Multiple Pathways of Recovery: A Guide for Individuals and Families

Facing Addiction with NCADD

www.FacingAddiction.org

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Note on Resources:

Trouble finding local resources? Facing Addiction with NCADD, in partnership with Transforming Youth Recovery, has the Addiction Resource Hub. This resource collects and organizes data from all corners of the addiction field—including resources specific to prevention, early intervention, treatment, and recovery support efforts in communities across the country. Find your local resources here!
FacingAddiction.org

This guide is intended to help those seeking recovery support. Please be aware that we do not endorse or directly support any specific pathway or resource. Those seeking programs, services, or treatment are urged to verify each provider's credentials and certifications to confirm their expertise and quality of service.

Our Mission

Facing Addiction with NCADD is dedicated to turning the tide on America's addiction epidemic, unifying the voices of the 45 million American families directly affected, through:

- Education to transform misconceptions surrounding this issue;
- Information and tools to help those who are or someday may be struggling;
- System changes to drive a comprehensive public health response, and
- A movement that will inspire these changes and provide needed funding.

Our Vision

To prevent and reduce the human and social costs of addiction every year until this crisis is eliminated.

Purpose of this guide

This guide has been developed to promote and explore the varied pathways of recovery. While comprehensive, this guide can not possibly contain all avenues to recovery. This guide is a beginning, and is intended to show people there are many choices in recovery. Much remains to be done nationwide to ensure recovery is available for all.

This guide is an accessible resource for individuals, families, and treatment professionals seeking information by outlining and describing different pathways to recovery, sharing personal experiences of individuals who have found recovery in diifferent ways, and demonstrating the diversity of recovery.

It is important to emphasize the distinction between pathways to recovery and pathways of recovery. We define pathways of recovery as those practices, programs, rituals and customs people use to maintain and sustain recovery. In comparison pathways to recovery can range from crisis events like treatment, experience within the criminal justice system, or a personal epiphany.

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Basic Definitions of Addiction & Recovery

Definition of Addiction:

"In 2015, over 27 million people in the United States reported current use of illicit drugs or misuse of prescription drugs, and over 66 million people (nearly a quarter of the adult and adolescent population) reported binge drinking in the past month.[1] Alcohol and drug misuse and related disorders are major public health challenges that are taking an enormous toll on individuals, families, and society."[2]

– The U.S. Surgeon General's Report on Alcohol, Drugs, and Health, 2016

The Substance Abuse and Mental Health Service Administration (SAMHSA) defines Addictions/ Substance Use Disorders as occurring "when the recurrent use of alcohol and/or drugs causes clinically and functionally significant impairment, such as health problems, disability, and failure to meet major responsibilities at work, school, or home. A diagnosis of substance use disorder is based on evidence of impaired control, social impairment, risky use, and pharmacological criteria". Substance Use Disorders can range from mild to severe and diagnosis ultimately comes down to the individual.[3]

Remission

Remission from substance use disorders is more common than most people realize. Supported scientific evidence[6] indicates approximately 50 percent of adults who once met diagnostic criteria for a substance use disorder—or about 25 million people—are currently in stable remission (1 year or longer). Even so, remission from a substance use disorder can take several years and multiple episodes of treatment, recovery support services, and/or mutual aid.

Successful population-scale recovery is built on access to evidence-based clinical treatment and recovery support services for all populations.[7] Support services may be

Co-Occuring Disorders

Co-Occurring Disorders (commonly called a dual diagnosis) is a situation when someone is experiencing a substance use disorder and mental illness at the same time. Co-occurring disorders are often hard to diagnose due to the complexity and intertwining natures of substance use disorders and mental illness symptoms. Often people receive treatment for one disorder while the other remains untreated, and either substance use disorders or mental illnesses can develop first. Currently, the most common treatment for co-occurring disorders is called integrated treatment. With integrated treatment, mental illness and substance use disorders are addressed at the same time, leading to more efficient treatment and better long term outcomes. However, because there are many ways co-occurring disorders present, diagnosis and treatment will not be the same for everyone. [4, 5]

"If there is anything modern research on recovery is teaching us, it is two critical lessons: people with alcohol and drug problems—even the most severe of such problems—are not a homogenous population, and there are many pathways and styles of long-term recovery."

William White[1]

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provided before, during, or after clinical treatment or may be provided to individuals who are not in treatment but seeking community-based supports. They help people enter into and navigate systems of care, remove barriers to recovery, stay engaged in the recovery process, and live full lives in communities of their choice. By incorporating a full range of social, legal, and other services that facilitate recovery, wellness, and linkage to and coordination among service providers, these supports have been shown to improve quality of life for people in and seeking recovery and their families. Often provided by professionals and peers, they are delivered through a variety of community and faith-based groups, treatment providers, schools, and other specialized services.

Life Ring

"I chose recovery 30+ years ago and was told "fake it 'til you make it" — that all I needed to do was to stop drinking and "turn my will over". The rest would just . . . well . . . happen. It didn't. Decades later, I sought help out of desperation but was told this time that there existed options to choose from. I found my solution and learned that I could recover without changing my beliefs and while remaining true to myself—no faking it or white-knuckling it required. It was like taking the irony out of "my best thinking got me here."

Njon Weinroth

Definition of Recovery

". . . the essence of recovery is a lived experience of improved life quality and a sense of empowerment; that the principles of recovery focus on the central ideas of hope, choice, freedom and aspiration that are experienced rather than diagnosed and occur in real life settings rather than in the rarefied atmosphere of clinical settings. Recovery is a process rather than an end state, with the goal being an ongoing quest for a better life."

