

Recovery Ally Training

Tennessee Collegiate Recovery Initiative

Nathan Payne

MS, CPRS

Collegiate Recovery Initiative Director

Email: npayne@tmaho.org

Cell: 615-712-4343



- Person in Long-term Recovery
- Mental Health Counselor
- Lover of all things Outdoors!

This Training Will...



Acknowledge the Problem

Address the data as it pertains to **substance misuse and mental illness** on college campuses

Broaden Understanding

Demonstrate that recovery is a **long-term process** with unique implications for student success, while confronting **myths** and **stigma** regarding substance use and recovery.

Discuss the Solution

Convey the importance of **empathy** and **openness** with students in recovery.



The Need



Substance Use and Young Adults

Substance Use Disorder is highest among the young adult population in 2020, 24 percent of young adults met the criteria for SUD (NSDUH 2020)

Binge Drinking and Young Adults

Young adults exhibit the highest prevalence of binge drinking with those attending college being higher in prevalence than those not (29% > 26%) (NSDUH 2022)

Alcohol use and Young Adults

Alcohol use, in general, is also higher among young adults attending college as opposed to those who are not (48% > 42%) NSDUH 2022



The Need



Young Adults and Loneliness

Despite their widespread use of social platforms, young adults comprise the group with highest prevalence of loneliness (Cigna International 2018; Hawkley and Cacioppo 2010; Murthy 2017)

Young Adults and Mental Health

Among U.S. young adults, aged 18-25, 1 in 3 experienced a mental illness (NAMI 2020)

Early Intervention Opportunity

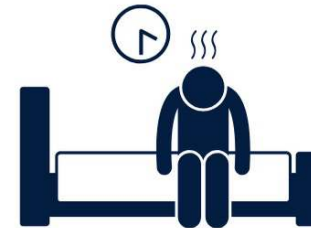
50% of all lifetime mental illness begins by age 14 and 75% by age 24 (NAMI 2022).

MENTAL HEALTH INDICATORS FOR THE WEEK PRIOR TO THE TENNESSEE POLL

www.etsu.edu/asrl/tnpoll
TN Poll #5. PR 5



53.5% of Tennesseans reported nervous, anxious, or on edge in the seven days prior to taking the survey.



50.4% of Tennesseans reported having trouble sleeping in the seven days prior to taking the survey.



43.4% of Tennesseans reported feeling depressed in the seven days prior to taking the survey.



42.8% of Tennesseans reported feeling lonely in the seven days prior to taking the survey.



Suicidal thoughts and Young Adults

11.8 percent (3.8 million) of young adults had serious thoughts of suicide in 2020, the highest among all the age groups. (NSDUH 2020).

Suicide Plans and Young Adults

4 percent (1.2 million) of young adults made a suicide plan in 2020, the highest among any age group (NSDUH 2020).

Suicide Attempts and Young Adults

1.9 percent (627,000) of young adults attempted suicide in 2020, the highest among any age group (NSDUH 2020)



The Need

Suicide is the second leading cause of death among the young adult population, and it is also one of the most preventable causes of death.

Bridging the Gap



Narcotics Anonymous

Average age of Narcotics Anonymous (NA) members is 46 years old with the young adult population making up just 1% under the age of 21 and 14% between the ages of 20-30

Alcoholics Anonymous

Average age of Alcoholics Anonymous (AA) members is 50 years old with the young adult population being just 12 percent of the overall fellowship⁴



Being a Recovery Ally



The next few slides are going to talk about what being a Recovery Ally is as well as what it is not.

Allyship Takes Many Forms

Although these slides give some specific examples, they are not meant to be limiting

Number One Priority

The most important thing is that your work in this area comes from a place of compassion and a desire to understand the individual's story.



Being a Recovery Ally



Awareness:

Explore how you are different from and similar to someone struggling with substances or someone in recovery through conversation and self-examination



Knowledge and Education:

Research and understand ways in which substance misuse effects the community as well as the many paths to recovery that are available. Familiarize yourself with appropriate resources.



Skills:

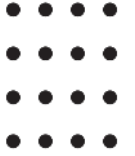
Communicate your knowledge to others and develop support and connection opportunities.



Action:

Advocate for those in recovery incorporate education surrounding issues facing those in recovery and those actively misusing substances, in the classroom.

Other Examples of Allyship



Provide a warm handoff to the appropriate person (i.e., Lifeline, ROPS, Faith Based Coordinator)

Incorporate recovery into a class (see syllabus example)

