

Great Lakes MHTTC

The Importance of Dual Recovery

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Outline

- Historical milestones and the celebration of substance use disorders recovery
- Benefits of celebrating dual recovery
- Varieties of substance use disorders recovery
- Defining mental health recovery



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Outline Continued

- How professionals can help clients define mental health recovery, maintain recovery, have a sense of purpose in recovery, celebrate dual recovery



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Happy Recovery Month!



Source: Flickr.com



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Recent Historical Events Which Led to the Celebration of Substance Use Disorders Recovery

- Crack cocaine crisis of the 1980 – 90's
- Increased stigma
- Closing of residential treatment facilities
- The criminalization of substance use disorders. From 400,000 in 1985 to 2.5 million in 2005



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Recent Events Continued

- Child welfare involvement
- Methamphetamine crisis in rural America
- Meth lab raids
- Opioid crisis today's
- Faces and Voices of Recovery



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You are in recovery when you say
you are in recovery! Let us
celebrate!



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Substance use disorders and mental illness overlap at the rate of 50%.

SAMHSA

It is time to celebrate dual recovery!



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Benefits of Celebrating Dual Recovery

- Can be a reminder of an integrated approach to recovery
- Reduces stigma
- Reduces shame
- Reduces blame



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Benefits of Celebrating Dual Recovery Continued

- Mobilization can lead to an advocacy movement
- Potential increase in Dual Disorders Mutual Aid Groups
- Inspiration to individuals in recovery, families and frontline mental health professionals



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Varieties of Substance Use Disorders Recovery

- Treatment Assisted
- Total Abstinence
- Peer Based Recovery
- Secular recovery
 - Women for sobriety
 - Smart recovery
- One drug at a time
- Dual Recovery



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Varieties of Substance Use Disorders Recovery Continued

- Moderation Management
- Medication Supported
- Quantum Change-over night, sudden transformation
- Religious Style
- Cultural Pathways
- Unaffiliation/unlabeled style



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The challenges of defining mental health recovery. SAMHSA's definition could be a bridge.



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SAMHSA's Definition of Recovery

A process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential.



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Defining Mental Health Recovery

Self determined

- No longer having symptoms
- Managing mental health symptoms
- Regaining control of my life
- Living the life I want to live
- When my symptoms are less severe



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Defining Mental Health Recovery Continued

- When I can have meaningful relationships
- When I can work
- When I have hope
- When my life has meaning and purpose



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You Can Help Clients

- Define recovery
- Maintain recovery
- Identify purpose in recovery
- Celebrate dual recovery



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Helping People With Mental Illness and Co-occurring Disorders Define Recovery

Questions to ask

1. How do you define recovery?
2. What are the signs for you that you are in recovery?
3. How do you view dual recovery?
4. What are the signs for you of dual recovery?



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Helping Clients Maintain Dual Recovery

The four essentials

- Stable housing
- Stable therapeutic relationship
- Meaningful daily activity
- A significant interpersonal relationship



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Helping Clients Maintain Dual Recovery Continued

- Supportive employment
- Intensive family engagement, and case management
- The use of peers



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Helping Clients Maintain Dual Recovery Continued

Increasing medication compliance

- Supportive employment
- Reduce stigma
- Match the client with a doctor they like
- Adult conversation with the medicating physician
- Psycho-education
- Client voice and choice
- Cost-benefit analysis
- Do a discontinuation of medication-hospitalization evaluation



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Helping Clients Identify Goals and Purpose in Recovery

- Visualization exercises



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Helping Clients Identify Goals and Purpose in Recovery

Socratic Questions

- What are the reasons you survived all of that?
- What would give your life meaning in recovery?
- What is your previous life suffering preparing you to do with the rest of your life?



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Helping Clients Identify Goals and Purpose in Recovery

SMART Goals

- Specific
- Meaningful
- Achievable
- Realistic
- Time limited

Personal Mission Statement



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The Life Plan Exercise

- Beyond the Treatment Plan
- Beyond the Prevention Plan
- Beyond the wellness Plan



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Life Plan

- Unfinished business that you intend to complete
- Relationships you plan to nurture
- Life purpose/mission statement
- Happiness plan (living in the now)
- 10 things you want to learn
- 10 places you want to go
- 10 things you want to own
- How you would like to contribute
- How you would like to be remembered
- Who you want to become



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Celebrating Dual Recovery



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Thank you

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