

A BRIEF HISTORY OF THE RECOVERY MOVEMENT

Presented by: A Community United in
Recovery

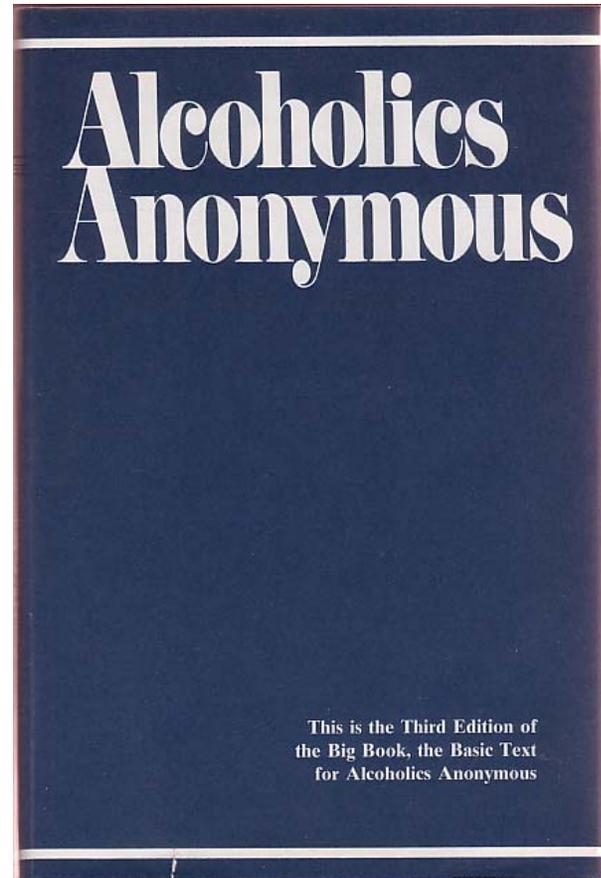
MARTY MANN

- ◉ Founder of the National Council on Alcoholism, 70 years ago



MARTY MANN

- ◉ Authored the story “Women Suffer Too”, found in the 2nd-4th Eds. Of the book *Alcoholics Anonymous*



MARTY MANN

- ◉ Among the first women members of Alcoholics Anonymous, and the first known lesbian member of A.A.
- ◉ Came in to the 12 step program at the advice of her psychiatrist, Dr. Harry Tiebout - who gave her a big book and encouraged her to attend meetings



MARTY MANN

- ◉ An early proponent of the disease model, Ms. Mann sought to reduce stigma and refute the idea of alcoholism as a moral failing
- ◉ Video clip: https://youtu.be/99zw_JYSYB8

MARTY MANN

- Ms. Mann was able to use her background in public relations to raise awareness about alcoholism
- She helped to start the Yale School of Alcohol Studies, now at Rutgers



NCADD

- ◉ “National Council on Alcoholism and Drug Dependence”
- ◉ Originally known as the National Committee for Education on Alcoholism (NCEA), it was organized by Marty Mann



NCADD

**NATIONAL COUNCIL ON ALCOHOLISM AND
DRUG DEPENDENCE, INC.**

NCADD

- ◉ NCADD has been a resource for people in recovery for over 70 years
- ◉ Video clip: https://youtu.be/___BbbQM0A44



NCADD

- NCADD has played an important role in starting other organizations, such as the American Society for Addiction Medicine



ASAM

NCADD

- ◉ Some of NCADD's notable accomplishments:
 - Work with the medical community to cast alcoholism and addiction as a medical rather than a moral problem
 - Originated the Employee Assistance Program (EAP) concept within America's corporations and labor unions, saving corporate America millions of dollars each year.
 - Defined alcoholism as a disease and successfully worked for its adoption by the American Medical Association (AMA).



