



THIS IS WHO WE ARE.



FACES & VOICES OF RECOVERY

ADVOCATE. ACT. ADVANCE.

Recovery Community Centers: Science and Rationale

presented by

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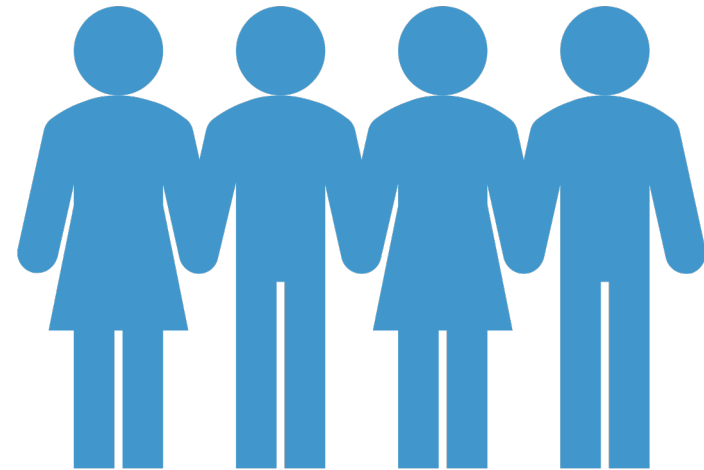
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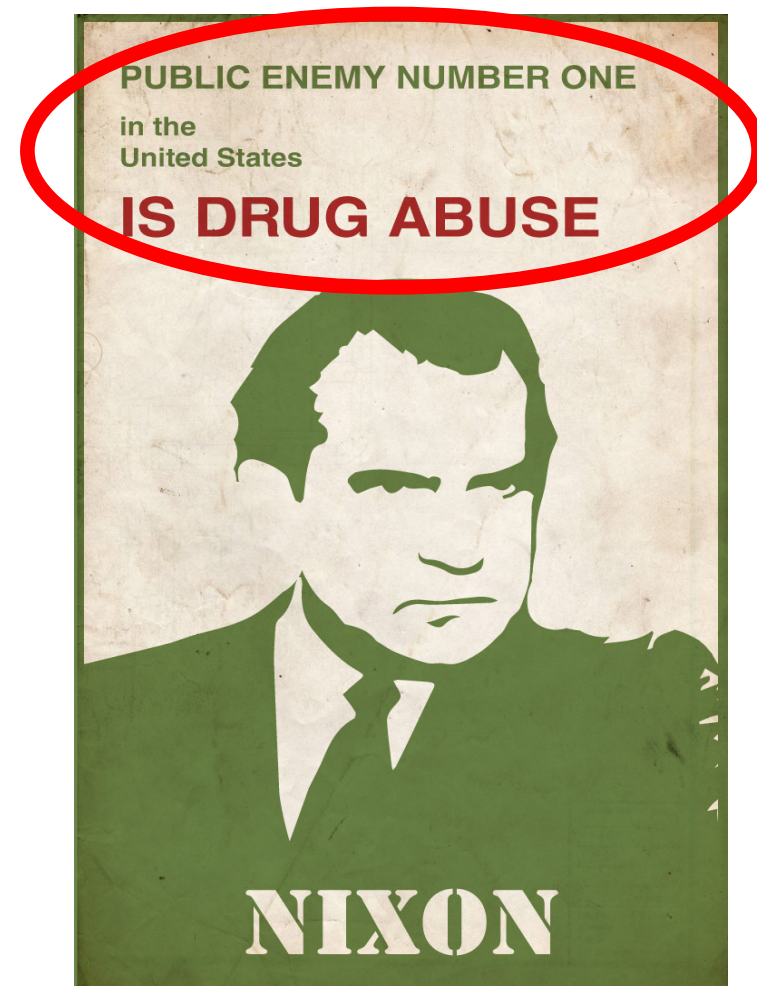
Rationale and Context for the Growth of Recovery Community Centers



1970



During the past 50 yrs
since "War on Drugs"
declared, we have moved
from "Public Enemy No.
1" to "Public Health
Problem No. 1"





Laws passed in the past 50 yrs have moved from more punitive ones to public health oriented ones.... increasing availability, accessibility and affordability of treatment..



The “war on drugs” was part of a national concerted effort to reduce “supply” but also “demand” that created treatment and public health oriented federal agencies..



