

## The Culture of Recovery in America: Recent Developments & Their Significance April 23, 2009

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## The Ecology of Addiction Recovery

1990: Pathways from the Culture of Addiction to the Culture of Recovery (Hazelden, 1996)

Transition from addiction to recovery often a journey between two quite distinct worlds with their own cultural institutions, language, values, rituals, roles, sacraments, literature, music, etc.

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## Early Definition of Culture of Recovery

- Focused on Twelve Step Groups (AA and NA in particular) and fledgling alternatives
- Spoke of "recovery community" in singular
- Recommended assertive approaches to disengaging clients from C of A and linking clients to resources within the C of R
- Today, the doorway of entry into recovery is widening as are resources to enhance quality of life in recovery.

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## Presentation Goals

1. Provide a historical update of the culture of recovery in America to include a review of diverse communities of recovery and emergence of cultural institutions beyond mutual aid societies.
2. Explore the implications of these changes for addiction professionals

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## Recovery: From Self-help to Social Movement

Parallels with other modern social movements (civil rights, women's liberation, LGBT rights)

1. Institution Building
2. Cultural Development

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## Institution Building

- National/Local Leadership Organizations
- Public Education & Media
- Law & Policy, e.g., discrimination
- Educational Access & Equity
- Business, Industry & Labor Practices
- Health Care Access, Equity & Response to Special Concerns
- Mobilization or Challenge to Religious Institutions

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### Cultural Development

- Reconstruction of History
- Identity Reconstruction
- Language Audit & Construction
- Values Definition
- New Symbols
- Musical Anthems
- Artistic Expression
- Literature

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### Culture of Recovery Update

- Recovery Support Societies
- New Recovery Advocacy Movement
- Spread of Grassroots Recovery Community Organizations & Recovery Support Centers
- Recovery Home Movement
- Recovery School Movement
- Recovery Ministries, Churches & Colonies

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### Recovery Mutual Aid

- Growth of Twelve Step Groups
- Growing varieties of Twelve Step experience
- Dramatic growth in total membership
- Geographical dispersion in U.S. and internationally
- Meeting specialization like cell division

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### Diversification of recovery Frameworks

Multiplication of Twelve-Step Groups & other spiritual frameworks of recovery

Explicitly religious recovery support groups

Secular recovery support groups

Medication-assisted recovery support groups

Moderation-base support groups

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### Further Specialization

Co-Occurring Problems  
 Dual Disorders Anonymous (1982), Dual Recovery Anonymous (1989), Double Trouble in Recovery (1993)

Criminal Justice  
 Inner Circle  
 Winner's Circle/Community

Mutual Support Resources updated every 30 days at Faces and Voices of Recovery Web Site  
[http://www.facesandvoicesofrecovery.org/resources/support\\_home.php](http://www.facesandvoicesofrecovery.org/resources/support_home.php)

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### New Recovery Advocacy Movement

History  
 2001 Recovery Summit in St. Paul  
 Influence of CSAT's RCSP and ATR

National Organization  
 Faces and Voices of Recovery  
 NCADD  
 Johnson Institute  
 Legal Action Center

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## New Recovery Advocacy Movement Goals

- Political/Cultural Mobilization of Communities of Recovery
- Recovery-focused Public & Professional Education
- Advocacy of Pro-recovery Laws & Social Policies
- Push for Recovery-focused Redesign of Treatment
- Promotion of Peer-based Recovery Support Services
- Recovery Celebration
- Promotion of Recovery Research

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## Challenging Two Prevailing Models of Addiction Treatment

1. Acute care (AC) model that focuses on brief biopsychosocial stabilization without sustained recovery support.
2. Palliative care (PC) model that promises sustained metabolic stabilization of opiate addiction without sustained psychosocial support for long-term recovery.

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## Advocating a Model of Sustained Recovery Management

- Pre-recovery identification and engagement
- Recovery initiation and stabilization
- Sustained recovery maintenance
- Enhanced quality of personal/family life in long-term recovery
  - Emphasizing role of peer-based recovery support services and indigenous community support

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## Recovery Home Movement

- Halfway Houses (1950s) to Social Model Rehabilitation Programs (1970s)
- Oxford House (1975) (1,200 homes, 48 states, 24,000 residents per year)
- Federal Anti-Drug Abuse Act of 1988 (Loan Fund)
- Broader Recovery Home Movement
- Philadelphia Survey (21 funded; 250 unfunded)

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## Recovery School Movement

- High School and Collegiate Levels
- Association of Recovery Schools (2002)
- Key Elements
  - Active recruitment of people in recovery
  - Scholarships
  - On-campus recovery support
  - Academic mentoring
- \* Early Evaluations (high rates of continuous recovery & academic excellence)

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## Recovery Industries

- Formats range from "recovery friendly" (Zingerman's Deli, Venturetech) to "recovery exclusive" employers (Recovery at Work)
- Preparatory or permanent employment
- Core elements:
  - Skill training
  - Work-based peer recovery coaching
  - Linkage to recovery communities
  - Establishment of legitimate work history

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## Recovery Ministries, Churches & Colonies

- “Recovery friendly churches”
- Mega-churches with a “recovery pastor”
- Lay leaders of recovery support groups
- recovery-focused worship services and workshops
- Recovery Churches, e.g., Central Park Recovery Church in St. Paul
- Faith-based recovery colonies, e.g., Dunklin Memorial Camp in Okeechobee, Florida
- National Association for Christian Recovery

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## Cultural Development Between (rather than within) Communities of Recovery

- Identity Reconstruction
- Reconstruction of History
- A New Language
- Values Definition
- New Symbols
- Musical Anthems
- Artistic Expression
- Literature

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## Implications for Addiction Professionals

1. We must all become students of American Communities of Recovery
2. We (recovering and non-recovering) can play key roles in the new recovery advocacy movement and local recovery community development
3. We must help re-engineer addiction treatment toward a greater focus on long-term recovery.

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## Implications for Addiction Professionals

4. The growing diversity of communities of recovery calls for use of a philosophy of choice with clients in addiction Tx.
5. We must move towards more assertive models of linkage to recovery support societies and larger recovery support institutions.
6. We must begin to see the community as our client—openness to models of community organization and community/cultural development

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