

Redefining Recovery – Is Everyone’s Map the Same?

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Redefining Recovery: Is Everyone's Map the Same?

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Dr. Johnson is an employee of the US Department of Veterans Affairs, however the views expressed in this course and these materials do not necessarily represent the view of the US Department of Veterans Affairs, its Secretary, or the United States Government.



Objectives for Today

1. Review and assess historic definitions of “recovery”
2. Identify existing barriers to health and safety for People Who Use Drugs (PWUD) due to policies informed by definitions of recovery
3. Assess current literature regarding new understandings of recovery
4. Define recovery in 2023
5. Implement updated definitions of recovery into existing structures and policies, using a harm reduction framework



Historical Markers

How have we typically defined recovery?



How does existing map impact patients?

Barriers to health and safety

Guidebooks

Assessing current literature and new definitions of recovery

Updating the Map

How should we define recovery in 2023?

Trip Planning

Using evidence to inform next steps



Protect our Children:

THE

OPIOID



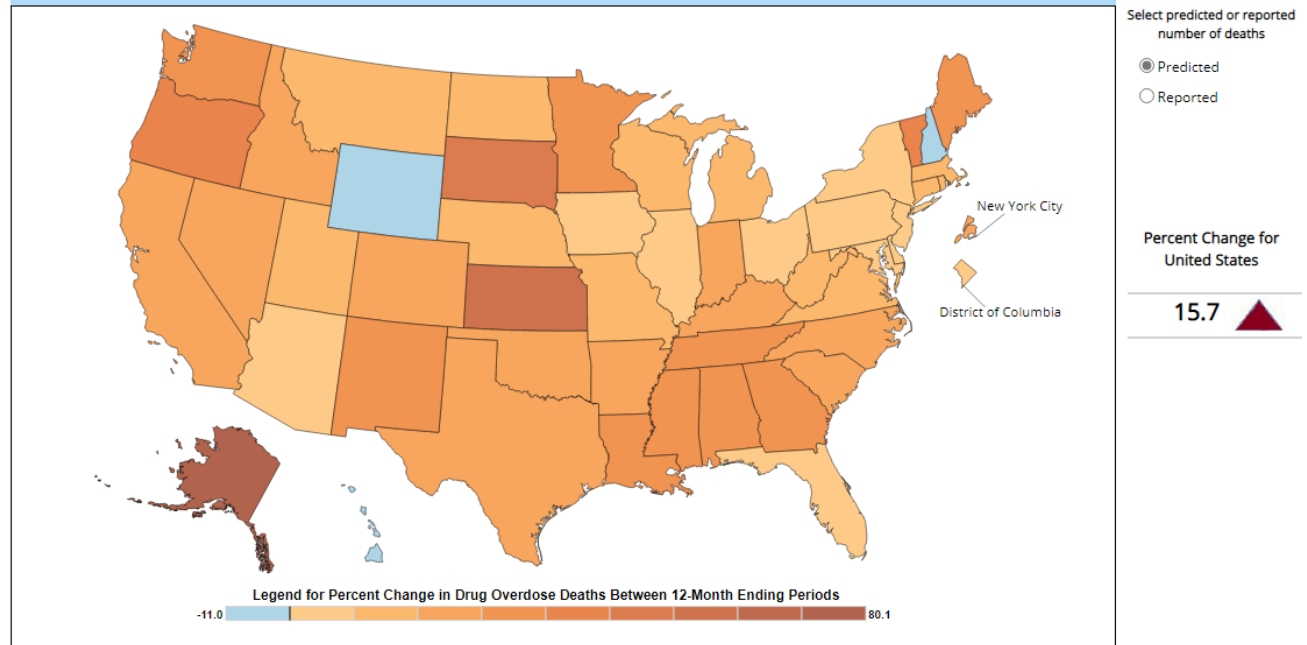
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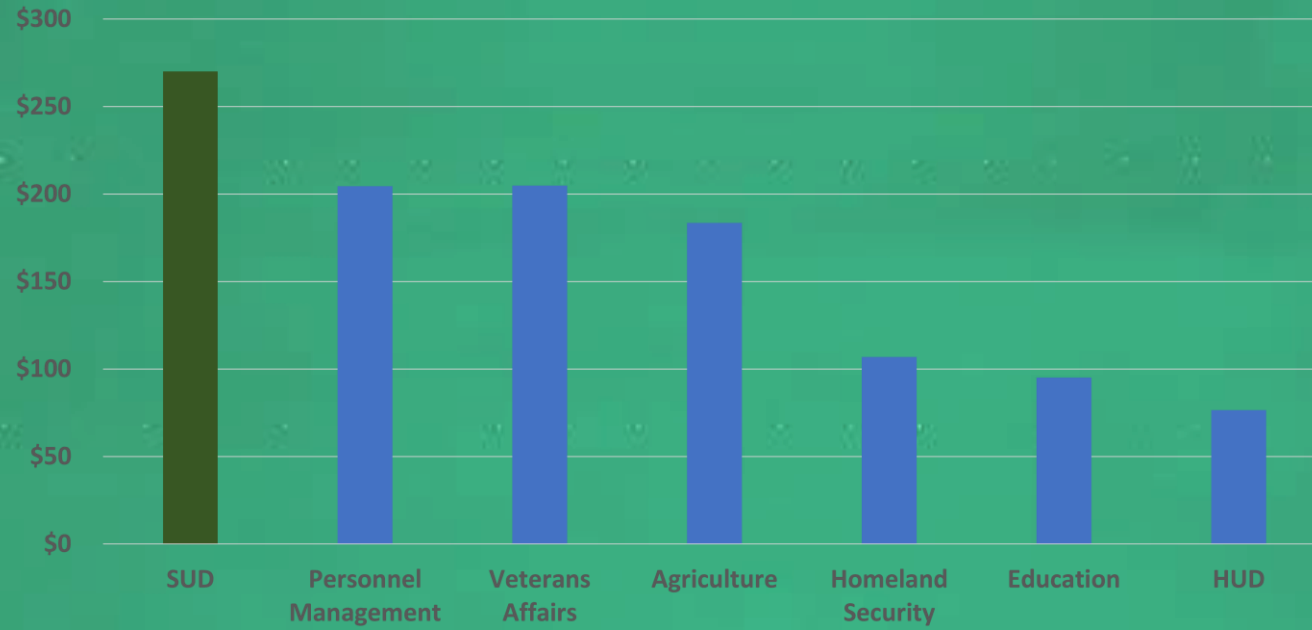
WATCH IT ON

