Multiple Pathways and Styles of Addiction Recovery
CCAR Multiple Pathways of Recovery Conference Keynote
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Presentation Outline & References
Title

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Self-Introduction
- Epiphany in Dallas
- Toward a Recovery Paradigm
  --From pathogenic orientation (focus on causes, course, & consequences of addiction) to salutogenic orientation (focus on recovery, health & capacities for resilience)
- Presentation Goal: Outline common pathways and styles of addiction recovery (drawn from scientific/historical literature and collective recovery experience)

Recovery Definition
- Remission versus recovery
- Consensus on 3 dimensions of recovery, e.g., Recovery from substance dependence is a voluntarily maintained lifestyle characterized by sobriety, personal health, and citizenship. (Betty Ford Institute Consensus Panel, 2007)

Remission/Recovery Prevalence
- Rates of SUD remission in major U.S. epidemiological studies range from 5.3% to 15.3%.
- Those rates produce a conservative estimate of the number of adults in remission from significant alcohol or drug problems in the United States at more than 25 million people, with a potential range of 25 to 40 million (not including those in remission from nicotine dependence alone). (See White 2012 monograph)
• Recovery prevalence via 3-part definition yet to be determined

**Distinction between “Pathways to” and “Pathways of” Recovery**
- Archetypal three-part recovery story style: “what we used to be like, what happened, and what we are like now”
- *Pathways to* focuses on varying forms of destruction and residual debris of active addiction" that set stage for recovery, e.g., “what we used to be like”
- *Pathways of* focuses on variations in the catalytic process of recovery initiation and the varieties of recovery experience over the long-term course of recovery
- Distinction between *recovering from* (pathogenic focus) and *recovering to* (salutogenic focus)

**Recovery from what?**
- Recovery has meaning only in the context of illness (condition that meets diagnostic criteria)
- Other terms apply to sub-clinical AOD problems, e.g., resolve, quit, control, manage

**Pathway and Style Differences across Populations**
- Age (e.g., adolescents and transition age youth, older adults)
- Gender
- Ethnicity, culture, and religion, e.g., concepts of *culturally-shaped addiction careers* and *cultural pathways of recovery*
- Sexual identity and orientation
- Co-occurring medical/psychiatric conditions
- Trauma (e.g., survivors of developmental trauma, war, historical trauma) --Research on traumagenic factors and healing sanctuaries)
- Concepts of *concurrent and serial recoveries*

**Recovery Rubrics**
- *Personal Recovery*
- *Family Recovery* (See Stephanie Brown Interview)
  --Family Subsystems
  --Vulnerability of family through stages of recovery (Brown’s “Trauma of Recovery”)
  --Need for *supportive scaffolding* during early recovery
  --Neglected constituency: “recovery” encompassing families grieving AOD-related loss of family member
- *Community Recovery*
- Parallel Processes across Personal/Family/Community Recovery
- Personal, family, and community *recovery capital*
- Recovery Resource Mapping across Pathways

**Changing Views on Role of Motivation in Recovery**
- Push forces (Pain) to Pull forces (Hope); not either/or but power of combinations
- Wide variations in “what happened” (turn-around) element of recovery story
- Push factors: Creating motivational fulcrums within family/community/culture
• Pull Factors: Contagiousness of recovery & Role of Recovery Carriers

Temporal Frameworks of Recovery
• Stage-dependent Recovery
  --Numerous stage models
• White: Precovery, Recovery Initiation, Recovery Maintenance, Enhanced Quality of Personal/family life in long-term recovery, Efforts to Break Intergenerational Cycles of Addiction
  --Question of how staged change differs across diverse populations
• Transformative Change (TC)
  --Recovery as conversion experience (defining moment, peak experience, epiphany) forever cleaving one’s life into categories of “before” and “after”
  --Unplanned, positive, vivid, and permanent
  --TC experiences of recovery messiahs (e.g., Handsome Lake, Jerry McAuley, Bill Wilson, Malcolm X)

Depth of Change in Recovery
• 3 components of emerging recovery definitions in U.S. & U.K.: AOD problem resolution (as measured by clinical remission or sustained abstinence), enhanced global health/functioning, and positive change in person-community relationship
  --Researchers and HR advocates include moderated resolution of AOD problems within the recovery rubric, e.g., moderated recovery (sustained deceleration of AOD problems to subclinical levels)
• Full Recovery across 3 components
• Partial Recovery
  --Full achievement in one area but impairment continuing in other areas
  --Improvement but continuing impairment in one or more areas
• Amplified Recovery across 3 elements: Above-optimum levels of health and social contribution

