



Evidence-based Substance Use Disorder Recovery Support: Principles and Research

Hendrée E. Jones, Ph.D.,
Executive & Division Director, UNC Horizons
Professor, Department of Obstetrics & Gynecology
The University of North Carolina at Chapel Hill
Chapel Hill, North Carolina

Session 4 - Recovery: Evidence-based principles – theory and application

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Objectives



1. Define recovery from substance use disorders
2. Identify how recovery differs from treatment
3. Summarize the principles of recovery
4. Highlight evidence-based key findings and aspects of care
5. Identify current research gaps and recommendations for policy

11 Signs of Substance Use Disorders

DSM-5 released May 2013 “Substance Use Disorder” terminology

11 diagnostic criteria over a 12-month period:

- Mild: 2-3 symptoms
- Moderate: 4-5 symptoms
- Severe: 6 or more symptoms

Risky use

- Hazardous use despite physical danger
- Health problems

Impaired control

- Craving/urges to use
- Unsuccessful attempts to cut down
- Excessive amounts used
- Excessive time spent using/obtaining

Pharmacological indicators

- Tolerance
- Withdrawal

Social impairment

- Missed obligations
- Interference with activities
- Personal problems

Defining Recovery



HOW DO YOU DEFINE IT?

Defining 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**.

Recovery Is....

- 1) **More than just not using** alcohol or other substances
- 2) **More than just going through** substance use disorder **treatment**
- 3) **A long-term process of learning** to live life and solve problems without alcohol or other drugs



The Difference Between Recovery and Treatment



Recovery and treatment are not the same.

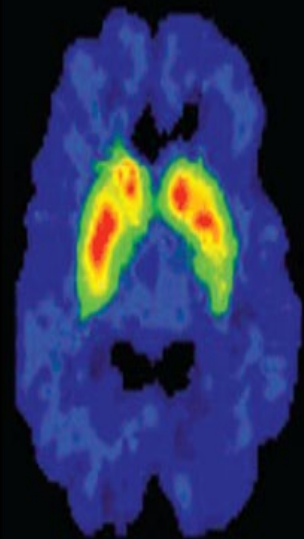


Treatment can be an important component and foundation for recovery.

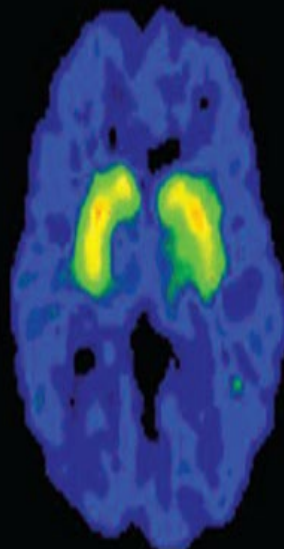


Services that focus on initiating and maintaining an individual's recovery from alcohol and/or substance use and on preventing a return to substance use.