abc7NY
.com

Figure 1b. Percent Change in Predicted 12 Month-ending Count of Drug Overdose Deaths, by Jurisdiction: November 2020 to November 2021

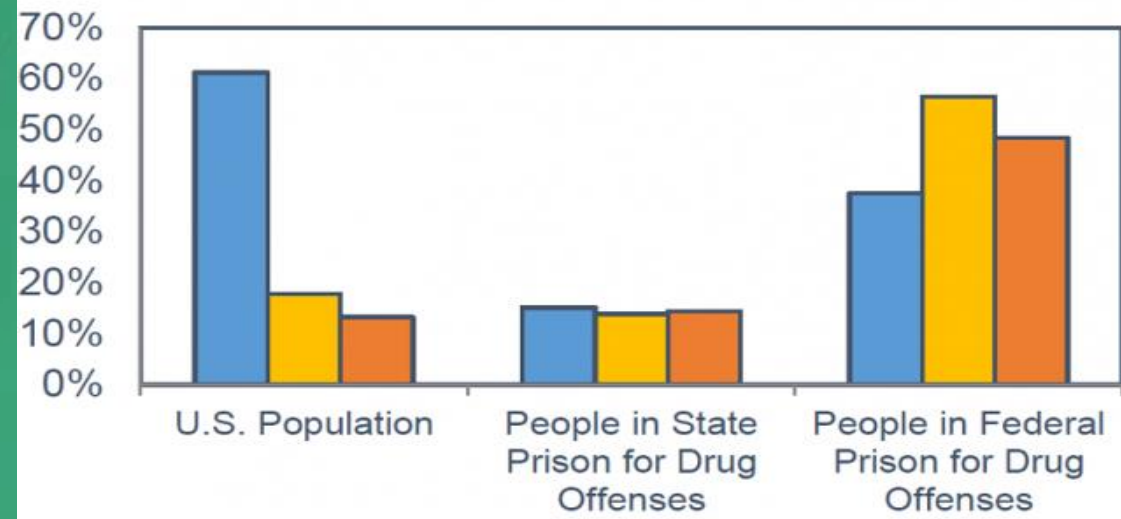


2018 Costs (Billions)



Disproportionate Impact of Drug Laws on Black and Latino Communities

■ White ■ Latino ■ Black





On the Road

Where are we Going?