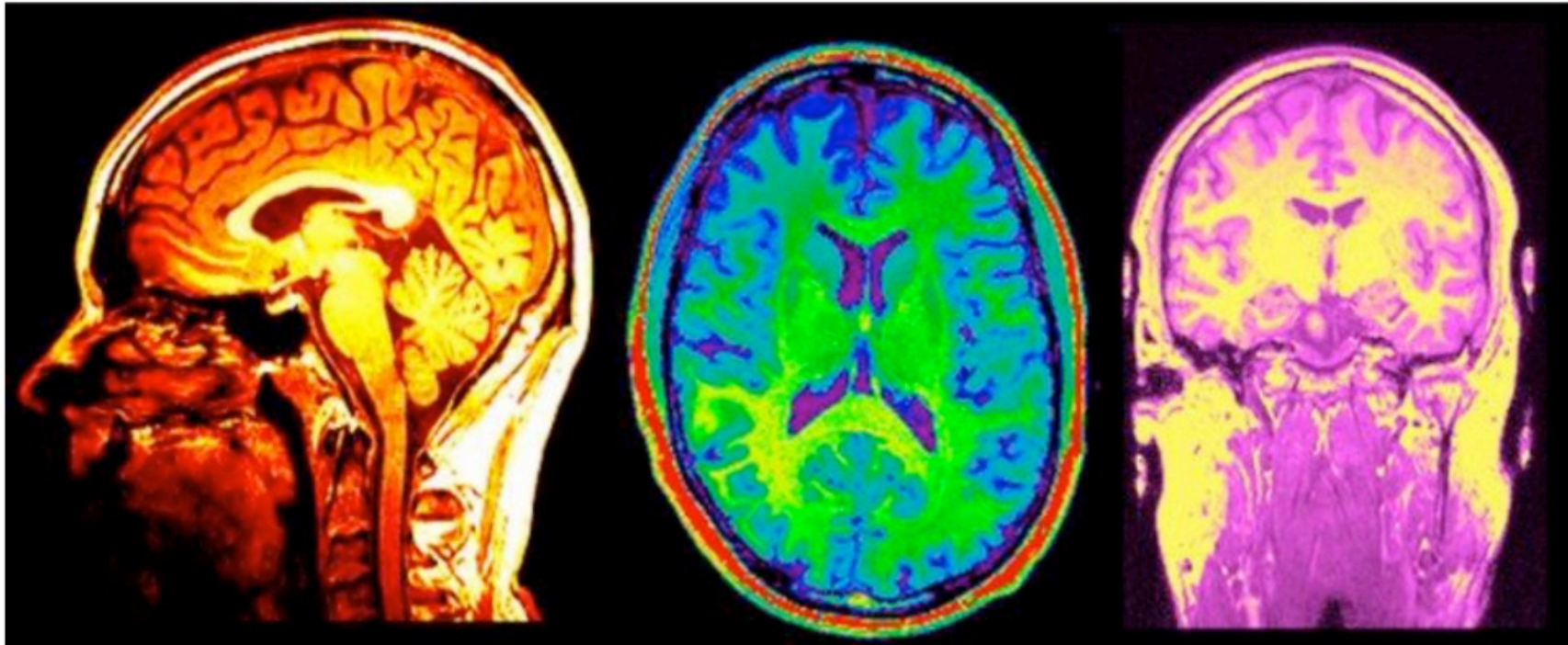


Paradigm Shifts

Genetics, Genomics, Pharmacogenetics



Neuroscience: Neural Plasticity



MULTIPLE PATHWAYS TO RECOVERY

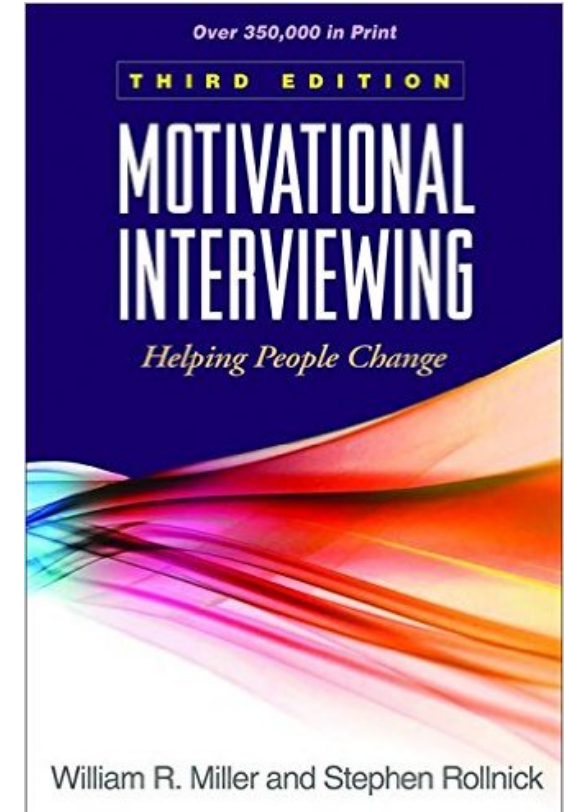
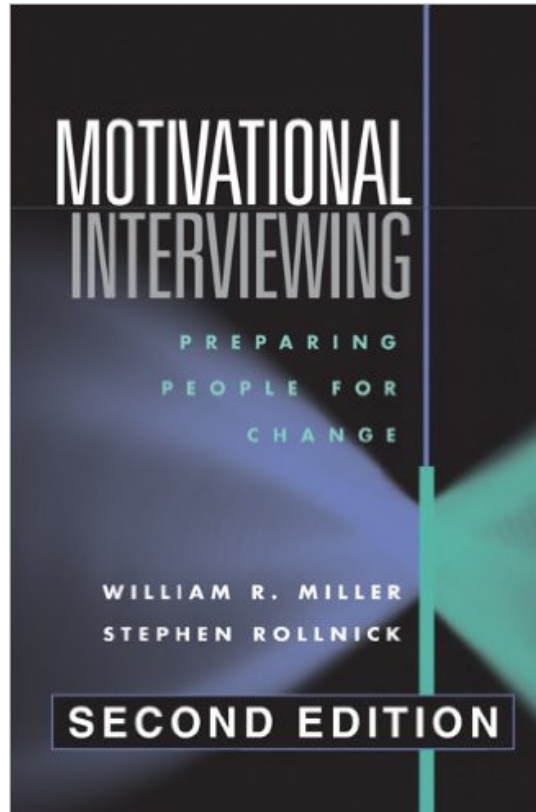
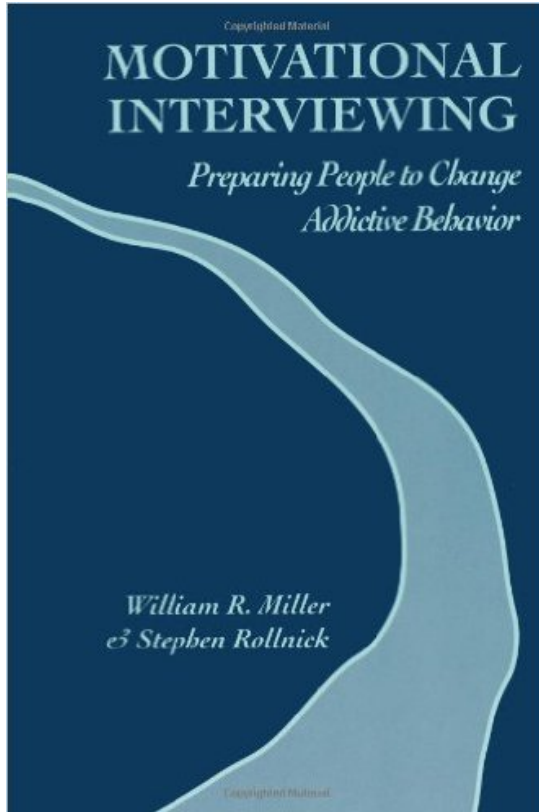
- Acknowledges myriad ways in which individuals can recover:
- Clinical pathways (provided by a clinician or other medical professional – both medication and psychosocial interventions)
- Non-clinical pathways (services not involving clinicians like AA)
- Self-management pathways (recovery change processes that involve no formal services, sometimes referred to as “natural recovery”).



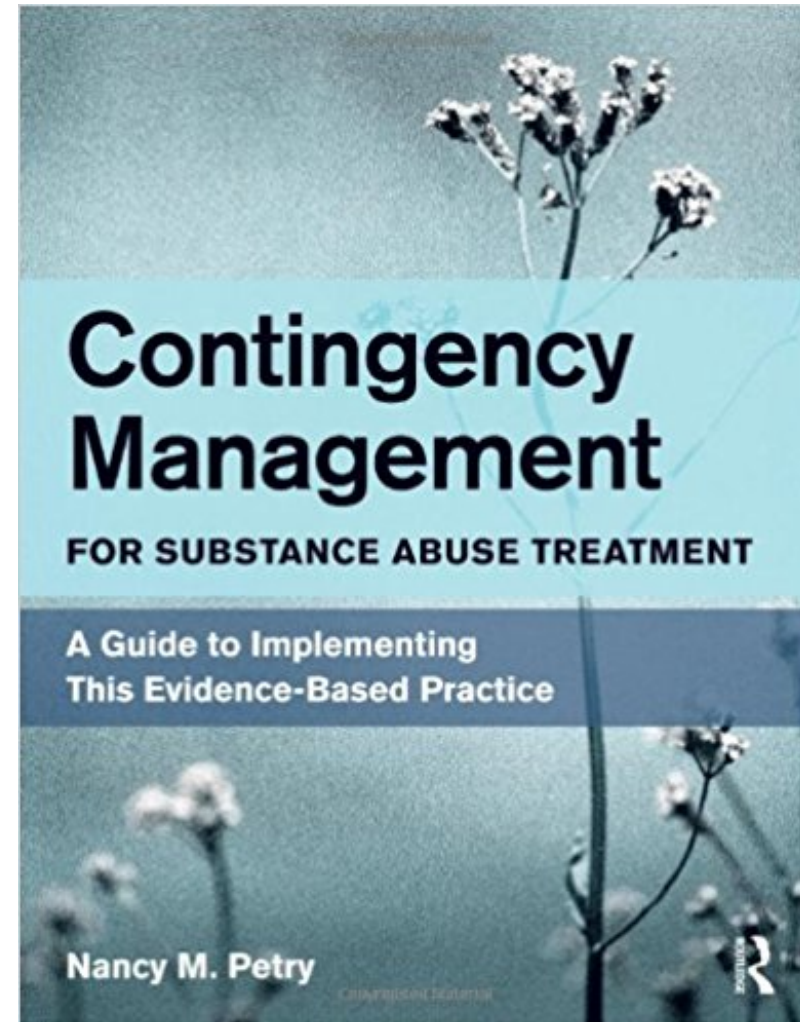
“Quitting
smoking is
easy, I’ve done
it dozens of
times” –Mark
Twain



