be a Touchstone to Those You Care About.