

The Concept of Recovery

Emma Lamond
Service Manager
Addaction Staffordshire
United Kingdom

Overview

- What is Recovery?
- Main principles of Recovery
- How effective is Recovery?
- What is the relationship between harm reduction and recovery?

UK Drug Strategy

- 2010 Coalition Government released the new drug strategy:
‘Reducing demand, restricting supply and building recovery in communities’
- Aim was to go further, be ambitious and creative when it came to drug and alcohol treatment

What is Recovery?



- “Recovery is a broader and more complex journey that incorporates overcoming dependence, reducing risk taking behaviour and offending, improving health, functioning as a productive member of society and becoming personally fulfilled” (Professor Strang, Medications in Recovery 2013)
- *Recovery is “a journey of self exploration”* (Stephen Bamber 2010)

Recovery Orientated Treatment

- Individual and person centred treatment
- Recovery is contagious
- Peer Support and Mutual Aid
- Recovery Capital (social, physical, human and cultural)
- Services work in collaboration with wider partners
- Trained and inspired workforce providing evidence based practice

Effectiveness

- Wealth of research available into the effectiveness of treatment
- Recovery is challenging to clearly define and measure objectively
- There are a variety of approaches to assist recovery and these have proved effective
- Further longitudinal research is required

RIOT – Recovery is Out There

Service User Story

<http://www.youtube.com/watch?v=Luk9dfMnRo4>

Effectiveness



Relationship between HR and Recovery

Opposing agenda's or shared processes?

Conclusion

- Recovery is personal journey
- Recovery is contagious, it's inspirational and it's possible
- Recovery is difficult to empirically measure but evidence demonstrates treatment is effective
- Recovery and Harm reduction shared process



Thank you for listening

Any Questions?