Organizing Frameworks of Addiction Recovery
• Secular (SE)
• Spiritual (SP)
• Religious (RE)
• Mirroring of frameworks in U.S. Recovery Mutual Aid Organizations
  SE: e.g., Women for Sobriety, Secular Organizations for Sobriety, SMART Recovery, LifeRing Secular Recovery, Moderation Management
  SP: e.g., AA, NA, and other 12-Step Fellowships; Wellbriety Movement
  RE: e.g., Alcoholics Victorious, Celebrate Recovery, Millati Islami, Buddhist Recovery Network
• Dual Citizenship in recovery
  --Co-attendance across recovery fellowships
  --Varieties within recovery fellowships, e.g., from Back to Basics to Quad A and AA Agnostica within AA
• Potential for a secular spirituality
• Potential for changes in orientation across stages of recovery
Commonly Shared Elements of Recovery Spirituality (from Kurtz & White, 2014)

- Within (Intrapersonal)
- Between (Interpersonal)
- Beyond (Transpersonal)
- Kurtz’s 6 Dimensions of Recovery Spirituality
  --Release
  --Gratitude
  --Humility
  --Tolerance
  --Forgiveness
  --Being-at-Home

Pathways of Recovery Assistance

- Natural Recovery Initiation and Maintenance
- Peer-assisted Recovery Initiation and Maintenance
  --Recovery mutual aid organizations
  --New recovery support institutions
  --New recovery support roles
- Professionally-Assisted Initiation and Maintenance
  --Non-specialty help
  --Specialized addiction treatment
  --Medication-assisted treatment/recovery (Subcategories can legitimize but also create recovery status hierarchies)
- Trends in Face-to-Face and Virtual Recovery Support
  --Expansion of Virtual communities of recovery
  --New Technologies of Recovery Support (SMART Phones and beyond)
  --Trend Projections

Relational Styles in Recovery

--Acultural
--Bicultural
--Culturally enmeshed
--Changes in styles across stages of recovery

Identity Patterns in Recovery

- Neutral Identity (Remission without recovery identity)
- Positive Identity (Recovery central part of personal identity)
- Negative Identity (Recovery Identity Closeted in shame)

Multiple Pathways/Styles: Implications for Addiction Treatment

- From addiction treatment experts to students of recovery
- Extending intrapersonal models of addiction/treatment/recovery to ecological models that include larger community and cultural interventions
- From “acute care” or “palliative care” models of service to models of sustained recovery management (RM) nested in larger recovery-oriented systems of care (ROSC), with “system” being, not the treatment system” but a larger mobilization of recovery supports within the community/culture
• From packaged “programs” to highly individualized service planning and delivery processes
• Emphasis on expansion of service menus and “philosophy of choice”
• Expansion of the service delivery team, e.g., inclusion of indigenous healers
• Post-treatment recovery checkups for at least 5 years (5-year recovery durability data)

Multiple Pathways of Recovery within the New Recovery Advocacy Movement
• “There are multiple pathways of recovery—and ALL are cause for celebration.”
• “Recovery by any means necessary under any circumstances.”
• From isolated and competing organizations to a larger embracing identity (people seeking and in long-term recovery) and an “ecumenical culture of recovery” that embraces and yet transcends these organizational identities
• CCAR’s “You are in recovery if you say you are.”
• Becoming culturally informed, fluent, competent, and connected across pathways/communities of recovery
• Forging recovery space (recovery landscapes) within local communities

Closing
• Recognition of multiple pathways of recovery will require that we address any potential “hardening of the categories” across the spectrum of addiction treatment and recovery support services
• Authenticity of recovery representation must include recovery pathway and style diversity
• We must all become students of recovery: stance of humility and learning from the experience of those we serve.
• The understanding of long-term recovery and its many pathways and styles constitutes the new frontier within the alcohol and other drug problems arena.
• I wish each of you godspeed on your journey into that future.

Brief Bibliography (See 2015 Recovery Bibliography at www.williamwhitepapers.com)


See Interviews/papers from key figures in secular, spiritual and religious recovery support groups at [http://www.williamwhitepapers.com/recovery_mutual_aid_history/](http://www.williamwhitepapers.com/recovery_mutual_aid_history/)