What people really need is a good listening to...



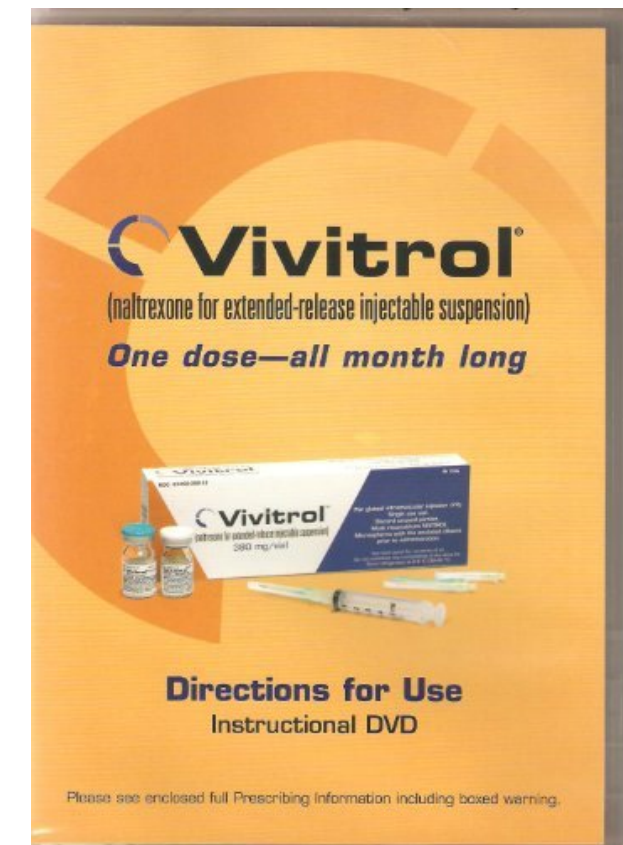
Swift, certain,
modest,
consequences
shape
behavioral
choices...



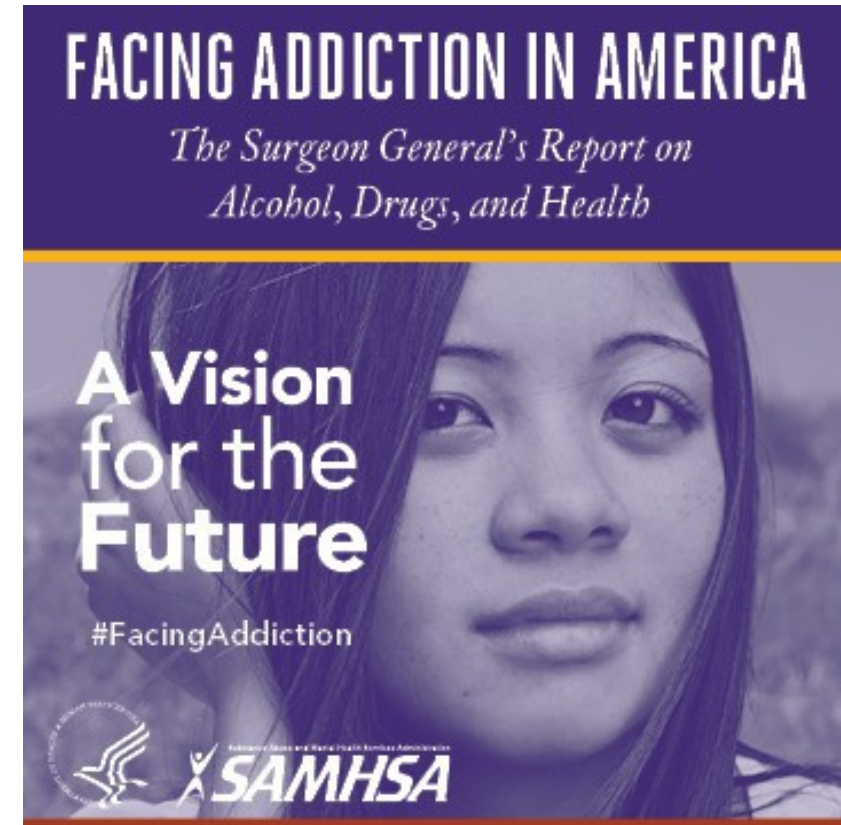
Handbook of Methadone Prescribing and Buprenorphine Therapy

Ricardo A. Cruciani
Helena Knotkova
Editors

 Springer



More recently, the first ever U.S. Surgeon General's Report on Alcohol, Drugs, and Health was published in 2016 describing the nature of addiction, treatment, and recovery based on 50 yrs of research and policy ...




