

Discussion Based Learning

“Surry, The Road to Recovery” Video Series - Episode 4: Recovery

Links to Episode 4 - “Surry, The Road to Recovery”:

<https://vimeopro.com/nctta/surry-the-road-to-recovery/video/511584950>

<https://youtu.be/CjPnTvNXVNU>

Introduction/Discussion Overview

Recovery is a process of change through which people improve their health and wellness, live self-directed lives, and strive to reach their full potential. The four major dimensions that support recovery are health, home, purpose, and community. Hope is also an important message that we must relay to people suffering from substance abuse disorder. Hope, the belief that these challenges and conditions can be overcome, is such an important foundation of recovery.

The process of recovery is highly personal and occurs via many pathways. Recovery is characterized by continual growth and improvement in one’s health and wellness that may involve setbacks. Because setbacks are a natural part of life, resilience becomes a key component of recovery.

The process of recovery is supported through relationships and social networks. Family members often can become the champions of their loved one’s recovery. Families of people in recovery may experience adversities that lead to increased family stress, guilt, shame, anger, fear, anxiety, loss, grief, and isolation, which require additional supports through counseling, community support groups, and friends.

Episode 4, “Surry, The Road to Recovery” is the fourth episode in a series to be used as a resource, created by the Surry County Substance Abuse Recovery Office, that concentrates on people living in recovery. This video should be used to lower stigma and give people HOPE who suffer from substance abuse disorder. It is comprised of five community members who managed to change their life and are now intent on spreading the message that “Recovery can and does happen.” The stories they share are very moving and personal. Please learn from these valuable members of our community that recovery is not an easy task, but it can be done, and is worth it.

The goal is for people to learn from Episode 4 that substance abuse disorder can often co-occur with other mental illnesses. One can also learn the danger of becoming addicted to opioids, even by following the dosage in a prescription given to you by your own doctor for a legitimate injury. One may recognize some reoccurring themes from Episodes 1 – 3. For example, Sonya acknowledged that she had no idea of the dangers of taking prescriptions given to her by her own doctor. That is why it is vital to understand the medications you are putting in your body. You will also learn how stigma negatively affects someone who needs help to abstain from substance use. Most of the community members in this video spoke about the embarrassment, guilt, and shame they suffered, as a direct result of stigma. These people are living examples of how

negatively stigma can affect someone from getting help for their disorder. Most importantly, you will hear every person in this video talk about the importance of support from others. This is not something one can do alone. Support from others is an integral part of the recovery message. Family, friends, support groups, counselors, and others are your biggest allies on the road to recovery.

Per, The Substance Abuse and Mental Health Service Administration (SAMHSA), behavioral health is essential to our overall health. Prevention works, treatment is effective, and people do recover from substance abuse/mental health disorders every day and regain their lives.

Standards:

- Surry County Substance Abuse Recovery Office (SCSAR)
- Centers for Disease Control and Prevention (CDC)
- U.S. Dept. of Health and Human Services Substance Abuse and Mental Health Services Administration (SAMHSA)

Objectives:

- The student will define recovery.
- The student will understand who can benefit from recovery.
- The student will understand the far reach of substance abuse disorder.
- The student will realize that the path to recovery is not easy and may involve setbacks.
- The student will understand that one can reclaim their life and loved ones while in recovery.

Vocabulary:

- **Recovery** - A process of change through which individuals improve their health and wellness, live a self-directed life and strive to reach their full potential.
- **Medication-Assisted Treatment (MAT)** – the use of medications, in combination with counseling and behavioral therapies, which is effective in the treatment of opioid use disorders (OUD’s) and can help some people sustain recovery and prevent overdose.
- **Treatment** - Drug treatment is intended to help addicted individuals stop compulsive drug seeking and use. Treatment can occur in a variety of settings, take many different forms, and last for different lengths of time. Because drug addiction is a chronic disorder characterized by occasional relapses, a short-term, one-time treatment is sometimes not enough. For many in addiction, treatment is a long-term process that involves multiple interventions and regular monitoring.
- **Addiction** – The fact or condition of being addicted to a substance, thing, or activity.
- **Addicted** – Physical and/or mental dependence on a substance, thing, or activity, and unable to stop taking or doing it without incurring adverse effects.
- **Perspective** – An attitude toward or a way of regarding something; a point of view.
- **Stigma** – A mark of disgrace associated with a circumstance, quality, or person.