Appropriately self-disclose your own recovery status

Take a naloxone training

Take a QPR training

Take a Mental Health Ally training

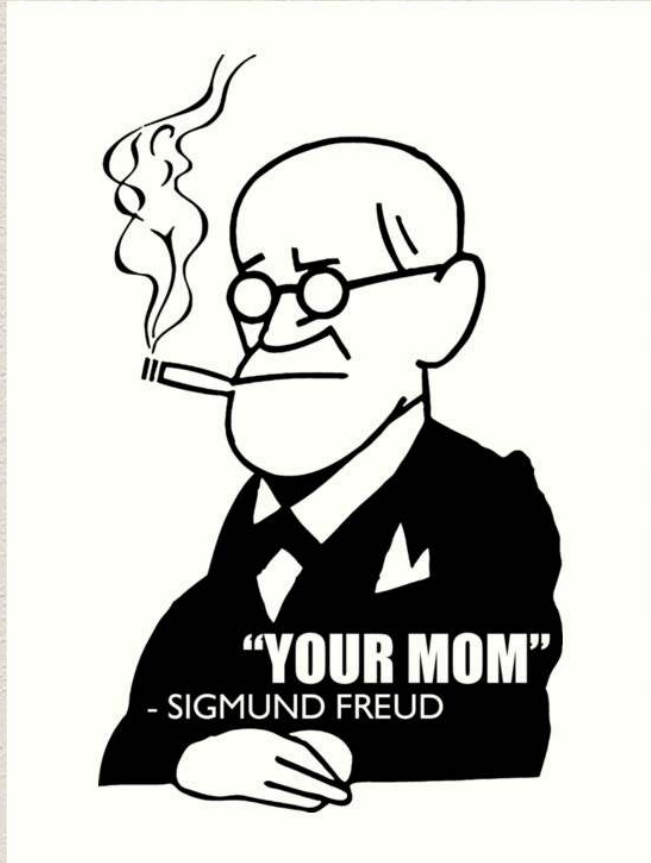
Host alcohol-free events (Sober tailgating etc.)

Familiarize yourself with the ACES study and its implications

**Honor and help students
find their story.**

**Promote resiliency in
students.**

A Recovery Ally is Not...



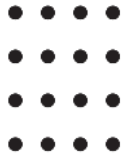
- A counselor, case manager, life/recovery coach, legal counsel, a sponsor, a lender, a marital counselor, etc.
- This training is designed to help give you a better understanding of chronic substance use as well as the confidence to approach a situation in which it is a significant part of the problem.
- You do not have to be a licensed professional to be a recovery ally, in fact it may help the individual feel more comfortable knowing that you are simply a concerned peer who is willing to listen.

Substance Use Disorder



- The next few slides will address ways in which a Substance Use Disorder can develop.
- We will spend some time discussing some of the dominant research around its development as well as theoretical explanations as to its development
- This portion of the training is designed to help you better understand your feelings surrounding chronic substance misuse.

ACEs Study



We need to stop asking *what's wrong with you* and start asking **what happened to you.**

Toxic Stress

Adverse childhood experiences, or ACEs, are potentially traumatic events that occur in childhood (0-17 years), creating toxic stress for the child.⁸

1 in 6

About 61% of adults surveyed across 25 states reported that they had experienced at least one type of ACE, and nearly 1 in 6 reported they had experienced four or more types of ACEs.⁸

ACEs Can Have Lasting Effects On



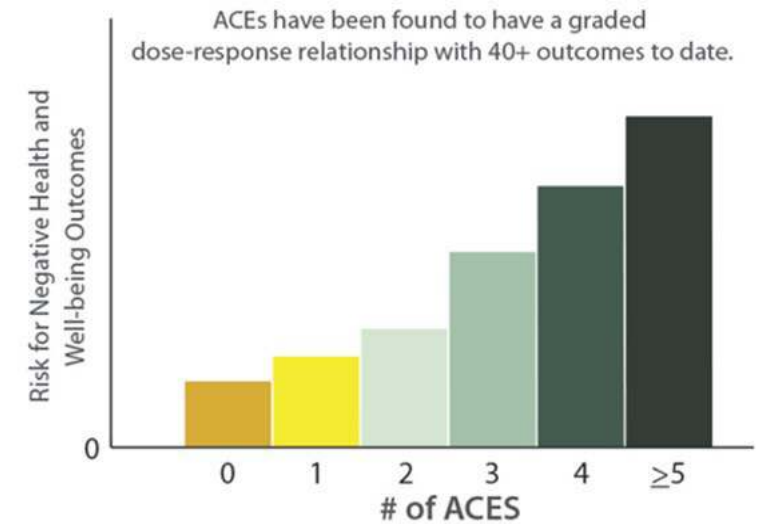
Health (obesity, diabetes, depression, suicide attempts, STDs, heart disease, cancer, stroke, COPD, broken bones)



Behaviors (smoking, alcoholism, drug use)



Life Potential (graduation rates, academic achievement, lost time from work)



*This pattern holds for the 40+ outcomes, but the exact risk values vary depending on the outcome.