Current Clinical Psychiatry
Series Editor: Jerrold F. Rosenbaum

John F. Kelly
William L. White *Editors*

Addiction Recovery Management

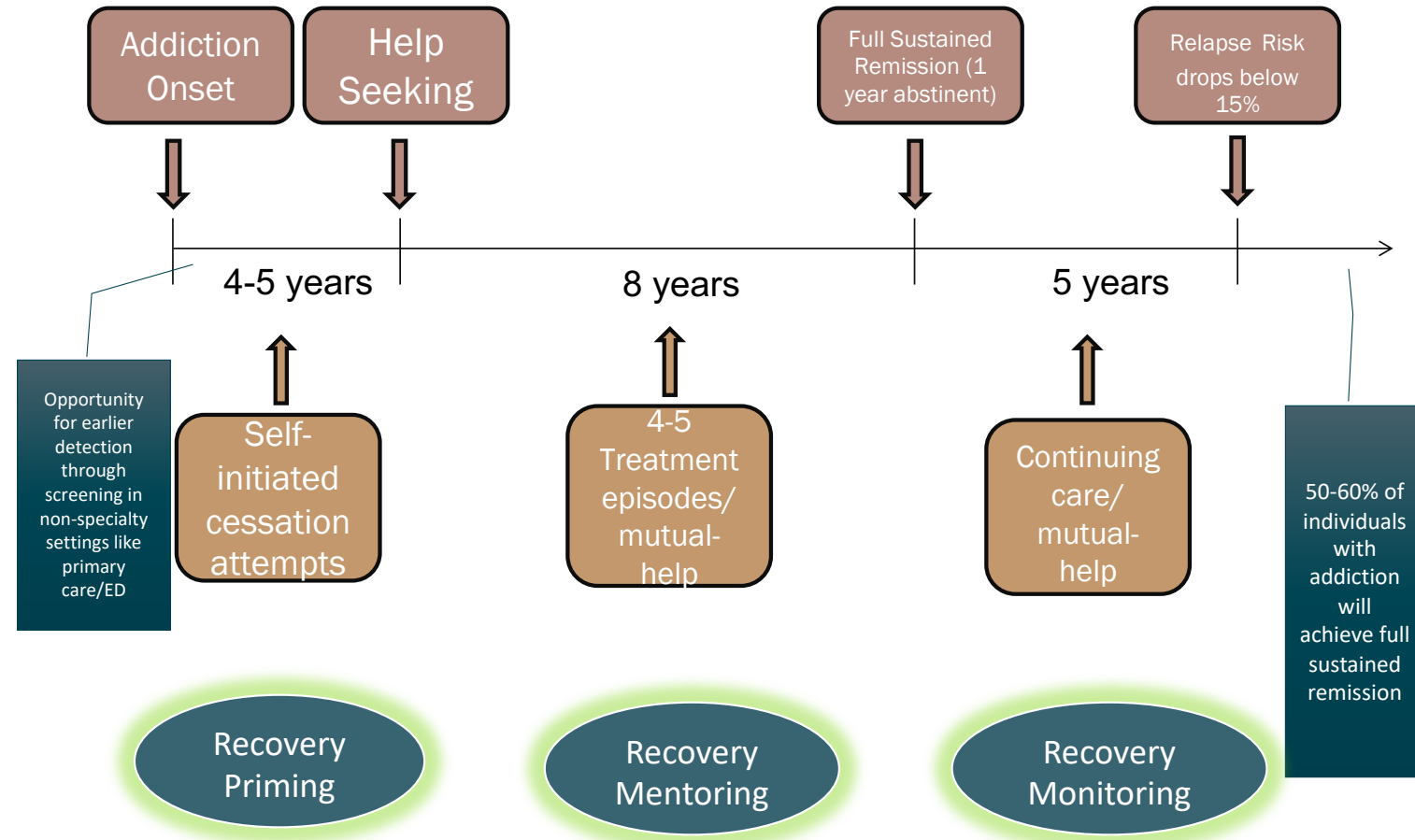
Theory, Research and Practice

 Humana Press

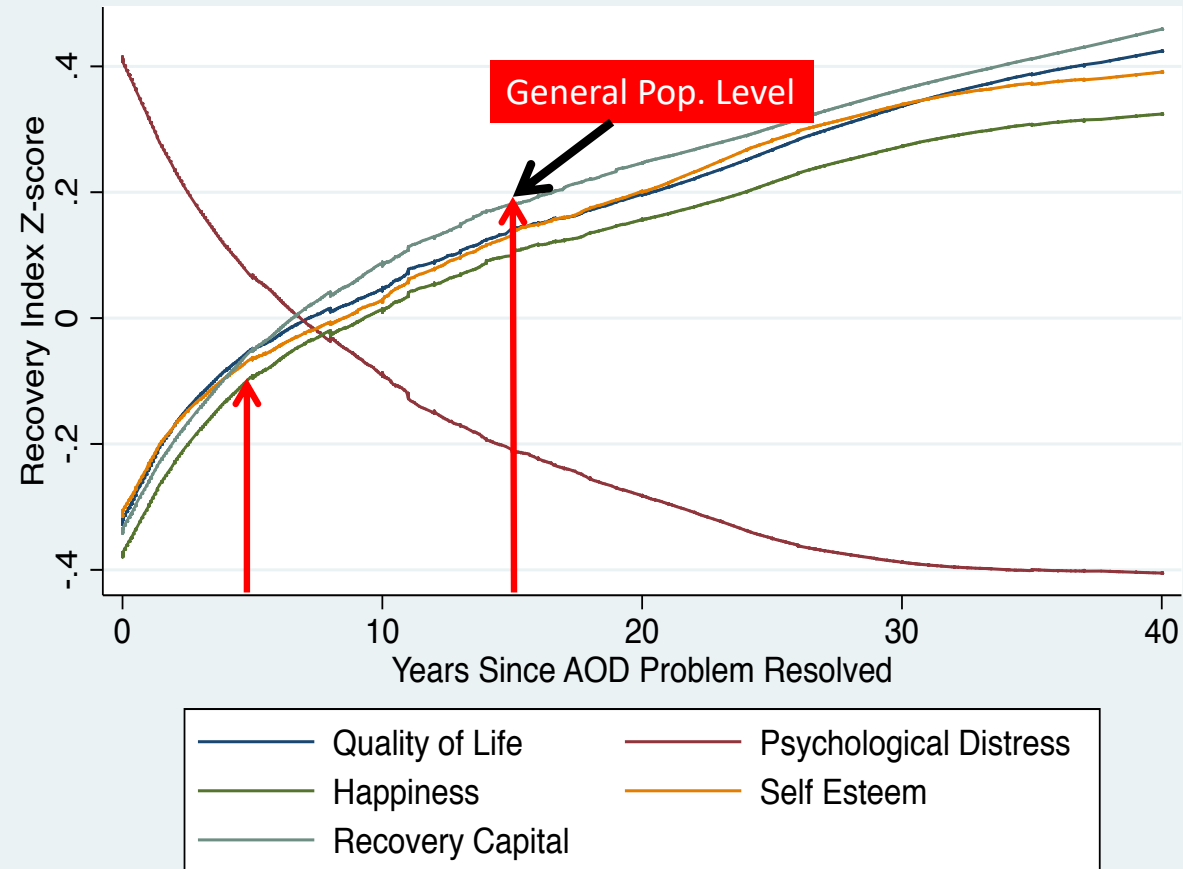


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The clinical course of addiction and achievement of stable recovery can take a long time ...



Recovery Indices by Years Since Problem Resolution



Kelly et al, 2018, *Alcoholism: Clinical and Experimental Research*

Traditional addiction
treatment approach:
Burning building
analogy

- Putting out the fire -good job
- Preventing it from re-igniting (RP) - less emphasis
- Architectural planning (recovery plan) –neglected
- Re-building materials (recovery capital) –neglected
- Granting “rebuilding permits” - (removing barriers)

