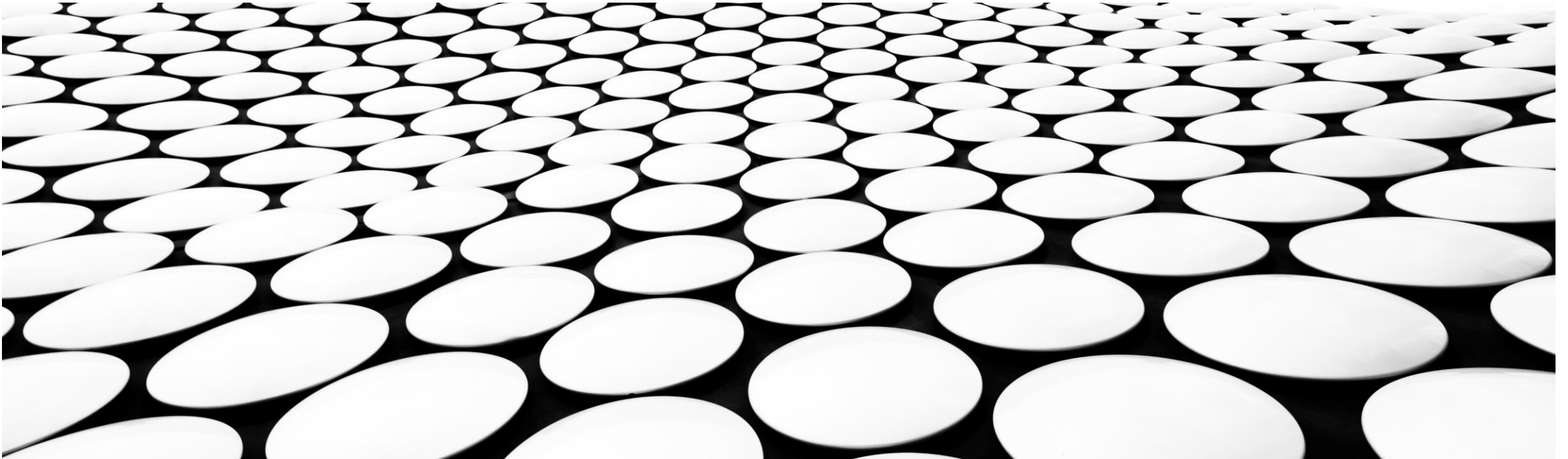

WE DO RECOVER: THE SCIENCE OF ADDICTION RECOVERY

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PRESENTATION OBJECTIVES

1. Define addiction recovery
2. Describe key elements and mechanisms of recovery
3. Examine prevalence of addiction recovery in the U.S.
4. Discuss pathways of recovery
5. Life in Recovery study outcomes

INTRODUCTION: WHY IS THIS IMPORTANT?

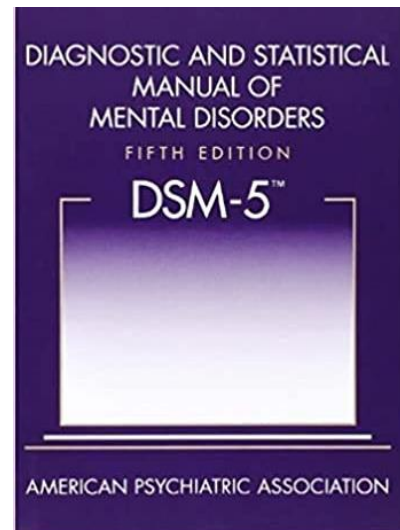
- If alcohol and tobacco are included, 165 million or 60.2% of Americans (12+) currently misuse drugs (i.e., used within the last 30 days) (NCDAS, 2022)
- Over 95,000 Americans die from the effects of alcohol use every year (NCDAS, 2022)
- Over 100,000 Americans died from an overdose last year (Ahmed et al., 2022)
- ~65% percent of U.S. prison population has SUD. Another 20% did not meet criteria for SUD but were under the influence at time of crime (NIDA, 2020)
- ~39% of all child welfare cases where children were removed from home were due to substance use (NCSACW, n.d.)
- ~2/3 of child maltreatment reports involve substance use (CWIG, 2014)
- Etc.!

WHAT IS ADDICTION?

*“Addiction is a **treatable**, chronic medical disease involving complex interactions among brain circuits, genetics, the environment and an individual’s life experiences. People with addiction use substances or engage in behaviors that become compulsive and often continue despite harmful consequences” (ASAM, 2019).*

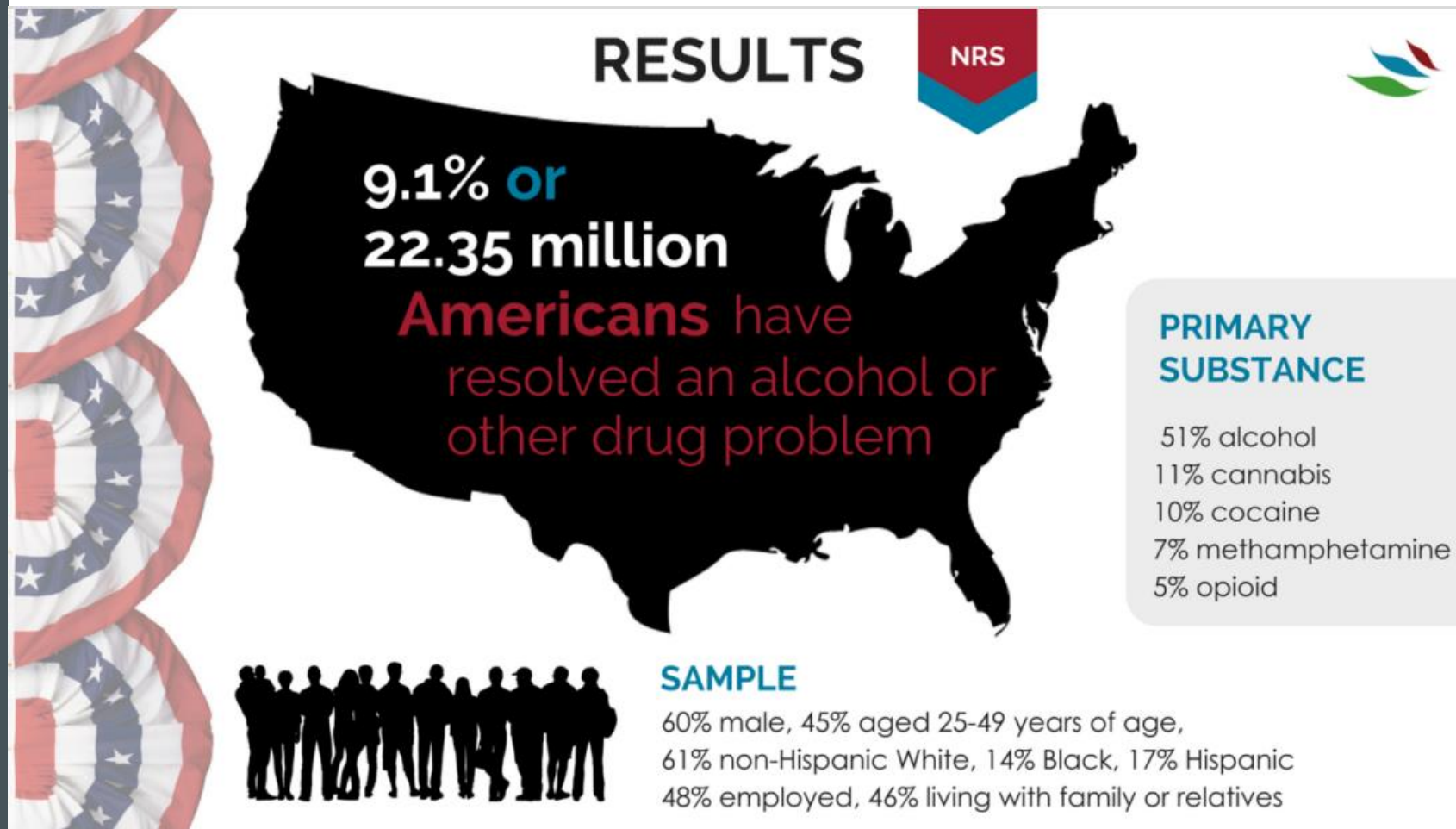
Diagnostic criteria for SUDs fall into 4 categories (ASAM 2013):

1. Impaired control
 - (e.g., inability to consistently abstain)
2. Social impairment
 - (e.g., continued use despite persistent and recurrent interpersonal problems caused by or exacerbated by use)
3. Risky use
 - (e.g., recurrent use in situations that are physically hazardous)
4. Pharmacological criteria
 - (tolerance and withdrawal)



BUT WHAT ABOUT RECOVERY?

- Nearly 23 million Americans identify as in recovery, recovered, or who have successfully resolved an AOD problem (Kelley et al., 2017; Laudet et al., 2013)!
- That's 9.1 - 10% of the U.S. population!



(slide from Kelly, J. 2021 NCAD presentation)

WHITE'S 2007 PROPOSED DEFINITION

“Recovery is the experience (a process and a sustained status) through which individuals, families, and communities impacted by severe alcohol and other drug (AOD) problems utilize internal and external resources to voluntarily resolve these problems, heal the wounds inflicted by AOD-related problems, actively manage their continued vulnerability to such problems, and develop a healthy, productive, and meaningful life” (p. 12).

BETTY FORD CONSENSUS PANEL DEFINITION (2007)

“A voluntarily maintained lifestyle comprised of sobriety, personal health and citizenship.”

Three broad issues arose when revisiting definition:

1. The recovery process

- Recovery is not synonymous with a specific method of attaining it.

2. Issues of sobriety

- Abstinence vs. sobriety
- Medication supported sobriety

3. Citizenship

- “participating in the rights and responsibilities of social life” (McLellan, 2009, p. 495)

ASAM'S POLICY STATEMENT ON RECOVERY (2018)

“Recovery from addiction is an active process of continual growth that addresses the biological, psychological, social and spiritual disturbances inherent in addiction, and includes the following factors:

1. The aim of improved quality of life and enhanced wellness as identified by the individual
2. An individual's consistent pursuit of abstinence from the substances or behaviors towards which pathological pursuit had been previously directed or which could pose a risk for pathological pursuit in the future
3. Relief of an individual's symptoms including substance craving
4. Improvement of an individual's own behavioral control
5. Enrichment of an individual's relationships, social connectedness, and interpersonal skills
6. Improvement in an individual's emotional self-regulation.”