– David Best & Alexandre Laudet[8]

Recovery from substance use disorders has had several definitions. Although specific elements of these definitions differ, all agree recovery goes beyond the remission of Substance Use Disorder symptoms to include a positive change in the whole person. In this regard, 'abstinence' from substances, though often necessary, is not always sufficient to define recovery.

In the same way Substance Use Disorders are unique to the individual, so too is recovery. SAMHSA defines recovery as a dynamic change process through which individuals improve their health and wellness, live self-directed lives, and strive to reach their full potential.[9]

Central to all of definitions of recovery is the concept of Recovery Capital. In essence, Recovery Capital is the whole collection of resources an individual may use to facilitate their ongoing recovery. While an individual may be able to find and maintain recovery, the collection of resources they have at their disposal aid in the long-term growth and maintenance of their recovery[10]. Recovery Capital can be broken into four areas:

- Social – Family, friends, group, and community supports

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- Physical – Physical assets like money and property
- Human – Skills, education, personal drive
- Cultural – Values, beliefs, and attitudes linking social conformity and social behaviors

In essence, the more Recovery Capital individuals are able to access, the better chance they have for long term recovery growth or maintenance. With an emphasis placed on accumulating Recovery Capital for individuals, it is then the job of the community to ensure recovery supports are available and equitable for all individuals wishing to grow their own personal Recovery Capital.

Refuge Recovery

Refuge Recovery has become my main path and program for not only finding freedom from the suffering of addiction but also finding emotional sobriety. As someone who doesn't subscribe to the idea that I am powerless and require a deity to turn my life over to, I've found such strength and encouragement in following a Buddhist path that's been followed successfully for 2600 years. I take refuge in my own potential to awaken, I take refuge in reality and truth, and I take refuge in this worldwide community of other fellow substance and process addicted individuals that have set an intention to help and support each other as we stumble along this path, together. I find such comfort in that.

In Refuge Recovery, we practice different forms of meditation that have helped me let go of so much hate, resentment, blame, shame and so much more. We are encouraged to act ethically and without harming ourselves or others. I can honestly say this Buddhist path and the program and community of Refuge Recovery have not only changed my life for the better, it's SAVED my life!

Gary Sanders

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Moderation Management

"It took me awhile to understand that I can empower myself and my clients to make choices about drinking habits. It's not always easy but I'm so grateful to the pioneering program of Moderation Management.

As a psychotherapist and a person— harm reduction gives people a way to find their own unique path towards planning or delaying or shifting their harmful habits towards health."

Katy Byrne, MFT

12-Step Fellowship

"In addition to a stay at an inpatient treatment facility as well as residence in a recovery home, my personal journey to recovery has included membership and participation in a twelve step fellowship. The twelve steps and their philosophy of powerlessness over my addiction, faith in something bigger than myself, and reaching out to help others has reshaped my thinking, and my perspective on life. I am forever grateful for the twelve steps for reshaping my life, and for helping me understand the true meaning of gratitude."

Michael King

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Pathways of Recovery

There are many paths of recovery. People will choose their recovery pathway based on cultural values, socio-economic status, psychological and behavioral needs, and the nature of their substance use disorder. With such a personal and varied stake it is impossible to categorize every single type of recovery. However, there are several large areas that recovery falls into.

Types of Recovery Paths:

- Natural Recovery
- Recovery Mutual Aid Groups
- Medication-Assisted Recovery
- Peer-Based Recovery Supports
- Family Recovery
- Technology-Based Recovery
- Alternative Recovery Supports

Natural Recovery

"Natural recovery is, according to some studies, the most common recovery pathway, but the prevalence of this style declines as problem duration and severity increase. Natural recovery is a more viable pathway for people with shorter and less severe alcohol and other drug problems and for those with higher incomes and more stable social and occupational supports"

– William White[12,13,14,15]

Recovery happens naturally all the time. For many people with Substance Use Disorders, remission and recovery is a process that happens naturally and over time. In fact, such individuals may never have thought of themselves as having an addiction at all, much less being in recovery—even though by all medical classifications they would have qualified as having an addiction to a substance.

Why is this? No one knows for sure. It could be negative public attitudes associated with addiction is so strong that many people would never choose to voluntarily enter into treatment or engage with a mutual support group. It could be that some people are in denial about the extent of their problem and do not feel the need for support. It could be that the narrative for treatment and recovery is so pervasive that most attention is focused on the visible aspects of addiction recovery, and the many millions who voluntarily stop on their own are forgotten.

"For some people with Substance Use Disorders, especially those whose problems are not severe, remission is the end of a chapter in their life that they rarely think about later, if at all. But for others, particularly those with more severe Substance Use Disorders, remission is a component of a broader change in their behavior, outlook, and identity. That change process becomes an ongoing part of how they think about themselves and their experience with substances. Such people describe themselves as being "in recovery."

– The U.S. Surgeon General's Report on Alcohol, Drugs, and Health, 2016.[16]

Natural Recovery

"Purpose and meaning in my life is what keeps me going in the right direction. Sustained effort and motivation are what drives my actions towards that purpose. I always knew I would find my own Pathway of Recovery, and that happened when I had no one left to answer to. The decision came down to what I wanted. I wanted recovery. So I went for it, . . . my way."

Alicia Tranquilli

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Moderation Management

"The Moderation Management community has given me tools and courage to significantly reduce my drinking, resulting in better health and improved self-esteem, and finally, a refreshing sense of hope for the future."

Ruth Marie

Women for Sobriety

"Women for Sobriety works for me because it provides the tools and support I need to heal from my addiction and not only survive, but thrive in my recovery. The thirteen statements of the New Life Program helped me shift from feeling I was at the mercy of my negative thoughts to using positive thinking to create a life that I love."