Requirements/Task(s):

- Task One: Have pencil and paper ready to take appropriate notes.
- Task Two: Listen to the Introduction and understand the purpose of the video before viewing.
- Task Three: Watch the video, paying close attention in order to be prepared for the class discussion afterward.
- Task Four: Contribute to the class discussion after the video is completed.
- Task Five: Completion of a short True/False quiz.

Instructor Notes:

***RECOMMENDATION: View the video at this point in the instruction.**

Formulate a plan for students who want to reach out for help:

Instructors should understand there may be students who have encountered addiction in their own life through parents or associates. Students may see this period of instruction as an opportunity to unburden themselves. The school should take a position on how to handle the students who choose to discuss their specific circumstances. This may be something the teacher needs to announce during the introduction. For example, “Those of you who would like to discuss something personal about addiction in your own life are welcome to do this with our school psychologist or counselor.” Some students may view this type of educating session as a golden intervention for themselves or their families.

Teacher initials _____

Summarize/Discuss what you have learned:

The following are discussion questions for presentation to the class after watching Episode 4. The “Instructor prompts” contain optional information to help initiate the discussion.

Discussion question #1: How does one start the process of recovery?

Instructor prompt: Recovery starts by improving one’s wellness in every aspect. This normally involves the first step of admitting that you have a problem and asking for help. This leads to getting into a treatment facility to promote stopping substance use. Once substance use has stopped or has been controlled in other ways, such as being enrolled in a MAT program, one can begin to heal themselves physically and mentally.

Discussion question #2: What are some things that people can do to remain in recovery?

Instructor prompt: There are many things that people can do to remain in recovery. First, you must understand that recovery is extremely individualized. What that means is that what works for one person may not work for another. However, some suggestion of things you can do to remain in recovery are meditation, get a job you love, make amends with family and friends, spend time with others in recovery, and join community support groups.

Discussion question #3: How long does it take someone to get to the recovery phase?

Instructor prompt: There is no set timetable for anyone to get to recovery. Every person is different and each person approaches recovery in their own way. It might take one person 6 months and another 3 years. The important point is to never give up and always keep trying. Eventually, if you put enough work and want into it, it will happen.

Discussion question #4: How do support groups help those in recovery?

Instructor prompt: Support groups help those in recovery by helping them to feel less lonely, isolated, or judged. Remember, when people enter recovery, they must get away from the group of people that they have considered their close friends while they have been participating in active addiction. For a while, they may feel lonely because they are in the process of changing the people they allow in their lives. Also, the support groups allow them to talk openly and honestly about their true feelings. One can also improve their skills to cope with their daily challenges they often face when they are new to recovery.

Discussion question #5: What are coping skills?

Instructor prompt: It is important to realize that recovery is not simply stopping using drugs or alcohol. Recovery is about creating a new life where it is easier to not use substances. If you do not create a new life, the factors that brought your addiction on will continue to be there. Coping skills are developing the ability to recognize and avoid risky behaviors such as being hungry, angry, tired, and/or lonely (HALT). Other recommendations of healthy and effective coping

skills are to learn to manage stress, get plenty of rest, learn to relax, be honest, develop a strong support network, and many others.

QUIZ:

1. People in recovery continue to use drugs and/or alcohol. **T / F**
2. In patient treatment is required to be in recovery. **T / F**
3. Coping skills are a basic life skill for those in recovery. **T / F**
4. Living in recovery allows people who had a substance use disorder or mental health issue to successfully reintegrate back into their life. **T / F**
5. Anyone can achieve recovery. **T / F**

References:

SAMHSA. (2014). *Recovery – National and Regional Resources*.

Retrieved from <https://www.samhsa.gov/sites/default/files/samhsa-recovery-5-6-14.pdf>