Conceptual Models of Understanding



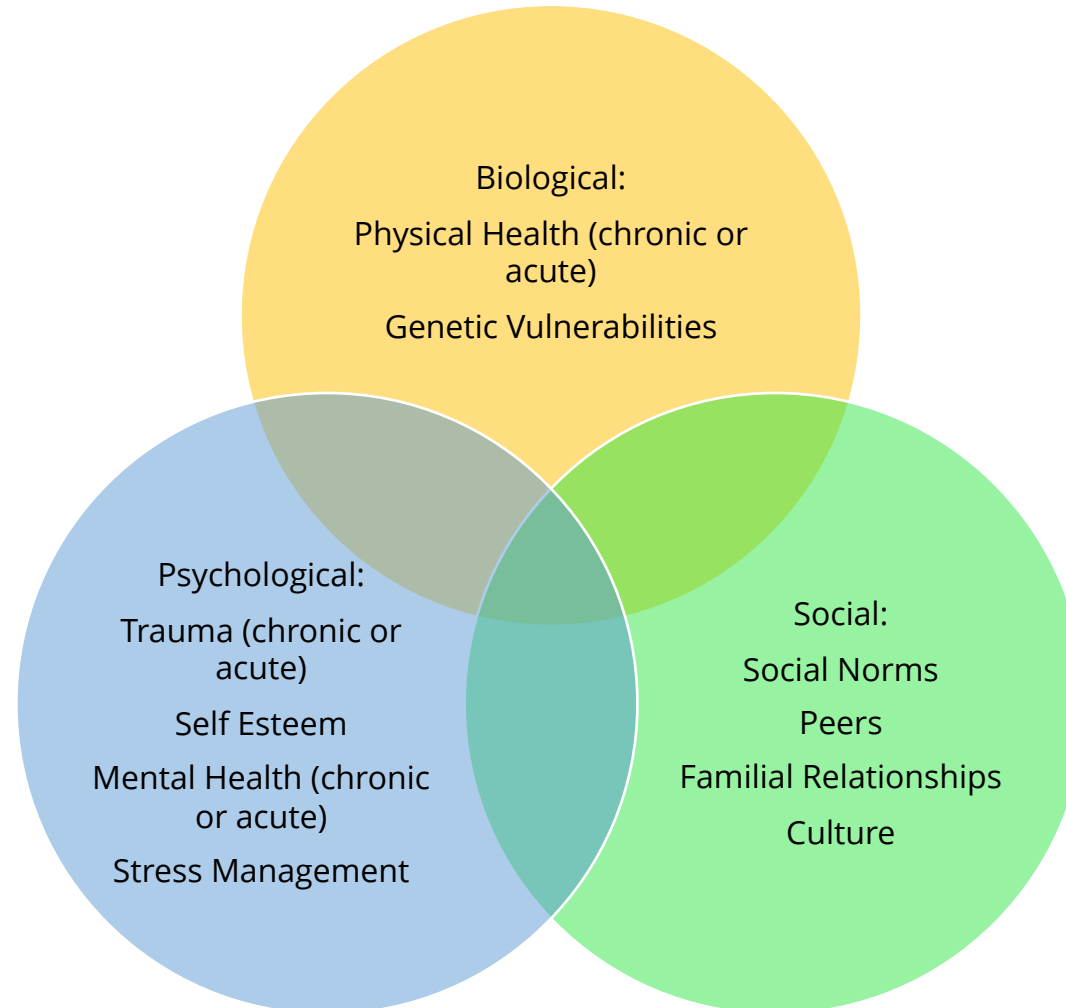
Moral: Both acquisition and resolve lies on the individual (i.e willpower alone should be sufficient, or they must have a lack of morals)

Enlightenment: Acquisition lies on the individual, yet resolve lies in a power greater than themselves (i.e. faith-based recovery support)

Medical: The addict is not responsible for its development nor resolution. (developed out of a desire place less blame on the individual for the development of the disorder)

Compensatory: This model holds that individuals are not responsible for the development of their substance misuse disorder but are responsible for their own recovery.

The Biopsychosocial Model



Chronic Substance Misuse



Dopamine: released when we; satisfy hunger, participate in sexual intercourse, care for our young, as well as other behaviors which promote survival.

Introduction of an illicit substance creates a reinforcing dopamine response , on average, 3 to 5 times higher than naturally occurring responses initiate.

Research postulates that this results in a re-wiring of the reward circuitry thus increasing salience sensitivity of the substance while decreasing sensitivity associated with the naturally occurring enhancers.

Through repetition, acquisition of the substance becomes primary motivation.

-

The Recovery Walk



- Now we will look at some of the common paths to finding and sustaining recovery.
- Individual Recovery walks are often individualized and comprised of a shift towards personal autonomy.
- The language of recovery support, however, is still needed throughout this walk, and it is much more universal.

Pop up Video

Did You Know?

It takes a mess of help just to stand alone. – The Beach Boys

The Spectrum of Attitudes



There are three ways to view individuals who seek our support:
Objects, Recipients, or Resources

Objects

Person or group “knows what is best” for the individual and leaves little room for individual participation.

Recipients

Person or group still “knows what’s best” yet the individual is given some opportunity to participate in the decision-making process.



Individuals as a Resource



Person or group holds an attitude of respect for what the individual can do.

Humility

Individuals are the experts on their own story.