BRAIN RECOVERY WITH PROLONGED ABSTINENCE

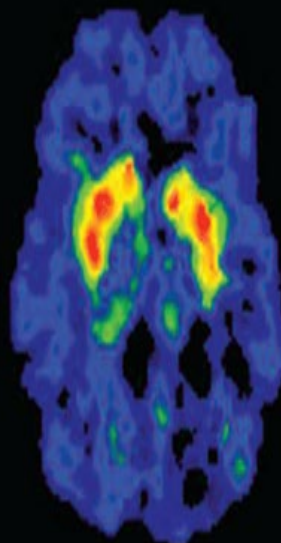


HEALTHY CONTROL



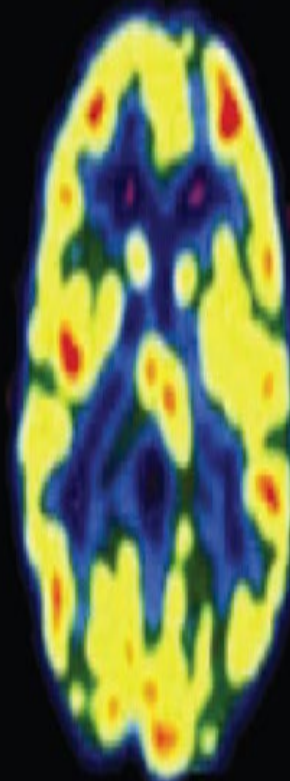
PATIENT WITH METHAMPHETAMINE USE DISORDER

1 MONTH OF ABSTINENCE

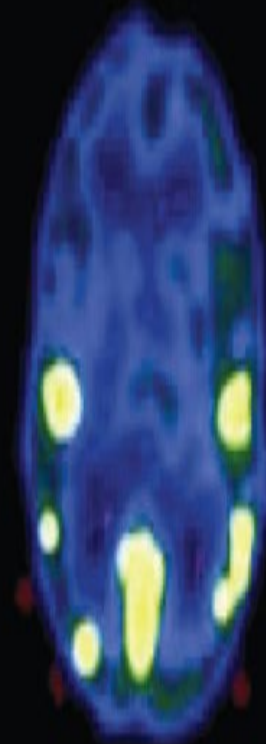