BACKGROUND

- Recovery is a primary goal for BHC.
- *“A process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential.”*

(SAMHSA, 2012, p. 3)

SAMHSA's WORKING DEFINITION OF RECOVERY



10 GUIDING PRINCIPLES
OF RECOVERY

FOUR MAJOR DIMENSIONS OF RECOVERY

1. HEALTH
2. HOME
3. PURPOSE
4. COMMUNITY

HEALTH



HOME

- A stable and safe place to live



PURPOSE

- Meaningful daily activities, such as a job, school
- Volunteerism
- Family caretaking
- Creative endeavors
- The independence, income, and resources to participate in society

COMMUNITY

- Relationships and social networks that provide support, friendship, love, and hope



10 GUIDING PRINCIPLES

1. Recovery emerges from HOPE!
2. Recovery is PERSON-DRIVEN.
3. Recovery occurs via MANY PATHWAYS.
 - No wrong way to recover!
4. Recovery is HOLISTIC.
5. Recovery is supported by peers and allies.
 - “The therapeutic value of one addict helping another is without parallel” (NA Basic Text).
6. Recovery is supported through relationship and social networks.
7. Recovery is culturally-based and influenced.
8. Recovery is supported by addressing trauma.
9. Recovery involves individual, family, and community strengths and responsibility.

GUIDING PRINCIPLE # 10: RESPECT



What are the important elements of recovery?

STUDY: ELEMENTS THAT DEFINE RECOVERY

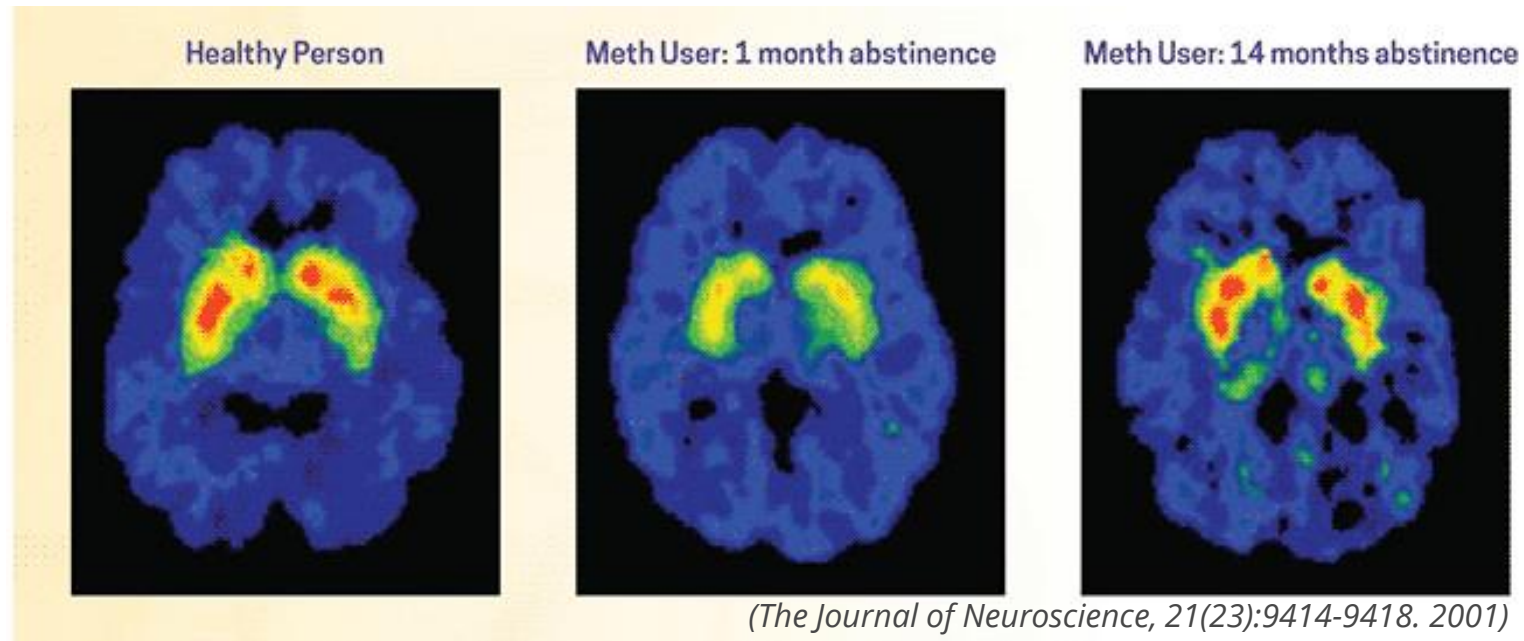
- 9,341 participants
- Nationwide
- Internet-based survey
- Diverse recovery pathways

FOUR DOMAINS

1. Abstinence in Recovery
2. Essentials in Recovery
3. Enriched Recovery
4. Spirituality of Recovery

DOMAIN 1: ABSTINENCE IN RECOVERY

- Defined as abstinence from alcohol, illicit drugs, and non-prescribed prescription medication



DOMAIN 2: ESSENTIALS IN RECOVERY

- Being honest with myself
- Realistic appraisal of my abilities
- Ability to deal w/situations that used to stump me
- Getting along /family or friends better than I did before
- Being able to enjoy life without drinking or using
- Being able to have relationships with people I'm not using or who aren't using me

DOMAIN 3: ENRICHED RECOVERY

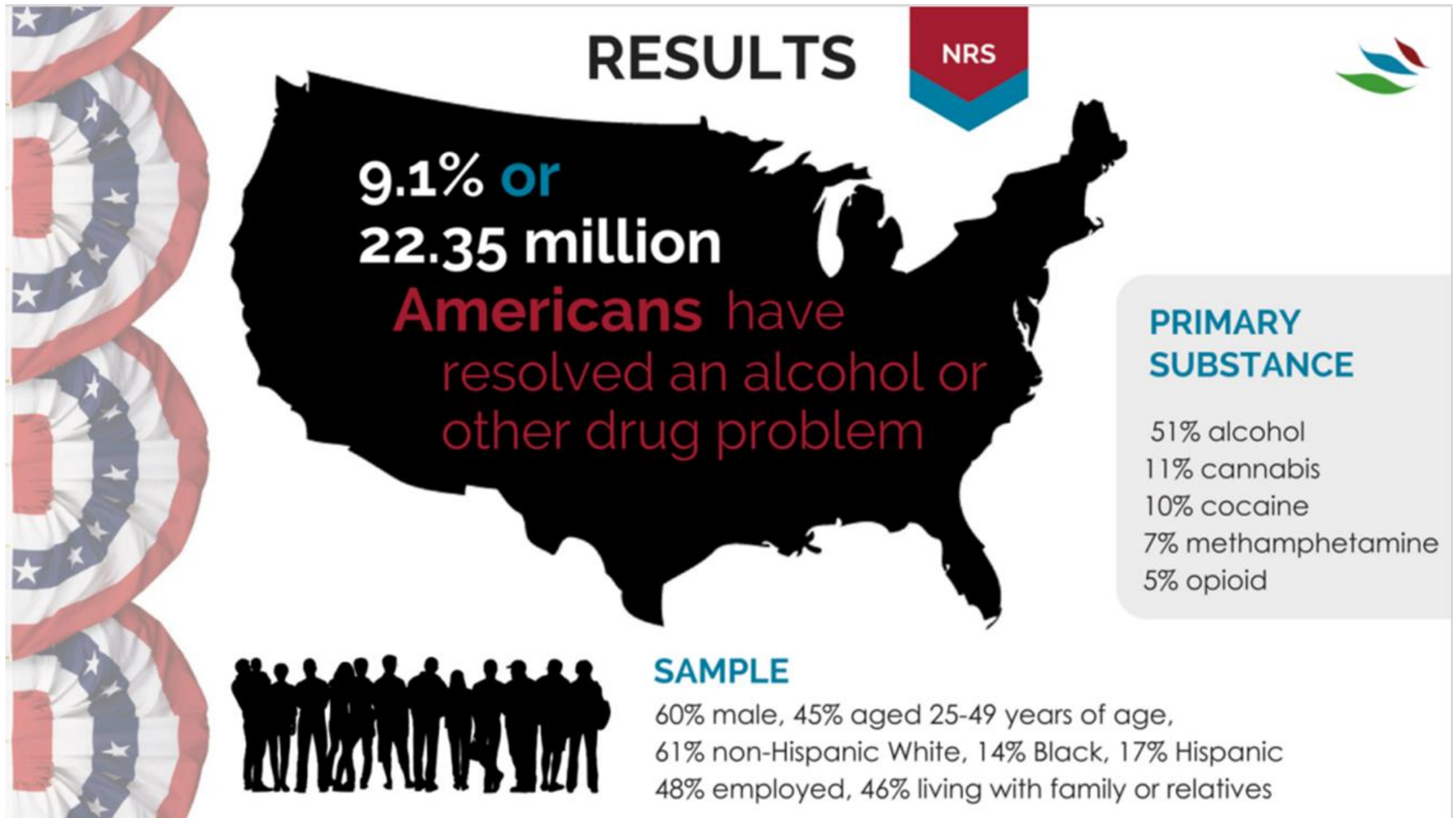
- Living a life that contributes to society, family, or your own betterment
- Having tools to try to feel inner peace when I need to
- Improved self-esteem
- A process of growth and recovery
- Being the kind of person that people can count on

DOMAIN 4: SPIRITUALITY OF RECOVERY

- Being grateful
- Appreciating that I'm part of the universe
- Becoming more open-minded about spirituality
- About helping other people to not drink or use
- Feeling connected

What are the common themes across all definitions of recovery?

NATIONAL RECOVERY STUDY (KELLY ET AL., 2017)





RESULTS CONT.

- Sampling frame: 39,809
- Response rate: 63%, N=25,229
- Total n = 2,002 (9.1%) responding “yes” to *Did you used to have an AOD problem and no longer do?*
- 46% identified as being “in recovery”
 - Odds of self-identifying in this manner associated with greater indices of greater severity (earlier age of onset, psychiatric comorbidities, greater treatment and recovery support services use)
- 53.9% reported assisted recovery pathway
 - (professional treatment, medication, mutual aid, sober living, faith-based services, etc.)



