



WEST VIRGINIA

PEER RECOVERY

Support Services Conference

Addressing the Opioid Crisis with Peer Recovery Support Services

Working With Parents of a Recoveree

G4

Meaningful Trainings

Framing Imagination. Building Intention. Sustaining Wonder.

Agenda & Learning Objectives

Addiction & Recovery Dynamics

A Parent's Perspective

Parallel Processes

Roles, Goals & Tools

Practical Applications





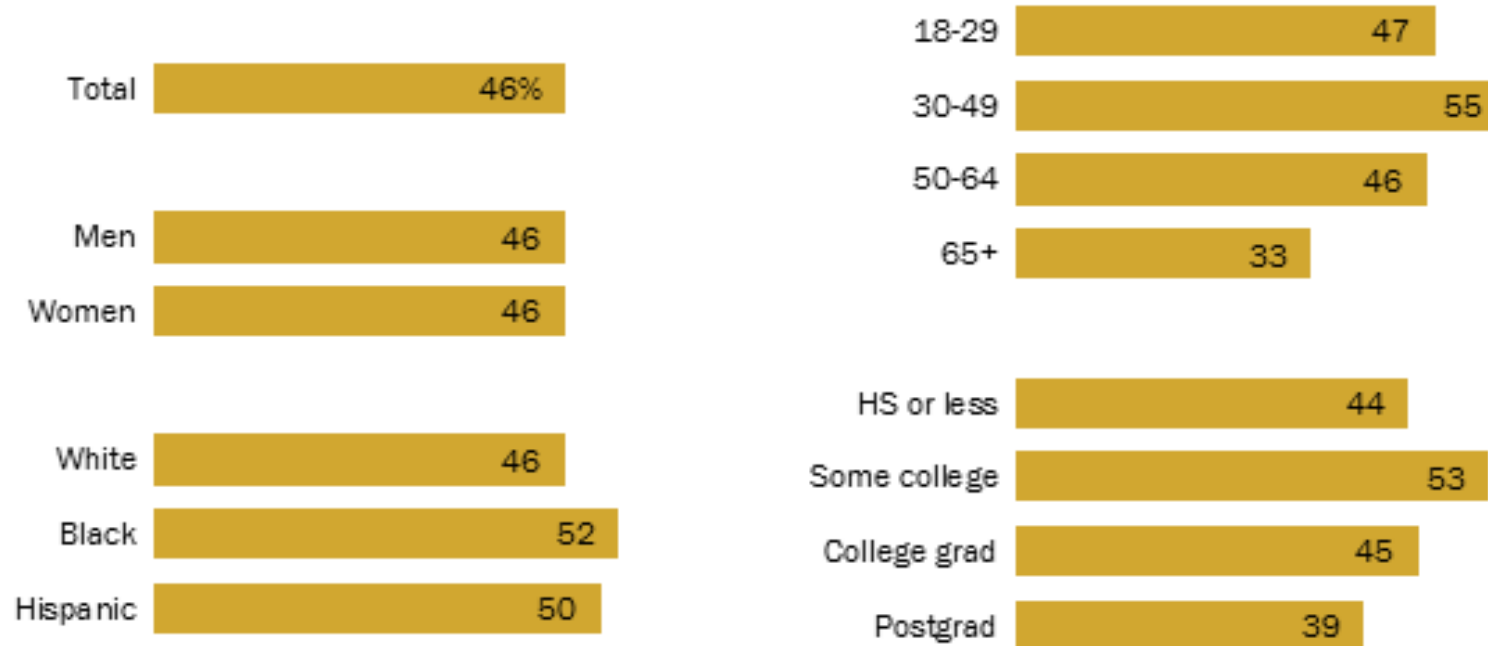
But first... a story!

$$20,000,000 \times 8 = 160,000,000$$



Many Americans have a friend or family member with a current or past drug addiction

% of U.S. adults who say they have a family member or close friend who is or has been addicted to drugs (2017)



Note: Whites and blacks include only those who are not Hispanic. Hispanics are of any race.
Source: Survey conducted Aug. 15-21, 2017.

PEW RESEARCH CENTER



A Little Context

SAMHSA
Data
2016



7.4 Million Americans (12+) met criteria for “illicit drug use disorder”

- **Criteria include**
 - Making “unsuccessful attempts to cut down on use”
 - Continuing habit “despite physical health or emotional problems associated with use”
- **Drugs included**
 - Marijuana*, cocaine, heroin, hallucinogens, inhalants, methamphetamine, prescription drugs (stimulants, pain relievers*)

National Survey on Drug Use and Health

SAMHSA

Top
2

❖ **Marijuana**

(about 4 million ages 12+)

❖ **Prescription Pain Relievers**

(about 1.8 million ages 12+)



SAMHSA

Alcohol



**15.1 Million Americans
(12+) self-reported
alcohol addiction**

National Survey on Drug Use and Health

The Good News

Recovery



Potentially
32.7 Million Americans
(1 in 10)



More Quick Math!