NCADD

- ◉ Notable accomplishments (continued):
 - Sponsored Operation Understanding which brought together more than 50 well-known and widely respected public figures to announce their recovery in Washington, DC. In 1976

Operation Understanding: Recovered Alcoholics' Challenge to Stigma



NCADD

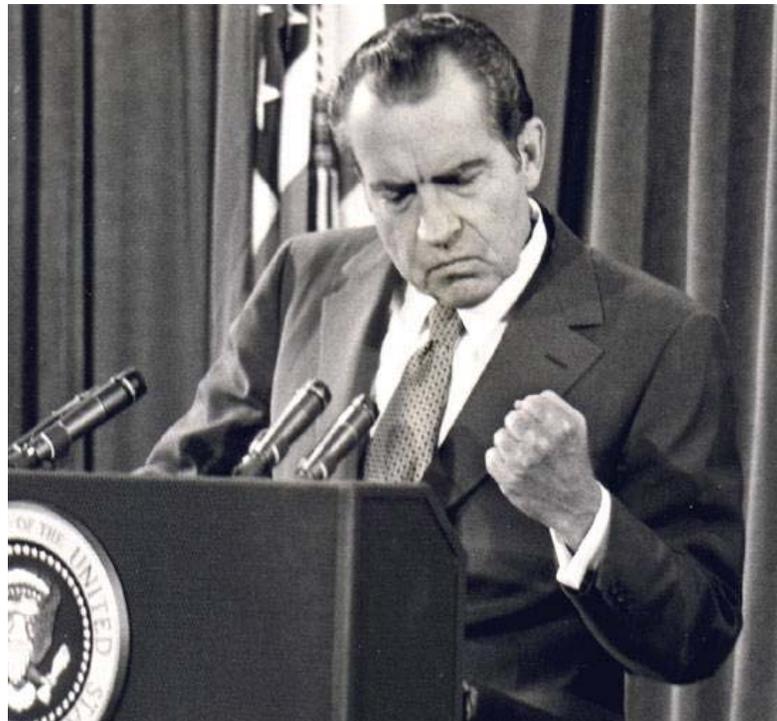


◉ Notable accomplishments (continued):

- Campaigned for government recognition of alcoholism as a treatable disease, paving the way for the creation of the National Institute on Alcohol Abuse and Alcoholism.
- Developed “Medical Criteria for Diagnosis of Alcoholism,” setting professional standards for the diagnosis and treatment of alcoholism for the first time.
- Successfully advocated for insurance coverage for alcoholism and addiction treatment equal to other illnesses.

THE HUGHES ACT

- AKA Comprehensive Alcohol Abuse and Alcoholism Prevention, Treatment, and Rehabilitation Act of 1970 - signed into law by President Nixon December 1970



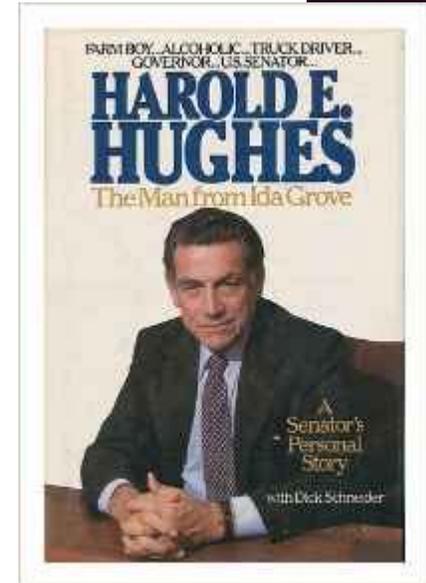
THE HUGHES ACT

- ◉ Named after Senator Harold Hughes, a recovering alcoholic and advocate for research into alcoholism