STUDY MEASURES

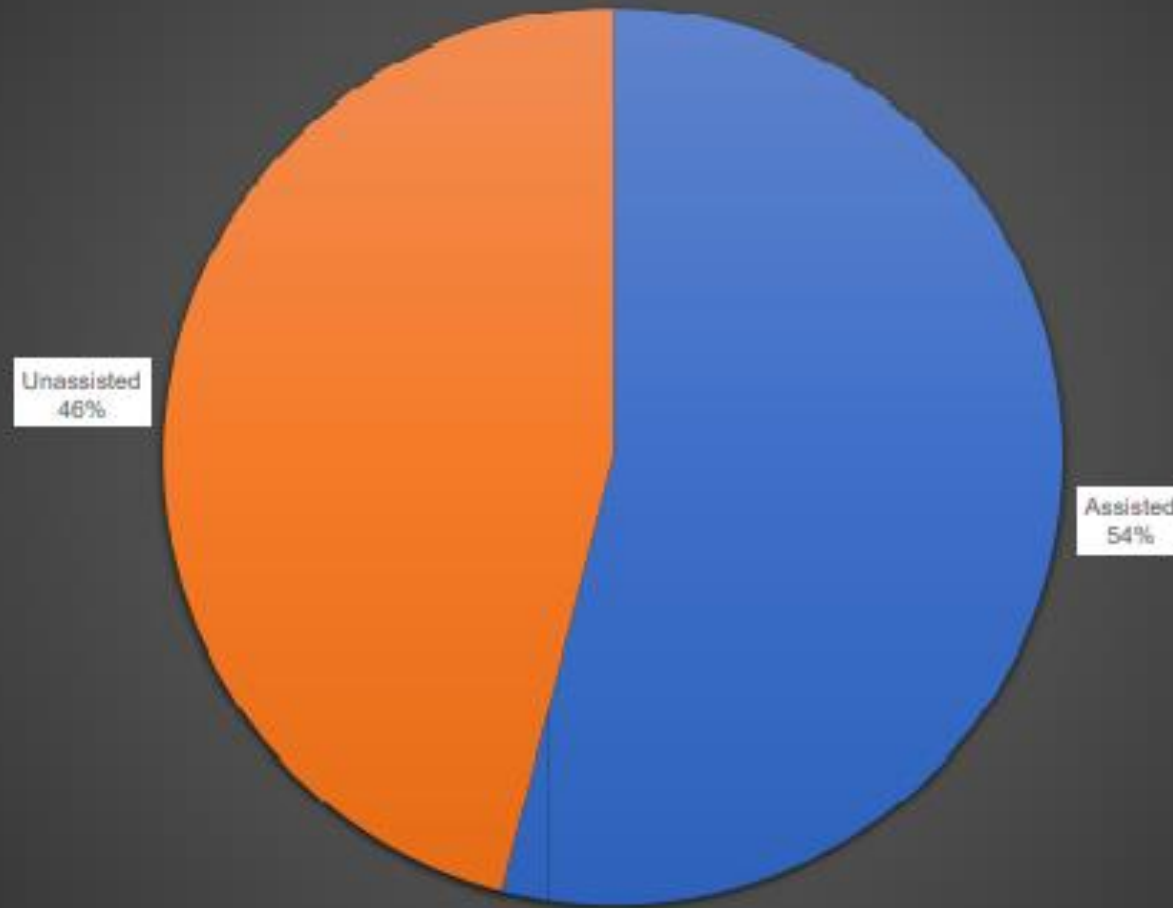
- Demographics
- Substance use hx
- Medical hx
- Criminal justice hx
- Treatment & recovery support services
- Problem resolution and recovery hx
- Recovery capital
- Psychological distress
- Quality of life
- Happiness
- Self-esteem

What are some examples of recovery capital?



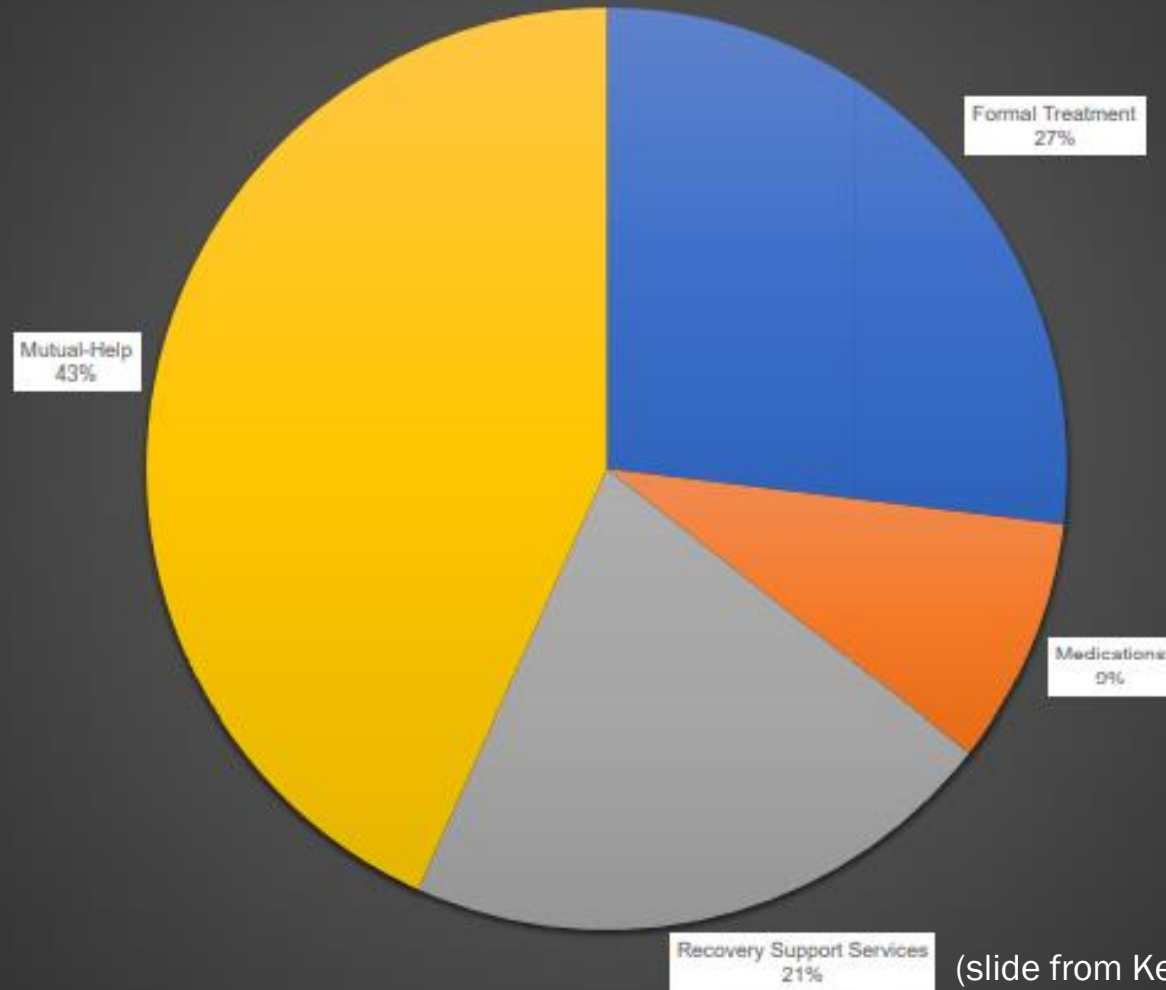
(source: <https://lastdoor.org/what-is-recovery-capital/>)

Recovery pathways: assisted vs unassisted



(slide from Kelly, J. 2021 NCAD presentation)

Assisted pathway: services used



(slide from Kelly, J. 2021 NCAD presentation)

WHICH RECOVERY PATHWAY IS BEST?

- “The resolution of AOD problems is marked by multiple pathways and styles. All should be cause for affirmation and celebration!”
- The question, “Which pathway of recovery is best or most effective?” is unanswerable without reference to
 - “For whom?”,
 - “At what point in time within that person’s addiction/recovery life cycle?”, and
 - “Within what environmental and cultural context?”

(White, B., 2017)

WHY IT MATTERS

Life in Recovery Survey (Laudet, 2013)

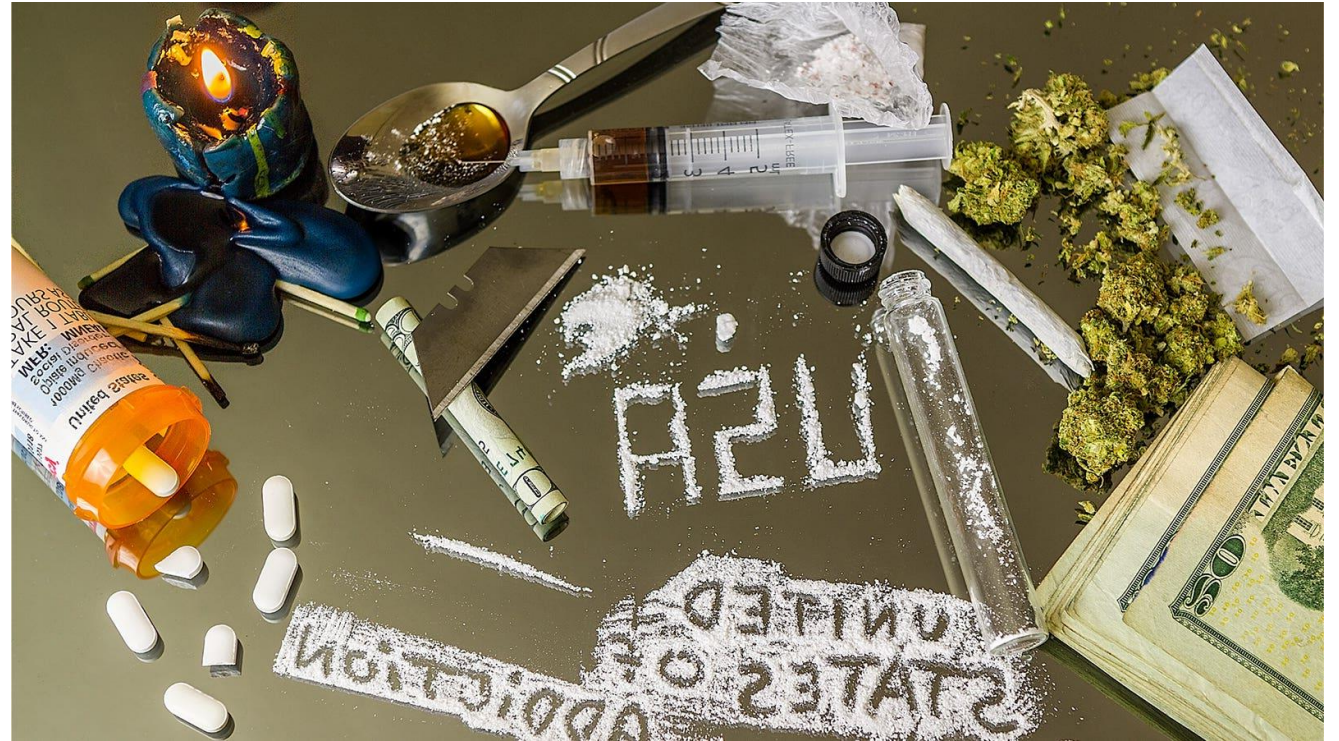
- N=3,208
- Compared functioning in active addiction and life in recovery
- Key life domains: financial, family, social and civic functioning, legal status and involvement, employment/school
- All findings statistically significant!

