

Housekeeping

- ▶ List instructions such as scan QR code before and after to get CEU credits
- ▶ Restrooms
- ▶ Must complete evaluation form
- ▶ Slides will be made available



Southern Illinois Drug Awareness Conference
Back Bigger Better

Multiple Pathways to Recovery

**Presenters: John & Chrystal Cantrell, Dan Pyles,
Tessa Leech**

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Clinical Pathways

Recovery processes aided by the services of a healthcare provider, clinician, or other credentialed professional.

- ▶ Pharmacology - Medication-Assisted Treatment
- ▶ Holistic-Based Recovery Services
- ▶ Cognitive Behavioral Approaches (CBT)
- ▶ Relapse Prevention (RP/MBRP)
- ▶ Motivational Interviewing and Motivational Enhancement Therapies (MI/MET)
- ▶ Twelve-Step Facilitation (TSF)
- ▶ Family Therapy.
- ▶ ...Many others not listed here



Non-Clinical Pathways

Recovery processes that do not involve a trained clinician but are often community-based and utilize peer support.

- ▶ Recovery Residences
- ▶ Recovery Community Organizations
- ▶ Peer-Based Recovery Support
- ▶ Faith-Based Recovery Support



Presentation Focus

- 12 Step Recovery Support Programs
- SMART Recovery Programs
- Recovery Resource Centers & Peer Recovery Support
- Harm Reduction





12 Step Support Groups

- ▶ **12-step programs are powerful support groups** that help people recover from substance use disorders, behavioral addictions, and sometimes other co-occurring mental health conditions.
- ▶ 12-step programs help people achieve and **maintain abstinence from substances**.

What are the main components of the 12-step programs?

Programs can differ but some common steps in the 12-step process include:

- Admitting you are not in control of your addiction.
- Recognizing a higher power can give strength.
- Examining past mistakes.
- Making amends.
- Living a new way of life.
- Helping others.



Steps 1-6 of Alcoholics Anonymous

1. We admitted we were powerless over alcohol—that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God as we understood Him.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.



Steps 7-12 of Alcoholics Anonymous

7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.



Sample List of 12 step groups - each group focuses on a specific substance or issue

- Alcoholics Anonymous (AA)
- Narcotics Anonymous (NA)
- Nicotine Anonymous (NicA)
- Adult Children of Alcoholics (ACA or ACoA)
- Cocaine Anonymous (CA)
- Crystal Meth Anonymous (CMA)
- Emotions Anonymous (EA)
- Heroin Anonymous (HA)
- Marijuana Anonymous (MA)
- Dual Diagnosis Anonymous (DDA)



12 Step Groups for Family and Friends

- ▶ **Al-Anon Family Groups and Alateen**
 - ▶ Al-Anon is like AA for people whose lives have been affected by someone else's drinking
- ▶ **Nar-Anon Family Groups**
 - ▶ Nar-Anon is to NA what Al-Anon is to AA. It's a support group for family members and loved ones of people struggling with drug addiction
- ▶ **Families Anonymous**
 - ▶ Families Anonymous is a 12-step program that covers alcohol, drugs, and related issues . Like most 12-step programs, Families Anonymous holds meetings centered on the twelve steps and twelve traditions pioneered by AA.



Where Can I Find a 12 step Group?

- ▶ Alcoholics Anonymous Meetings are held every Monday from 6 PM to 7 PM at Take Action Today's Recovery Resource Center located at 809 W. Main Street in Carbondale. Contact Dorie at 618-212-3171 for more information.
- ▶ For local Alcoholics Anonymous information in the southern Illinois area: <http://area21aa.org/>
- ▶ You can find local Narcotics Anonymous meetings in the southern Illinois area at: <https://river2riverna.com/>





Take Action Today



Presented by Dan Pyles CPRS,
Assistant Director



What is SMART Recovery?

- SMART Recovery was founded in 1994
- SMART is an acronym for:
 - S - Self
 - M -Management
 - A - And
 - R - Recovery
 - T - Training
- SMART Recovery emphasizes “Self”



How SMART Works

SMART Recovery uses techniques from the following:

- Cognitive Behavior Therapy (CBT)
 - Rational Emotive Behavior Therapy (REBT)
 - Motivational Enhancement Therapy (MET)
-
- ✓ SMART Recovery helps participants identify and examine their own behaviors so they can decide what problems need attention
 - ✓ You can stay in a SMART group for as long as you wish
 - ✓ SMART Recovery focuses on the present and what the individual wants for their future rather than the past.
 - ✓ SMART Recovery discourages the use of labels such as “addicts,” “alcoholics” or “druggies” .



The 4-Point Program

The four points are:

1. Building and maintaining motivation
2. Coping with urges
3. Managing thoughts, feelings, and behaviors
4. Living a balanced life

- The four-point program is the heart of SMART Recovery.
- Each point provides you with tools, techniques, and strategies to help a participant on their journey.