14 MONTHS OF ABSTINENCE

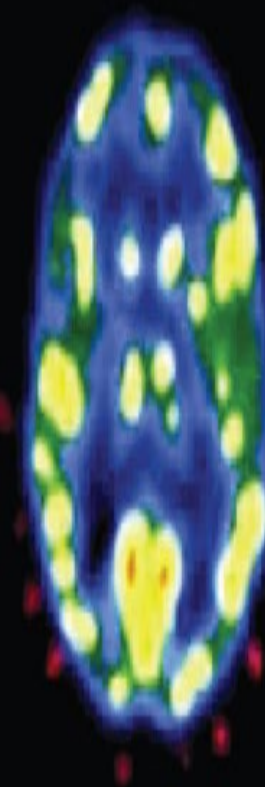
No Drug Use



Cocaine Addiction:
10 Days Without Cocaine



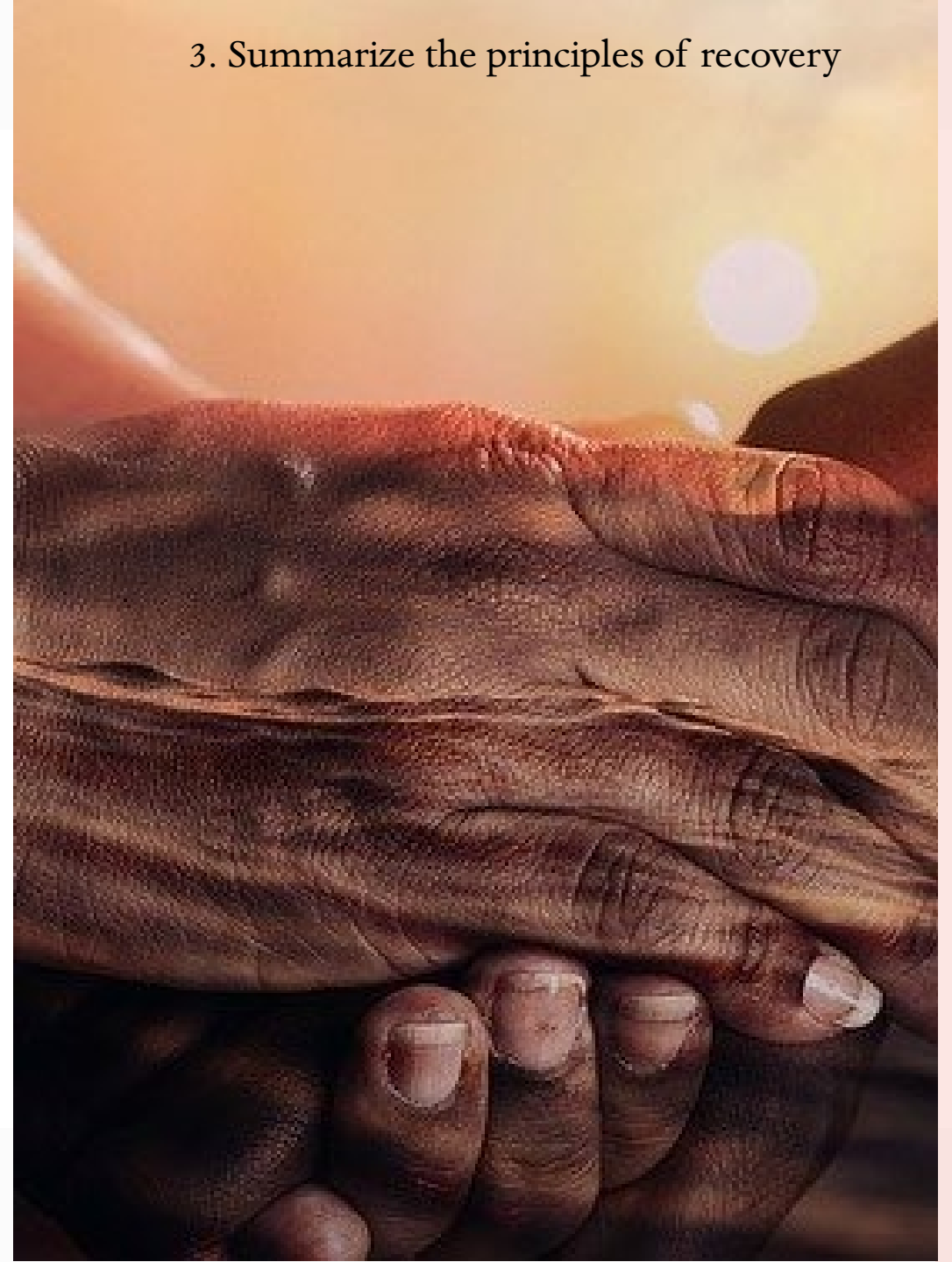
Cocaine Addiction:
100 Days Without Cocaine