ADDITIONAL CHARACTERISTICS OF SAMPLE

- 48% under Dr.s care for chronic medical condition
- 2/3's reported having been treated for mental/emotional health condition
- Average duration of active addiction 18 years
- Average age of initiation of recovery 36
- 29% alcohol only
- 13% drugs only
- 59% both A & D
- 74% identified as "in recovery," 14% "recovered," 8% "used to have a problem but no longer do," and 3% "medication-assisted recovery"
- Majority of sample reported "stable recovery"(over 3 years)

LIFE IN ADDICTION

- 70% had experienced financial problems
- 40% no health insurance
- 72% no plan for future
- 52% had PC provider
- 67% untreated MH conditions
- 53% one or more arrests
- 1/3 had one or more incarcerations
- 35% DL suspended or revoked
- 29% DWI charge
- 51% had been suspended or fired from employment
- 61% frequently missed work and/or school
- 33% dropped out of school



(source: <https://www.medpagetoday.com/psychiatry/addictions/95249>)

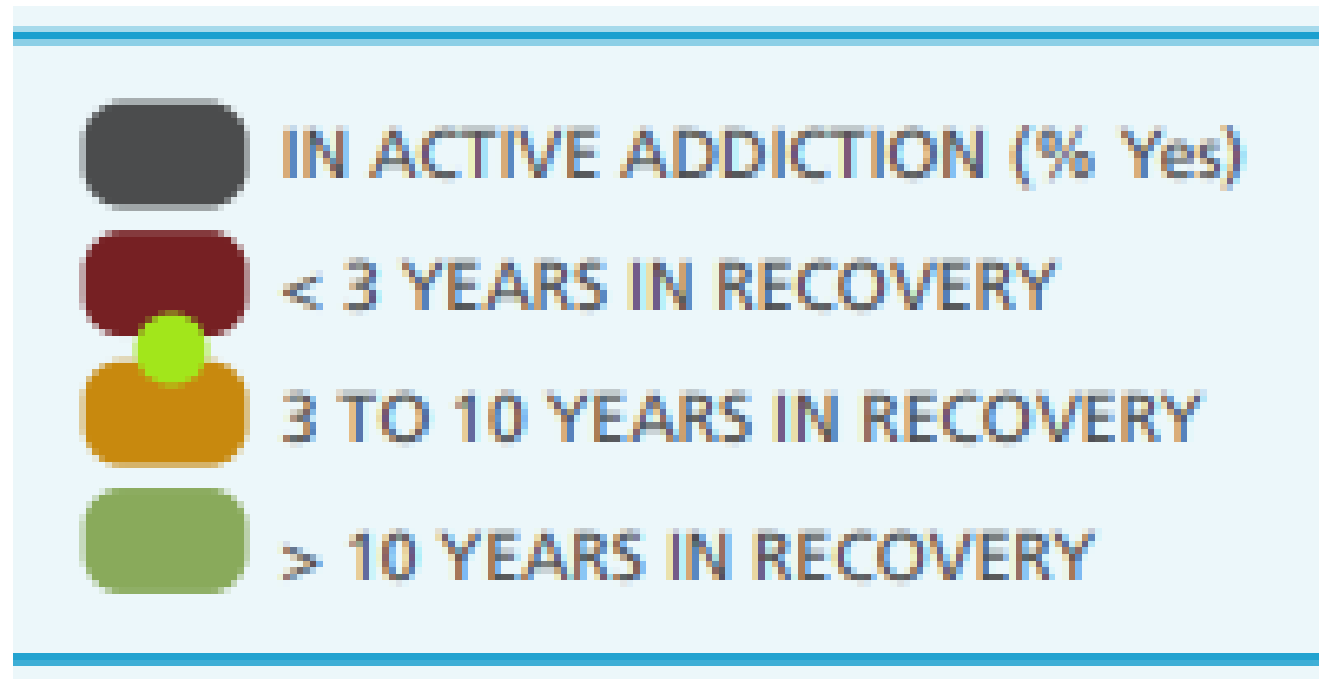
RECOVERY PATHS

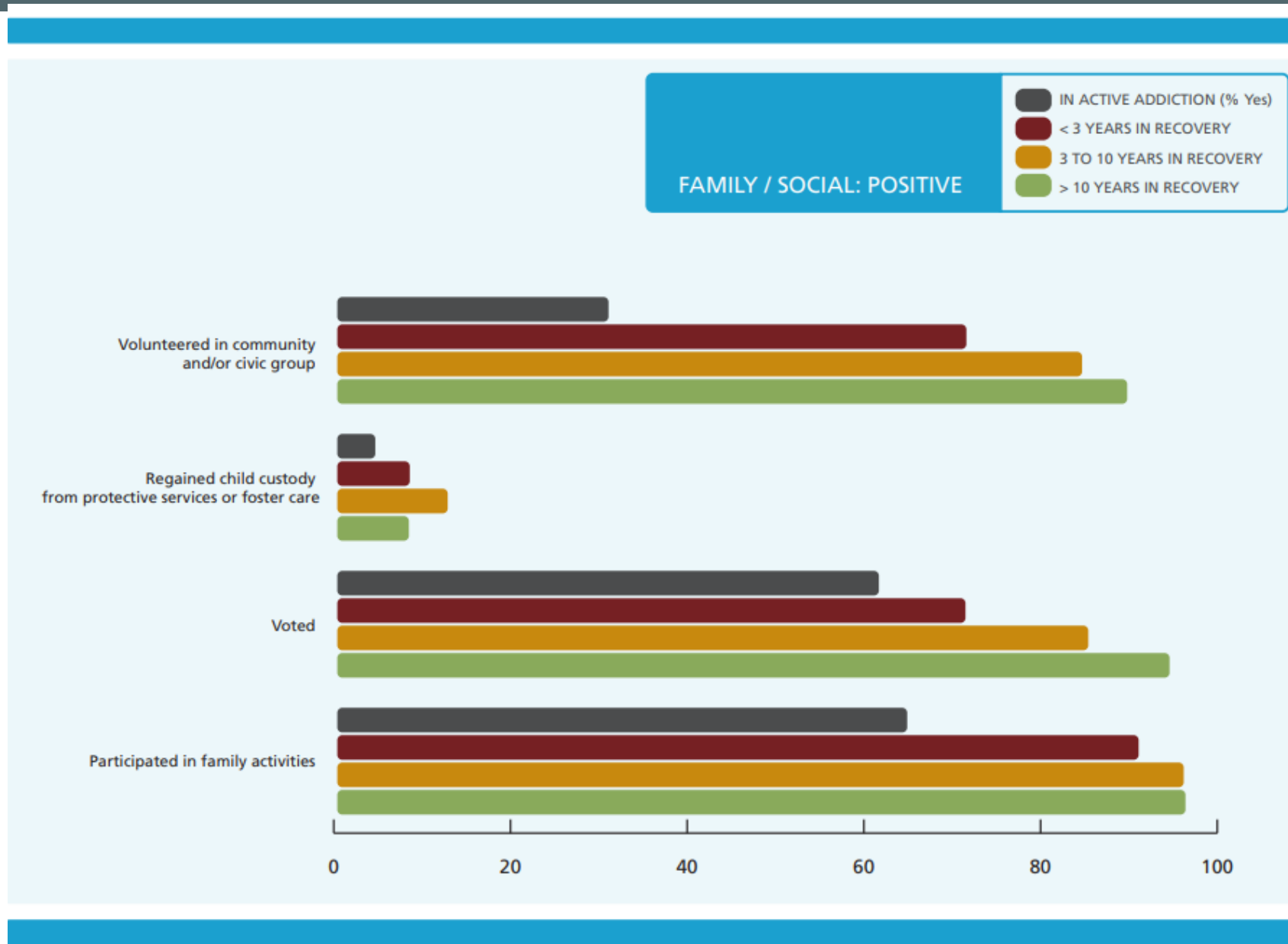
- 71% experienced professional treatment
- 18% prescribed medication to treat addiction
- 95% experienced 12-step groups
- 22% non-12 step groups



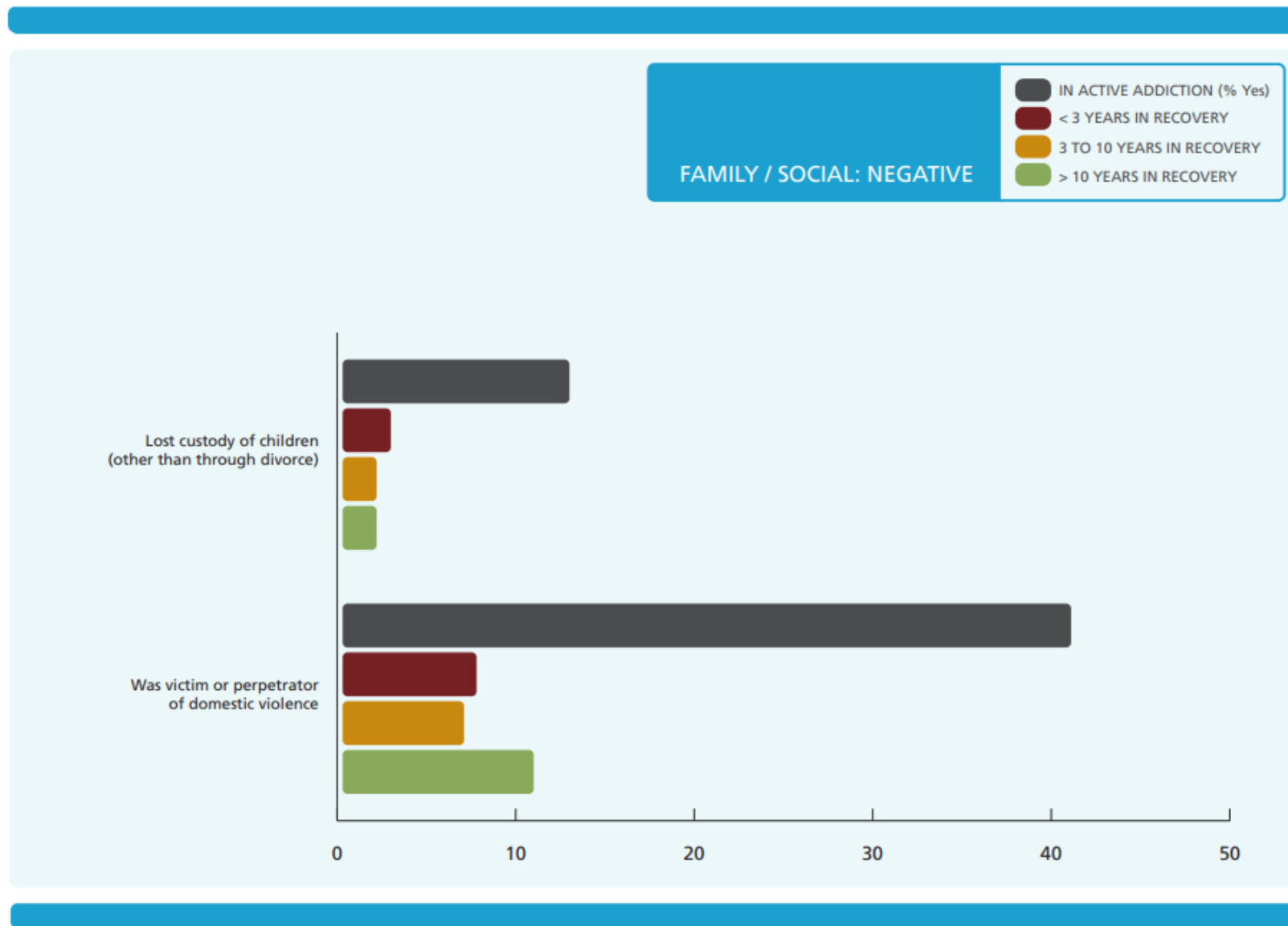
(source: <https://www.recoveryanswers.org/recovery-101/pathways-to-recovery/>)

LIFE KEEPS GETTING BETTER AS RECOVERY PROGRESSES!



