Welcome

• Erin Etwaroo, LCPC, Analyst, Altarum
• Linda Sarage, M.Ed., M.A.
Guest Presenter – Linda Sarage

• In recovery for over 35 years, passionate advocate for the peer recovery movement
• Former Director of the RECOVER Project, a peer recovery support center in Greenfield, Massachusetts
• Has supported recovery coaching statewide with the Bureau of Substance Addiction Services (BSAS)
• Lead trainer for the Recovery Coach Academy and Ethical Considerations for Recovery Coaches
• Technical assistance to recovery community organizations locally and nationally
• Director of the Addiction Recovery Coach Certificate program at Westfield State University
Peer-supported Recovery Planning

- Explore recovery planning as a strengths-based, forward-facing process
- Define recovery capital and identify its significance to sustained recovery
- Identify goal-setting tools to use while supporting people in recovery in varied contexts
- Reflect on the value of Hope in Recovery Planning
Why Plan?

- The Boy and the Butterfly: The Struggle Makes Us Stronger

www.lifeandwhim.com
RECOVERY

Expectations  Reality
Recovery Planning

*If you aim at nothing, You will hit it every time.*

Zig Ziglar
## Recovery Planning

<table>
<thead>
<tr>
<th>Peer-supported recovery planning</th>
<th>Goals of recovery planning</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Strengths-based</td>
<td>• Developing recovery capital</td>
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<tr>
<td>• Forward-facing</td>
<td>• Setting goals</td>
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<tr>
<td>• Future-imaging</td>
<td>• Sustaining recovery</td>
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<tr>
<td></td>
<td>• Finding new meaning and purpose</td>
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When Do We Do Recovery Planning?

Pre-recovery, Recovery Initiation, Early Recovery, Sustained Recovery, Long-Term Recovery
Addiction – Recovery

**Illness-Based**
- The person is seen as the problem or an illness label.
- Language is grounded in pessimism and doubt.
- The impact of background, family, and environments are not considered.
- The helping relationship is infused with power inequality, distance, control, and manipulation.
- There is a tendency to “fix” sickness-related problems with prescriptive solutions.

**Strengths-Based**
- Every individual, group, family, and community possesses strengths, interests, abilities, knowledge, and capabilities.
- Language is optimistic and hopeful.
- Every environment is full of potential resources.
- The helping relationship is one of collaboration, mutuality, and partnership.
- All human beings have the capacity to learn, grow, develop, and change.
- Every person is responsible for his or her own recovery.
# National Movement to Recovery Values

<table>
<thead>
<tr>
<th>Maintenance-Based</th>
<th>Recovery-Focused</th>
</tr>
</thead>
<tbody>
<tr>
<td>Treatment focused on maintenance</td>
<td>Treatment focuses on recovery</td>
</tr>
<tr>
<td>Judged by compliance</td>
<td>Honors self-determination</td>
</tr>
<tr>
<td>Low expectations</td>
<td>High expectations</td>
</tr>
<tr>
<td>Illness-based</td>
<td>Strengths-based</td>
</tr>
<tr>
<td>Dependence</td>
<td>Interdependence</td>
</tr>
<tr>
<td>Goal is stabilization</td>
<td>Goal is community integration</td>
</tr>
<tr>
<td>Provider-driven</td>
<td>Person-driven</td>
</tr>
<tr>
<td>Risk-averse</td>
<td>Dignity of risk</td>
</tr>
<tr>
<td>Medical perspectives only</td>
<td>A number of ways to understand stress</td>
</tr>
</tbody>
</table>

*(Transformation Center, 2017)*
Recovery Planning – Trauma-Informed Approach

✧ SAFETY: Am I doing all I can to be mindful of the physical and emotional safety of others?

✧ EMPOWERMENT: Am I fostering an environment where every individual’s strengths, experiences, and uniqueness can be highlighted and built upon?

✧ TRUSTWORTHINESS: Am I being clear and consistent with my expectations and in my interactions? Am I creating an atmosphere of respect? Am I maintaining appropriate boundaries?

✧ CHOICE: Am I providing experiences of choice and control?

✧ COLLABORATION: Am I allowing an approach of collaboration to be at the center of my interactions?

Adapted 2008 by Western MA Training Consortium, Fallot and Harris

https://www.theannainstitute.org/CCTICSELFASSPP.pdf
Recovery Planning Builds Recovery Capital

Addiction Remission

Recovery Capital
(physical and mental health; housing; social and family relations; education; employment)
Longer remission results in greater accrual of recovery capital; in turn, greater recovery capital increases the chances of longer remission because it reduces biological, psychological, and social stress—a major pathway to relapse. Consequently, providing more recovery support will increase the chances of remission by reducing stress. Adapted from Kelly and Hoeppner (2014).
What is Recovery Capital?