How Is SMART Different From Other Recovery Programs?



What's more recovery can help you as a standalone program it can also work as a companion to professional therapy.

You also may be working with other support group programs while some of the smart principles may be different from other programs many participants find that working more than one program at the same time benefits their recovery.

SMART Recovery don't take a position on any program or therapy any given therapy or program doesn't help everyone.

Your recovery is what is important not which programs help you get there

Can SMART Recovery Help Me?



The way you'll know for sure is if you try



SMART Recovery meetings are designed to deal with the pressing needs of its participants



Trained facilitators lead all SMART Recovery groups



All facilitators either have gone through recovery or have a strong desire to help those who are in recovery



Family & Friends

If you're in a relationship with someone who suffers from addictive behavior, it's a difficult journey SMART Recovery can help you too.

Recovery uses a science-based program called C.R.A.F.T.

C - Community

R - Reinforcement

A - Approach

F - Family

T - Training



C.R.A.F.T.

► CRAFT has three major goals:

1. Prove the quality of your life regardless of your loved ones choices.
2. Influence your loved one to reduce their using
3. Influence your loved one to pursue recovery.

Also help you learn how to deal with your loved one compassionately rather than with hostility frustration or avoidance.



Where Can I Join a SMART Group At?

- ▶ SMART Recovery is held in person every Tuesday from 6-7:30 Pm at 1805 W. Main St in Marion Illinois. For more information, please contact Shara at 618-663-2000.
- ▶ SMART Recovery Family & Friends meetings are held in person every Thursday from 5-6:30 pm at 1805 W. Main St in Marion Illinois. For more information, please contact Michelle at 618-218-3573.
- ▶ Or you can attend meetings online by logging into <https://meetings.smartrecovery.org/meetings/7057/>.





Recovery Resource Centers

- ▶ Non-profit centers for the recovery community that offer local networks of recovery support services.
- ▶ Recovery Community Centers are peer-operated centers that serve as local resources of community-based recovery support. These resources can help individuals build recovery capital by providing advocacy, training, recovery information and resources along with mutual support or peer groups, social activities, and other community-based services.
- ▶ Recovery Community Centers may also play a unique role by connecting recovering individuals to social services, employment and skills training, and educational agencies.



Many of Take Action Today's Recovery Resource Centers also provide:

Showers

Meals

Clothing

Laundry



Take Action Today Recovery Resource Center Locations






- ▶ 1805 W. Main Street
- ▶ Marion, IL
- ▶ 809 W. Main Street
- ▶ Carbondale, IL
- ▶ 504 E. Broadway Blvd.
- ▶ Johnston City, IL
- ▶ 410 W. St. Louis
- ▶ West Frankfort, IL
- ▶ 31 S. Division Street
- ▶ DuQuoin, IL
- ▶ 905 W. Washington Street
- ▶ Benton, IL



Peer Recovery Support Services

What Does A Peer Support Worker Do? cont.

Peer support workers

-  inspire hope that people can and do recover;
-  walk with people on their recovery journeys;
-  dispel myths about what it means to have a mental health condition or substance use disorder;
-  provide self-help education and link people to tools and resources; and
-  support people in identifying their goals, hopes, and dreams, and creating a roadmap for getting there.



Goals of Peer Recovery Support

- ▶ Peer recovery support assumes that everyone is capable of recovery, wellness and fulfilling their dreams. This strengths-based approach to recovery moves the focus away from people's deficits and instead emphasizes strengths and capacities to resolve problems and create solutions. Peer Recovery Specialists work with their peers to:
 - ▶ Instill hope
 - ▶ Promote positive self-identity (reduce stigma*)
 - ▶ Be a role model of strength, survival and growth
 - ▶ Decrease isolation and promote connection with others
 - ▶ Support person-centered recovery
 - ▶ Engage in mutual learning—the peer support relationship is a relationship of equals







INTRODUCTION

TESSA LEECH

Community Behavioral Health Specialist

Crisis Response Team

Harm Reduction Coordinator



WHAT IS HARM REDUCTION

Harm Reduction is a set of practical strategies and ideas aimed at reducing negative consequences associated with drug use.

Harm Reduction is also a movement built on a belief in, and respect for the rights of people who use drugs.

Harm Reduction is backed by scientific research and evidence-based practices. These practices are common sense, compassionate approaches to drug use that improve health, bring connection, and greatly reduce suffering and death.



FOUNDATIONAL PRINCIPLES CENTRAL TO HARM REDUCTION

Harm Reduction incorporates a spectrum of strategies that includes safer use, managed use, abstinence, meeting people who use drugs – where they're at – and addressing conditions of use along with the use itself.