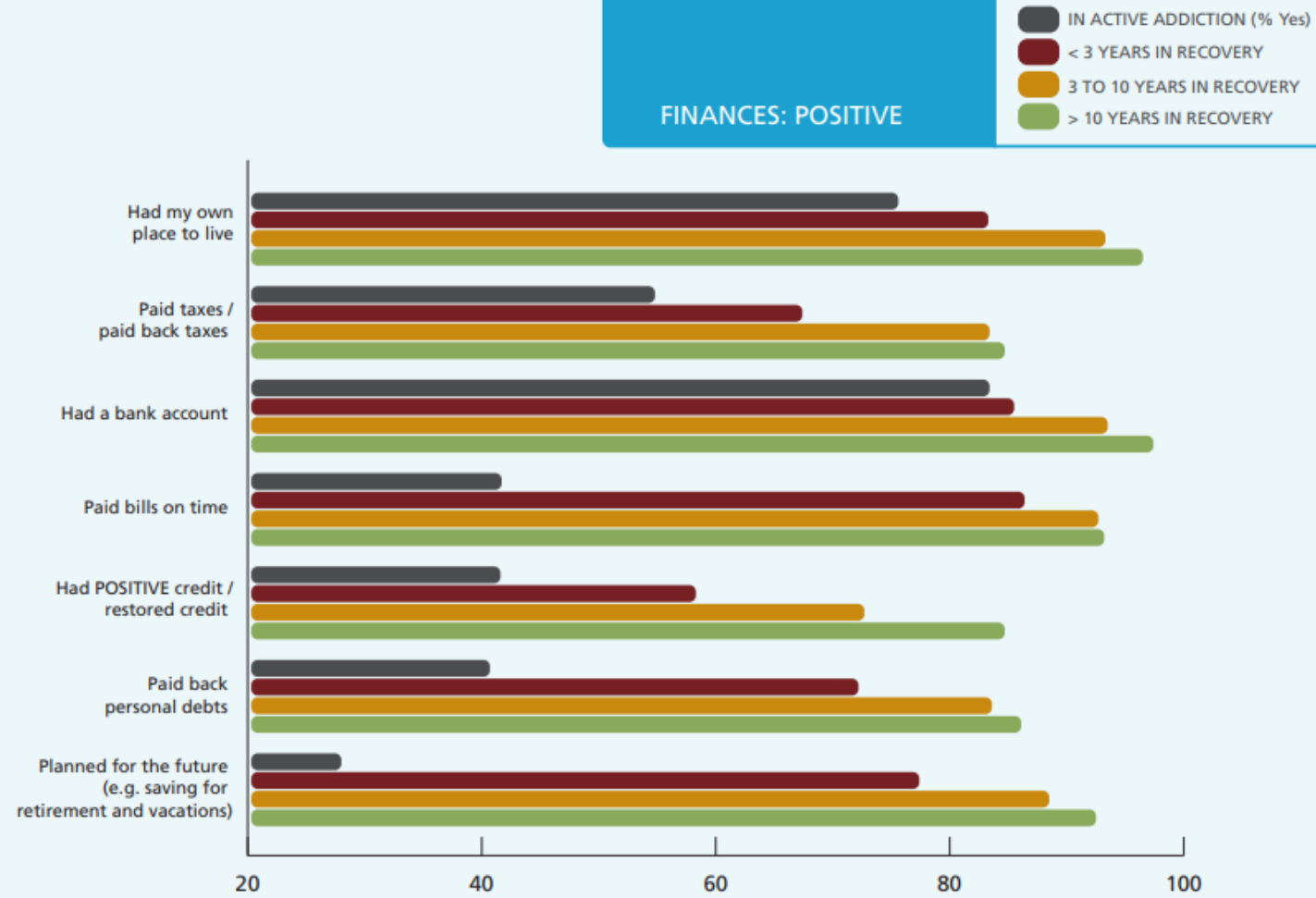


(Laudet, 2013)



(Laudet, 2013)

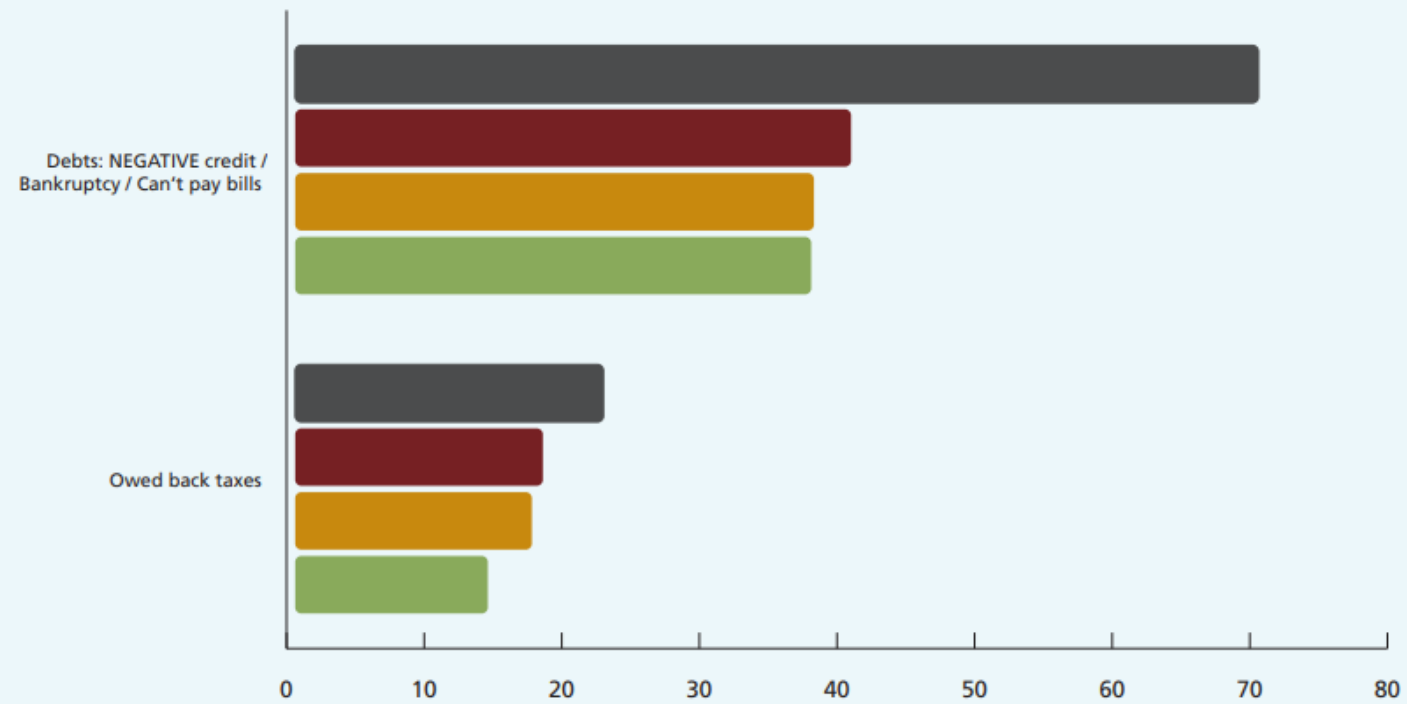
FINANCES: POSITIVE



(Laudet, 2013)

FINANCES: NEGATIVE

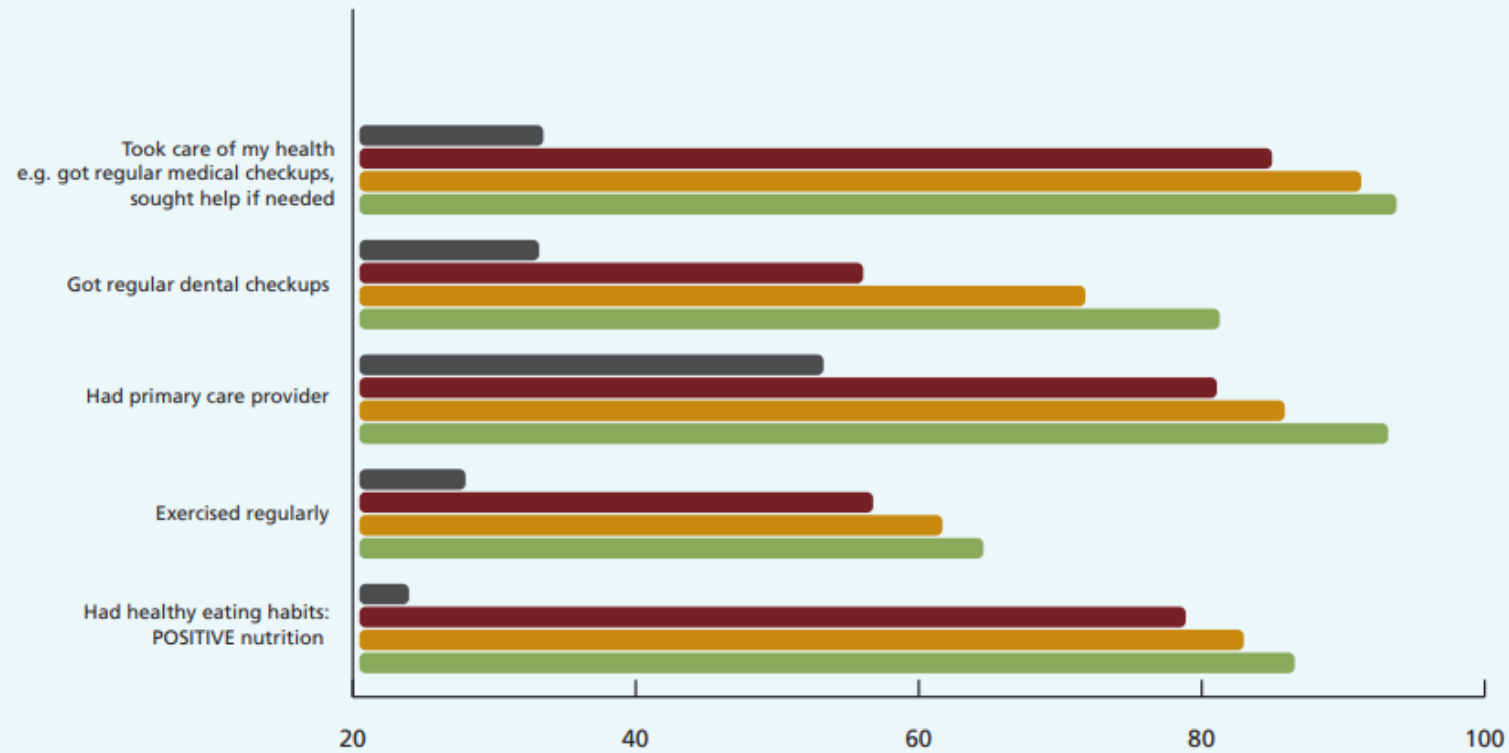
- IN ACTIVE ADDICTION (% Yes)
- < 3 YEARS IN RECOVERY
- 3 TO 10 YEARS IN RECOVERY
- > 10 YEARS IN RECOVERY