Rebecca Wandrei

Natural recovery exists across the spectrum of drug choices. Those who achieve natural recovery report multiple reasons for avoiding formal treatment institutions and mutual aid societies. These reasons include a desire to protect their privacy, aversion to sharing problems with others, a desire to avoid the stigma of being labeled, a belief that they can solve their problems without professional treatment, and a perception that treatment and mutual aid groups are ineffective or not personally suited for them.

So then how do people recover naturally? There's no clear answer. Many people experience a change in environment, or they change their habits completely, often supplanting an addiction with exercise or some other type of activity. Or, some people may stop using a certain problem drug and continue to drink or use other substances recreationally—which may or may not be defined as problem use.

"There are many paths to recovery—and if we want to help people get there, we need to explore all of them. That means recognizing that natural recovery exists—and not dismissing data we don't like."

– Maia Szalavitz

Mutual Support Groups & Mutual Aid Groups

Often called 'self-help' groups or 'support' groups, these groups are small scale community-oriented groups where people suffering from Substance Use Disorders meet and provide support to each other. These groups provide a safe space for people to share stories, talk about challenges, or share personal achievements-often with an overarching framework guiding the group purpose. Mutual Support Groups are often an initial destination for people hoping to find recovery, and also serve to help people maintain long-term recovery. Most mutual aid groups meet face to face, but there are web-based groups as well.

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Nationwide Mutual Support Groups

12-Step Fellowships

A twelve-step program is a set of guiding principles outlining a course of action for recovery from addiction, compulsion, or other behavioral problems. Originally proposed by Bill Wilson to Alcoholics Anonymous (AA) as a method of recovery from alcoholism, the Twelve Steps were first published in the 1939 book Alcoholics Anonymous: The Story of How More Than One Hundred Men Have Recovered from Alcoholism. The method was adapted and became the foundation of other twelve-step programs. Some of the largest and most widely used 12-Step fellowships include Alcoholics Anonymous, Narcotics Anonymous, and Cocaine Anonymous.
Contact/Outreach Information: aa.org; ca.org; na.org

Celebrate Recovery

Celebrate Recovery is a Christ-centered program with foundations firmly established in Biblical truth. The 12 Steps with accompanying Scriptures and the 8 Principles based on the Beatitudes offer participants a clear path of salvation and discipleship; bringing hope, freedom, sobriety, healing, and the opportunity to give back one day at a time through our one and only true Higher Power, Jesus Christ.
Contact/Outreach Information: celebraterecovery.com

LifeRing

LifeRing Secular Recovery is a non-profit, abstinence-based, worldwide network of individuals seeking to live in recovery from addiction to alcohol or to other non-medically indicated drugs. LifeRing believes people DO have the power to overcome their addiction and that the individual is the best person to design their own program. Participants build their own Personal Recovery Plans while being offered peer-to-peer support in ways that encourage personal growth and empowerment while developing, refining, and sharing personal strategies for continued abstinence and creating a rewarding life in recovery. Support is provided through face-to-face meetings, online meetings, email forums and 24/7 chat. Participation is compatible with a wide variety of abstinence-based therapeutic or counseling programs, including medication-assisted recovery.
Contact/Outreach Information: lifering.org

Moderation Management

Moderation Management (MM) is a behavioral change program and national support group network for people concerned about their drinking and who desire to make positive lifestyle changes. MM empowers individuals to accept personal responsibility for choosing and maintaining their own path, whether moderation or abstinence. MM promotes early self-recognition of risky drinking behavior, when moderate drinking is a more easily achievable goal. MM is run by lay members who came to the organization to resolve personal issues and stayed to help others."
Contact/Outreach Information: moderation.org

Phoenix Multisport

Phoenix Multisport fosters a supportive, physically active community for individuals who are recovering from a Substance Use Disorder and those who choose to live in recovery. Through pursuits such as climbing, hiking, running, strength training, yoga, road/mountain biking, socials and other activities, we seek to help our members develop and maintain the emotional strength they need to stay in recovery.
Contact/Outreach Information: phoenixmultisport.org

SMART Recovery

Self-Management and Recovery Training (SMART) is a science-based mutual-support program to help people overcome addictions. SMART empowers people to assume responsibility for their recovery using a 4-Point Program: 1. Building and Maintaining Motivation, 2. Coping with Urges, 3. Managing Thoughts, Feelings and Behaviors, and 4. Living a

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Note on Harm Reduction:

Harm reduction is a set of practical strategies and ideas aimed at reducing negative consequences associated with drug use. Harm Reduction is also a social justice movement built on a belief in, and respect for, the rights of people who use drugs.

Harm reduction incorporates strategies ranging from safer use, managed use, abstinence, meeting drug users "where they're at," and addressing conditions of use, along with the use itself. Because harm reduction demands that interventions and policies designed to serve drug users reflect specific individual and community needs, there is no universal definition of or formula for implementing harm reduction.[11]

Harm Reduction is a public health philosophy with the aim of decreasing the harms caused by substance misuse. Alternatively, it can be viewed as health-oriented management of an addiction and an overall support system for people struggling with addiction.

- Harm Reduction may include abstinence, moderation, and safer use.
- Harm Reduction celebrates "any positive change."
- It can be an individual's pathway by starting where ever one is willing to start.
- Harm Reduction suggests that taking away a person's coping mechanism (e.g. drug of choice) without providing other ways to cope is potentially ineffective.