What does it mean to us for things to be “better”?

- Fewer people dying?
- More kids staying with their families?
- More people engaged in the workforce and community activities?
- Less violent crime?
- Fewer infectious diseases?

Misconceptions

- All drug use is an addiction
- Dependence vs Addiction
- Tolerance vs Withdrawal
- Community overdose dangers
- Rock Bottom

A yellow diamond-shaped sign with a cracked surface, mounted on a post. The sign features the text "SPEED BUMP AHEAD" in blue, bold, sans-serif capital letters. The background is a clear blue sky.

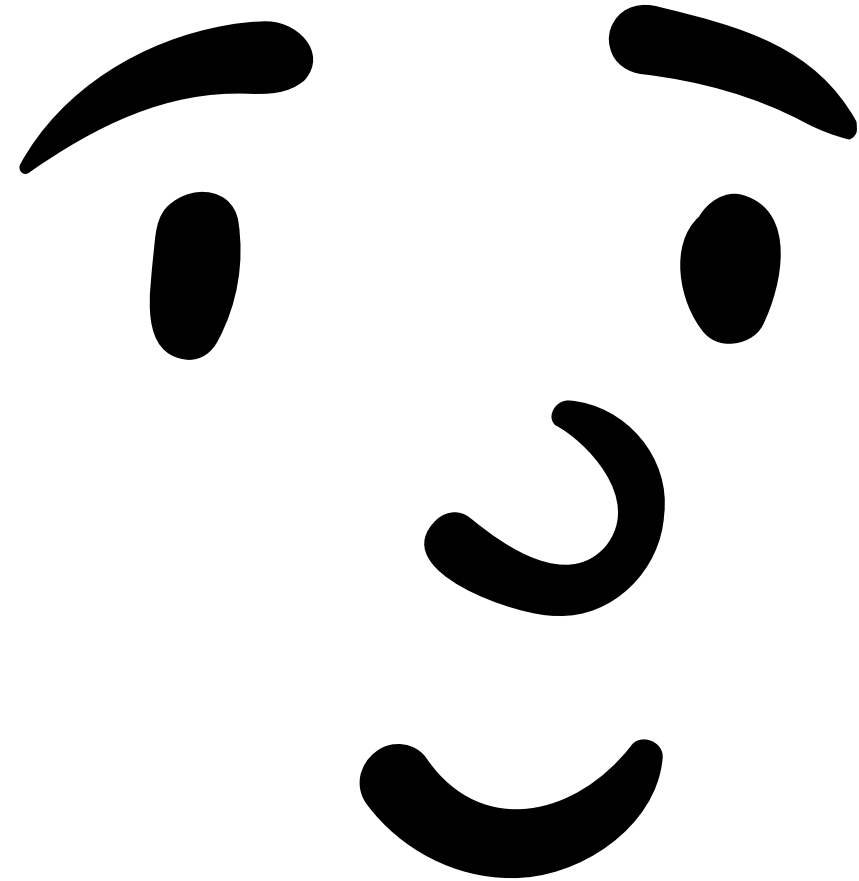
**SPEED
BUMP
AHEAD**

STIGMA

SPEED
BUMP
AHEAD



Stigma
Comes from
LOTS of
Places



Self-Stigma



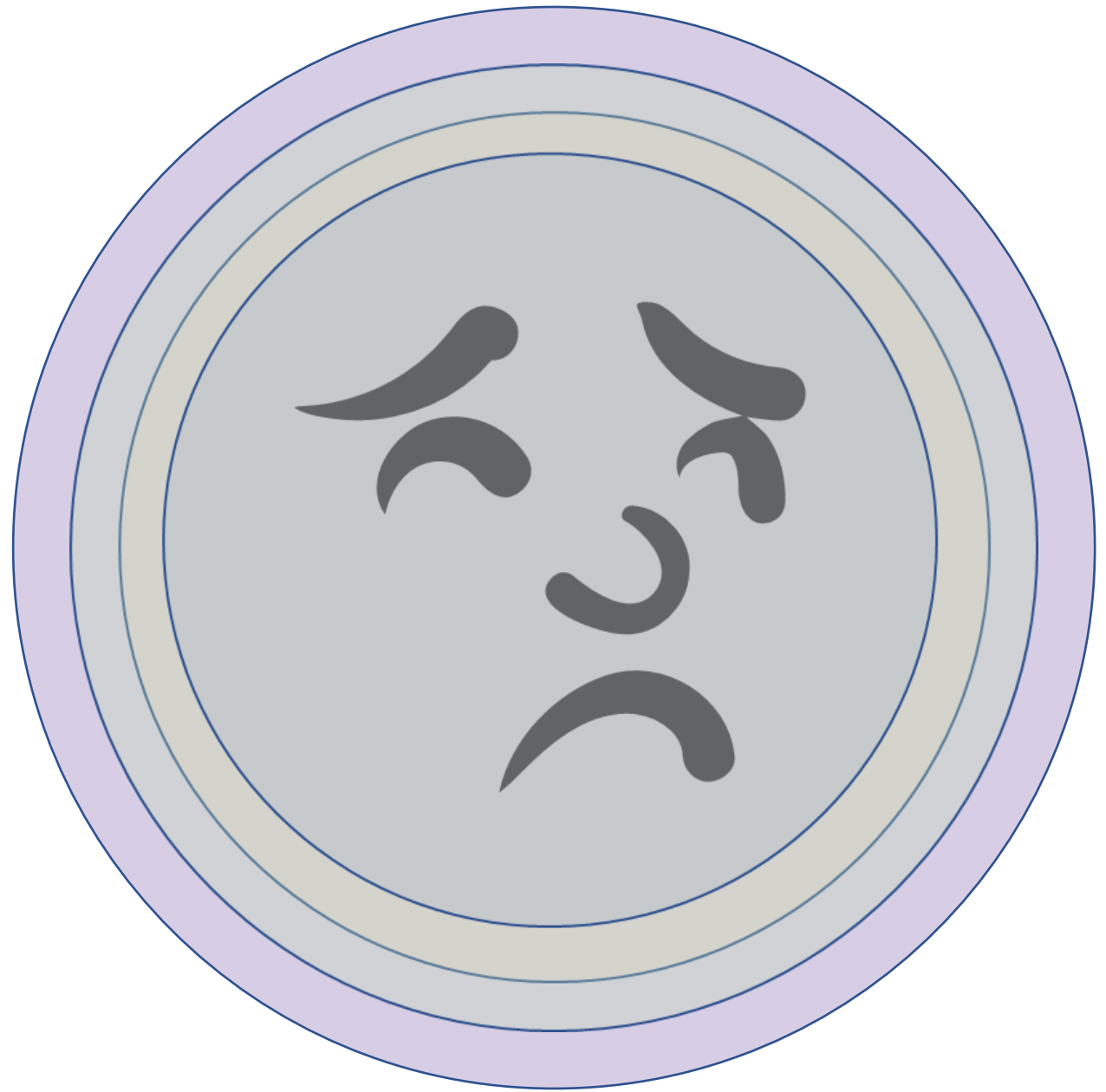
From Family
and Friends



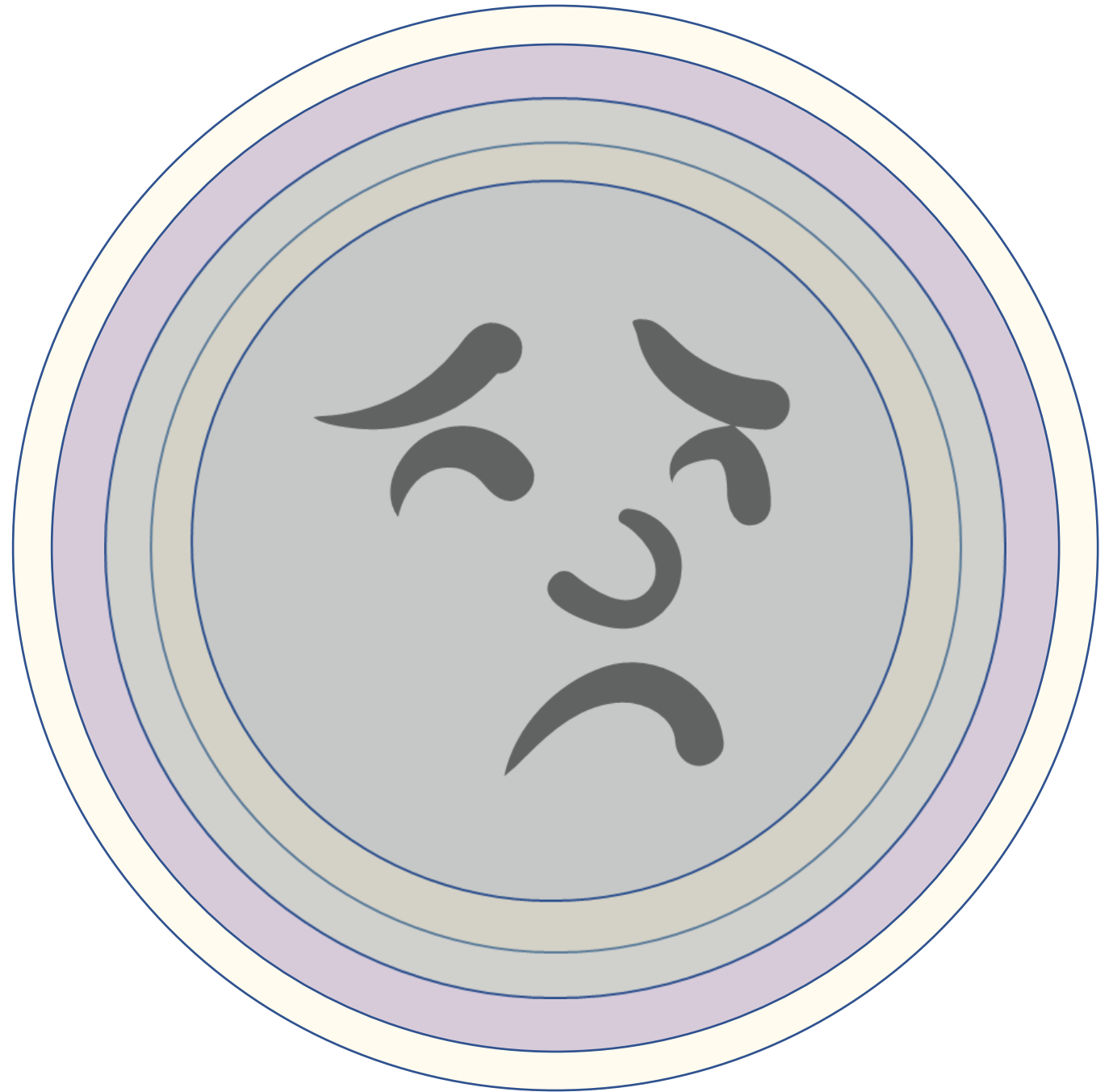
From
Recovery
Communities



From
Healthcare
Providers



From
Criminal
Justice
Systems,
Churches,
Laws, and
more

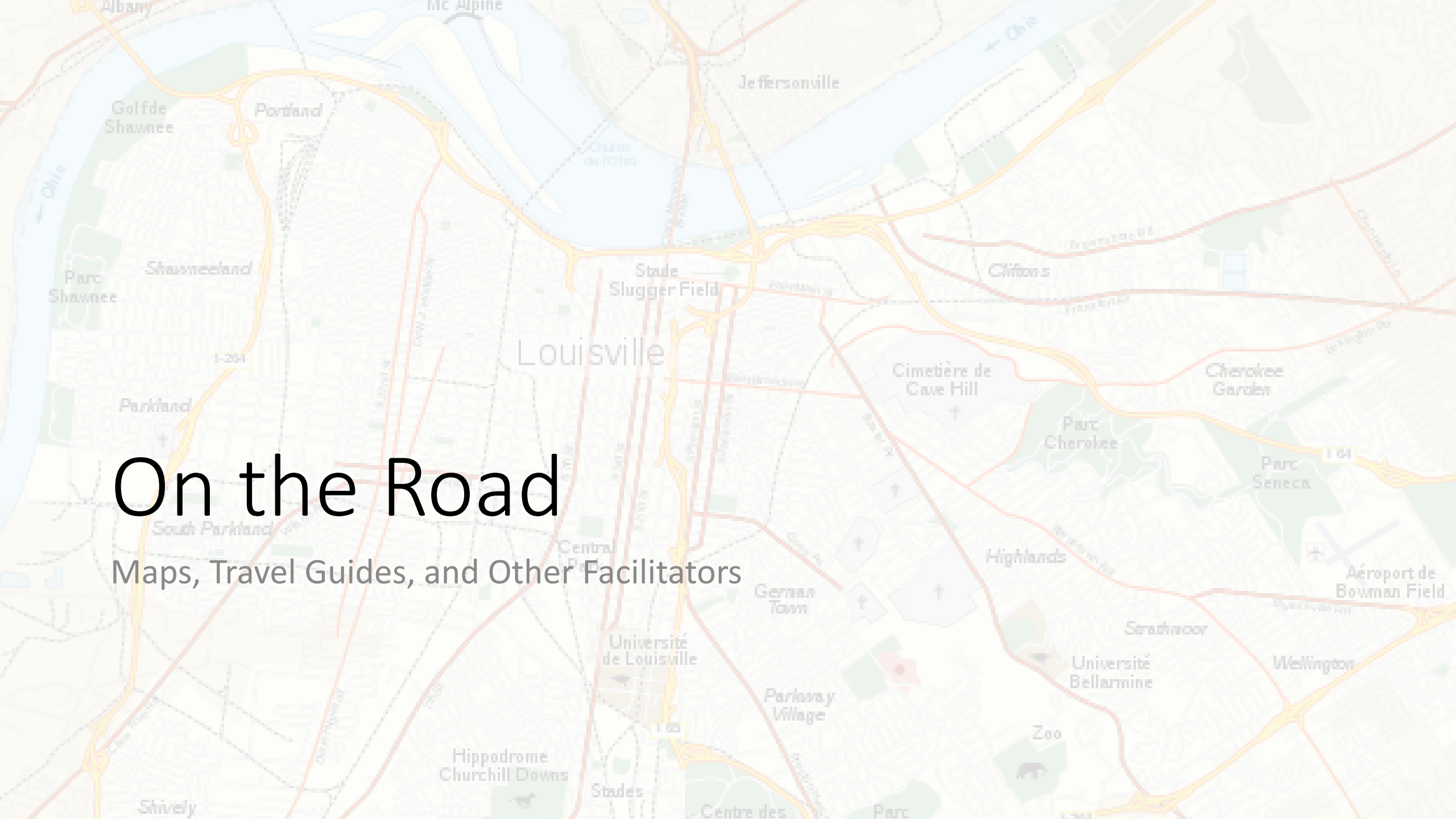


Pothole – What Exactly IS Recovery?

- Abstinence from all substances?
- Abstinence from certain substances?
- Use in moderation?

Our definition to now hasn't worked. It's time to REDEFINE Recovery





On the Road

Maps, Travel Guides, and Other Facilitators



Harm Reduction

An entire spectrum of strategies to decrease the negative consequences of drug use.



Harm Reduction can include things like:

- Overdose Prevention
- Syringe Programs
- PrEP for HIV Prevention
- Support Groups
- Advocacy
- Meds for OUD
- Housing and Healthcare Supports

What Else
Works?



For people who want to slow or stop opioid use, the MOST effective option is medications – either buprenorphine (Suboxone[®]) or methadone

How do we know they're so effective?

Aspirin

Non-fatal Heart Attack: 77

Non-fatal Stroke: 200

Death: 333

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Aspirin

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Non-fatal Stroke: 200

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Buprenorphine or Methadone

Retention in Treatment: 2

Death from Overdose: 3

On the Road

Reports from travelers, tour guides, and local experts