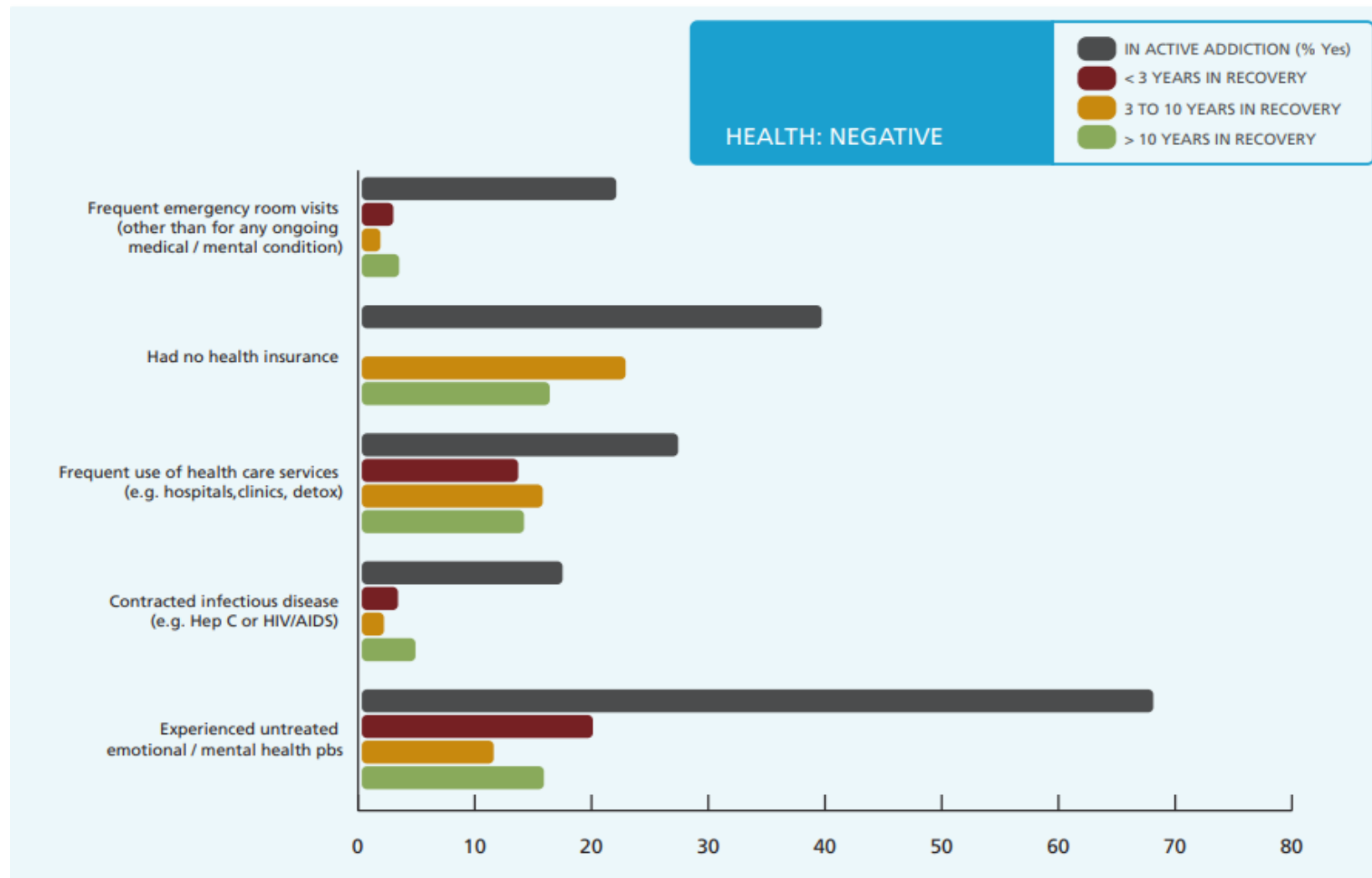
(Laudet, 2013)

HEALTH: POSITIVE

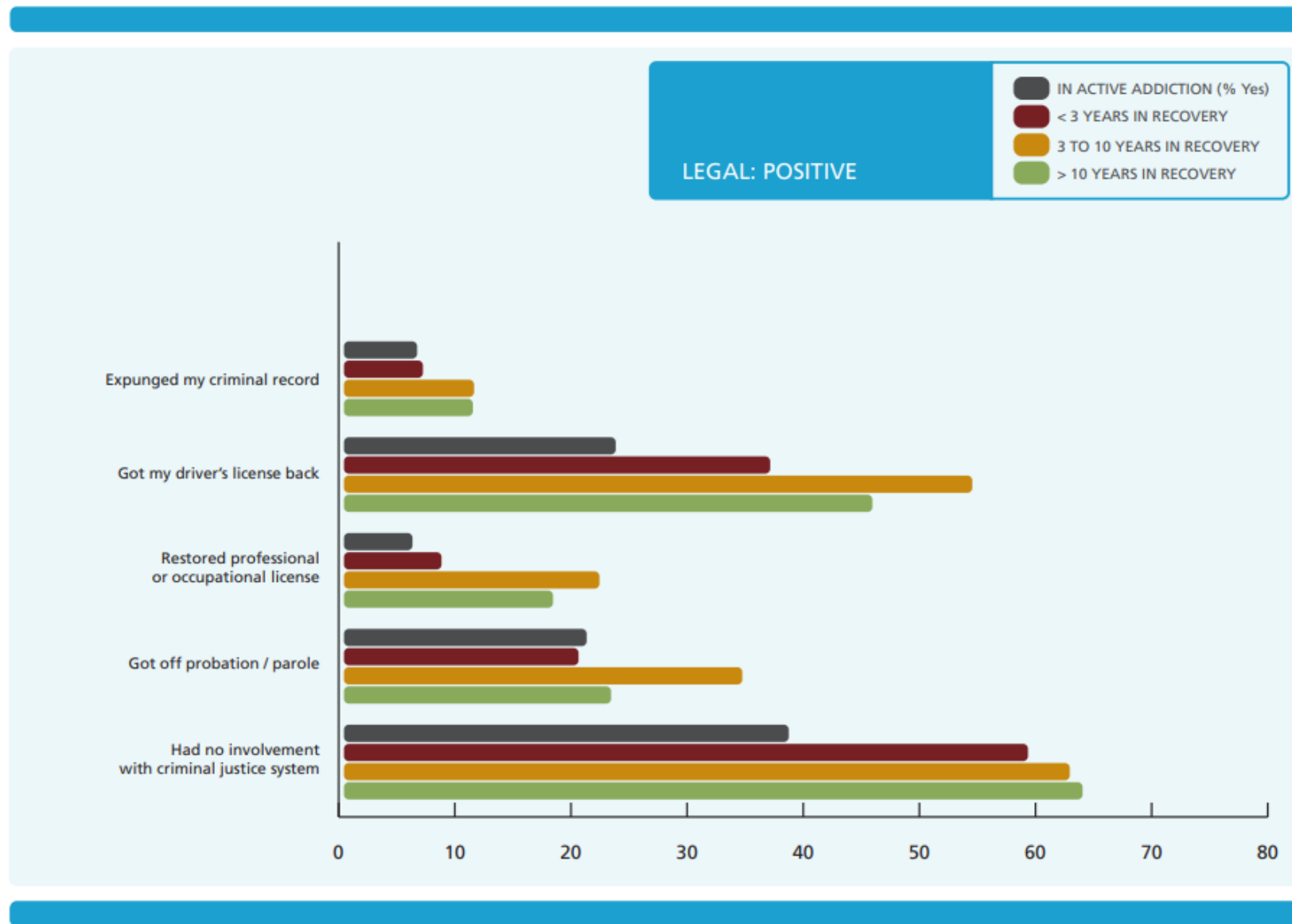
- IN ACTIVE ADDICTION (% Yes)
- < 3 YEARS IN RECOVERY
- 3 TO 10 YEARS IN RECOVERY
- > 10 YEARS IN RECOVERY