For more information, visit the Harm Reduction Coalition at *www.HarmReduction.org*

"In every SMART Recovery meeting something extraordinary and unique happens: for 60-90 minutes, individuals— strangers—put their heads and hearts, their hopes and fears, and their courage together to create a living, breathing community… and leave forever changed."
Sarah E. Lauzen

SMART Recovery

"I'm convinced that my Loved One fought so hard to get sober because I became involved in this program. Our relationship is a lot healthier for it too."
Peggy Darrah

Balanced Life. Using the four points as a framework, people create a course of action tailored to their own interests and needs. SMART meetings are led by trained facilitators and are highly interactive, action-oriented, positive, and focus on the present and future. A 24/7 chat room, lively message board forums, and publications are also available to help individuals achieve a fulfilling and rewarding life.
Contact/Outreach Information: smartrecovery.org

Refuge Recovery

Is a mindfulness-based addiction recovery community that practices and utilizes Buddhist philosophy as the foundation of the recovery process.
Contact /Outreach Information: *refugerecovery.org*

Wellbriety

The Wellbriety Movement is an interconnected web spreading across our Native Nations carrying the message of cultural knowledge about recovery for individuals, families and communities. The web is a live entity that was born out of the work that White Bison created after the Elders told about a healing time that has come.
Contact/Outreach Information: wellbriety.com

White Bison

White Bison offers sobriety, recovery, addictions prevention, and wellness/Wellbriety learning resources to the Native American/Alaska Native community nationwide. Many non-Native people also use White Bison's healing resource products, attend its learning circles, and volunteer their services.
Contact/Outreach Information: *whitebison.org*

Women for Sobriety

Women for Sobriety (WFS) is an organization whose purpose is to help all women find their individual path to recovery through discovery of self, gained by sharing experiences, hopes and encouragement with other women in similar circumstances. We are an abstinence-based self-help program for women facing

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Life Ring

"I've been in Lifering for four years. In it I found what I had been seeking for decades—a small group of non-judgmental people who, like me, just wanted to share without being talked at, labeled, or evaluated. There were no prescriptive demands. And in so much as I was able to just be myself with friends each week; I came to find it was the most purposeful instrument in my recovery thus far. It makes me reminisce youth: no hierarchy, no need to save face, acceptance and inclusion on every level. Through it I have found genuine security, and made lifelong friends."

James Neftali Fox

Wellbriety

Don Coyhis felt emptiness in sobriety. He found himself going through the motions at support group meetings, disconnected from the reasons why he shouldn't drink. Searching for understanding, he turned to his Native American roots. During a five-day fast in the Colorado mountains, Coyhis saw a white bison rise from the ground – to him, a sign that his recovery would be incomplete without his culture. Coyhis founded a nonprofit offering native-focused recovery resources to communities across the country, and in turn, launched a movement called Wellbriety.

Coyhis, who has been sober for 30 years, was sitting quietly, at recovery group meeting in his hometown of Colorado Springs. A woman was telling of her recovery when she said, "My wellbriety date is . . .

Wellbriety.

Coyhis smiled. That's the word, the concept, which he has nurtured since starting White Bison Inc. in 1988. Wellbriety, as Coyhis defines it, means "to be both sober and well. It means going beyond survival to thrive in one's own life and in the life of the community. It means living by the laws and values of traditional Native American culture.

Don Coyhis – https://encore.org/purpose-prize/don-coyhis/

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Women for Sobriety

"Women for Sobriety is the only program that ever spoke to me. It gently whispered to my heart and soul.
It made me grow and change and believe.
I am now empowered and unstoppable! I am so grateful for Women for Sobriety and my tribe!"
Lisa Farrar

Celebrate Recovery

"Celebrate Recovery taught me that people who struggle with eating disorders, codependency, gambling, anger, depression and a myriad other hurts, habits and hang ups shared a lot of the same experiences I had gone through as a child. The only difference between us was what we used to escape and numb ourselves from the trauma we had experienced. At Celebrate Recovery I shared my struggles and victories with people who didn't have a substance use disorder and they still accepted me. Their friendships allowed me to forgive myself and those who had hurt me for the first time ever."
David Stoecker

SMART Recovery

"I love that SMART Recovery focuses on recovery rather than addiction."
Tyler Lorenz

issues of alcohol or drug addiction. The recovery tools that WFS provides for women seeking recovery are: in-person meetings led by volunteers and are women in recovery, an online community (volunteer led chat meetings, message boards), peer phone support, literature, and recovery materials, Internet website to access the 13 Statement program and an email service that provides communications from the organization, online articles and newsletter, and daily online inspirational messages.
Contact/Outreach Information:
http://womenforsobriety.org

Faces & Voices of Recovery Mutual Aid

Resources: Faces & Voices of Recovery has compiled an exhaustive list of Mutual Aid Resources. Learn more here.
https://facesandvoicesofrecovery.org/resources/mutual-aid-resources/mutual-aid-resources.html

Note on Recovery Community Organizations:

In many local communities around the country there are Recovery Community Organizations (RCOs). These types of organizations are often independent non-profits, and led by people in recovery, family members, and their friends and allies. RCOs are often created with the specific goal of providing resources for local recovery community and anyone who may be in need. Each organization should have a mission which reflects the particular issues of the local community.

Resources.FacingAddiction.org

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Medication-Assisted Recovery

Medication-assisted treatment (MAT) is the use of medications in combination with counseling and behavioral therapies for the treatment of substance use disorders. A combination of medication and behavioral therapies is effective in the treatment of substance use disorders, and has been the primary factor in helping many people to sustain recovery.[17]

* Important Note: We recommend that you talk to your doctor about all aspects of MAT.

