5 Things Primary Care Practices Can Do to Support People in Recovery

Matthew Braun – Young People in Recovery

Caring for ME Leadership Meeting
Maine Medical Association/Maine Quality Counts

December 14, 2016
Today’s Ideas

1. Stigma & Terminology
2. MAAR Asset Map
3. Recovery Coaching
4. Recovery: Health, Home, Community, Purpose
5. The Continuum and the Many Pathways to Recovery
What the Stats Say

- **Recovery Community**
  - 88% believe it is very important for the American public to see that thousands get well every year

- **General Public**
  - A majority of Americans (63%) have been affected by addiction
  - A majority (67%) believe that there is a stigma toward people in recovery
  - A majority (74%) say that attitudes & policies must change

  - Yet, there’s still a persistent stigma…
Words Have Power

“Words have immense power to wound or heal...The right words catalyze personal transformation and offer invitations to citizenship and community service. The wrong words stigmatize and disempower.”

~William White
Author and Recovery Advocate

williamwhitepapers.com
<table>
<thead>
<tr>
<th>Instead of:</th>
<th>Try:</th>
</tr>
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<tbody>
<tr>
<td>Addict</td>
<td>Person with a substance use disorder</td>
</tr>
<tr>
<td></td>
<td>Person with a serious substance use disorder</td>
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<tr>
<td>Addicted to X</td>
<td>Has an X use disorder</td>
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<tr>
<td></td>
<td>Has a serious X use disorder</td>
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<tr>
<td></td>
<td>Has a substance use disorder involving X</td>
</tr>
<tr>
<td></td>
<td>(if more than one substance is involved)</td>
</tr>
<tr>
<td>Addiction</td>
<td>Substance use disorder</td>
</tr>
<tr>
<td></td>
<td>Serious substance use disorder</td>
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<tr>
<td><strong>Note:</strong></td>
<td>“Addiction” is appropriate when quoting findings or research that used the term or if it appears in a proper name of an organization.</td>
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<td>“Addiction” is appropriate when speaking of the disease process that leads to someone developing a substance use disorder that includes compulsive use (for example, “the field of addiction medicine,” and “the science of addiction”).</td>
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<td>It is appropriate to refer to scheduled drugs as “addictive.”</td>
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<tr>
<td>Alcoholic</td>
<td>Person with an alcohol use disorder</td>
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<tr>
<td></td>
<td>Person with a serious alcohol use disorder</td>
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<tr>
<td>Alcoholics Anonymous / Narcotics Anonymous / etc.</td>
<td><strong>Note:</strong> When using these terms, take care to avoid divulging an individual's participation in a named 12-step program.</td>
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<tr>
<td>Clean</td>
<td>Abstinent</td>
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Language in a Clinical Setting

- 500 doctoral-level clinicians exposed to a vignette:
  - man in treatment—mandated by the court
  - had been using drugs/alcohol for the past few years prior to treatment
  - required abstinence
  - has complied with treatment program requirements
  - 30 days in was found with 2 positive urinalyses
  - now awaits his appointment with the judge for determination

- “Substance abuser”
  - clinicians more likely to deny treatment
  - clinicians significantly more likely to judge the person as deserving of blame and punishment
    - this effect even stronger in the general public

- “Person with substance use disorder”
  - receive better treatment and more compassionate care
Words/Concepts to Elevate and Celebrate

• Behavioral health is essential to overall health
  • prevention works, treatment is effective, and people do recover
• Person first language
• Growth & possibility
• Empowerment – hopes, dreams, and aspirations
• How people in recovery contribute positively to their community
• Focus on the solution instead of the problem

• Integrated care – mental health, substance use disorders, and co-occurring
• Recovery-ready communities
• Recovery support services
• Disease model, requiring medical AND societal interventions that promote healing and remission
Definitions

• **What is Recovery?**
  ▫ SAMHSA, 2012
    • a process of change through which individuals improve their health and wellness, live self-directed lives, and strive to reach their full potential
    • Health, Home, Purpose, Community

• **Substance Use Disorder**
  ▫ DSM-V, 2013
    • A diagnosis based on evidence of impaired control, social impairment, risky use, and pharmacological criteria
    • Spectrum of symptoms from mild, moderate to severe
A Recovery-Oriented System of Care: Bangor, Maine

BANGOR REGION PUBLIC HEALTH ADVISORY BOARD
Substance Abuse Task Force

Progression of AOD Problems

Environmental and/or Community Support

Evolution of Recovery from AOD Problems

Increased Social Costs

Increased Social Benefits

Primary Prevention
Social Marketing
Environmental Programs
Underage Drinking

Secondary Intervention
Drinking Driving Programs
Early Intervention
Outpatient Counseling

Tertiary Treatment
Medication Assisted Treatment
Intensive Outpatient and Residential Treatment

Early Recovery
Recovery Coaching
Peer-based Support
Telephone Support
Recovery Planning
Safe Housing
12-Step Support

Mid-Term Recovery
Peer-based Support
Sober Living
Environments
Employment
Education
Community Service

Long-term Recovery
Volunteer Activities
Self-Sufficiency
Leadership
Advocacy

Integrated care across the whole continuum: mental health and trauma needs to be addressed too

Bangor Area Recovering Community Coalition
BARCC is a group of recovering individuals and their allies who advocate and support addiction recovery in the greater Bangor area.

BANGOR AREA RECOVERY NETWORK, Inc.
The “BARN”
A Community Recovery Center
Membership and Fundraising
Operations and Facilities
Education and Advocacy (BARCC)
MAAR Community Asset Map

- Developed by the Maine Alliance for Addiction Recovery (MAAR) as a guide for services in the state of Maine. Website and mobile app for IOS/droid.

- Search by:
  - Type of service (e.g. hospital, recovery group, other public health group, MAT provider)
  - Geographic location

- Share the website/app widely!
  Contact Darren at dripley@masap.org if your agency is not listed.

http://www.zeemaps.com/view?group=1395437&x=-69.669907&y=44.793325&z=10
Recovery Coaching

• “A Recovery Coach is a person who helps remove personal and environmental obstacles to recovery, links the newly recovering person to the recovering community, and serves as a personal guide and mentor in the management of personal and family recovery. Such supports are generated by mobilizing volunteer resources within the recovery community, or provided by the recovery coach where such natural support networks are lacking.”

    ~ William White

• * boundaries  * guidance principles of recovery  * cultural competence
  * crisis intervention  * recovery wellness planning  * self care
  * referral  * trauma  * values and differences  * stages of change
  * stigma  * motivational interviewing  * spirituality and religion
  * privilege and power  * communication skills  * professional
  * development

• FMI: Darren Ripley, Maine Alliance for Addiction Recovery (MAAR) Coordinator
  - (207) 621-4111 or dripley@masap.org
Core Message for a Provider/Ally

• I work with/interact with this group/person, who is a part of our community, living in long term recovery…

• Recovery has brought stability to [his/her] life

• They are part of a community that helps empower and enhance our community experience

• Long-term recovery has given them and our community new purpose, creating a culture of support and assistance.

• Our program makes it possible for all to find and enhance quality of life, while pursuing personal goals and successes
Thoughts, concerns, comments….feel free to contact me!

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(207) 776-0420