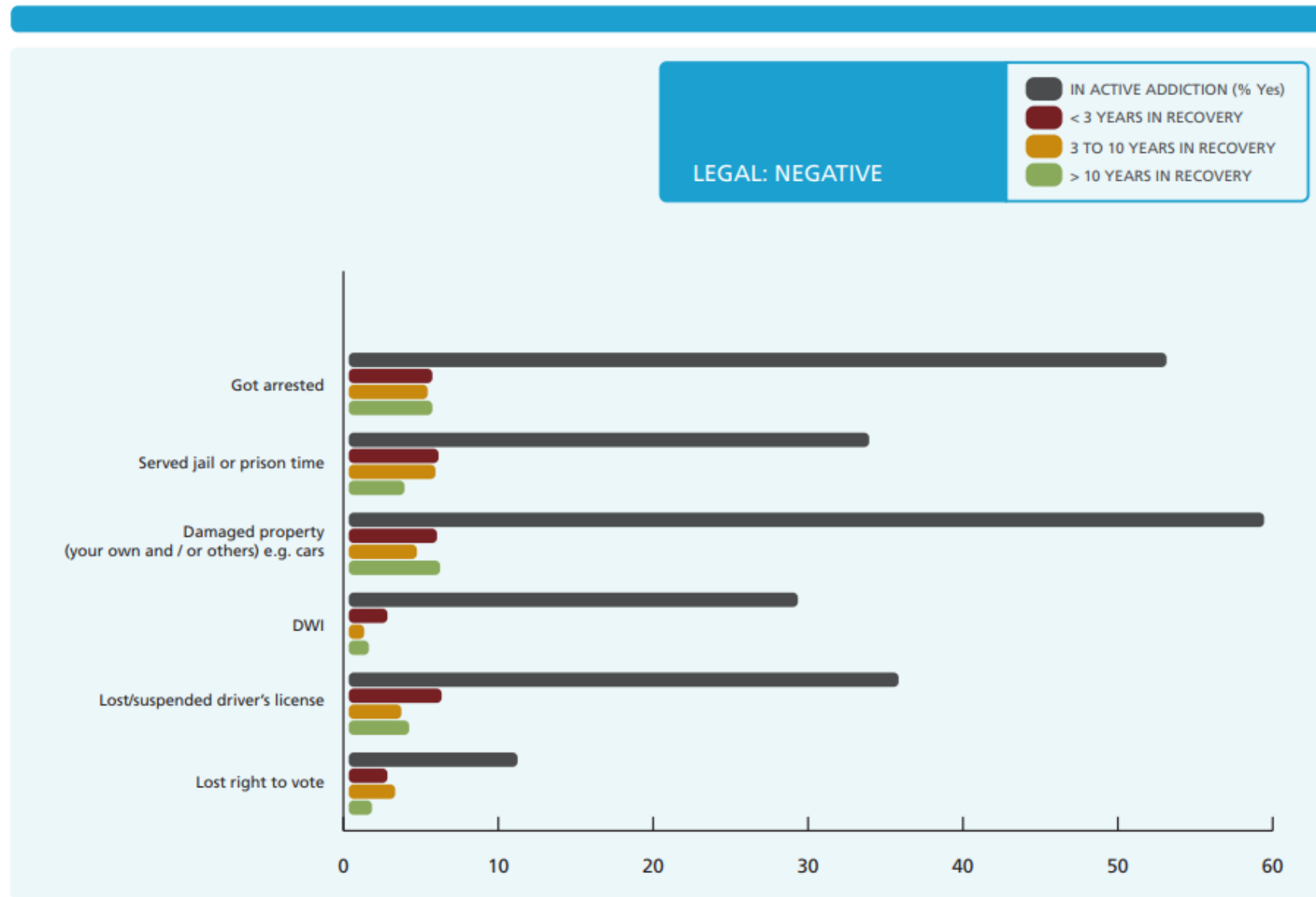
(Laudet, 2013)



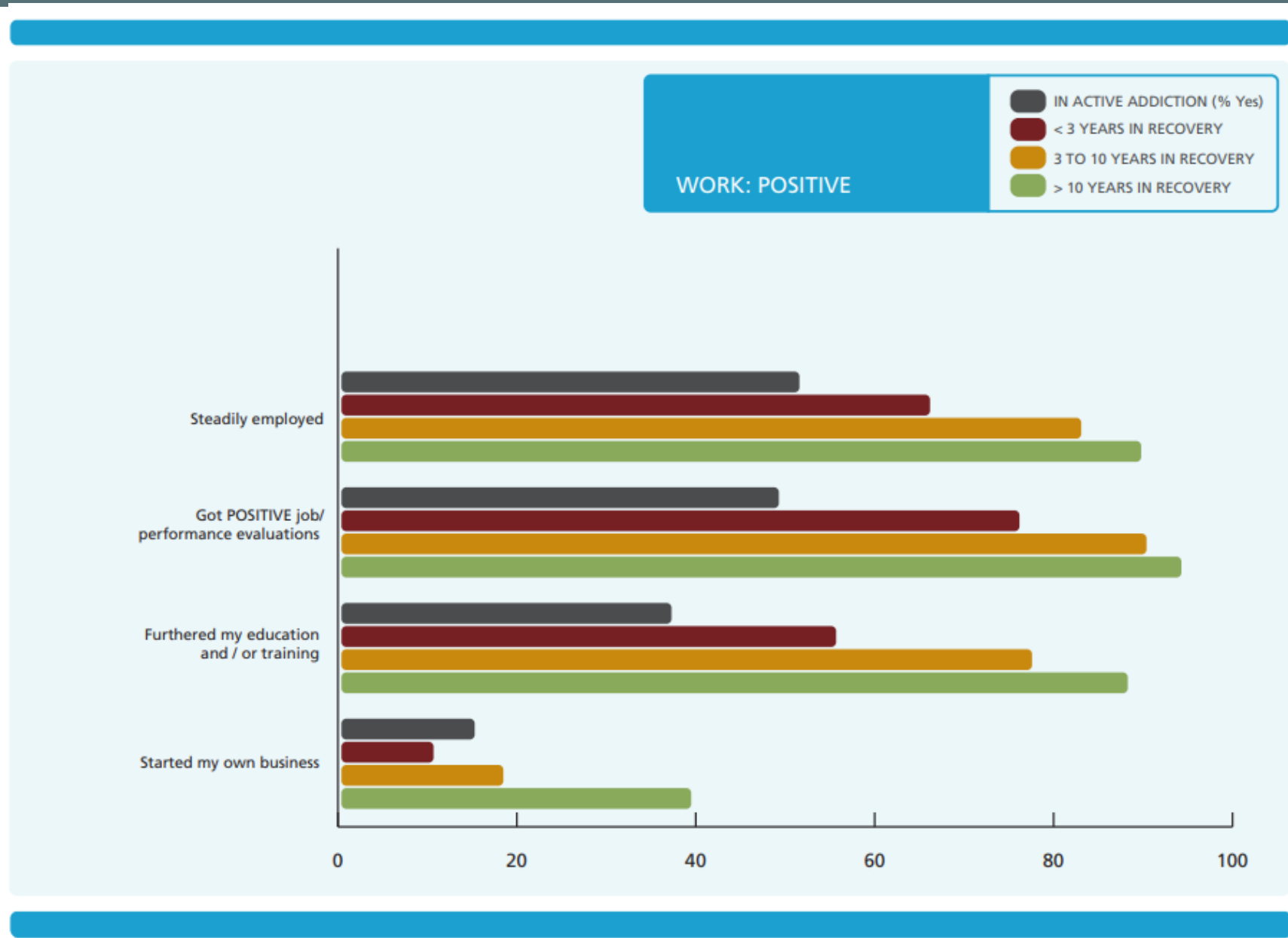
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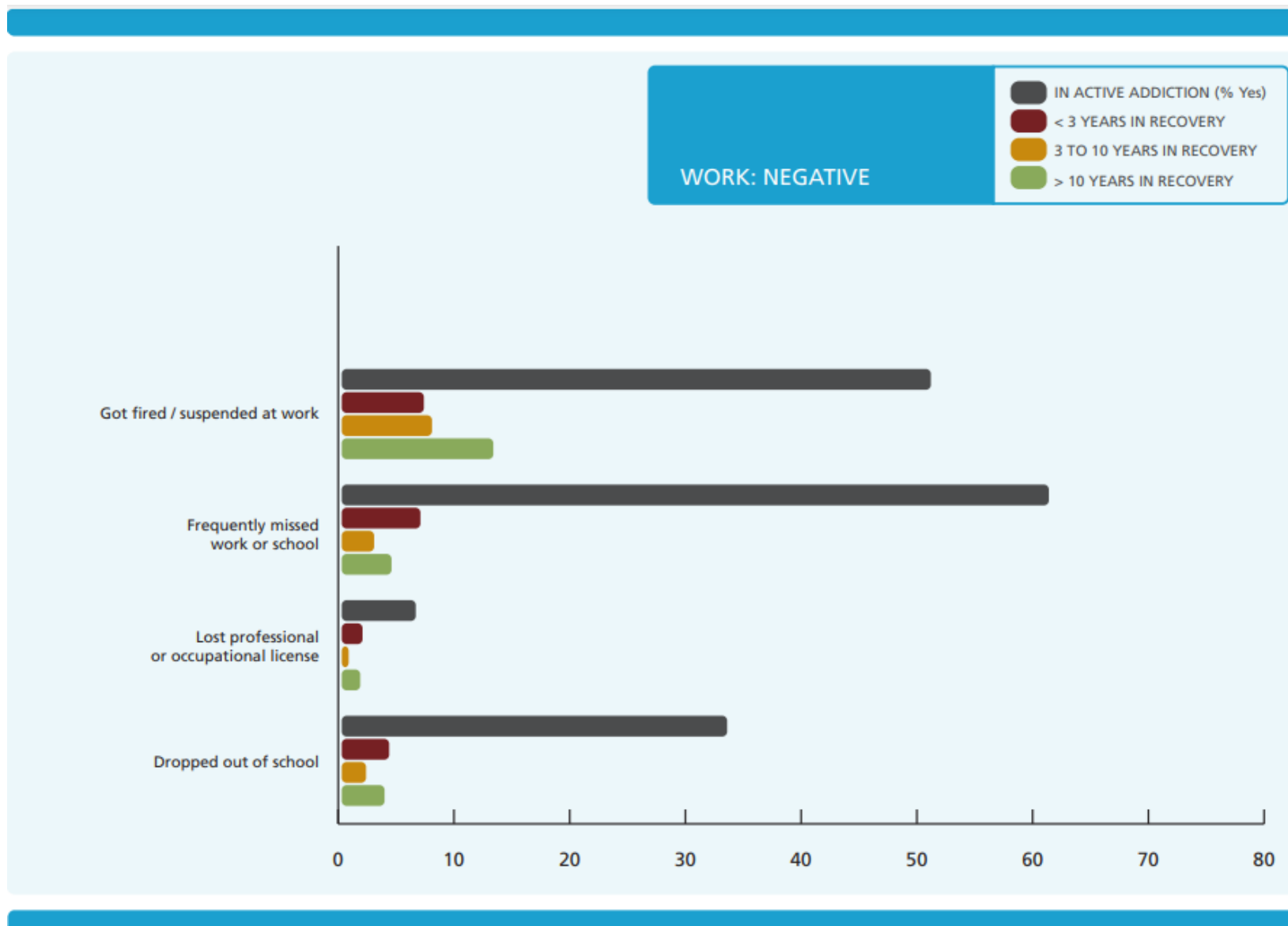
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(Laudet, 2013)

