

# **Recovery Allies: Understanding Recovery Capital and Building Recovery-Friendly Communities**

Building Rural Recovery Ecosystems Summit  
The Fletcher Group, Rural Center of Excellence  
Memphis, TN  
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# The Plan for Today

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Allies

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Recovery Ecosystem

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Recovery Capital

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Pillars of Recovery

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Real World Examples

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Group Work

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Call to Action

## Allies

Recovery Ecosystem

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Call to Action

**For today, recovery is.....**

*A process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential.*

Substance Abuse and Mental Health Services Administration, "SAMHSA's Working Definition of Recovery," 2012, <https://store.samhsa.gov/sites/default/files/d7/priv/pep12-recdef.pdf>

## Allies

Recovery Ecosystem

Recovery Capital

Pillars of Recovery

Real World Examples

Group Work

Call to Action

**And recovery-friendly communities are.....**

*Places, policies, people, and businesses open and welcoming to people in recovery.*

Next Step Recovery

<https://www.nextsteprecovery.com/recovery-friendly-community/>

## Allies

Recovery Ecosystem

Recovery Capital

Pillars of Recovery

Real World Examples

Group Work

Call to Action

## What is an ally? Who are allies?

*“There are just people who are passionate about people in recovery or the recovery world and they want to be part of it.*

– Collegiate Recovery Program participant

*“....allies [are] individuals who advocate for greater consumer involvement but are not consumers. This definition suggests that allies are not members of the oppressed social group, but are members of dominant or majority social groups.*

– Brett et al.

Hilby, Elizabeth. "An Exploration of the Roles of Allies within Collegiate Recovery Programs." PhD diss., University of Hartford, 2021.

Scholz, Brett, Cath Roper, Piyada Juntanamalaga, and Brenda Happell. "Understanding the role of allies in systemic consumer empowerment: A literature review." *Issues in Mental Health Nursing* 40, no. 4 (2019): 354-361.

## Allies

Recovery Ecosystem

Recovery Capital

Pillars of Recovery

Real World Examples

Group Work

Call to Action

### **What is an ally? Who are allies?**

*“Being an ally is about being continually willing to grow and to learn about people’s experiences. Allyship is really personalized and individualized.”*

– Tom Bannard, Virginia Commonwealth University

*“An ally is someone who has come to us, perhaps by accident, and is comfortable in our tribe.”*

– Person in long term recovery

## Allies

Recovery Ecosystem

Recovery Capital

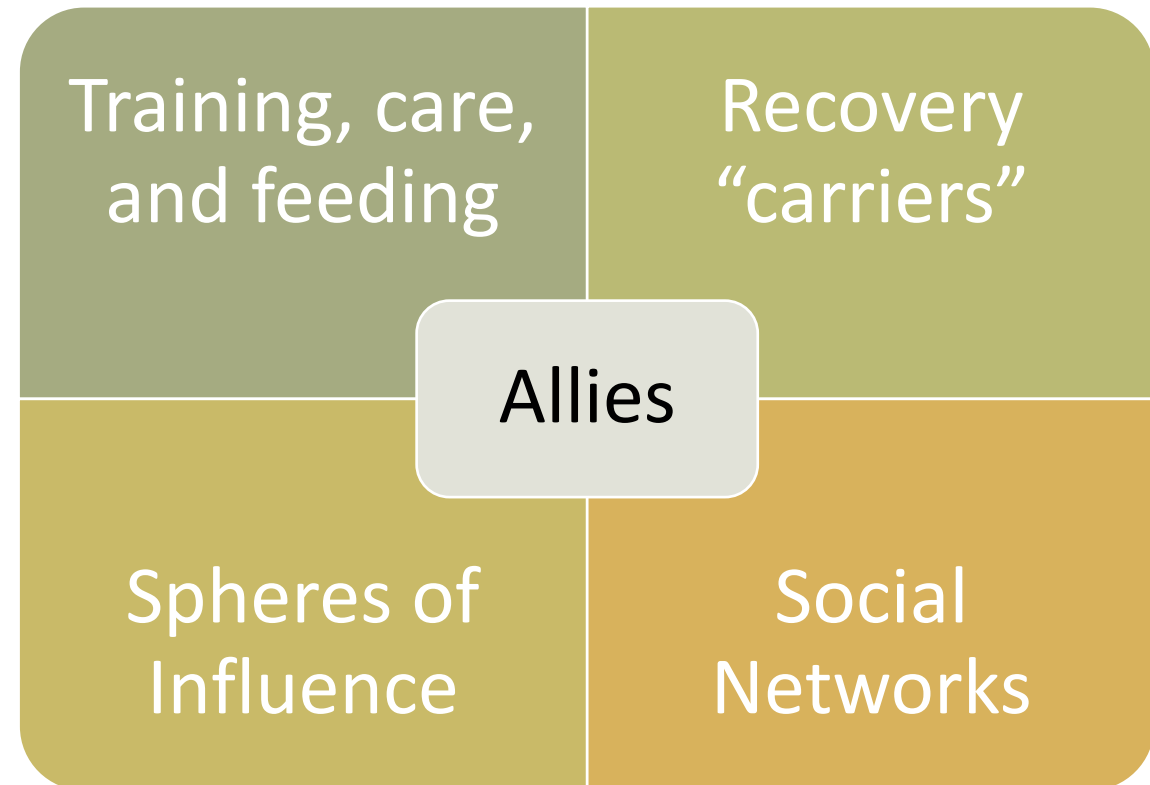
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Real World Examples