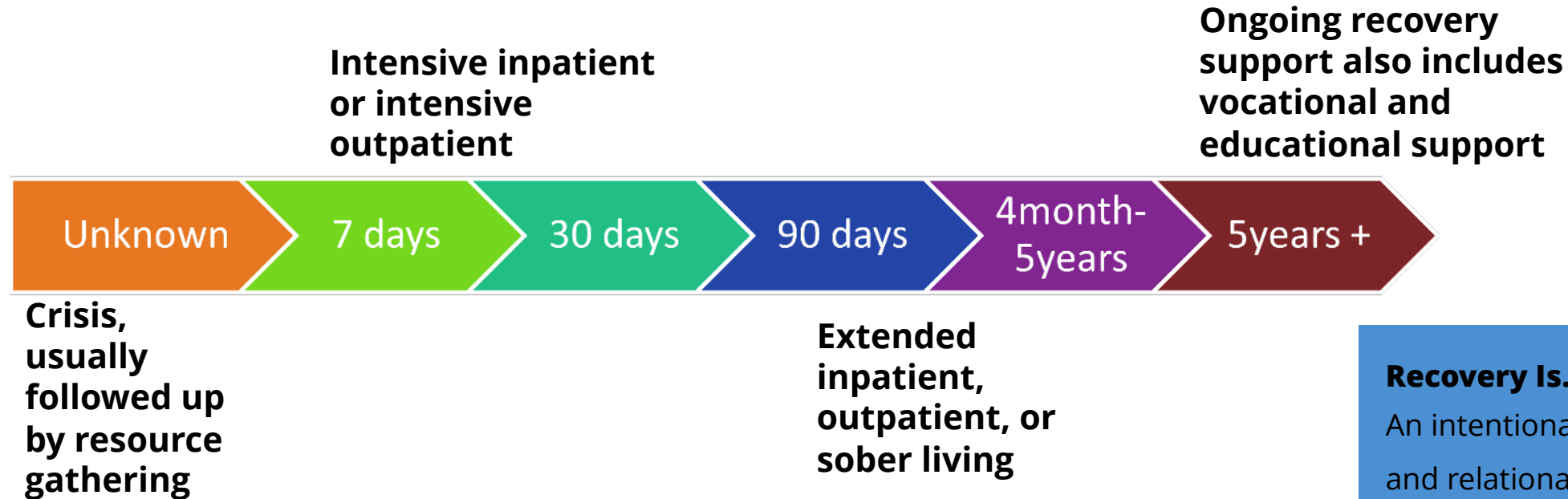
Respect

This way of viewing promotes individual autonomy and self respect, as well as productivity.

People are just as wonderful as sunsets if you let them be. When I look at a sunset, I don't find myself saying, "soften the orange a bit in the right hand corner." I don't try to control a sunset. I watch with awe as it unfolds.

- Carl Rogers

What is Recovery?



Recovery Is....

An intentional, dynamic, and relational process that involves sustained efforts to improve wellness.

Crisis



Recovery is almost always initiated by a crisis of some kind.
However, the crisis may take many different forms.

Subjective to the Individual

Put simply, a crisis for me may not be a crisis for you and vice versa. Crisis is very much subjective to the individual and influenced by a multitude of factors.

Not Entirely External

The catalyst to change is not always external, those suffering from SUD experience a wide variety of consequences, invariably however there must be an element of being “fed up” on the individual's part.



Ongoing Recovery



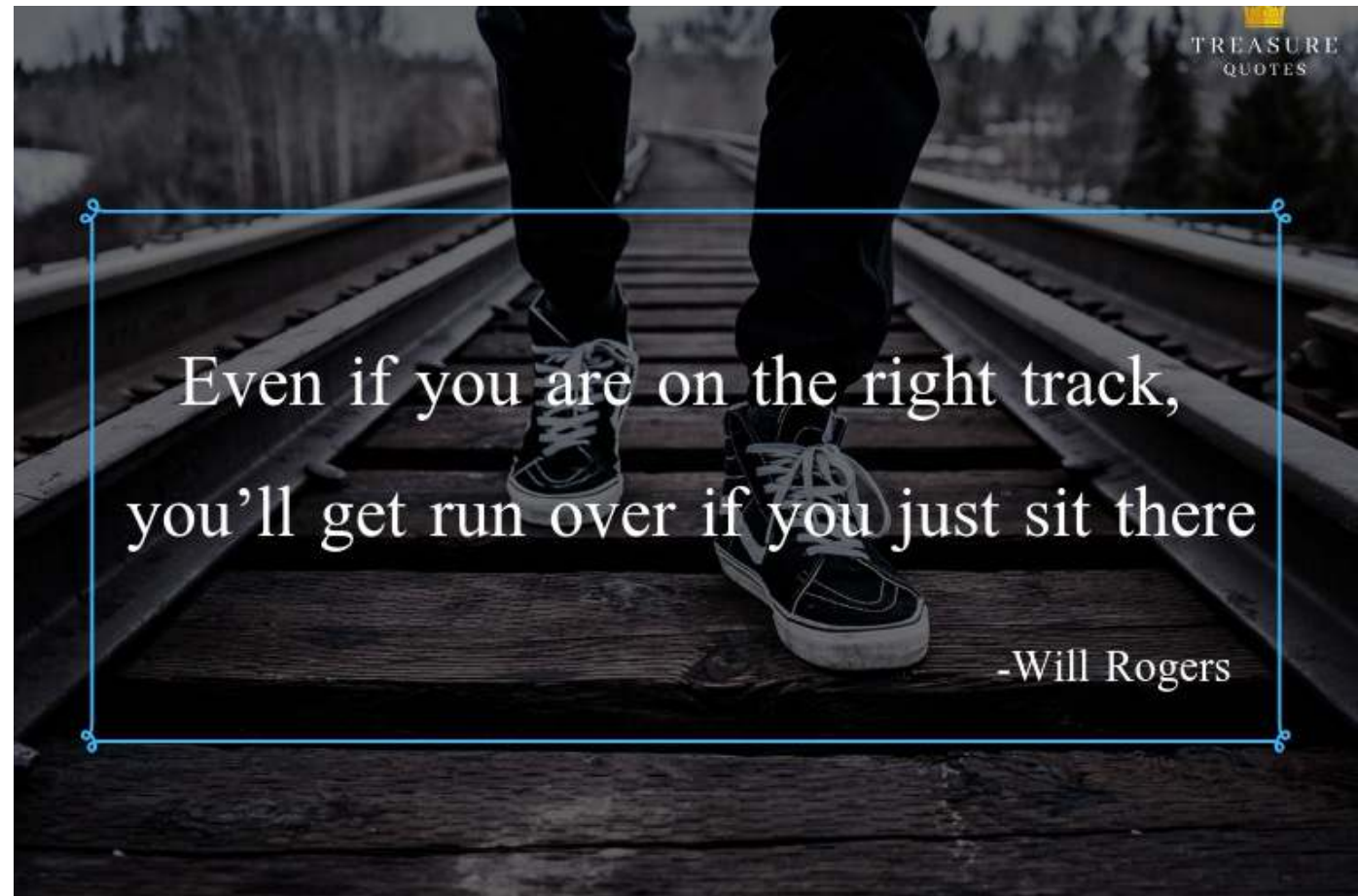
Recovery: A process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential.

