



RI OPIOIDS CRISIS

Our Response. Our Recovery.



4. SUPPORT RECOVERY

OVERVIEW



- 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



TOOLBOX



TALKS



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

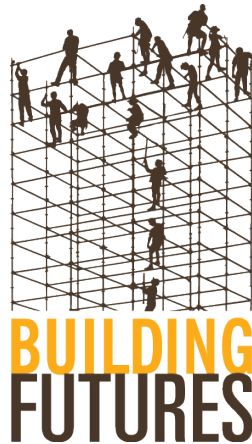
- Social spaces and workplaces can promote or hurt recovery.
- Small changes and awareness can create more inclusive and supportive environments for our brothers and sisters in recovery. Remember, we don't know if someone around us is in recovery.

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?**

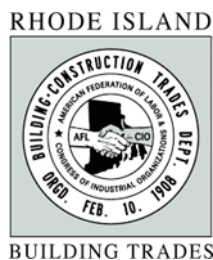
Support is available: Call BH Link at 401-414-LINK (5465) 24/7 to confidentially access mental health and substance use services.



More resources available at www.bfri.org/opioidresponse/

Building Futures
1 Acorn Street, Providence, RI 02903
info@bfri.org | (401) 919-5919

Thank you to our partners.



REFERENCES

SAMHSA (2012). SAMHSA’s Working Definition of Recovery Updated. <https://blog.samhsa.gov/2012/03/23/samh-sas-working-definition-of-recovery-updated>

NIDA (2018). Drugs, Brains and Behavior: The Science of Addiction. www.drugabuse.gov/publications/drugs-brains-behavior-science-addiction/treatment-recovery

Kelly, J.F. et. al. (2017, Dec. 1). Prevalence and pathways of recovery from drug and alcohol problems in the United States population: Implications for practice, research, and policy. *Drug and Alcohol Dependence*, ; Vol. 181, p.162-169. <https://www.sciencedirect.com/science/article/abs/pii/S0376871617305203>

SAMHSA (2018). Recovery and Recovery Support. <https://www.samhsa.gov/recovery>

Susman, D. (2017, June 1). A Dozen Ways You Can Support Someone in Recovery. *Psychology Today*. <https://www.psychologytoday.com/us/blog/the-recovery-coach/201706/dozen-ways-you-can-support-someone-in-recovery>

RecoveryFriendlyRI.com