Because Harm Reduction demands that interventions and policies designed to serve people who use drugs reflect specific individual and community needs, there is no universal definition of or formula for implementing Harm Reduction.

By necessity, Harm Reduction focuses on health and social issues around which there is often community misunderstandings, stigma, and fear, i.e. in relation to blood-borne viruses, illicit drug use, STI's, mental health, public safety, and the distinction between legalization and criminalization.



WHAT IS HARM REDUCTION?

- BIKE HELMETS
- FACE MASKS
- NALOXONE
- SYRINGE EXCHANGE
- SPEED LIMITS
- INSULIN
- DESIGNATED DRIVER
- METHADONE
- NICOTINE PATCH
- SAFETY BELTS
- SUNSCREEN
- HEART MEDICATION

ALL OF THE ABOVE!



DO STERILE NEEDLE PROGRAMS REDUCE HIV TRANSMISSION

STUDIES SHOWING NEEDLE EXCHANGE
PROGRAMS ARE EFFECTIVE

- The National Commission on AIDS (1991)
- The General Accounting Office (1993, 1998)
- Centers for Disease Control & Prevention (1993)
- The Office of Technology Assessment of the US Congress (1995)
- The National Institutes of Health (1997)
- American Medical Association (1997)
- United States Surgeon General (2000)
- National Academy of Sciences (2006)



DO STERILE NEEDLE PROGRAMS REDUCE HIV TRANSMISSION

STUDIES SHOWING NEEDLE EXCHANGE
PROGRAMS ARE NOT EFFECTIVE



STATISTICS

Over 2,500 new HIV infections occur each year among people who inject drugs.

The opioid crisis is fueling a dramatic increase in infectious diseases associated with injection drug use.

Over 150 people die every day from overdoses related to synthetic opioids like fentanyl.

Test strips are low-cost and typically give results within 5 minutes, which can be the difference between life and death.

According to the Centers for Disease Control and Prevention, participants in syringe exchange programs are five times more likely to enter drug treatment programs. They're 3.5 times more likely to stop injecting drugs. Research also shows that more than 90 percent of syringes distributed are returned.

Decreases syringe litter and improving overall risk to public safety.



STATISTICS

Syringe service programs (SSP) reduce HIV and Hepatitis C infections and are associated with an average of a 50% reduction in the spread of both.

When combined with medications that treat opioid dependence (also known as MAT or MAR, another life saving vital form of Harm Reduction) HIV and Hepatitis C transmission is reduced by more than two-thirds.

In 2022, there were 96,000 fatal overdoses, making it the leading cause of death in men and women ages 20-50 years old in all of North America. This is more than car crashes and homicides combined.



LEGALIZATION VS DECRIMINALIZATION

These two terms are not synonymous.

DECRIMINALIZATION means a person will not face criminal penalties for being in possession of a substance, but the law may still allow police to confiscate it, and there is no structure in place to provide any legal, regulated supply.

LEGALIZATION means people can now acquire and possess the drug freely under state or federal law, although it can still be regulated.



LEGALIZATION VS DECRIMINALIZATION

Virtually millions of people are stuck in a hopeless cycle of incarceration, violence and poverty, that has been created by our drug laws and not the actual drugs themselves.

Criminalization is just a way to institutionalize stigma.

Making drugs illegal does nothing to stop people from using them. In fact, it can have the opposite effect. Much like we learned with alcohol during Prohibition.

When making laws and policies, it would be helpful to remember that addiction is not a moral failing, but rather a desperate attempt to numb pain.

The War on Drugs has actually been a war on traumatized people.



SAFEProject

WHAT'S HARM REDUCTION?

Bike Helmets	Designated Driver
Face Masks	Methadone
Naloxone	Nicotine Patch
Syringe Exchange	Safety Belts
Speed Limits	Sunscreen

ALL OF THE ABOVE!



**ACCESS TO HARM REDUCTION SERVICES
REDUCES OVERDOSE DEATHS
BY MORE THAN 60%**

**NARCAN
FENTANYL
TEST STRIPS
XYLAZINE
TEST STRIPS
FIRST AID
SUPPLIES**

DID YOU KNOW.....

Harm reduction services save lives by being available and accessible in a manner that emphasizes the need for humanity and compassion toward people who use substances. Harm reduction plays a significant role in preventing drug-related deaths and increasing access to healthcare, social services, and treatment. These services decrease overdose fatalities, acute life-threatening infections related to unsterile drug injection, and chronic diseases such as HIV and hepatitis C.

Harm reduction is grounded in justice and human rights. It focuses on positive change and on working with people without judgement, coercion, discrimination, or requiring that people stop using drugs as a precondition of support.

FOR MORE INFORMATION

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Recovery Is Possible!!!



Questions???



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