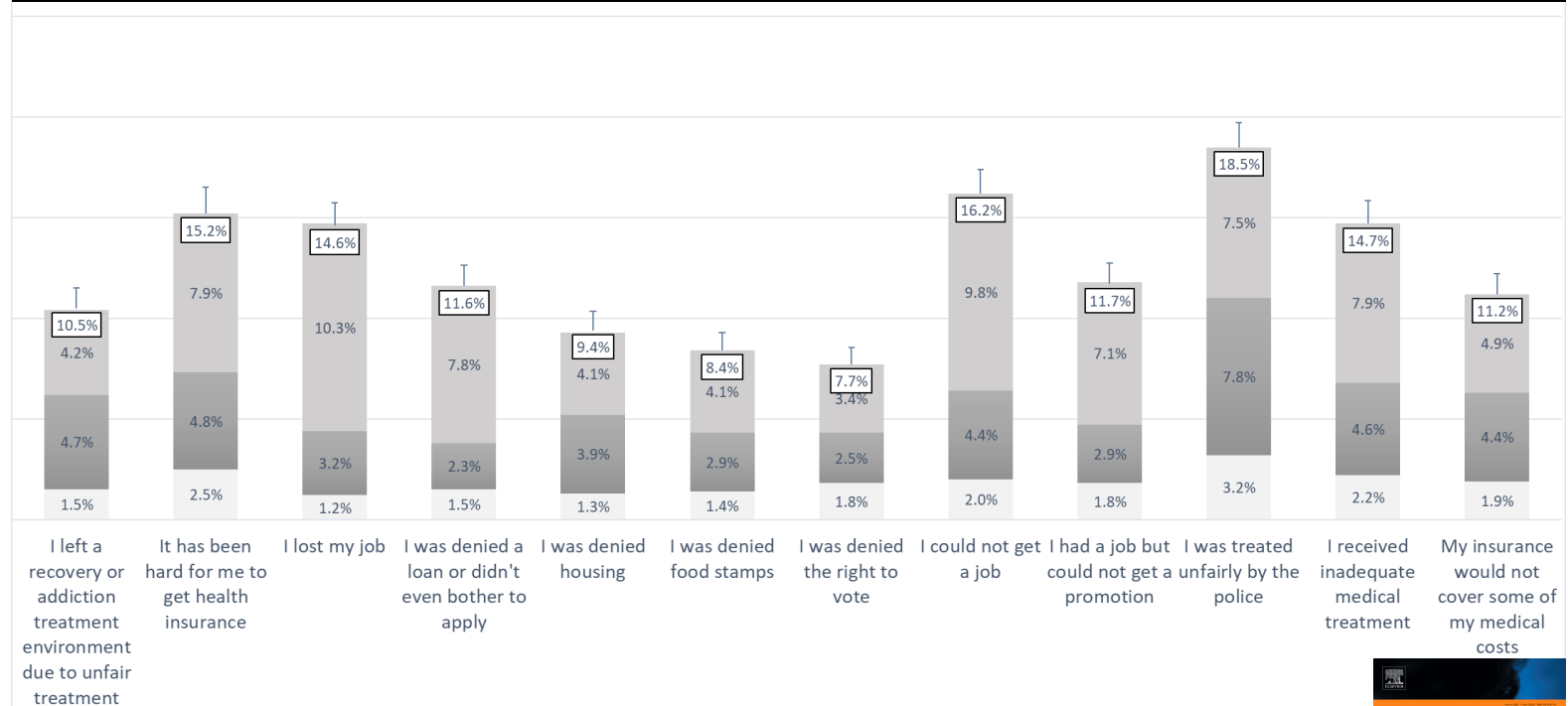


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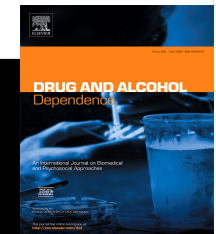
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Recovery-Related Macro-discrimination after resolving an Alcohol or Other Drug Problem



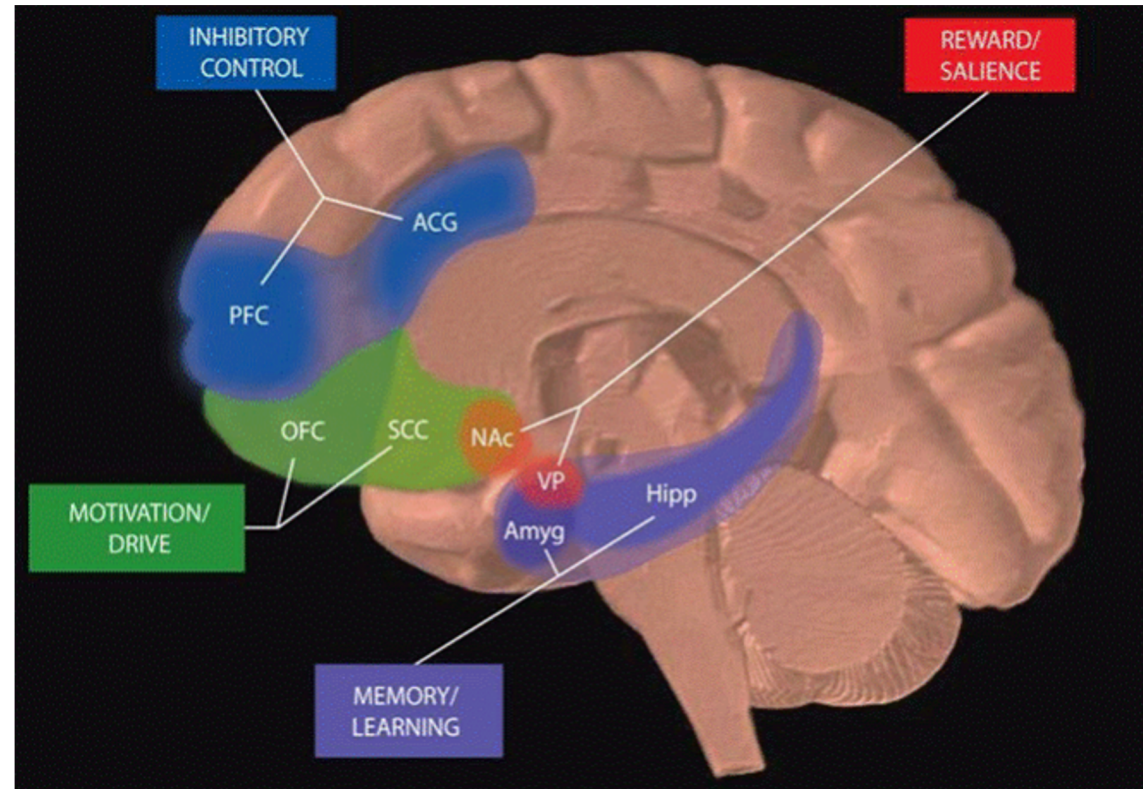
Vilsaint, Hoffman, Kelly (2019) *Drug and Alcohol Dependence*