Recovery Principles

- 1) Holistic
- 2) Occurs via many pathways
- 3) Person driven
- 4) Emerges from hope
- 5) Culturally-based and influenced
- 6) Addressing trauma
- 7) Involves individual, family and community strengths and responsibility
- 8) Respect
- 9) Support by relationships and social network (peers/allies)

3. Summarize the principles of recovery



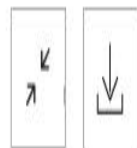
Recovery Dimensions



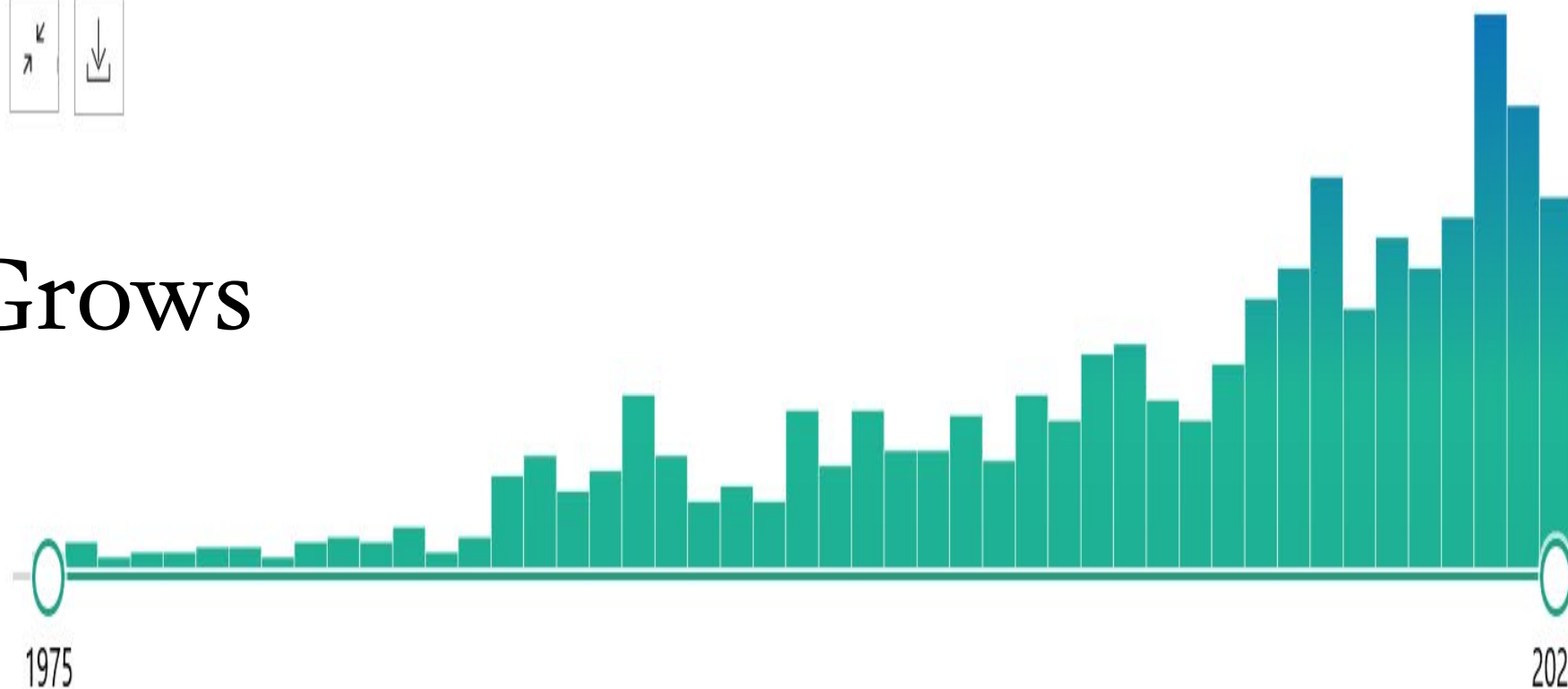
RESULTS BY YEAR

1,161 results

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Recovery Research Grows



Recovery: Individual Responsibility

There's a reason personal responsibility is one of the key principles of recovery

It involves taking action and doing what needs to be done to get well and stay well

Actions include:

