



What's the story?

Volume 4 Issue 1

September 2014

Soilse News

Addiction Recovery Month

Soilse believes that people can and do recover from drug addiction. We have faith in and ambition for our service users. We listen to them. We have seen many of them reclaim their lives from drugs and create happy and successful futures. Their recovery journeys are inspirational - lives well and fully lived.

Due to the stigma around drugs and addiction, many people in recovery are hesitant to break their anonymity and speak out publicly. Yet, increasingly, stakeholder, policy and research

opinion is aware that recovery does happen. People can and do overcome appalling human experiences and emerge out the other end of a successful recovery journey.

Recovery is about identifying and meeting the person's needs. It happens when someone takes charge of their own recovery. Often, their journey will be supported by fellowships, community services, their families and the service providers from health to education, housing and prison with whom they come in contact. Increasingly, these journeys are success-

ful as people build up their recovery capital.

September is international Recovery Month. There will be a series of events in Dublin to promote the reality of recovery (see back page). We must use this opportunity to challenge stigma and fatalism, to offer hope to everyone languishing in services, to show them that they have choices and that there are many role models and recovery champions in our midst.

So come out and support the activities in recovery month. There is a place for every person and organisation here.

Join the voices of
recovery



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recovery

Recovery in Europe

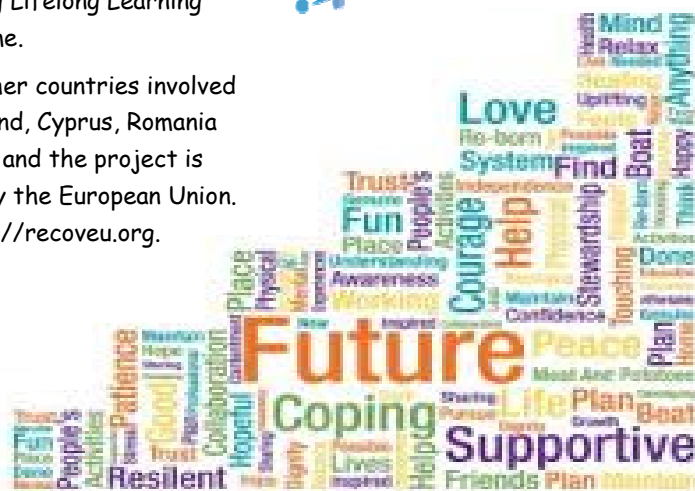
Soilse has teamed up with partners across Europe to develop an access to learning course for adults in addiction recovery.

Called 'Recoveu', the project will identify educational needs, reduce the barriers to taking part in education and promote adult education as a way of sustaining addiction recovery.

Recoveu is based on the idea that adult education can help people in recovery to overcome barriers and re-integrate into

their communities. It is part of the European Union's Grundtvig Lifelong Learning programme.

The other countries involved are England, Cyprus, Romania and Italy and the project is funded by the European Union. See <http://recoveu.org>.



Read all about it!

Addiction Recovery: A Contagious Paradigm! is a new report that sets out the case for a recovery-focused approach to addiction treatment.

The report reflects the views of people in recovery in Ireland including former Soilse participants and pre-

sents some ideas on how all services working with addiction could be improved.



Gerry McAleenan, Joe Barry and Martin Keane at the launch of *Addiction Recovery: A Contagious Paradigm!*

It was written by Gerry McAleenan of Soilse, Martin Keane of the Health Research Board and Joe Barry, Professor of Population Health at Trinity College Dublin.

You can get a copy from Soilse or download the report from www.soilse.ie/publications.

12 Principles of Recovery

1. There are many pathways to recovery.
2. Recovery is self-directed and empowering.
3. Recovery involves a personal recognition of the need for change and transformation.
4. Recovery is holistic.
5. Recovery has cultural dimensions.
6. Recovery exists on a continuum of improved health and wellness.
7. Recovery emerges from hope and gratitude.
8. Recovery involves a process of healing and self-redefinition.
9. Recovery involves addressing discrimination and transcending shame and stigma.
10. Recovery is supported by peers and allies.
11. Recovery involves (re)joining and (re)building a life in the community.
12. Recovery is a reality.

"[There is a] need for dialogue around recovery from drug addiction, to highlight and challenge the barriers preventing people getting away from the drug culture and ensure the voices and positive stories of those in recovery echo across our communities, motivating others to reclaim their lives."

Cllr. Christy Burke, Lord Mayor of Dublin, 2014

"This [report] send out a real clear message that recovery is at the centre of wellbeing ...[Recovery] is about putting your hand back into your past and taking back what is yours, what was thrown away or what was taken away by your addiction ... There is such a thing as recovered."

Cllr. Mannix Flynn

"In recovery I began to feel a part of something. For the first time in life I moved around with people who were happy. Felt comfortable and safe and wanted to hold onto it. I got structure into my life for the first time. Up to then had lost job, no prospects, drinking in house, no light in the tunnel, no way out."

Former Soilse participant

"Since becoming drug free I never again committed any crimes and became a productive member of society ... Being told you can do it goes a long way to people who are only beginning to build some self-belief."

Former Soilse participant

A conceptual framework for promoting recovery

Recovery capital is the sum of resources necessary to initiate and sustain recovery from substance misuse. It has four dimensions: social, physical, human and cultural

Social capital - the sum of resources that each person has as a result of their relationships with, support from and obligations to groups to which they belong.

Physical capital - tangible assets such as property and money that may increase recovery options.

Human capital - personal skills and education, positive health, aspirations and hopes.

Cultural capital - values, beliefs and attitudes that link the individual to social attachment and the ability to fit into mainstream social behaviour.