It is a Journey Not a Destination

Successful and sustained recovery is characterized by the recognition that one never reaches a pinnacle in their recovery, it is a path not a place.

Full Potential

Healthy, long-term recovery is never static. Recovery requires daily maintenance and sustained vigilance, striving evermore towards one's full potential.



Examples of Recovery Support

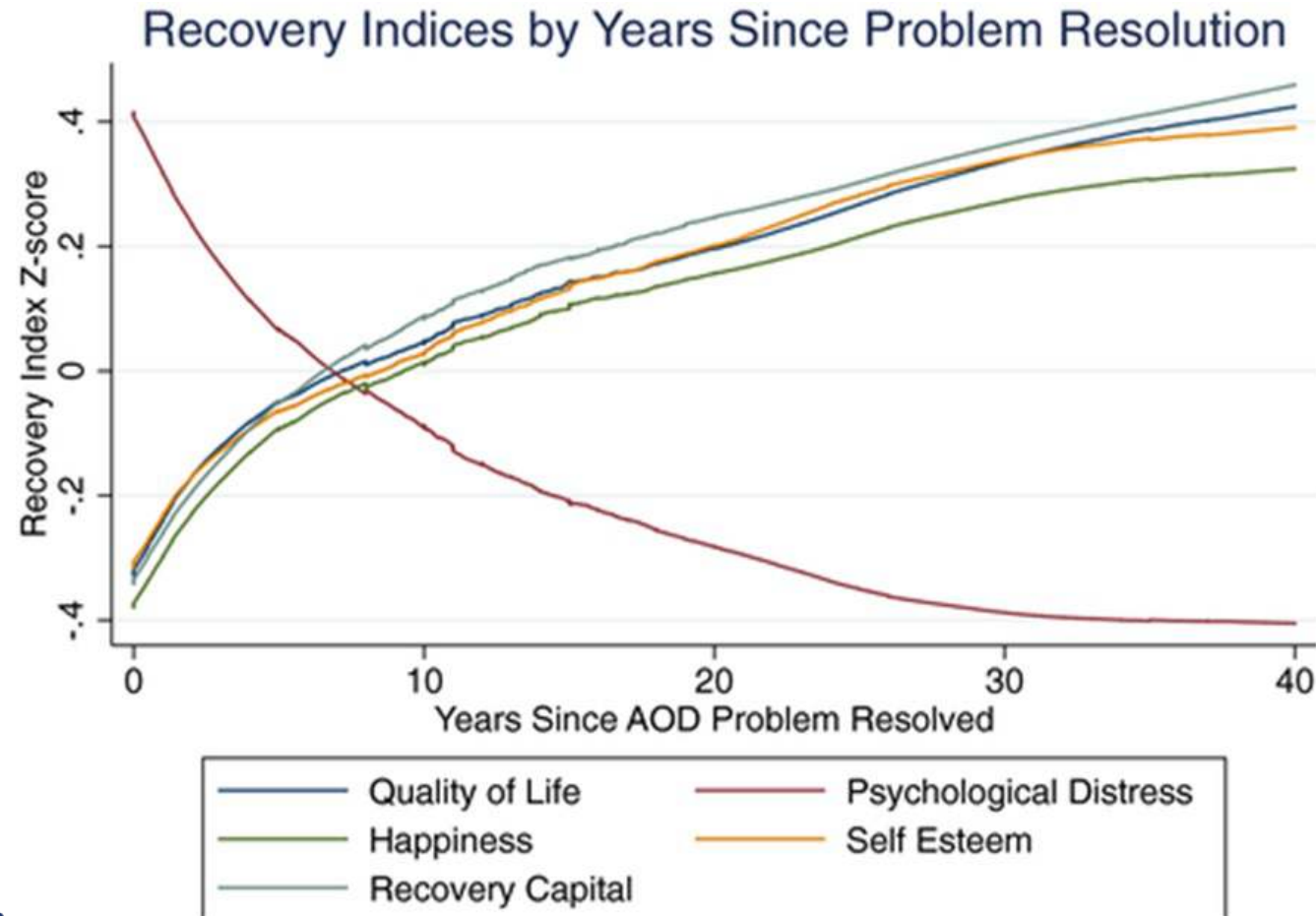


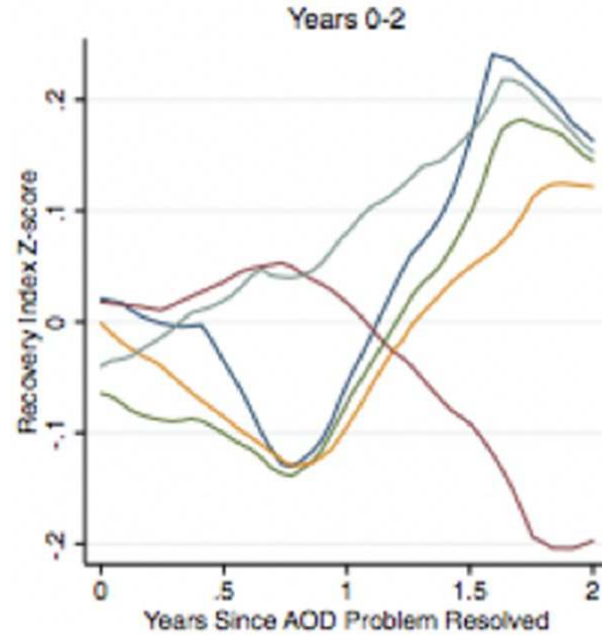
Think outside of the box when it comes to recovery support.