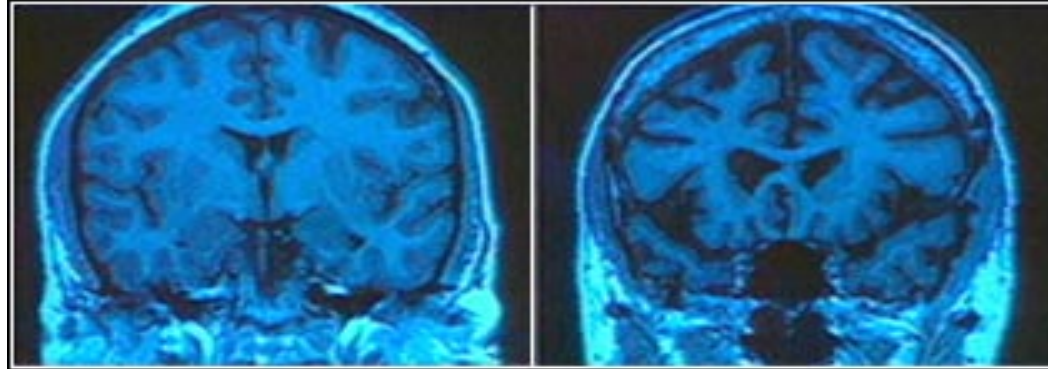
Circuits Involved in Drug Use and Addiction

Key:

PFC: prefrontal cortex
ACG: anterior cingulate gyrus
OFC: orbitofrontal cortex
SCC: subcallosal cortex
NAc: nucleus accumbens
VP: ventral pallidum
Hipp: hippocampus
Amyg: amygdala



All of these brain regions must be considered in developing strategies to effectively treat addiction.



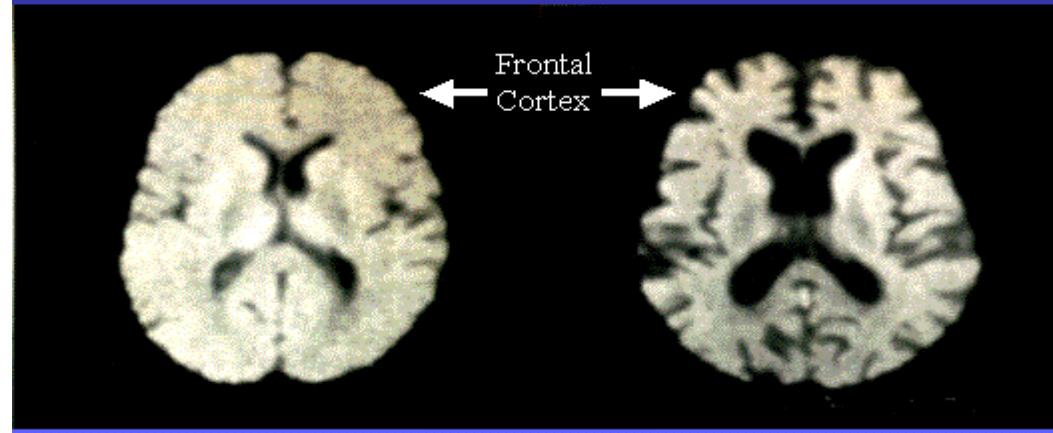
Normal
43-year-old

Alcoholic
43-year-old

HUMAN BRAIN IMAGES

Moderate Drinker

Alcoholic



Axial magnetic resonance images from a healthy 57-year-old man (left) and a 57-year-old man with a history of alcoholism (right). D. Pfefferbaum





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