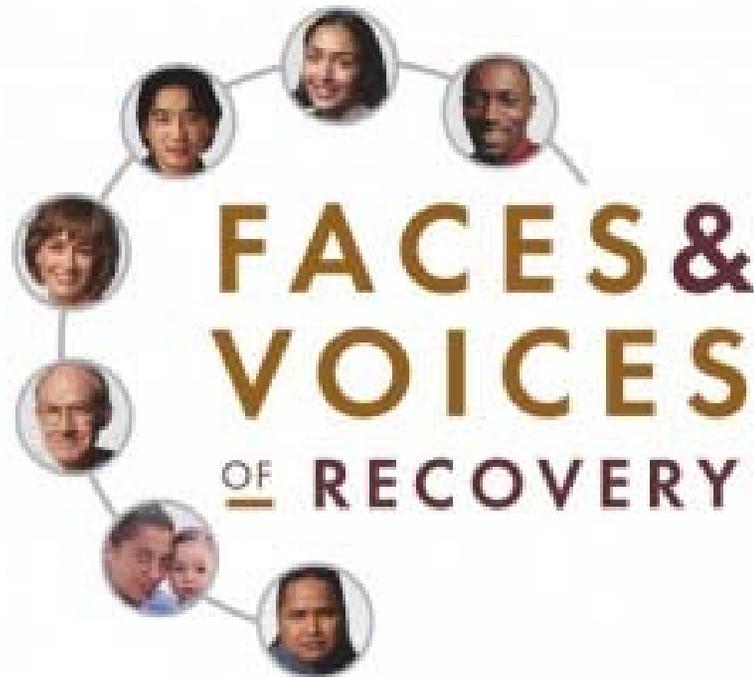
THE HUGHES ACT

- ⦿ Authorized a federal program to fund prevention and treatment
- ⦿ Harold Hughes was also founder and chairperson of SOAR - Society of Americans for Recovery, a group that aimed to strive "for a better understanding that treatment and recovery will reduce other health, social, and economic problems."



FACES & VOICES OF RECOVERY

- ◉ A group based out of Washington DC that has produced a community toolkit for building a recovery movement.



FACES & VOICES OF RECOVERY

- Founded in 2001, Faces & Voices has focused on creating cohesion amongst recovery advocacy groups across the nation by attending one national hub event each year and helping people in recovery hone their messaging.



FACES & VOICES OF RECOVERY

- ◉ They are helping recovery organizations speak to their communities by offering resources to refine our messaging and communicate effectively with diverse populations.
- ◉ Video clip:
<https://www.youtube.com/watch?v=fDLCFGV4ekc>



FACES & VOICES OF RECOVERY

- Faces & Voices sees itself as at the forefront of a social movement that must work together to overcome public fascination with the “dark side” of addiction - and advance the interests of the estimated 20 million Americans who are living in recovery
- Faces & Voices has started the Association of Recovery Community Organizations (ARCO) which is 100 member groups strong and growing.

ASSOCIATION OF
**RECOVERY
COMMUNITY
ORGANIZATIONS**

FACES & VOICES OF RECOVERY

FACES & VOICES OF RECOVERY

- ◉ One of their core strategies for community recovery groups is policy advocacy, which includes removing barriers imposed on people with a history of addiction and promoting policies in health insurance and resource allocation that can benefit people in recovery.
- ◉ Faces & Voices reminds us that forming local community recovery organizations is an evolutionary, ongoing process and not an event.



FACES & VOICES OF RECOVERY

- ◉ As a guideline Faces & Voices of Recovery has put forth Steps to Organizing the Recovery Community which include:
 - Determine vision, mission, and purpose
 - In the early stages, pick one or two projects and do them well in order to establish credibility
 - Build on successes and strengths
 - Market to potential funders

Our Stories
Have Power



FACES & VOICES OF RECOVERY

FACES & VOICES OF RECOVERY

- ◉ Faces & Voices also offers tips to groups who are seeking to build Recovery Community Centers.
- ◉ For more resources and information check out F&V on the web:
 - www.facesandvoicesofrecovery.org



FACES &
VOICES
OF RECOVERY

HISTORY OF THE CONSUMER/SURVIVOR/EX-PATIENT MOVEMENT

- 1868 Elizabeth Packard, founder of the Anti-Insane Asylum Society, wrote and published about her experiences.
- 1908 Clifford W. Beers published *A Mind that Found Itself*.
- 1940- A group of former patients founded WANA (We Are Not Alone) with the goal to help others transition from hospital to community

CONTINUING THE MOVEMENT

- Fountain House was founded in New York City in 1948 helping those with serious mental illness, living in the community
- Fountainhouse.org



CONTINUING THE MOVEMENT

- ◉ 1950s- Psychotropic drugs & “deinstitutionalization” further released people into community living.
- ◉ With the rise of the civil rights movement, in the late 1950s to the 1970s people were inspired to speak up for patients’ rights, and began peer-run services and self-help groups.
- ◉ By 1980, consumers encouraged to learn about the mental health system and speak to their treatment, activists demanded voice in policy making and “a seat at the table.”