Self-acceptance

Take a personal inventory

Take back self-control through techniques and skills

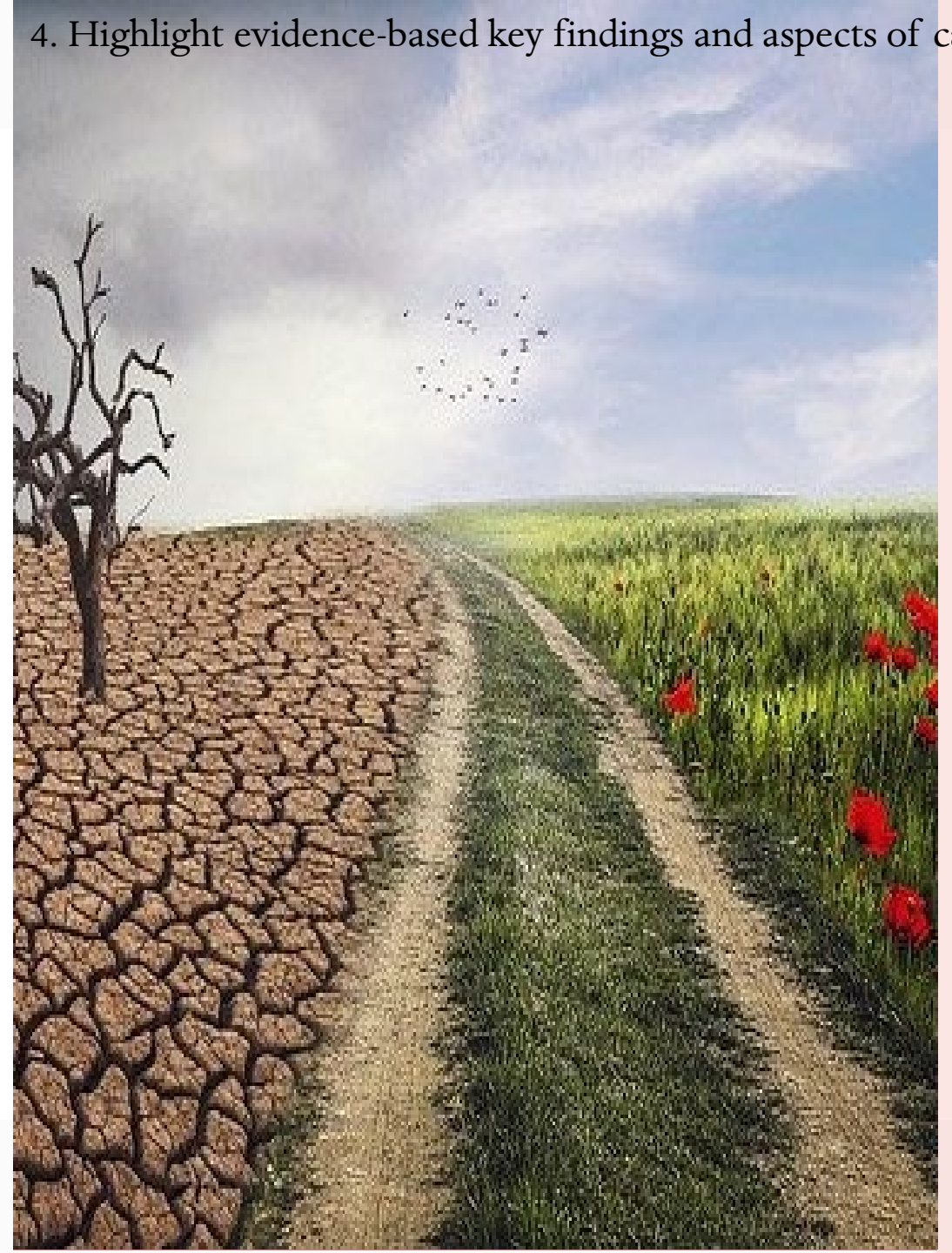




Quality and Quantity (Time And Type) of Recovery

- The indicators can help provide the extent to which recovery is being achieved
- Recovery is a highly individualized process; recovery services and supports must be flexible and responsive across the life-span
- Recovery must be practiced every day for it to work- no matter how long one has been in recovery

