

Destination Change: A Journey of Recovery



Addiction Fear of Treatment/Recovery Meeting People

in Recovery

Intervention

stiama

Patient Broker

Continuing cycle of addice

Thoughts/Emotions

"I don't have a problem." "I can stop whenever I want to." "I don't really see why I should stop using." "I'm perfectly happy where I am." Inability to recognize substance use is harmful.

Stigma

Harm Reduction

Safe consumption sites and naloxone distribution ensures the safety of individuals using. Reminds them the community cares for their safety and creates opportunities for exposure to the ideas of recovery and treatment through staff and resources on site.

Intervention

This may include professional, self, or legal intervention. Professional intervention may involve a medical health professional recognizing, during routine screenings or the course of emergency treatment, that there may be a substance use issue and refers the patient to treatment or an outpatient recovery service. Self-intervention may mean simply participating in opportunities to gain education on substance use disorder regardless of whether the individual thinks they have an issue. Legal intervention may mean being offered help rather than incarceration.

🔪 Stigma

Sugina surrounding substance use disorde perpetuates the cycle of use as it causes many people, including health professionals, to practice bias behaviors that causes distrust in the health care system that should be helping individuals with an illness.

Key

- Paths Pre-contemplation • • • • • • Contemplation Preparation AAAAAAAA AAAAAA Action ••••••••• Maintenance **Encouragements/Supports**
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Deterrents (Barriers/Unmet Needs)

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Thoughts/Emotions

"I think I have a problem." "Will I be happier if I stop using?" "Maybe I should stop. But how do I stop?" "I want to guit but not right now." "I don't have the time to get help, I need to work."

Stigma

Delays action even when the individual has acknowledged the existence of the illness. "What will people think if they find out?""Will I lose my job?""I'm scared someone will find out.""I can't go to treatment. There is too much going on."

Fear of Treatment/Recovery

"I don't know what will happen to me if I go into treatment or recovery housing." "What if I withdraw?""I won't be able to call my friends or family."

Meeting People in Recovery

"They seem to be happy and healthy. Maybe I can be too if I also quit." Meeting people in recovery who have been where they are makes the idea of recovery and treatment less scary and daunting.

Educational Campaigns

Demystifying aspects of treatment and recovery so that individuals become informed about treatment and recovery.



Thoughts/Emotions

"I want to change and I am going to change." "What do I need to do to change?" Preparing to change by making active efforts to get into recovery housing or treatment.

Hard to Navigate Entry to Treatment/ Recovery

"What do all these options mean? What is covered by my insurance? How do I get a referral? Is this program legitimate? Is this program right for me?" Finding treatment can often be confusing.

Care Navigation Assistance Assistance, including self-governed assistance, substance use navigators in ERs, or resource lists that help demystify the process of entering care, can be a great resources to those prepared to take action but unclear about exactly how to do so. "I'm so glad you are here to help."

Patient Brokers "This person is going to help me." "They said they know just where I can go to

Stigma

get help and they lied!"

Port of Entry

Treatment

Port of Entry 🥖

Medication Assisted Recovery Stigma

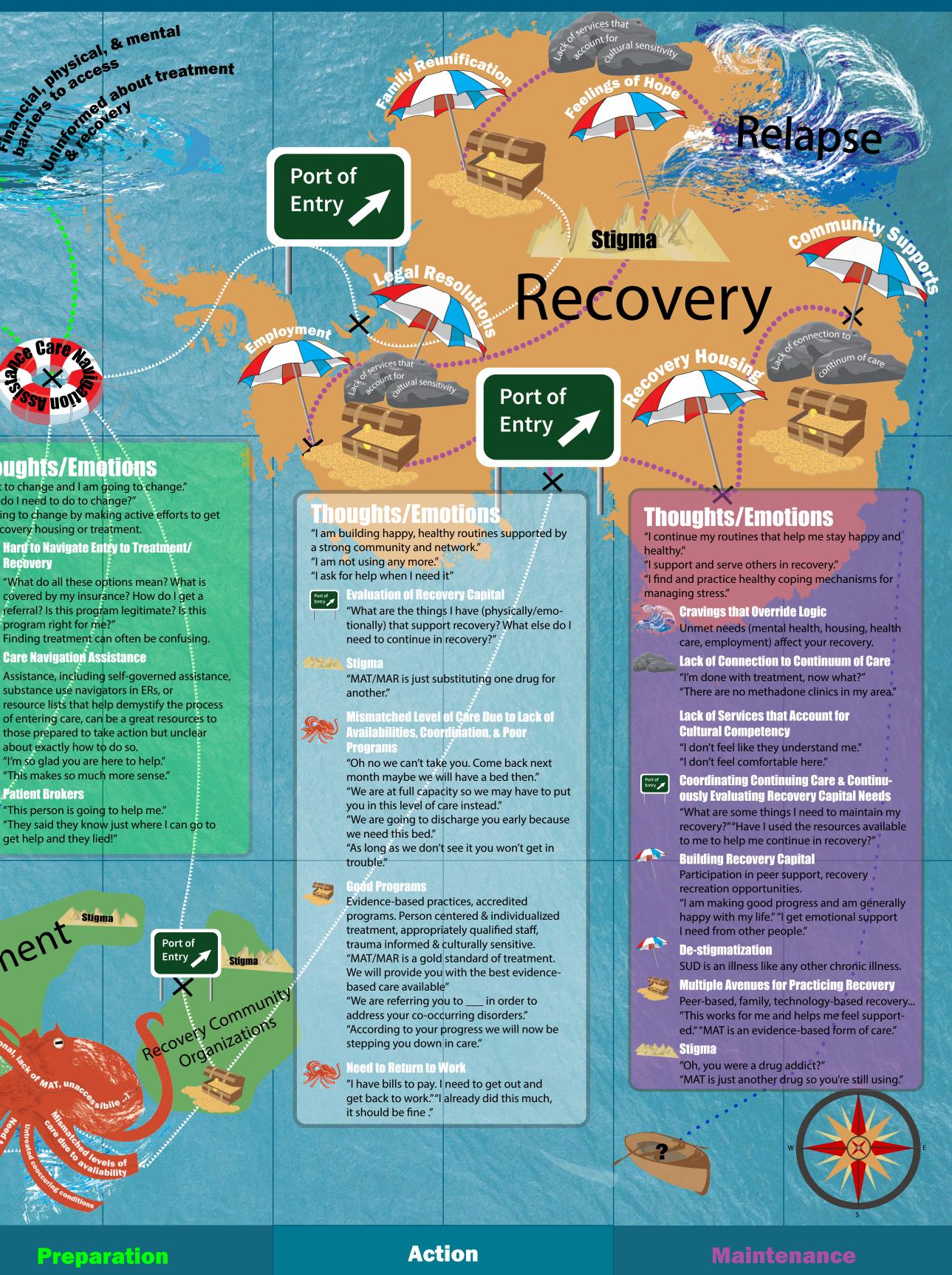
Contemplation

Preparation









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