Source: Cloud and Granfield, 2008

Recovery Coaching in the Community

Eight former Soilse participants recently completed a one-year, part-time course called "Recovery Coaching and Addiction in the Community".

Finglas Addiction Support Team (FAST) in partnership with Dublin City University (DCU) developed the course to enable former substance users to use their experience and develop new skills to coach others on their journey to recovery.

It is the first course of its kind in Ireland and is accredited by DCU at degree level (NQF Level 8).

Recovery coaching is about helping people to identify and remove obstacles blocking their path to recovery. The aim is to empower people to take charge of their lives and become active participants in their own recovery.

The recovery coaches will graduate from DCU on 22 September 2014.

The role of the recovery coach is essentially to help someone progress in their own recovery. We would try to look for a person's strong points and work on them. We would look to see what they wanted to do next for the good of their recovery. We would also help them to set goals and work on a plan with them to see what they needed to do and how to achieve their goals.

Daniel and Francesca



Recovery journeys

Daniel...

Since coming into recovery I have got my whole life back. I was in active addiction for many years and did not know myself as a person. I didn't know who I was. I was involved with crime and in and out of prison all my life. I was that caught up in addiction I didn't see a way out and thought I was going to die an addict - until I met someone who was clean and in recovery himself and he showed me that there was a way out. He understood me and put me in the right direction.

I started going to meetings and detoxed off methadone and other drugs. Then I went to treatment, got clean, did a day programme (Soilse) and got my life back.

Since I got clean my whole life has changed in every way. I got to know who I was and what I like. I got more belief in myself and more confidence. I went back to college and studied sports, nutrition, health and fitness.

I also studied recovery coaching and addiction at DCU to get a better understanding of addiction and myself and to better my education. Also, I wanted to help other addicts and show them a bit of hope. I wanted to show them what was shown to me, that there is another life and a way out of addiction.

Congratulations to Francesca, Daniel, Seán, Pierce, Emma, Mark, Julie and Lorraine who are among the first recovery coaches in Ireland. All are former Soilse participants.

Francesca...

As a mother in active addiction life was very dark. My life was just about me and my drugs and my kids were falling victim to my addiction. Deep inside I did not want that for my family so I started to think about how I could get help.

I began a day programme (Soilse), went to [NA] meetings, got a sponsor, did the steps. Then I got a place on an education programme (Gateway) for a year. After that, I went to DCU to study Recovery Coaching and Addiction in the Community.

I have a good life now with my kids. We go on holidays and do family stuff. I still go to meetings and work with a sponsor and do my best to help others as a recovery coach.

Some events for National Recovery Month...

Soilse...

Food for thought

What: NWICN present a "Food for thought" session: What is Recovery Coaching and how can it benefit your community?

When: Wednesday, 3 September at 12:30

Where: NWICN Offices, 117-118 Nth King Street, Dublin 7

Who: Service providers, practitioners, the public and you

Bootcamp

What: Come and celebrate recovery with us. We want to invite you to a **free**, fun, energetic, family-friendly Bootcamp to highlight the importance of health and recovery.

When: Thursday, 4 September at 12:30pm

Where: Phoenix Park beside the Wellington Monument

Who: You, your friends, your family, people in your community,

Conference

What: Workshops, talks and personal stories to show that recovery is possible. Overview and discussion of the recovery report (see page 2)

When: Tuesday, 30 September at 10am

Where: Aisling Hotel, 8 Parkgate Street, Dublin 8

Who: Service providers in Dublin's northwest inner city

To register, email grainne@nwicn.ie

Ireland...

Recovery Walk 2014

What: A free, family-oriented day out to celebrate recovery from all addictions. There will be a short walk followed by an open mic session, concert, kids' entertainment and food.

When: Saturday, 20 September from 12:30pm to 5pm

Where: Wood Quay Amphitheatre (behind Christchurch, Dublin)

Register for this **free** event at: www.recoverywalkireland.com



Doctors with addictions

A question often arises; what happens when a doctor has an addiction to alcohol or drugs? An interesting study, "Setting the standards for recovery: Physicians' Health Programs" (2009), sheds some light.

The Physicians' Health Program (PHP) is a case management system for doctors with an addiction. The doctors sign a binding contract which stipulates ongoing treatment and monitoring. This begins with substance abuse treatment based on abstinence. They are expected to attend fellowship (AA / NA) meetings. Indeed, the doctors are responsible for all their own costs - treatment, urines, aftercare and counselling.

Relapse is defined as the use of alcohol and drugs (non-medical), failure to attend treatment sessions or fellowship meetings, lying or not being on time. Relapse results in a report to the doctor's licensing board plus intensified treatment and monitoring.

The study examined the structure and function of PHPs (Phase I) and outcomes over 5 years or more for 904 doctors in 16 American states (Phase II).

Of the 904 doctors reviewed, 86% were male and 14% were female. The drug of choice was alcohol 50%, opiates 33%, stimulants 8% and others 9%. Half of the doctors used more

than one substance, 14% intravenously. Average treatment was 72 days and was 12-step orientated.

The study found that 50% of doctors completed their contract. Another 22% had contracts extended or signed new monitoring contracts. The remaining 28% did not complete. Altogether, 72% of the doctors were still practising 5-7 years after signing their contracts.

The paper suggests that the high level of doctor recovery contradicts the notion that relapse is inevitable. The low rates of positive drugs tests over a long period demonstrates that "addiction careers could be significantly shortened" and that relapse was "far from inevitable".

The authors suggest that the key elements for substance abuse treatment of doctors, and which could be applied to other groups, are:

- Contingency management - the consequences for treatment failure were clear as were incentives to be successful
- Frequent random drug testing
- Linkages to 12-step programmes and abstinence
- Active monitoring of relapse
- A continuing care approach
- A focus on lifelong recovery.