4. Highlight evidence-based key findings and aspects of care



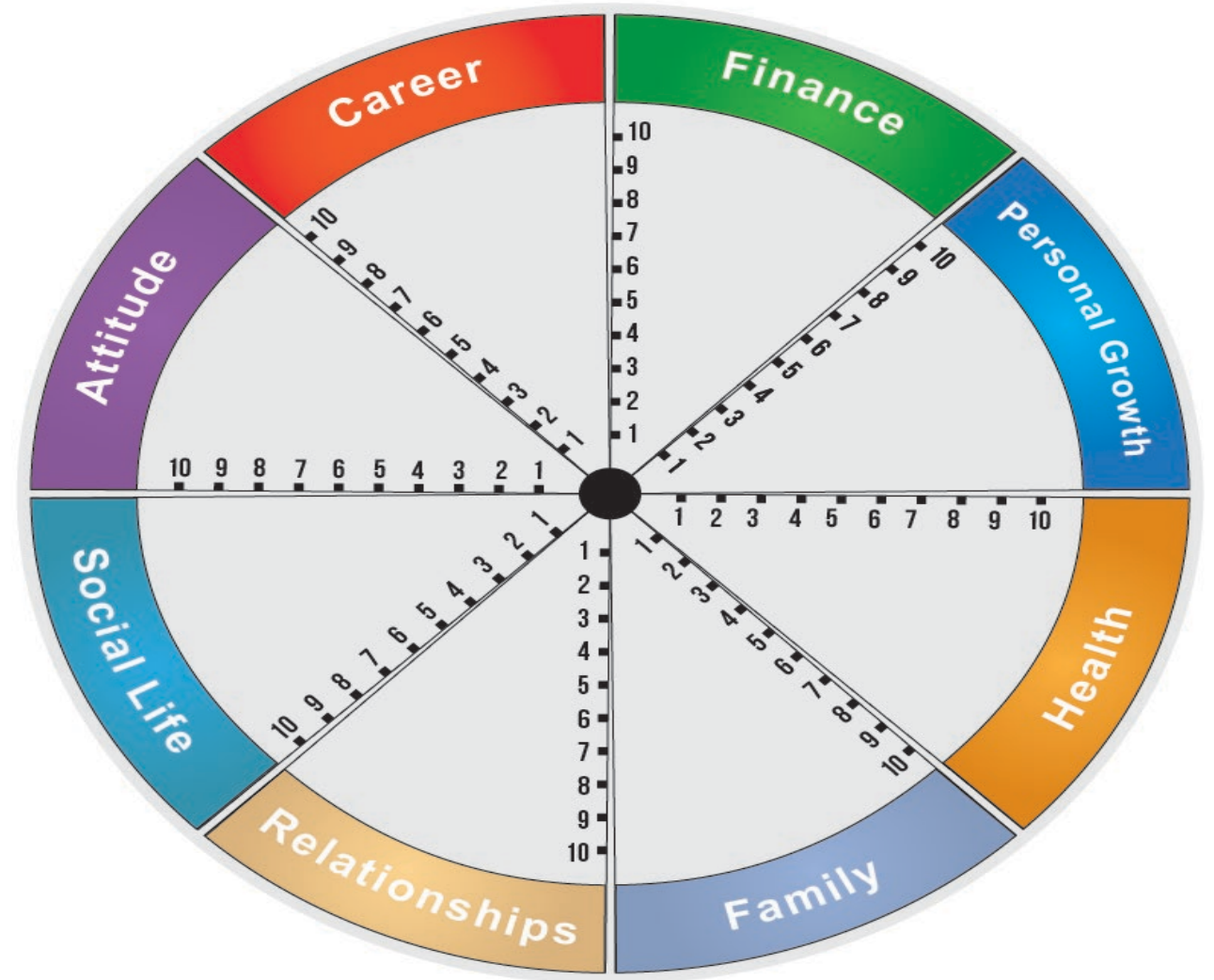
Recovery Capital

**HOW DO YOU
DEFINE IT?**



Recovery Capital

- The breadth and depth of internal and external resources that can be drawn upon to initiate and sustain recovery from substance use problems
- Recovery capital enhances the ability to cope with stress and enhances life satisfaction.



White, W. & Cloud, W. (2008). Recovery capital: A primer for addictions professionals. *Counselor*, 9(5), 22-27.

Laudet AB, White WL. Recovery capital as prospective predictor of sustained recovery, life satisfaction, and stress among former poly-substance users. *Subst Use Misuse*. 2008;43(1):27-54

Granfield, R., & Cloud, W. (1999). Coming clean: Overcoming addiction without alcohol use disorders. *Drug and Alcohol Dependence*, 86, 46-5