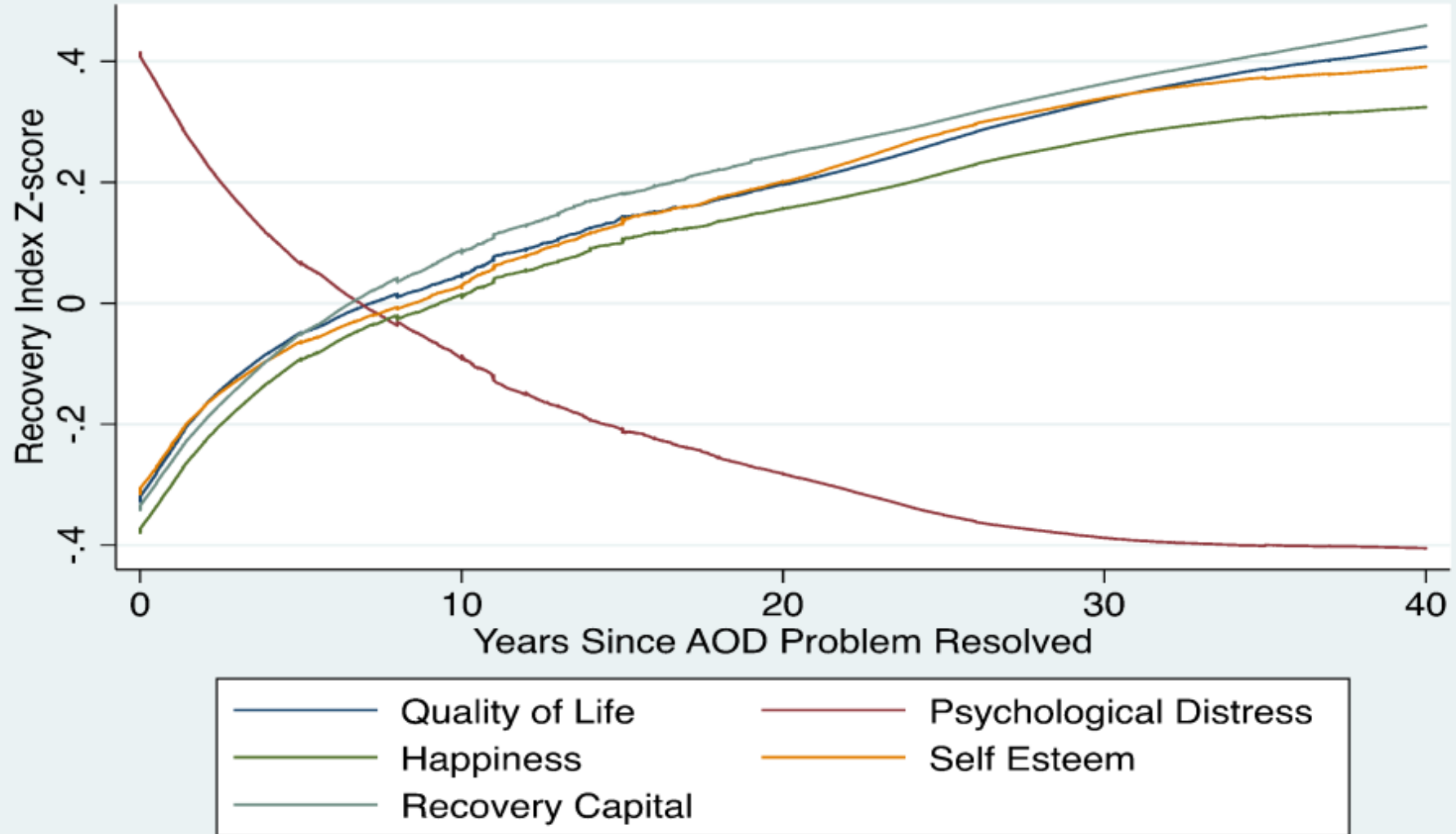


(Laudet, 2013)



(Laudet, 2013)

Recovery Indices by Years Since Problem Resolution

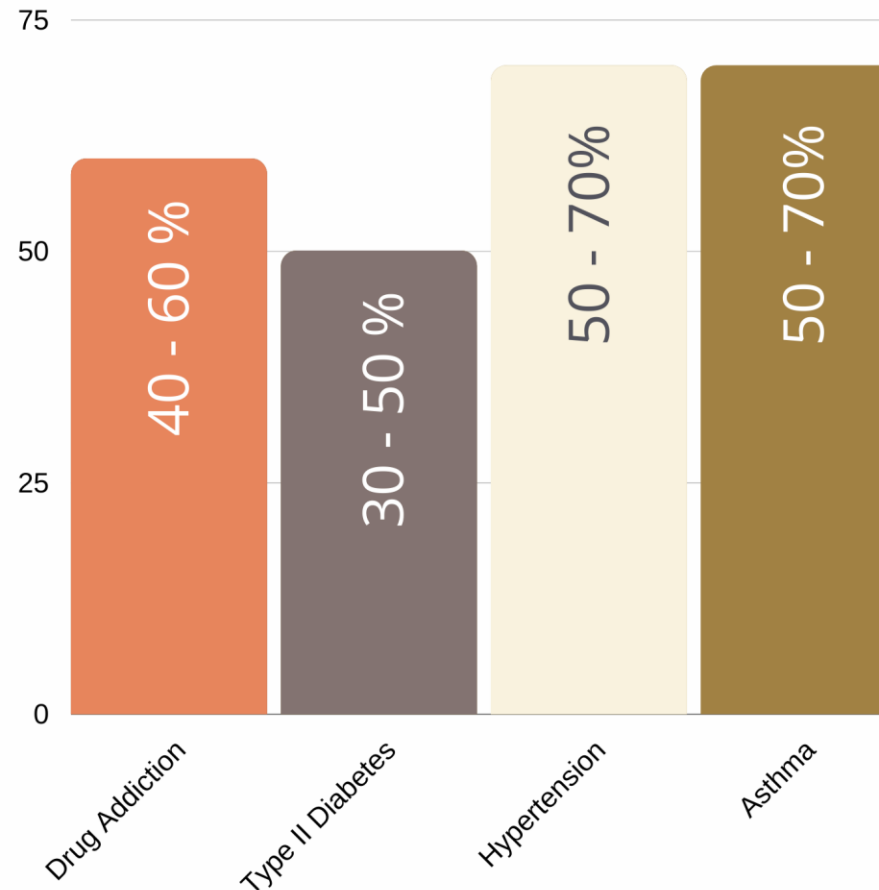


(Kelly et al., 2017)

WE DO RECOVER!

- *“Prevention efforts and treatment approaches for addiction are generally as successful as those for other chronic diseases” (ASAM, 2019).*

Relapse is Common in Addiction and Other Chronic Diseases.



Source: McLellan A. T., et al. (2000). *Drug Dependence, a Chronic Medical Illness: Implications for Treatment, Insurance, and Outcomes Evaluation*. JAMA.

RECOVERY IS THE RULE RATHER THAN THE EXCEPTION!

- 75% of people recover!!!
- Mean recovery attempts - 5
- Median recovery attempts 2

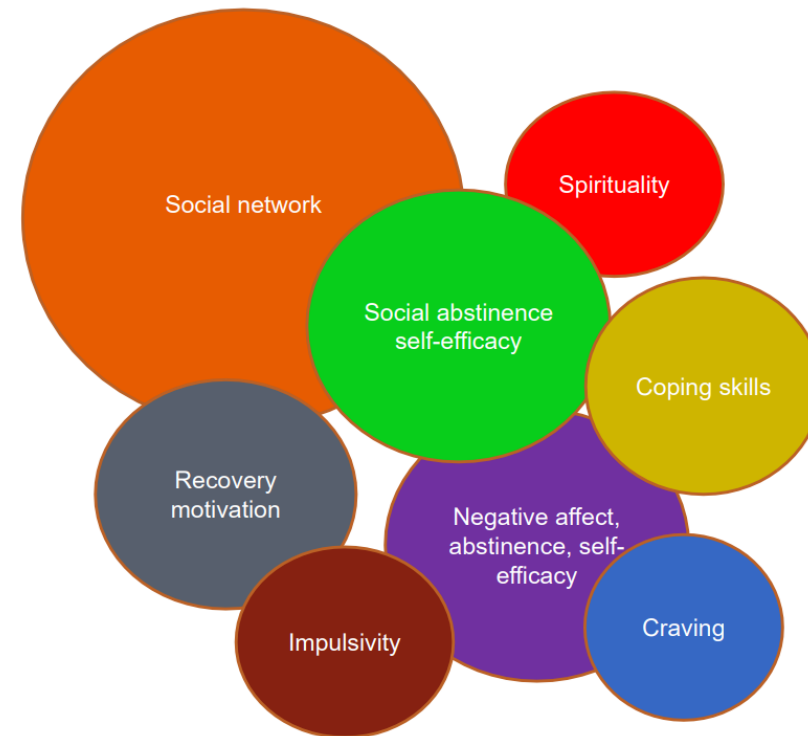


(Kelly et al., 2019; Jones et al., 2020)

IMPLICATIONS FOR PRACTICE

- Work to increase recovery capital
- Celebrate and utilize *all* recovery pathways
- Support the development of recovery ecosystems

Empirically supported mechanisms of behavior change (MOBCs) through which AA confers benefit



Adapted from Kelly, 2017; Kelly et al., 2009^{23,24}

DISTINCT PATHWAYS OF RECOVERY OFTEN SHARE COMMON MECHANISMS OF CHANGE

- Many factors may influence the saliency of particular mechanisms of change, the two most powerful influences are
 1. problem severity/complexity/duration
 2. personal/family/community recovery capital.
- Mechanisms of change and related recovery support strategies effective for those with low problem severity/complexity/duration and moderate to high recovery capital cannot be indiscriminately applied to those with high problem severity/complexity/duration and low recovery capital. *And vice versa!*

IMPLICATIONS FOR PRACTICE, CONT.

- Mechanisms of change common across recovery pathways include
 - breakthroughs of self-perception
 - mutual identification
 - trust
 - creation and maintenance of hope
 - self-efficacy
 - coping skills
 - termination of pro-drug relationships
 - acquisition of pro-recovery relationships
 - helping others, and spirituality
- These mechanisms work simultaneously and synergistically, and combinations may vary across individuals, stages of recovery, and cultural settings.

IN SUM

- Nearly 23 million Americans identify as being “in recovery” or having resolved a significant AOD problem
- Common elements in recovery definitions:
 - Sobriety/abstinence
 - Civic engagement and service
 - Healthy/restored family & interpersonal functioning
 - Financial and employment stability (home, job, other resources)
 - Health, including behavioral health
 - Spirituality (meaning, purpose, and connection)
 - Voluntary and self-determined
- As time in recovery increases so do the benefits of recovery!
- We do recover!

(White, B., 2017)

QUESTIONS?



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