Medication for Opioid Use Disorders:

Methadone

Methadone is the original medication approved for the treatment of opioid addiction. Methadone is a full opioid agonist which can be used to treat pain as well as opioid use disorder as a maintenance or detoxification medication. Detoxification using methadone can either be done relatively rapidly in less than a month or gradually over as long as six months. A single dose has a slow onset of action. Maximum effect of methadone with even blood levels, known as "steady state," can take five to seven days of taking the same daily dose. The analgesic, or pain relieving, effects of methadone last from between four to six hours after a single dose, but a daily maintenance dose of methadone will keep an individual out of physical withdrawal symptoms and free from cravings for illicit opioids for up to a day and a half.. The treatment of pain with methadone and the treatment of opioid addiction with methadone are very different medical treatments with very different prescribing/dosing protocols. Methadone is usually taken by mouth and rarely by injection into a muscle or vein. Only oral formulations of methadone are approved for the treatment of opioid use disorder in the United States. Methadone is on the World Health Organization's List of Essential Medications , WHO's list of the most effective and safe medications which should be accessible in all health systems across the globe. The National Institutes of Health (NIH) declared methadone treatment the "gold standard treatment" for opioid addiction in their 1998 Consensus Panel Statement titled, "Effective Medical Treatment of Opiate Addiction," and the Centers for Disease Control and Prevention (CDC) has deemed methadone maintenance treatment the "most effective treatment" for opioid addiction currently available. When used for the treatment of opioid addiction, methadone may only be dispensed in federally certified and accredited opioid treatment programs (OTPs) in the United States, where methadone is dispensed in conjunction with individual counseling, group therapy, and other psychosocial support services.
Brand Names: Dolophine, Methadose, Disket

Buprenorphine

Buprenorphine, is an opioid used to treat opioid addiction, moderate acute pain and moderate chronic pain. The combination buprenorphine/naloxone is also used for opioid addiction. Both buprenorphine and methadone are medications used for detoxification, short- and long-term opioid replacement therapy. Buprenorphine has the advantage of being only a partial agonist; hence negating the potential for life-threatening respiratory depression in cases of abuse. Studies show the effectiveness of buprenorphine and methadone are almost identical, and largely share adverse-effect profiles apart from more sedation among methadone users.
Brand Names: Cizdol, Suboxone, Subutex (typically used for opioid addiction), Temgesic (sublingual tablets for moderate to severe pain), Buprenex (solutions for injection often used for acute pain in primary-care settings), Norspan and Butrans (transdermal preparations used for chronic pain)

Buprenorphine & Naloxone

Naloxone is a medication generally used to block the effects of opioids, especially in overdose. However, since Naloxone is poorly absorbed when taken by mouth it

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is commonly combined with a number of oral opioid preparations, especially buprenorphine, so that when taken orally, only the opioid has an effect, but if an opioid like Heroin is misused by injecting, the naloxone blocks the effect of the opioid. This combination is used in an effort to prevent use of a dependant opioid. Buprenorphine/naloxone has a milder side effect profile than methadone, and has limited respiratory effects, due to both agonist/antagonist effects. However, buprenorphine/naloxone is less safe than methadone in patients with stable liver disease.
Brand Names: Suboxone, Bunavail, Zubsolv

Naltrexone

Naltrexone hydrochloride is a pure opioid antagonist. It markedly attenuates or completely blocks, reversibly, the subjective effects of intravenously administered opioids. When co-administered with morphine, on a chronic basis, Naltrexone blocks the physical dependence to morphine, heroin and other opioids. Patients must be opioid-free before beginning to use Naltrexone as use of the treatment can cause withdrawal symptoms in individuals who are still using/dependant on opioids.
Brand Names: Vivitrol

Functional Medicine, NTR and Nutrient Therapies:

Functional Medicine, Neurotransmitter Restoration Therapy (NTR) and Neuronutrient Therapies have been emerging as one of the fastest growing areas of non MAT addiction recovery options based in science. Using the same basic principals of biochemical addiction as traditional medical research, functional medicine doctors, holistic treatment centers and qualified clinicians use Neurotransmitter Restoration Therapy (NTR), amino acid therapy and a therapeutic diet help support the repair of the addicted body and brain.

Medication-Assisted Recovery

"Methadone has helped to keep me off of heroin and other elicit drugs. It has also helped me from criminal acts like hopping the turnstyle and shoplifting, and it has helped me stay in contact with my higher power. Over all it has saved my life and I just want to thank methadone and the Mars program for keeping me busy and saving my life."
Tim McGee

LifeRing

"After yet another devastating blackout, push had indeed come to shove.vl was living in fear of what I had allowed alcohol to do to me. I did not have the sort of issues that can be effectively dealt with by the 12 Steps. I simply needed education, and lots of it, along with frequent reminding of the sobriety basics.

From the start, LifeRing was the perfect fit for me. Its simple no-nonsense approach and unwavering support has kept me sober for 13+ years. It did for me what I could not do for myself." Mary Shortell

12-Step Recovery

"I2-step programs provide me with identification and acceptance. I realize I am not alone and that others care about me and can provide constructive feedback based on their own experiences. Peer support is such a valuable tool. 12-step programs share steps for recovery and for life. Addiction is all about isolation and 12-step programs replace this with community." Jeff Beck

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Medications for Alcohol Use Disorders:

Acamprosate

Acamprosate is an anti-alcohol agent. It is thought to work by restoring the balance of certain chemicals in the brain of patients who have used large amounts of alcohol.

Acamprosate affects chemicals in the brain that may be unbalanced in a person who is addicted to alcohol. Acamprosate works by restoring this chemical balance in the brain in an alcohol-dependent person who has recently quit drinking. Acamprosate is used together with behavior modification and counseling support to help a person who has recently quit drinking alcohol continue to choose not to drink.