MOVEMENT VALUES

- ◉ Control
- ◉ Choice
- ◉ Self-determination
- ◉ Empowerment
- ◉ Recovery
- ◉ Stigma & discrimination reduction
- ◉ “Nothing about us, without us”

Info: www.mhselfhelp.org



TODAY- ACHIEVEMENTS

- ◉ Consumers/survivors are working alongside professionals.
- ◉ Peer-Support Specialist training and certification programs are more widespread, and reimbursed by States and Medicaid.
- ◉ Peers work in community and inpatient settings as peer specialists.
- ◉ Funds are available to help consumers/survivors organize and attend national conferences.



SAMHSA

- ◉ Aka “Substance Abuse and Mental Health Services Administration”
- ◉ A branch of the US Department of Health and Human Services, whose mission is “to reduce the impact of substance abuse and mental illness on America's communities”



SAMHSA

- ◉ Established by Congress in 1992
- ◉ SAMHSA's vision includes that:
 - Behavioral Health is essential to health
 - Prevention works
 - Treatment is effective
 - People recover from mental and substance use disorders



SAMHSA

- ◉ September 2017 will be the 28th annual National Recovery Month - what does your local community have planned?



SAMHSA

- ◉ SAMSHA has given us the 10 Guiding Principles of Recovery, which may be used as a working definition of recovery:
 1. Recovery emerges from hope
 2. Recovery is person driven
 3. Recovery occurs via many pathways
 4. Recovery is holistic
 5. Recovery is supported by peers and allies
 6. Recovery is supported through relationship and social networks

