



# RI OPIOIDS CRISIS

## Our Response. Our Recovery.

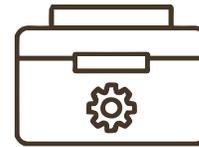


### 4. SUPPORT RECOVERY

#### OVERVIEW



#### TOOLBOX



#### TALKS



- Recovery from opioid dependency is possible.
- Community support may help someone in recovery maintain sustained and long-lasting recovery.
- **Strategies included:**
  - 1. Understand the recovery process**
  - 2. Basic needs to support recovery**
  - 3. How to support recovery**
  - 4. Recovery friendly environments**

**24/7 confidential support is available at BH Link  
Call 401-414-LINK (5465)**

BH Link helps Rhode Islanders experiencing mental health and substance use crises receive needed services

Point your phone's camera on the code to link to a video of this toolbox talk



#### Notes for Trainer

1. Review talking points.
2. Add any recovery-friendly strategies already in place at your jobsite.
3. End the Toolbox Talk by sharing the BH Link phone number.



#### RI Opioids Crisis Toolbox Talk Series

1. Stress Defense
2. Address Pain
3. Find Support
4. Support Recovery
5. Rescue Training



## Trainer's Talking Points

- Recovery from opioid dependency is possible.
- Community support may help someone maintain sustained and long-lasting recovery.



### WHAT IS RECOVERY?

- The Substance Abuse and Mental Health Services Administration defines recovery as: "A process of change through which individuals improve their health and wellness, live self-directed lives, and strive to reach their full potential."
- Substance Use Disorder is a chronic recurring disease of the brain. Recurrence of symptoms may happen for some and for others it may not.
- The road to recovery may not be a straight line. It is possible to come back from relapse.
- 9 % of the US adult population (that is 22.35 million people) have resolved a significant alcohol or drug dependence and are in recovery.

### BASIC NEEDS THAT SUPPORT RECOVERY

- **Health:** overcoming or managing one's disease(s) or symptoms and making informed, healthy choices that support physical and emotional well-being.
- **Home:** having a stable and safe place to live.
- **Purpose:** conducting meaningful daily activities and having the independence, income, and resources to participate in society.
- **Community:** having relationships and social networks that provide support, friendship, love, and hope.



## Trainer's Talking Points (cont'd)

### PROVIDE SUPPORT

- Social support from friends, family, coworkers, sponsors, faith communities, and others is a critical strategy that helps people sustain recovery.

*How to Provide Support:*

#### **Be Available**

- Let them know you want to help support their recovery.
- Offer to listen, without response or judgement.
- Provide honest feedback and discussion when it is welcome.
- Focus on the person.
- Take care of yourself.

#### **Ask**

- Don't be afraid to ask how you can best support them.
- Have a great idea or suggestion? Ask and discuss it directly.

### RECOVERY FRIENDLY SPACES PROMOTE HEALTHY CHOICES

- Social spaces and workplaces can promote or hurt recovery.
- Small changes and awareness can create more inclusive and supportive environments for our brothers and sisters in recovery. Remember, we don't know if someone around us is in recovery.

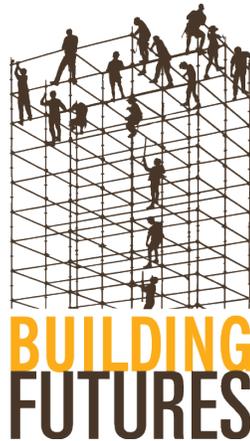
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## **TAKE AWAY ACTION: AM I RECOVERY FRIENDLY?**

**Take a moment to answer these questions for yourself:**

- **Are the conversations I have with others promoting a healthy lifestyle?**
- **Are the words I use supportive of a person who may be struggling with substance use or mental wellness?**
- **Are there after-work social outings that do not involve drinking or partying?**

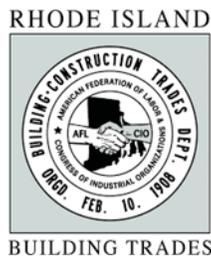
**Support is available: Call BH Link at 401-414-LINK (5465) 24/7 to confidentially access mental health and substance use services.**



More resources available at [www.bfri.org/opioidresponse/](http://www.bfri.org/opioidresponse/)

Building Futures  
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Thank you to our partners.



REFERENCES

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RecoveryFriendlyRI.com