

# PRO•A

## Recovery Fact Sheet

### Recovery is a reality and common in America

Long term recovery is a reality for so many of us - “there are **23.5 million American** adults who are overcoming an involvement with drugs or alcohol that they once considered to be problematic” (2012)

Partnership for drug free Kids / OASAS -

<http://www.drugfree.org/newsroom/survey-ten-percent-of-american-adults-report-being-in-recovery-from-substance-abuse-or-addiction/>

**Recovery from alcohol and drug problems is associated with dramatic improvements in all areas of life: healthier/better financial and family life, higher civic engagement, dramatic decreases in public health and safety risks, and significant increases in employment and work.** (2013)

Faces and Voices of Recovery – Life in Recovery Survey

[http://facesandvoicesofrecovery.org/file\\_download/4790f303-bcc7-4dd5-954b-2ffe89eb5d3b](http://facesandvoicesofrecovery.org/file_download/4790f303-bcc7-4dd5-954b-2ffe89eb5d3b)

**In the past, drug dependence has been treated like an acute illness, one that can and should be “cured” virtually overnight.**

More often than not, this unrealistic expectation is not met. However, when substance use conditions are treated as the long-term, chronic, relapsing illness it really is, success rates are comparable to those associated with treating other chronic health problems, such as hypertension, diabetes, and asthma. (2002)

Have we evaluated addiction treatment correctly? Implications from a chronic care perspective

<http://onlinelibrary.wiley.com/doi/10.1046/j.1360-0443.2002.00127.x/full>

**Addiction is a chronic medical illness, much like type 2 diabetes mellitus and hypertension, that can be treated. Often it is the result of some combination of genetic heritability, personal choice, and environmental factors.** (2000)

Drug Dependence – a Chronic Medical Illness - JAMA

[https://www.researchgate.net/publication/12307532\\_McLellan\\_AT\\_Lewis\\_DC\\_O'Brien\\_CP\\_Kleber\\_HD\\_Drug\\_dependence\\_a\\_chronic\\_medical\\_illness\\_implications\\_for\\_treatment\\_insurance\\_and\\_outcomes\\_evaluation\\_JAMA\\_284\\_1689-1695](https://www.researchgate.net/publication/12307532_McLellan_AT_Lewis_DC_O'Brien_CP_Kleber_HD_Drug_dependence_a_chronic_medical_illness_implications_for_treatment_insurance_and_outcomes_evaluation_JAMA_284_1689-1695)

**A growing body of research suggests that the change from an addiction/user identity to a recovery identity is a critical ingredient in successful treatment.** (2015)

Frontiers in Psychology

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC4663247/>

### The “Treatment Gap”

An estimated **23.5 million Americans** are currently addicted to alcohol and/or other drugs and need treatment and other supportive services. Unfortunately, **only one in 10 of them (2.6 million)** receives the treatment they need. The result: **a treatment gap of more than 20 million Americans.** Lack of insurance, inadequate insurance coverage and insufficient public funds are the primary reasons for this treatment gap. (2010)

Closing the Addiction Treatment Gap

<https://www.opensocietyfoundations.org/sites/default/files/data-summary-20101123.pdf>

**In a National Study of Physicians with substance use disorders, it was found that “physicians with substance use disorders receive treatment that is qualitatively different from and reputedly more effective than the general population.” In this study of more than 900 addicted physicians from 16 states, 35% identified opiates as their drug of abuse. 71% of all the physicians in the study were licensed and employed at the 5-year point.** (2009)

How are Addicted physicians treated? A national survey of physician health programs

<http://www.bottomlineconference.ca/wp-content/uploads/2014/03/SurveyofPhysicianHealthPrograms.pdf>

**Like other chronic illnesses, the effects of drug dependence treatment are optimized when patients remain in continuing care and monitoring without limits or restrictions on the number of days or visits covered.** (2000)

Drug Dependence, a Chronic Medical Illness Implications for Treatment, Insurance, and Outcomes Evaluation

<https://pdfs.semanticscholar.org/3328/72f6b62af958c26393f514442e6178535c8f.pdf>



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## Many Pathways to Recovery

Every person in recovery from an addiction has a unique story about their path to recovery and the twists and turns that that path has taken. Recovery pathways are highly personalized, building on the strengths, talents, coping abilities, and resources of each individual. Peer support services include diverse strategies to support people who are trying to access and sustain their recovery.

*Peer to Peer Programs – William White*

[https://www.rmtlc.org/wp-content/uploads/2015/12/ManyPathstoRecovery\\_formatted01\\_04182014.pdf](https://www.rmtlc.org/wp-content/uploads/2015/12/ManyPathstoRecovery_formatted01_04182014.pdf)

**Opioid tolerance, dependence, and addiction are all manifestations of brain changes resulting from chronic opioid abuse.**

The opioid abuser's struggle for recovery is in great part a struggle to overcome the effects of these changes. Medications such as methadone, LAAM, buprenorphine, and naltrexone act on the same brain structures and processes as addictive opioids, but with protective or normalizing effects. Despite the effectiveness of medications, they must be used in conjunction with appropriate psychosocial treatments. (2002)

*US National Institute of Health*

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2851054/>

## The Value of Peer Services in the Recovery Process

Recovery supports are effective at engaging people into care, especially those who have little recovery capital, and/or who otherwise would likely have **little to no “access”** to recovery. (2010)

*Addiction Treatment Quarterly*

[https://www.researchgate.net/publication/232914249\\_Enabling\\_or\\_Engaging\\_The\\_Role\\_of\\_Recovery\\_Support\\_Services\\_in\\_Addiction\\_Recovery](https://www.researchgate.net/publication/232914249_Enabling_or_Engaging_The_Role_of_Recovery_Support_Services_in_Addiction_Recovery)

**Studies (on peer recovery supports) demonstrated reduced relapse rates, increased treatment retention, improved relationships with treatment providers and social supports, and increased satisfaction with the overall treatment experience. (2014)**

*Psychiatric Services*

<http://ps.psychiatryonline.org/doi/abs/10.1176/appi.ps.201400047>

**Peers provide navigation and advocacy... and their services help individuals and families initiate and stabilize early recovery and sustain long-term recovery. (2011)**

*Healing Hands*

<https://www.ncbi.nlm.nih.gov/pubmed/18971407>

**Recovery communities and recovery support services are a critical component of ongoing care for people in recovery, that include residential recovery homes, recovery community centers, education-based recovery support, recovery industries and recovery ministries. (2014)**

*Recovery Research Institute*

<http://www.recoveryanswers.org/recovery/recovery-community/>

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Organizations Alliance