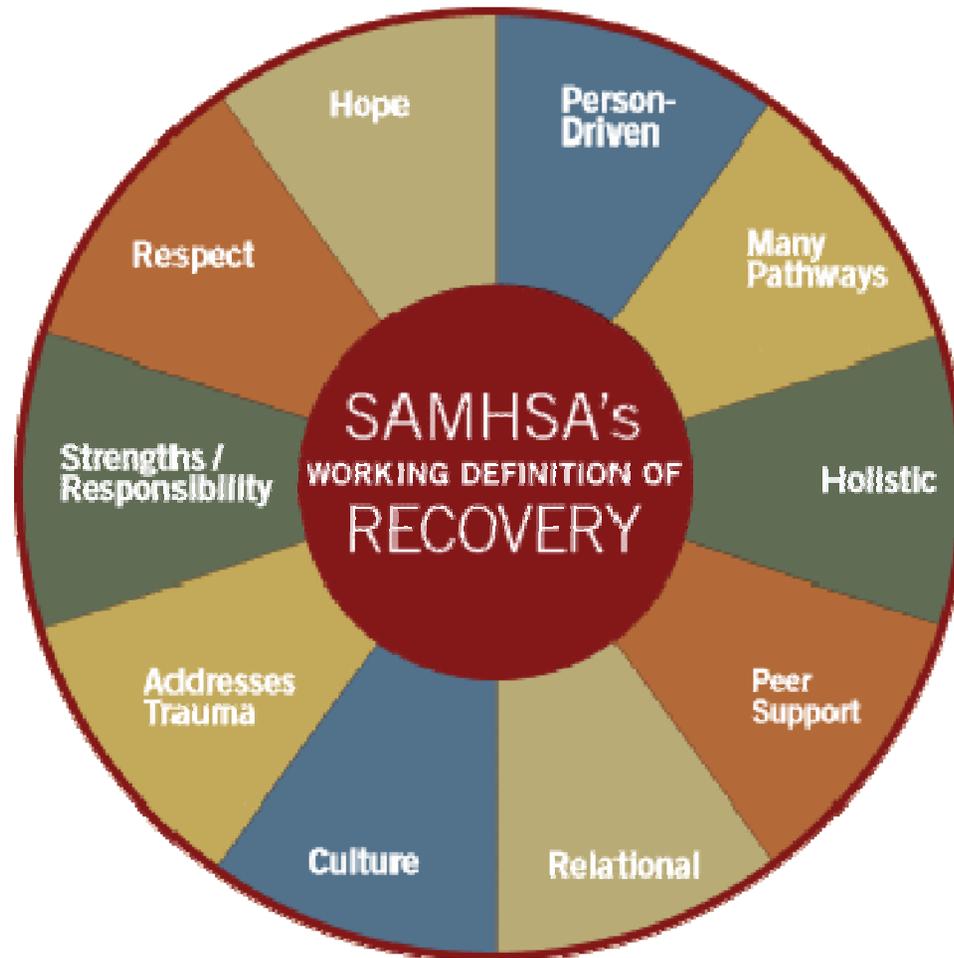
SAMHSA

- ◉ 10 Guiding Principles of Recovery (cot'd):
 7. Recovery is culturally-based and influenced
 8. Recovery is supported by addressing trauma
 9. Recovery involves community, family, and community strengths and responsibility
 10. Recovery is based on respect



SAMHSA

- ◉ 10 Guiding Principles of Recovery (cot'd)



SAMHSA

- ◉ September 2016, SAMHSA released results from 2015 National Survey on Drug Use and Health:
 - There are approximately 21 million people in need of substance abuse treatment in the United States, aged 12 or older
 - Only about 14% of those received treatment during 2015
 - Of all adults who met diagnostic criteria for Mental Illness or SUD, only 39% received treatment



SAMHSA

- Survey on Drug Use and Health (cot'd):
 - The results of this report reveal a persisting gap in the number of people who need treatment services for Substance Use Disorder (SUD) or Mental Illness, and those who actually receive it.
 - DISCUSSION:
 - What are some reasons for this?
 - What are some possible solutions?
 - What can we do in our local communities?



COMMUNITY UNITED IN RECOVERY

- ◉ Our local answer in Thurston County to the need for an organized recovery movement
- ◉ Based out of Olympia, WA and formed in 2014
- ◉ Our mission statement:
 - Take the stigma out of recovery by honoring it and getting the wider community involved



COMMUNITY UNITED IN RECOVERY

◉ What we do:

- Raise public awareness
- Draw attention to barriers facing people in recovery
- Put on fun and informative events in our area
- Invite the community, including allies, to get involved

Recovery is

Hope ♡ **Person Driven** ♡ **Many Pathways** ♡ **Holistic**
Peer Supported ♡ **Relational** ♡ **Culturally Based**
Addresses Trauma ♡ **Based on Respect**
Individual, Family, and Community Strengths & Responsibility

f Find us on Facebook:
Thurston County United in Recovery

National Recovery Month
Prevention Works • Treatment is Effective • People Recover
SEPTEMBER 2014
25
YEARS

For additional information, please contact Tina Gehrig at 360-867-2509 ~ gehrigt@co.thurston.wa.us

COMMUNITY UNITED IN RECOVERY

- ◉ We put on our first annual 5k Walk/Run in Olympia, WA in September 2015. It is now running two years strong and is our local answer to September as Recovery Month, taking place at Capitol Lake in Olympia



5k Walk/Run
Marathon Park—Capitol Lake, Olympia

In Celebration of
National Recovery Month

Saturday, September 10, 2016
9:00 am to 12:00 Noon

Pre-register on Active.com

People Recover.  There IS Hope.

A Community United in Recovery
is taking the stigma out of recovery by honoring it
and getting the wider community involved.