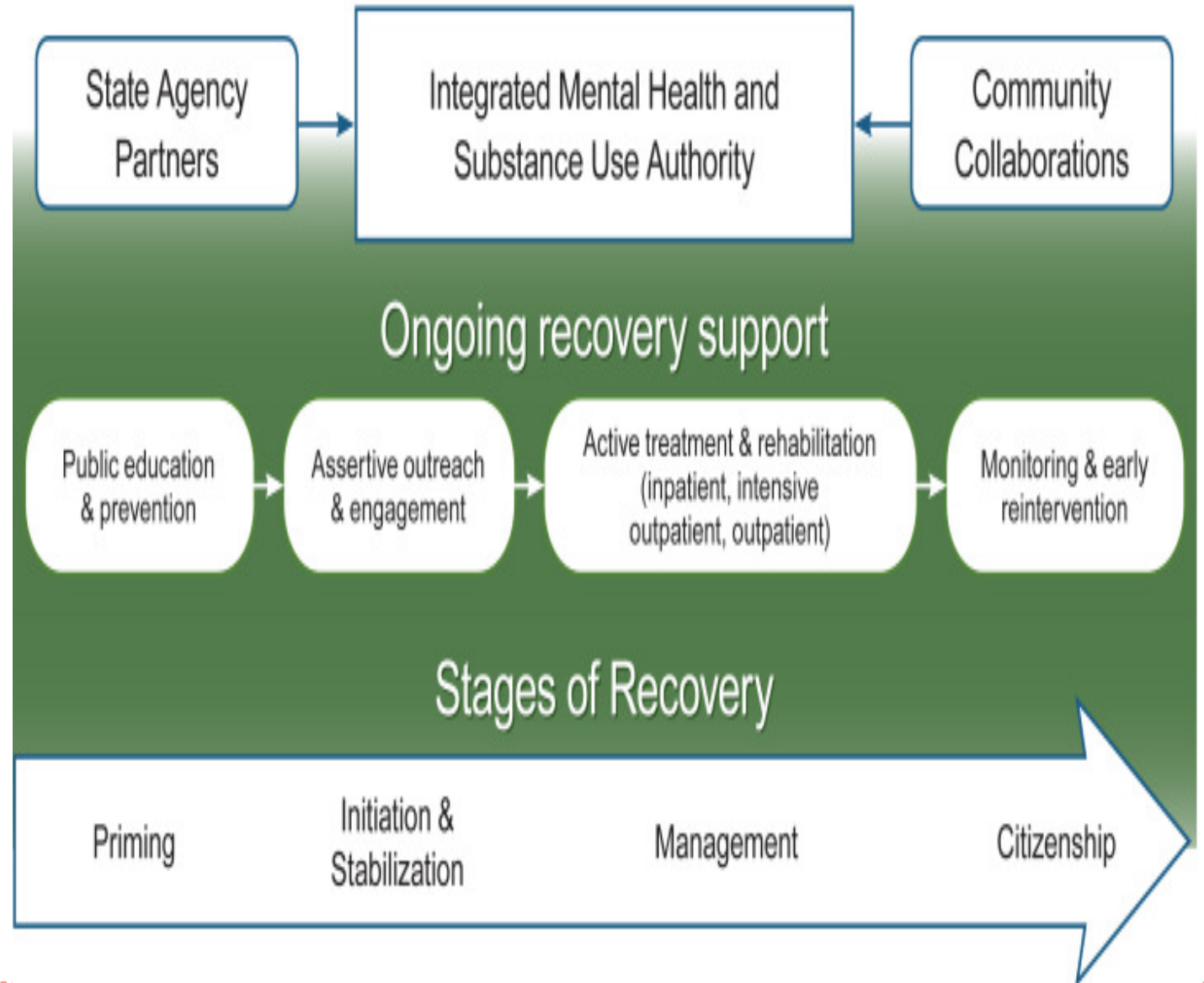
Recovery Language

Common Terms	Alternative Terms
Addict, Abuser, Junkie, Alcoholic, User	Person with a substance use disorder
Substance Abuse, Drug Abuse, Prescription Drug Abuse	Substance Use Disorder, Substance Misuse, Addiction
Drug of Choice / Drug Habit	Drug of Use / Substance Use Disorder
Clean or Dirty	Positive / Negative
Lapse or Relapse	Return to use, recurrence
Opioid Replacement or Methadone Maintenance	Medication for Opioid Use Disorder or Alcohol Use Disorder Medication Assisted Recovery

Recovery Oriented System of Care

Framework designed to address the multidimensional nature of recovery

system for coordinating multiple systems, services, and **supports that are person centered** and **build on the strengths and resiliencies** of individuals, families, and communities.



Policy Makers

- Educate the public on the nature of recovery (and its distinction from treatment)
- Highlight the roles of empathy and personal responsibility in the recovery process
- Promote the benefits of providing recovery support to public safety and public health
- Support health departments in requiring certification of recovery support professionals
- Fund long-term supportive care approaches, including expansion of the recovery workforce



Research

- Research the roles of specific factors in producing long-term recovery, e.g nutrition, spirituality, etc.
- Evaluate the recovery process, w/ a focus on populations w/ unique clinical needs
- Examine the role of technological developments to facilitate options in recovery management
- Conduct Economic/ Cost Benefit analyses of elements in a recovery oriented-system of care
- Conduct clinical trials comparing outcomes in communities w/ and w/o recovery-oriented systems of care



Substance Use Disorder Practitioners/Program Directors

Educate families/policymakers on the need to stop blaming patients/providers when a return to use occurs

Educate patients/families/communities on roles of empathy/ personal responsibility in the recovery process

Ensure that treatment programs engage patients with a range of recovery support options

Advocate to local/national policymakers the need for credentialed recovery support professionals

Support the hire of credentialed recovery support professionals



Autobiography in 5 Short Chapters

Chapter I

I walk down the street.
There is a deep hole in the sidewalk.
I fall in.
I am lost ... I am helpless.
It isn't my fault.
It takes me forever to find a way out.

Chapter II

I walk down the same street.
There is a deep hole in the sidewalk.
I pretend I don't see it.
I fall in again.
I can't believe I am in the same place.
But it isn't my fault.
It still takes a long time to get out.

Chapter III

I walk down the same street.
There is a deep hole in the sidewalk.
I see it is there.
I still fall in ... it's a habit.
My eyes are open.
I know where I am.
It is my fault.
I get out immediately.

Chapter IV

I walk down the same street.
There is a deep hole in the sidewalk.
I walk around it.

Chapter V

I walk down another street.

by Portia Nelson

www.becomingwhoyouare.net

Thank You

Hendrée E. Jones, Ph.D.,

Phone: 919-407-0211

Hendree_jones@med.unc.edu

www.unchorizons.org