Acamprosate is not likely to be helpful if you have not already quit drinking or undergone detoxification. It may not help you if you are also addicted to other substances besides alcohol.
Brand Names: Campral

Disulfiram

Disulfiram blocks a specific enzyme involved in metabolizing alcohol intake. Disulfiram produces very unpleasant side effects when combined with alcohol in the body- often vomiting. This medication is commonly used with chronic Alcohol Use Disorders. Disulfiram is best used together with behavior modification, psychotherapy, and counseling support to help patients stop drinking.
Brand Names: Antabuse

Naltrexone

Naltrexone is also prescribed to alcohol dependent people to help them reduce cravings, control, or abstain from drinking. Naltrexone is prescribed to be taken orally one hour before drinking, and it's use will curb alcohol withdrawal or craving symptoms. It is not a cure for Alcohol Use Disorders, but it has proven to be an effective anti-addiction drug for many people. Used in conjunction with other behavior modification (commonly with the Sinclair Method), Naltrexone can greatly improve the outcomes for alcohol dependant persons.
Brand Names: Vivitrol

Functional Medicine, NTR and Nutrient Therapies:

Functional Medicine, Neurotransmitter Restoration Therapy (NTR) and Neuronutrient Therapies have been emerging as one of the fastest growing areas of non MAT addiction recovery options based in science. Using the same basic principals of biochemical addiction as traditional medical research, functional medicine doctors, holistic treatment centers and qualified clinicians use Neurotransmitter Restoration Therapy (NTR), amino acid therapy and a therapeutic diet help support the repair of the addicted body and brain.

MAT Advocacy Groups:

Alliance for Addiction Solutions (AAS)

AAS is an international nonprofit organization dedicated to promoting neurotransmitter restoration therapy and other effective nutritional treatments for addiction. AAS was founded in 2007 by addiction professionals who had collectively witnessed the success of the nutritional approach in thousands of cases. This approach is based on clinical research published as far back as the 1970s that targets the core biological causes of addiction. AAS educates the public, addiction professionals, and policy makers about the importance of integrating this vital methodology into conventional treatment. Membership is open to all.
Contact/Outreach Information:
https://www.allianceforaddictionsolutions.com/

National Alliance of Methadone Advocates (NAMA)

NAMA Recovery is an organization composed of medication-assisted treatment patients and healthcare professionals that are supporters of quality opiate

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Medication Assisted Recovery

"My name is Marie, and I am a heroin addict who has been lucky enough to make it out of its grips and find recovery. Through active addiction, I have suffered immensely, and the amount of agony I've caused my family is huge. I was so sick. However, through MAT, I have achieved one full year drug-free. I reluctantly got on methadone a year ago. I say "reluctantly" because I was very uneducated about it then, and believed many of the stigmas surrounding it. I just needed a way out and was willing to try anything at that point. Little did I know it'd turn out to be the best decision I ever made. It has provided me with the tools to create a life I always wanted but was so far out of my reach. I walked through the doors of that clinic and never picked up ever again. In one year's time I met my soulmate and got engaged, we bought a condo together, we are expecting a baby boy this September, I have repaired my relationships with family and friends and am closer to them now than I've ever been, and my health has drastically improved. Things aren't perfect, I am not rich, but life is beautiful and I'm so happy. And believe me, happiness was something I had once written off as something I would never feel. MAT has allowed me the normalcy I've always wanted. I will forever be grateful for this treatment and sing its praises to anyone who will listen!"

Marie

agonist treatment. We have thousands of members worldwide with a network of international affiliated organizations and chapters in many places in the United States.

The primary objective of NAMA Recovery is to advocate for the patient in treatment by destigmatizing and empowering medication-assisted treatment patients. First and foremost, NAMA Recovery confronts the negative stereotypes that impact on the self esteem and worth of many medication-assisted treatment patients with a powerful affirmation of pride and unity.
Contact/Outreach Information: methadone.org

The MARS Project

"The MARS™ Project is a peer-initiated and peer-based recovery support project sponsored by the National Alliance of Medication-Assisted (NAMA) Recovery. The MARS™ Project helps Medication-Assisted Treatment Programs develop holistic approaches that includes MAT education and a supportive peer community, helps drug-free programs to integrate medication-assisted treatment into their other services, and helps anyone from any organization that is interested in promoting an effective approach to medication-assisted treatment and recovery efforts."
Contact/Outreach Information: marsproject.org[18]

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Peer-Based Recovery Support Services

Peer-Based Recovery Support Services

Peer-based recovery support services are a common and often effective means by which individuals have found and sustained long-term recovery. The services are provided by individuals who have suffered from a substance use disorder and then found and sustained long-term recovery.

One of the most common forms of peer supports are Recovery Coaches. Recovery Coaches help the individual determine the recovery pathway that best suits their needs rather than guiding them down any specific pathway. In this manner, Recovery Coaches are vastly different than a 12-Step Sponsor.

The following organizations train and certify coaches, and provide lists of potential coaches as resources:

Center for Addiction Recovery Training (CART):
https://addictionrecoverytraining.org/

Recovery Coaches International:
www.recoverycoaching.org/

She Recovers Coaches:
sherecovers.co/hire-a-recovery-coach/

Certified Recovery Nutrition Coaches:
www.addictionnutritionacademy.com/crnc-directory

Recovery Life Coaching Services
http://www.recoverycoachingservices.com/

Crossroads Recovery Life Coaching
https://www.crossroadscoaching.com

The Surgeon General's Report, *Facing Addiction in America*, describes Recovery Coaches in the following way:

- Individuals in recovery who help others with substance use disorders achieve and maintain recovery using four types of support:
  - Emotional (empathy, caring, concern);
  - Informational (practical knowledge and vocational assistance);
  - Instrumental (concrete assistance to help individuals gain access to health and social services);
  - Affiliational (introductions to healthy social contacts and recreational pursuits).
- Embedded in the community in a variety of settings, including recovery community organizations; community health, mental health, or addiction clinics; sober living homes and recovery residences; and recovery high school and collegiate recovery programs.
- Peer workers in various treatment and recovery contexts including primary care, emergency departments, mental health clinics, criminal justice, child welfare, homeless agencies, and crisis outreach teams[19].