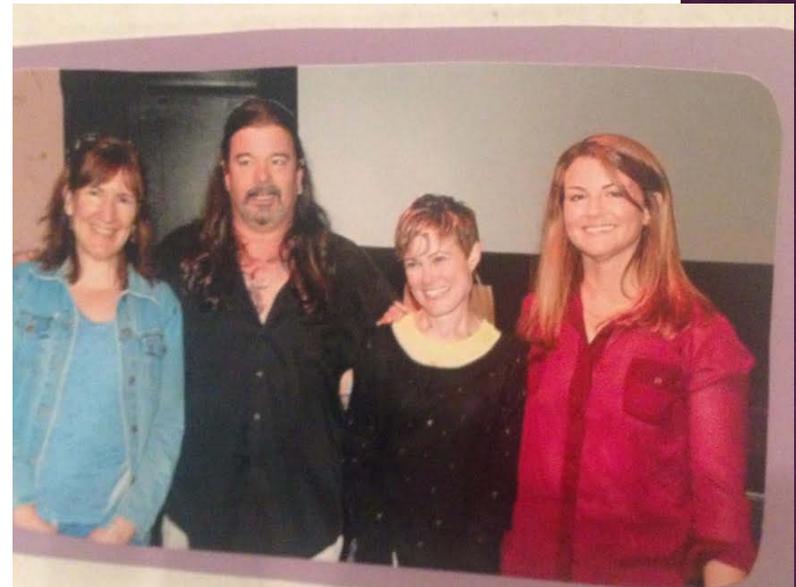
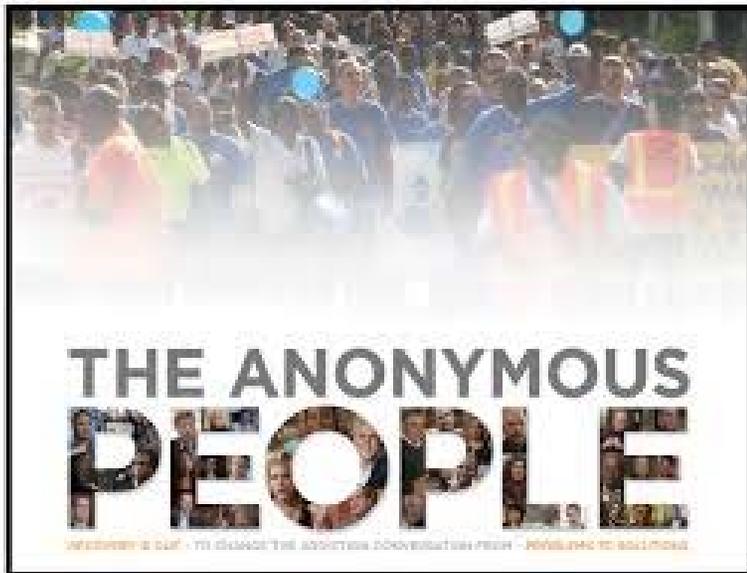
Questions or ideas? Please contact us at thurstoncuir@gmail.com

 Find us on Facebook:
Thurston County United in Recovery



COMMUNITY UNITED IN RECOVERY

- ◉ In 2016, we held a special showing of the film “Anonymous People” at the historic Capitol Theater in downtown Olympia
- ◉ Thurston County Commissioner Bud Blake came out as our keynote speaker



COMMUNITY UNITED IN RECOVERY

- ◉ Also in 2016, we were featured in an article and short news video in our local paper the Olympian, “Living in Recovery: not anonymous anymore”

- ◉ Video clip:

<http://www.theolympian.com/news/local/article54720170.html>



COMMUNITY UNITED IN RECOVERY

- ◉ Rather than focusing on the dark side of addiction, we are about recovery and building a community that fosters health and wellness for individuals and families.



COMMUNITY UNITED IN RECOVERY

- ◉ In 2017, we plan to host a screening of the Film “Generation Found”, about recovery high schools
- ◉ As we continue to grow in size and vision, we would like to move into more advocacy work and take advantage of our location in the state capitol!



COMMUNITY UNITED IN RECOVERY

◉ Connect with us:

- Find us online:
[facebook.com/thurstoncountyunitedinrecovery](https://www.facebook.com/thurstoncountyunitedinrecovery)
- Email:

thurstoncuir@gmail.com



CONNECTION IN RECOVERY

<https://www.youtube.com/watch?v=PY9DcIMGxMs>