- Employment services and job training
- Outreach
- Life skills
- Relapse prevention
- Spiritual and faith-based support
- Housing assistance and services
- Education
- Childcare
- Substance abuse education
- Family/marriage education
- Case management and individual services coordination, providing linkages with other services
- Mutual aid groups (i.e., 12-step groups, SMART Recovery®, Women for Sobriety)
- Parent education and child development support services
- Transportation to and from treatment, recovery support activities, employment, etc.
- Peer-to-peer services, mentoring, and coaching

We do Recover!!

It does get better!





"What screws us up the most in life is the picture in our head of what it's supposed to be."
-Socrates

Recovery is a Process.

It takes time!

Recovery Capital



How can you invest in someone's recovery today?
What is the role of the community in enhancing recovery capital?

What is it?

Recovery capital is the total resources that a person has available to find and maintain their recovery.

Examples

Peer support, sense of purpose, mobility, family support, as well as access to; nutrition, healthy lifestyle, housing, education, and the list goes on.



Ending Stigma

- Now we will look briefly at some ways in which we can shift the stigma within the community and cultivate new and healthy conversations around substance misuse and its prevention.
- Stigma can work in two ways, one involves how the individual perceives themselves, the other involves how the individual reaching out believes they will be perceived.
- Stigma can also be built into social and institutional constructs.

....

Unless **SOMEONE LIKE**
YOU CARES a whole awful lot,
nothing is **GOING** to get **BETTER**
IT'S NOT.
-Dr. Seuss-

Stigma, shame, and fear are stalled engine that keeps the engine of sustainable progress from moving forward.

Why Does Stigma Exist?



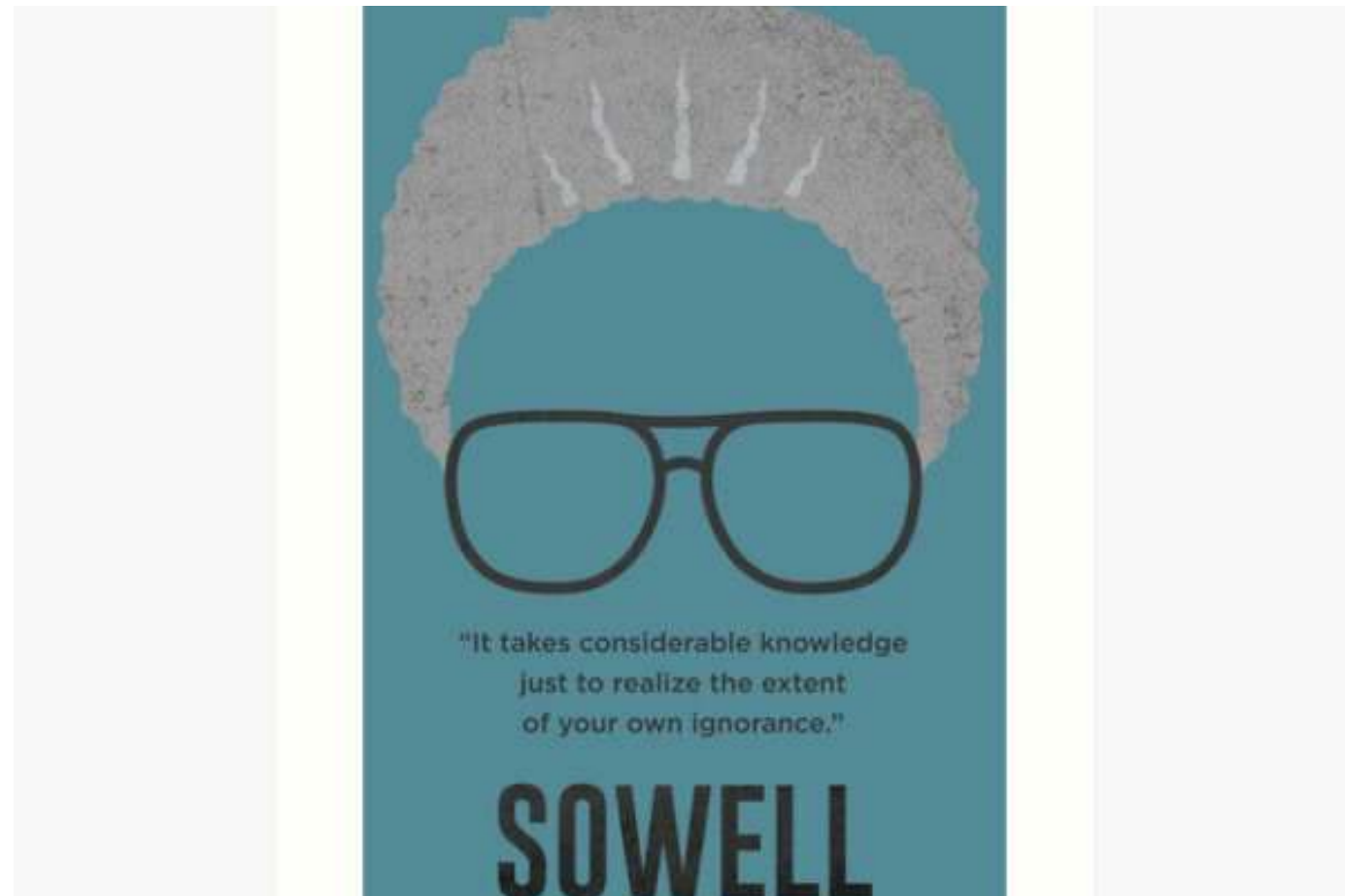
Stigma is perpetuated through lack of understanding and self awareness.