Family Recovery

The Family Recovery Solution

At The Family Recovery Solution™ our mission is to create a world where all people, beyond a shadow of a doubt, feel empowered to genuinely contribute with their full potential to healing themselves, their family, and the world around them for the benefit of future generations. Obviously, one service provider cannot do this alone.

Contact/Outreach Information:
thefamilyrecoverysolution.com

National Association for Children of Alcoholics

NACoA's mission is to eliminate the adverse impact of alcohol and drug use on children and families. Using our network of the most respected experts in the field, we provide solutions to address these impacts effectively. NACoA envisions a world in which no child who struggles because of family addiction will be left unsupported.

Contact/Outreach Information: *nacoa.org*

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Online Family Community

The Online Family Recovery Deep Community is high tech with high touch—a strength-based approach appropriate at any stage of addiction or recovery. As prevention or early stage, it fills the gap between the family in isolation to the family connecting with likeminded people, resources and expertise.
Contact/Outreach Information:
thefamilyrecoverysolution.com/community

SMART Recovery Family & Friends Program

SMART Recovery Family & Friends helps those who are affected by the substance abuse, drug abuse, alcohol abuse, or other addictions of a loved one. SMART Recovery Family & Friends is a science-based, secular alternative to Al-Anon and Johnson Intervention. Our method is based on the tools of SMART Recovery and CRAFT (Community Reinforcement Approach & Family Training)
Contact/Outreach Information:
smartrecovery.org/resources/family.htm

Recovery Life Coaching Services

Recovery Life Coaching Services are provided by specialized life coaches who have completed extensive training in supporting successful change, including establishing and maintaining addiction recovery via abstinence, moderation, or harm reduction; addressing work and income, brain and mental health, family and personal relationships and long term personal development goals. Recovery Life Coaches provide support in changing habits and patterns of drug use, establishing specific goals for recovery and making sure that life in recovery is worth it in terms of health, finances, and happiness.
Contact/outreach information:
http://www.recoverycoachingservices.com/

Crossroads Recovery Life Coaching

Our recovery life coaching community assists people in finding their own viable path to ongoing recovery

Family Recovery

I truly believe that through my family's, and my own recovery from my son's addiction, I was guided to a chapter in my life that led me to a whole new purpose. I always spoke out loud for what I believed in and had a fierce gene of protectiveness for those I cared about. Now was my time to put that all to good use. Although my son has been in recovery for almost eight long years now, I will never forget how I felt all those years ago as a mother watching my son battle the unknown and the isolation I felt being surrounded by those who had no clue nor cared to have a clue as to what I was dealing with. I live my life now as a fierce protector of the mothers who have lost their children to this illness, who have children battling this disease and as a loud voice to the people who cause them pain with their ugly judgmental words. All I know and all I care about for these families is what I have learned through my son's and my own recovery. To offer love, support, and strength to those who need it most. To rise above the noise and to hold these families above it as well for peace and serenity when they need it the most.

Anita Devlin, author of *S.O.B.E.R.*

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Medication Assisted Recovery

"My name is Jose R. Rodriguez and I've been a patient at the Einstein College of Medicine for more than ten years on methadone. Not knowing how to manage my recovery had always produced relapse. It was not until I met the Mars project that I was able to get a hold of my recovery. My recovery has been sustained through methadone for the last seven years and it has made me a better person and able to give back as I journey through this pathway of recovery. I'm proud to say that I stand solid in my recovery."

while creating healthy, stable, joyful and satisfying lives. We help individuals establish a biopsychosocial foundation for their recovery, supporting them in practical life matters while increasing self-awareness, mindfulness practices, social support and communication skills.
Contact/outreach information:
https://www.crossroadscoaching.com

Recovery Art Studio

Recovery Art Studio sponsors the Recovery Art Movement. We educate, encourage and empower Recovery Art Warriors (RAW) to create their dreams and reclaim their light through the healing power of art. We are a social media recovery influencer breaking the stigma and inspiring hope through healing. RAW are gender-neutral and need not have prior artistic experience.

Twelve-Step Based Recovery for Families:

Al Anon

A worldwide fellowship that offers a program of recovery for the families and friends of alcoholics, whether or not the alcoholic recognizes the existence of a drinking problem or seeks help.
Contact/Outreach Information: al-anon.alateen.org

Alateen

Alateen is a fellowship of young people (mostly teenagers) whose lives have been affected by someone else's drinking whether they are in your life drinking or not. By attending Alateen, teenagers meet other teenagers with similar situations. Alateen is not a religious program and there are no fees or dues to belong to it.
Contact/Outreach Information: https://al-anon.org/for-members/group-resources/alateen/

Co-dependents Anonymous (CoDA)

A program for people who share a common desire to develop functional and healthy relationships, often borne out of a dysfunctional family situation stemming from substance use disorders.
Contact/Outreach Information: coda.org

Adult Children of Alcoholics (ACOA)

The term "adult child" is used to describe adults who grew up in alcoholic or dysfunctional homes and who exhibit identifiable traits that reveal past abuse or neglect. The group includes adults raised in homes without the presence of alcohol or drugs. These ACOA members have the trademark presence of abuse, shame, and abandonment found in alcoholic homes.
Contact/Outreach Information: adultchildren.org