22.5 million + 32.7 million = 55.2 million

55.2 million x 8 = #>the US Population

A Parent's Perspective

It All Comes Down to ONE

Each parent is as unique as their qualifier!



Unique & Universal

A Parent's Experience



- **Sadness, Grief, Depression**
- **Anxiety**
- **Loss of Productivity**
- **Guilt**
- **Shame**
- **Anger**
- **Helplessness**
- **What Else?**



Worksheet (A) → Parallel Process I

- **Review the information in the chart**
- **Turn to a neighbor**
- **Share your impressions, thoughts, questions & take-aways from the parallel process described**

What We Know About Recovery

The Power of Language

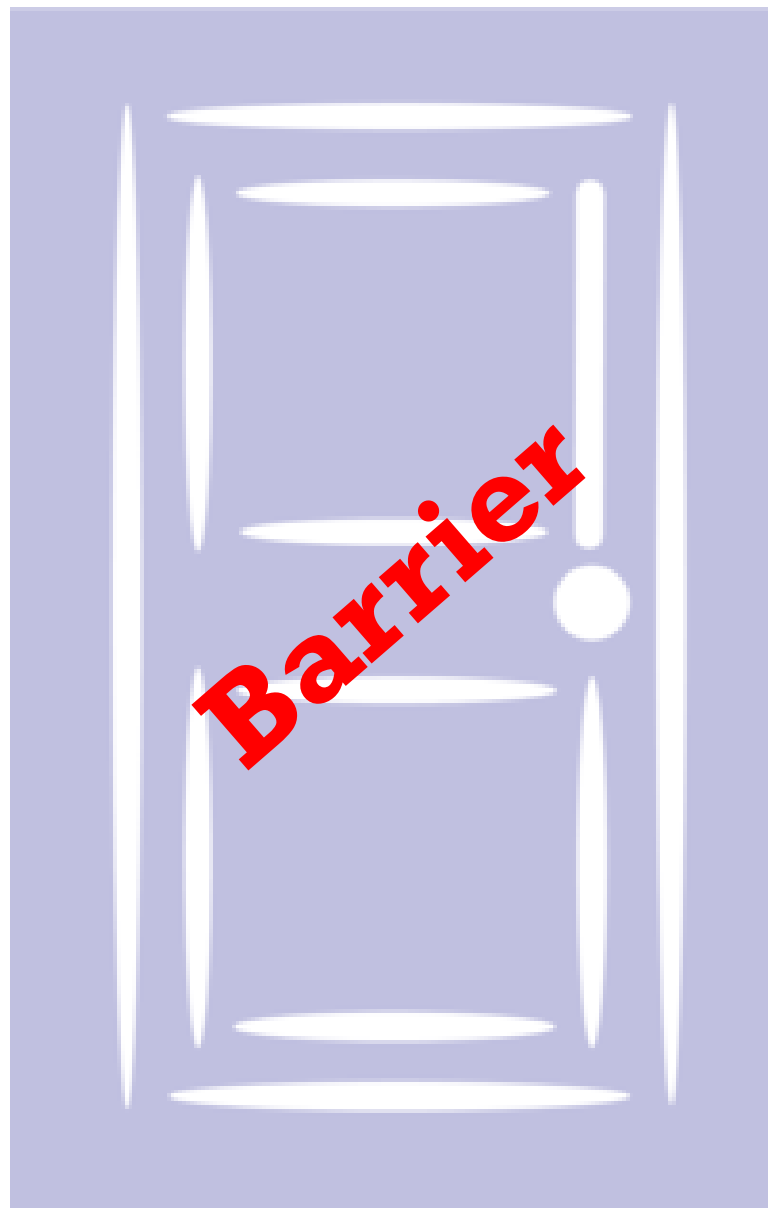


addiction

fight

battl

e
HOPELESS



epidemic

lonely

shame

FAILURE

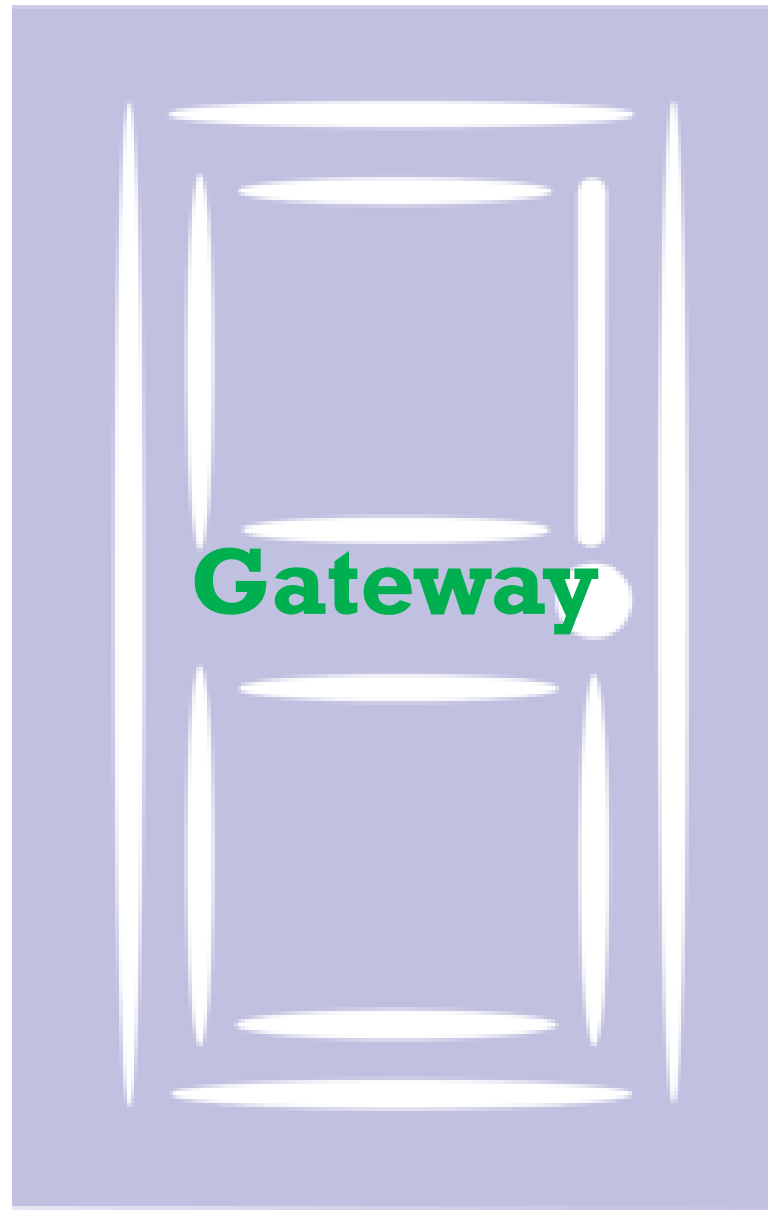
War

recovery

journey

hope

opportunity



strength

community

wellness

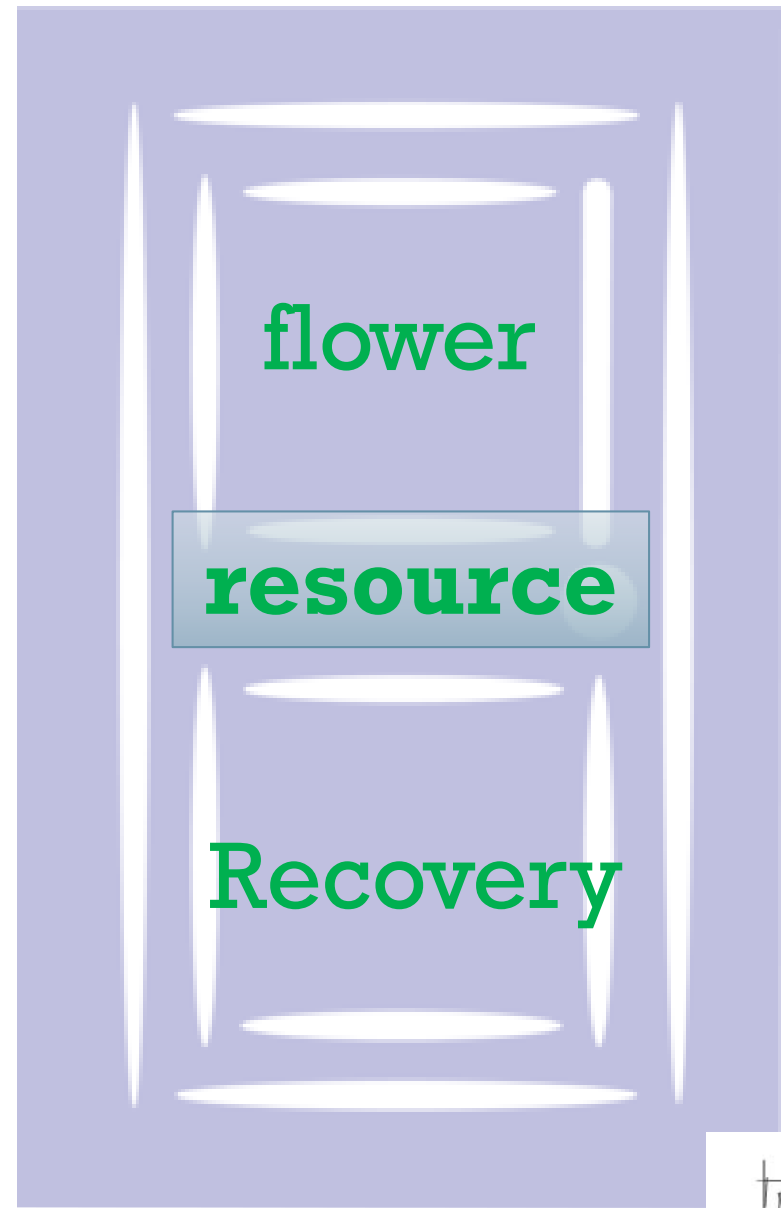
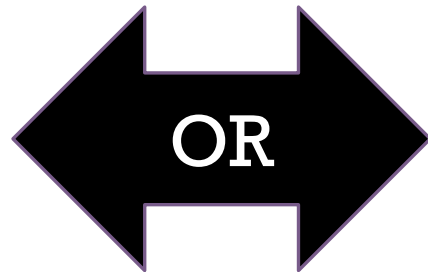
possibility