Lack of Understanding

A failure to understand the origin and development of certain conditions.

Self Awareness

The ability to understand the commonalities of these conditions with other fundamental components of the human experience.



Words = Truth

A word on Language...



- **Person with a substance use disorder:** Someone who is using drugs or alcohol in a problematic way.
- **Misuse (not interchangeable with abuse):** The improper use of drugs or alcohol.
- **Substance use disorder:** A clinical term for the disease of addiction.
- **Recovery:** An intentional, dynamic, and relational process that involves sustained efforts to improve wellness.
- **Recovery community:** Those in recovery, their family, treatment professionals, and allies.
- **Mutual aid Groups:** Individuals not only helping themselves but supporting one another in their recovery. Includes 12-step groups, SMART Recovery, Refuge Recovery, etc.

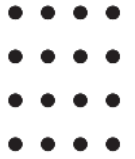
Stigma Reduction



Sample Recovery Ally Syllabus Statement.

As a faculty member who cares deeply about my students' health and well-being, I have taken the Recovery Ally Training provided by the Tennessee Collegiate Recovery Initiative. While this does not make me an expert in substance use, treatment, or recovery, it does indicate my desire to listen to my students empathetically and to help connect them to resources. Please feel free to approach me to help connect you to resources for you or for a loved one.¹¹

Cultivating a New Narrative



In order to see sustainable change, we must influence culture and common misconceptions from the bottom up. Building a new foundation of understanding about what the college experience entails.

Social Norms

Social norms are regarded as collective representations of acceptable group conduct as well as individual perceptions of particular group conduct.

Culture

They can be viewed as cultural products which represent individuals' basic knowledge of what others do and think that they should do



Influencing the Narrative



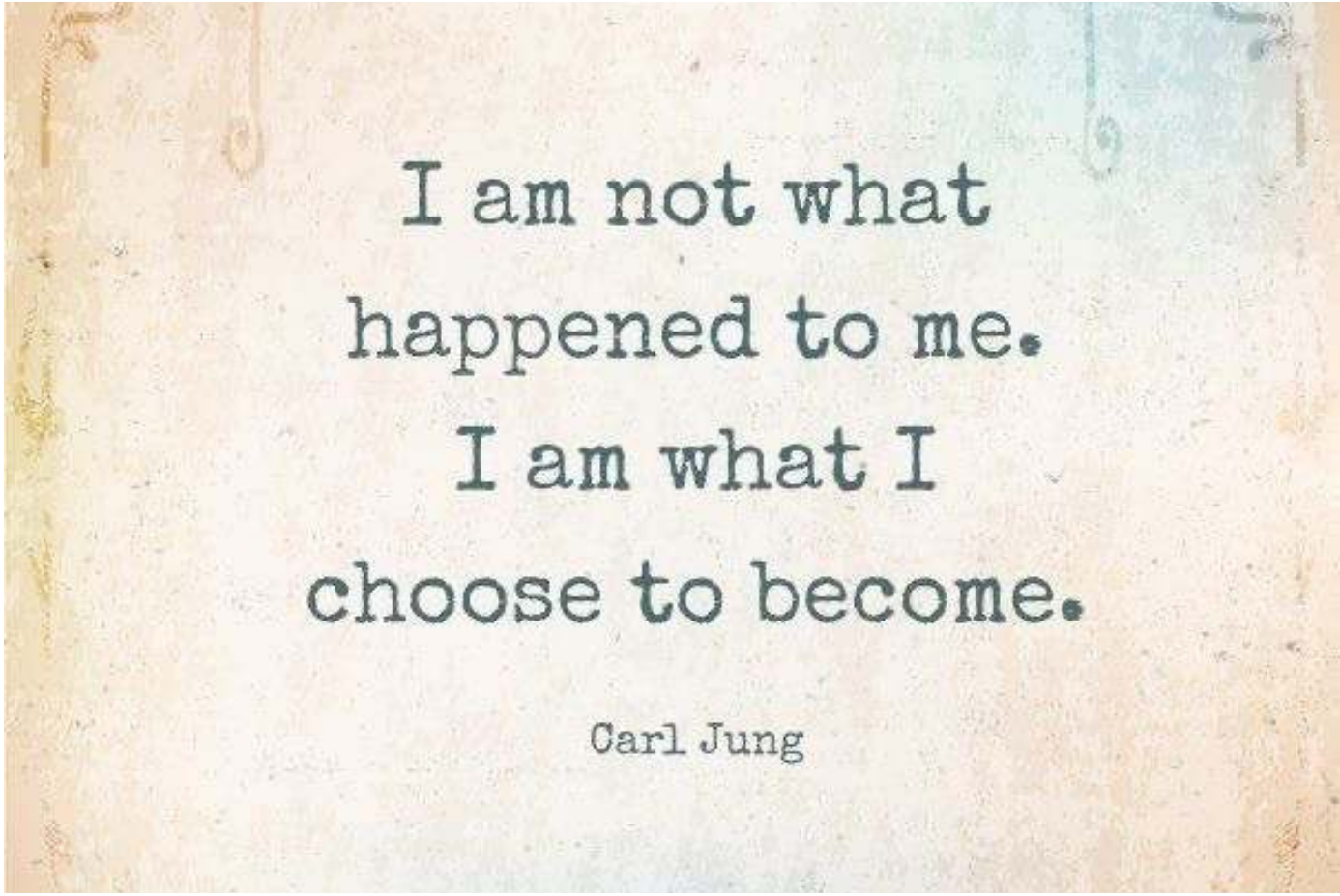
We all play a role, whether we wish to or not, so what role will you play in someone's story?