- **Total amount of internal and external resources one can bring to bear on the initiation and maintenance of recovery**

Granfield and Cloud

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Recovery Capital Scale

- Recovery Capital Assessment with 35 questions
- Determine lowest areas
- Long-range goals
- This week “to do”

Granfield and Cloud, *Coming Clean: Overcoming Addiction without Treatment*.
Recovery Planning and Momentum

A goal without a plan is just a wish - Antoine de Saint-Exupéry

Make a Decision and Go!
Recovery Capital Plan

After completing and reviewing the Recovery Capital Scale, complete the following. In the next year, I will increase my recovery capital by doing the following:

Goal # 1: _____________________________________________________

Goal # 2: _____________________________________________________

Goal # 3: _____________________________________________________

Goal # 4: _____________________________________________________

My Recovery Capital “To Do” List

In the next week, I will do the following activities to move closer to achieving the above goals:

1.  
2.  
3.  
4.  
5.  

Granfield and Cloud,  
Coming Clean: Overcoming Addiction without Treatment
Recovery Wellness Plan

- Connectedness to the Recovery Community
- Physical Health
- Emotional Health
- Spiritual Health

- Living Accommodations
- School/Job/Education
- Personal Daily Living Management
- Any Other
## SMART Goals

<table>
<thead>
<tr>
<th>Specific</th>
<th>• What, where, how many, who?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Measurable</td>
<td>• How will I know when I meet this goal?</td>
</tr>
<tr>
<td>Achievable</td>
<td>• Have I planned for obstacles?</td>
</tr>
<tr>
<td>Relevant</td>
<td>• Is this important to my recovery?</td>
</tr>
<tr>
<td>Time-bound</td>
<td>• Short term, Specify date or elapsed time</td>
</tr>
</tbody>
</table>
## “Recovery Coach” Role

<table>
<thead>
<tr>
<th>Goals</th>
<th>Skills, Tasks, Opportunities</th>
</tr>
</thead>
<tbody>
<tr>
<td>Promote Recovery</td>
<td>• Appreciate, Respect, Support Recovery</td>
</tr>
<tr>
<td></td>
<td>• <strong>Internalize Recovery Wellness Plan</strong></td>
</tr>
<tr>
<td></td>
<td>• Be a Recovery Champion</td>
</tr>
<tr>
<td>Remove Barriers</td>
<td>• Promote Mutuality, Create Trust, Foster Collaboration</td>
</tr>
<tr>
<td></td>
<td>• Advocate in Organization, Community, and Beyond</td>
</tr>
<tr>
<td></td>
<td>• <strong>Foresee Obstacles and Plan Ahead</strong></td>
</tr>
<tr>
<td>Connect People With Recovery Support</td>
<td>• Knowledge of Multiple Paths of Recovery</td>
</tr>
<tr>
<td></td>
<td>• Engage With Community Recovery Resources</td>
</tr>
<tr>
<td>Encourage Hope, Optimism, and Healthy Living</td>
<td>• Share Story With Intention and Care</td>
</tr>
<tr>
<td></td>
<td>• Model Healthy Choices</td>
</tr>
<tr>
<td></td>
<td>• Share Enthusiasm for Recovery</td>
</tr>
</tbody>
</table>

*Adapted from William White*
THE SCIENCE OF HOPE – Creating enthusiasm about the future

Hope = Goals + Agency + Pathways

• Set clear goal
• Plan for obstacles – If: Then
• Develop multiple pathways
• Use forecasting
Recovery Planning and Imaging

“BEGIN WITH THE END IN MIND”
Covey 1989
So What Is It About Peer Support?

• Credibility – “Me, too”
• Vulnerability – Intentional use of own story
• Authenticity – Bringing the whole self
• Hope – Recovery is real
Resources

• Recovery Capital Scale

• Recovery Research Institute
  http://www.recoveryanswers.org/recovery/addiction-ary/recovery-capital/


• Connecticut Community for Addiction Recovery: Recovery Coach Academy
Contact Information

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  Phone: 413.824.2509

_Sarage Recovery Consultants_
Questions?
https://cossapresources.org/Program/TTA
BJA’s Comprehensive Opioid, Stimulant, and Substance Abuse Program