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LifeRing

"When I was a kid in my early 20's going after life with gusto, I was trained to listen to my own intuitive voice and I achieved my dreams and it was my normal. When I got sober, I was told not to listen to my intuitive voice because I was insane and the only way to save my life was to listen to an outside force. Finally, I found LifeRing. Today I know that my intuitive voice was always there and creates beauty and strength. And I know that when I listen to her my life is limitless again." Penny Pulz

Moderation Management

"The Moderation Management community taught me that I had the power within myself to change my attitudes and responses toward alcohol in my life." Beatrice Brown

Online Recovery Support Resources

7 Cups

Whether you are going through a challenging time or just want to talk to someone, at 7 Cups you'll find a path connecting you to kind people and helping you develop new skills to solve your problems.
Contact/Outreach Information: 7cups.com

In The Rooms

The World's Largest, Online Social Network for the Global Recovery Community. InTheRooms is for people already in Recovery, Seeking Immediate Help from any Addiction, and their Family, Friends and Allies.
Contact/Outreach Information: intherooms.com

Recovery 2.0

"Recovery 2.0 is a global movement that embraces an holistic approach to recovery from addiction of all kinds. The community honors all effective paths to recovery and emphasizes the importance of mind-body practices such as yoga and meditation, athletics, nutrition and community as part of an effective path to recovery and joy in life.
Contact/Outreach Information: recovery2point0.com

Reddit (R/StopDrinking)

There are multiple groups that exist on Reddit to help individuals with substance use disorders, including those suffering from alcohol use disorder, marijuana or opiates. Somne of these groups include:
StopDrinking – an abstinence-oriented support group re alcohol. https://www.reddit.com/r/stopdrinking/
Leaves – an abstinence support group for marijuana https://www.reddit.com/r/leaves/
Petioles – a marijuana moderation group. https://www.reddit.com/r/Petioles/
Opiates – an information and conversation support group regarding opiates https://www.reddit.com/r/opiates/

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She Recovers

We recover from drug addiction, alcoholism, codependency, love and sex addiction, disordered eating and eating disorders, workaholism and perfectionism. We recover from depression and other mental illness, burnout, anxiety, stress, trauma, grief, physical, sexual and emotional abuse, self-harm, cancer and chronic illness. We recover from having our hearts broken, from losing our marriages, our homes, or our jobs. Women who are recovering in all areas of their lives and who follow all pathways of recovery are warmly welcomed here on She Recovers.
Contact/Outreach Information: http://sherecovers.co/

SMART Recovery Checkup & Choices

CheckUp & Choices is a confidential online program that can help you achieve and maintain abstinence. It is based on the 4-Point Program® of SMART Recovery, and designed to enhance your efforts. CheckUp & Choices has parallel but separate modules for alcohol, marijuana, opioids, stimulants, as well as compulsive gambling.
Contact/Outreach Information:
smartrecovery.org/checkupandchoices

Supplement Your Recovery

Supplement Your Recovery is a resource guide and online support for multiple pathways of recovery from addictions and mental health issues with a focus on natural holistic options and services. We explore science based protocols in nutrition and biochemical recovery as well as a multitude of non-traditional healing modalities. We believe that supporting your recovery with holistic approaches will bring it to a whole new level.
www.SupplementYourRecovery.com

WEconnect

WEconnect is a solutions-based platform that addresses the most crucial time during someone's recovery: the first year of sobriety, and equally

Medication-Assisted Recovery

"When I first started using street drugs and alcohol around age 13, I thought they would alleviate the pain I was in from all the problems I was experiencing and dealing with at the time. I was hoping the drugs would just wash them all away, yet they just masked the problems and exacerbated them even further. I also started using drugs and drinking excessively for that love and acceptance that I craved so badly from family and friends alike. And never really dealing with or showing my true feelings. The drugs and alcohol only distorted my perceptions of life and caused me to act out in irresponsible and bizarre behaviors. Unfortunately, when I became an adult, the drug and alcohol abuse only grew and eventually took over my life. Literally, "kicking my butt" I wound up being diagnosed with a severe mental illness, since I never really dealt with the very problems that led me to the drug and alcohol abuse in the first place. And in which had a very profound and consequential result in my life.

Today I take psychiatric medication which helps me with the symptoms and cravings that had gotten so out of control from my drug use and that caused my bizarre behaviors. And I'm practicing meditation to even further help me with these symptoms and to have a more meaningful and purposeful life. Along with motivational therapy.

Leslie Notis

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benefits someone in long-term recovery. Our mission is to support inpatient, outpatient, healthcare systems, sober living programs and partners to save lives. We achieve this by reducing relapse and making recovery fun, accountable and keeping individuals connected to community support.
Contact/Outreach Information: weconnectrecovery.com

Alternative Recovery Tools

Amino Acid Therapies

The Artist's Way

Cognitive Therapy

Dance, Music, Art, Journaling/Therapeutic Writing

Equine Therapy

Fitness for Recovery

Holistic Health and Natural Alternatives

Hypnotherapy

MBSR (Mindful-Based Stress Reduction)

MBRP (Mindful-Based Relapse Prevention)

Meditation

Nutrition Therapy for Biochemical Recovery

Wolf Therapy

WRAP - Wellness Recovery Action Plan

Yoga in Recovery

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Multiple Pathways Working Group

This guide was developed by Facing Addiction with NCADD's Multiple Pathways Working Group, which consists of the organization's listed below.

Facing Addiction with NCADD

This guide was also created in consultation with William White. To learn more about his research and work please visit: *http://williamwhitepapers.com*

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