Resiliency

We as individuals, **no matter our affiliation or prior knowledge**, have the power to promote resiliency and success in someone's recovery walk.

Never Underestimate

Never discredit the power that listening to someone, **just once**, can have in influencing their journey in a not so small fashion.



I am not what
happened to me.
I am what I
choose to become.

Carl Jung

Contact Info

- Nathan Payne
- Director of Collegiate Recovery
- Email: npayne@tmaho.org
- Cell: 615-712-4343

IT IS NOT THE CRITIC WHO COUNTS;
not the man who POINTS OUT HOW
THE STRONG MAN *stumbles, or where*
THE DOER OF DEEDS
COULD HAVE DONE THEM BETTER.
THE CREDIT *belongs to the man who is*
ACTUALLY IN THE ARENA,
WHOSE FACE IS MARRED BY DUST AND SWEAT
AND BLOOD; *who strives valiantly;*
WHO ERRS, WHO COMES SHORT AGAIN AND AGAIN,
BECAUSE THERE IS NO EFFORT WITHOUT ERROR
and shortcoming; BUT WHO DOES ACTUALLY
STRIVE TO DO THE DEEDS;
WHO KNOWS GREAT ENTHUSIASMS.
THE GREAT DEVOTIONS; *who spends himself*
IN A WORTHY CAUSE; WHO AT THE BEST KNOWS IN THE END
THE TRIUMPH OF HIGH ACHIEVEMENT,
and who at the worst, if he fails, at least fails
WHILE DARING GREATLY,
SO THAT HIS PLACE SHALL NEVER BE WITH THOSE
cold and timid souls WHO NEITHER KNOW VICTORY NOR DEFEAT



Link to Receive Certificate

Any Questions?

References



Alcoholics Anonymous 2014 Membership survey. Alcoholics Anonymous. (n.d.). Retrieved June 28, 2022, from <https://www.aa.org/alcoholics-anonymous-2014-membership-survey>

Basics - na. (n.d.). Retrieved June 28, 2022, from https://www.na.org/admin/include/spaw2/uploads/pdf/PR/PR_Basics.pdf

Centers for Disease Control and Prevention. (2022, April 6). *Fast facts: Preventing child abuse & neglect |violence prevention|injury Center|CDC.* Centers for Disease Control and Prevention. Retrieved June 28, 2022, from <https://www.cdc.gov/violenceprevention/childabuseandneglect/fastfact.html>

Horigian, V. E., Schmidt, R. D., & Feaster, D. J. (2020). Loneliness, mental health, and substance use among us young adults during COVID-19. *Journal of Psychoactive Drugs*, 53(1), 1–9. <https://doi.org/10.1080/02791072.2020.1836435>

Kelly, J. F., Greene, M. C. and Bergman, B. G. (2018), Beyond Abstinence: Changes in Indices of Quality of Life with Time in Recovery in a Nationally Representative Sample of U.S. Adults. *Alcohol Clin Exp Res*, 42: 770-780. doi:10.1111/acer.13604

Kennesaw State Recovery Ally Workbook

References



Kids, teens and young adults. NAMI. (n.d.). Retrieved June 28, 2022, from <https://www.nami.org/Your-Journey/Kids-Teens-and-Young-Adults>

Publications and Digital Products. Behavioral Health Among College Students Information and Resource Kit | SAMHSA Publications and Digital Products. (n.d.). Retrieved June 28, 2022, from <https://store.samhsa.gov/product/Behavioral-Health-Among-College-Students-Information-and-Resource-Kit/sma19-5052>

Skewes, Monica C., Gonzalez, Vivian M. The Biopsychosocial Model of Addiction. Principles of Addiction, First Edition, 2013, 61–70. <https://dx.doi.org/10.1016/B978-0-12-398336-7.00006-1>

Subu, M. A., Wati, D. F., Netrida, N., Priscilla, V., Dias, J. M., Abraham, M. S., Slewa-Younan, S., & Al-Yateem, N. (2021, October 18). Types of stigma experienced by patients with mental illness and mental health nurses in Indonesia: A qualitative content analysis - International Journal of Mental Health Systems. BioMed Central. Retrieved June 20, 2022, from <https://ijmhs.biomedcentral.com/articles/10.1186/s13033-021-00502-x>

U.S. Department of Health and Human Services. (n.d.). Suicide. National Institute of Mental Health. Retrieved June 28, 2022, from <https://www.nimh.nih.gov/health/statistics/suicide.shtml>

Volkow, Nora D. , Fowler, Joanna S., Wang Gene Jack. The addicted human brain: insights from imaging studies. The Journal of Clinical Investigation. <https://doi.org/10.1172/JCI18533>