Don Coyhis, White Bison Wellbriety

“Words are important...
...if you want to care for something,
you call it a flower; if you want to kill something,
you call it a weed.”





What We Know

Recovery



- **Core Values, Components, Principles**
- **Intrinsic Motivation**
- **Recovery Coaching aka Peer Support**
(allies, mentors, truth-tellers, connectors, etc.)
- **Stages of Change**
- **Stages of Recovery**

What We Know

Recovery Coach Goals



- **Promote Recovery**
- **Identify & Remove Barriers**
- **Connect w/Recovery Resources**
- **Encourage Hope, Optimism
& Healthy Living**

What We Know

Recovery Coach Tools



- **Spectrum of Attitudes**
- **Motivational Interviewing**
- **Planes of Development**
- **Recovery Capital**
- **Recovery Wellness Planning**
- **Boundary Management**
- **Self Care**



Worksheet (B) → Parallel Process II

Recovery Stage	Recoveree's Tasks & Experiences	Affected Person's Tasks & Experiences
Stabilization	Education, Physical Detox, Clean & Sober, Anxiety Mgmt, New Routines	
Deepening	Emotional Detox, Positive Changes in Attitude & Behavior, Better Health	
Connectedness	Increased Tolerance, Inner World=Outer World, Connections, Honesty	
Integration	Quality Relationships, Use Recovery Tools, Fun & Joy	

What We Know

Recovery Coach Tools



- **Spectrum of Attitudes**
- **Motivational Interviewing**
- **Planes of Development**
- **Recovery Capital**
- **Recovery Wellness Planning**
- **Boundary Management**
- **Self Care**

Let's Review

We're ALL affected

Each parent is UNIQUE

Parents' experiences PARALLEL
those of their loved ones

Peer Recovery Support Roles, Goals & Tools
are RELEVANT & VALUABLE for Parents





**How do we increase our
capacity to support parents,
families & friends?**

Advocacy & Action

Individual Recovery Capital



- **Suspend Judgment**
- **Listen, Ask, Engage**
- **Demonstrate Compassion**
- **Positive Reinforcement**
- **Facilitate Peer Connections**
- **Connect to Community Resources**

Advocacy & Action

Community Recovery Capital



- **Recovery Capital Assessment**
- **Recovery Community Centers**
- **Recovery Language for ALL**
- **Positive Parenting Resources & Tools**
- **Communication Skills Reinforcement**
- **Multiple Pathways**
 - **SMART Family & Friends**
 - **All Recovery Meetings**
 - **CRAFT Method**



Hope, Optimism, Healthy Living

**Change is Possible
People do Recover!**

Community Based Recovery Supports

Let's Grow

Healthy Communities Feed ALL of Us!





WEST VIRGINIA
PEER RECOVERY
Support Services Conference

Addressing the Opioid Crisis with Peer Recovery Support Services

Thank You

Meaningful Trainings

Framing Imagination. Building Intention. Sustaining Wonder.