Group Work

Call to Action

**Recovery allies work alongside people in and seeking recovery to build recovery-friendly communities.**



Allies

Recovery Ecosystem

Recovery Capital

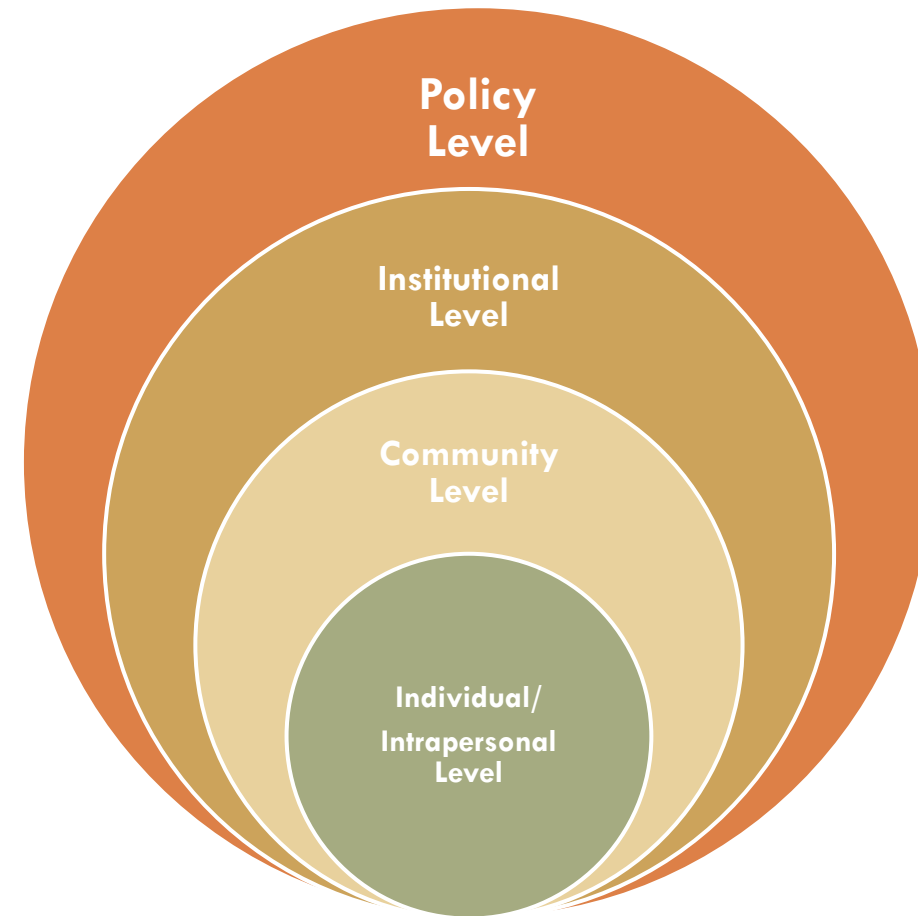
Pillars of Recovery

Real World Examples

Group Work

Call to Action

**The recovery ready ecosystem model identifies components and connections of a community's ability to support individual and group recovery from substance use disorder.**



Ashford, Robert D., Austin M. Brown, Rachel Ryding, and Brenda Curtis. "Building recovery ready communities: The recovery ready ecosystem model and community framework." *Addiction Research & Theory* 28, no. 1 (2020): 1-11.



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Recovery Capital

Pillars of Recovery

Real World Examples

Group Work

Call to Action

**Recovery capital is all the resources people bring to their recovery.**

### Personal

Characteristics and capabilities of the person seeking and in recovery: knowledge, communication, interpersonal skills, coping skills, mental health, problem-solving skills, self-esteem, resilience. Also includes safe housing; food; transportation; money and financial stability; insurance; and personal beliefs, and cultural values.

### Community

Resources available in the community: evidence-based treatment, recovery support services, and policies that don't discriminate against people in recovery. Also includes the attitudes of community members and their openness to fully welcome people in recovery.

### Social

Supportive relationships and networks in the recovery community and the broader community, supportive family relationships, connections to institutions like a faith community.

Allies

Recovery Ecosystem

Recovery Capital

Pillars of Recovery

Real World Examples

Group Work

Call to Action

**Recovery is a process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential.**



Substance Abuse and Mental Health Services Administration. Recovery and Recovery Support.  
<https://www.samhsa.gov/find-help/recovery>

Allies

Recovery Ecosystem

Recovery Capital

Pillars of Recovery

Real World Examples

Group Work

Call to Action





## Develop your action plan

Allies

Recovery Ecosystem

Recovery Capital

Pillars of Recovery

Real World Examples

Group Work

Call to Action

1. Reflect on what you've learned about engaging allies, the recovery ecosystem, and recovery capital.
2. Now develop some **SMART** objectives: **S**pecific, **M**easurable, **A**chievable, **R**ealistic and **T**imebound objectives for allies in your community.

Keep in mind, **who** (name, title), **what** (specific actions), **where** (organization, community), **when** (within 30 days).

**If you are an ally**, consider your sphere of influence, our skills and talents, and concrete actions you can take in the next 30 days.

**If you are in recovery**, consider concrete actions you will take to identify and engage allies in the next 30 days.

Allies

Recovery Ecosystem

Recovery Capital

Pillars of Recovery

Real World Examples

Group Work

Call to Action



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