Healing with Hope
Understanding and Uplifting Recovery

Cortney Lovell, Co-Founder Our Wellness Collective
RCP, CRPA, CARC, CASACT
“Drugs alone do not hijack the brain. Instead, what matters is what people learn—both before and after trying them.”

-Szalavitz, Maia. Unbroken Brain. Picador USA, 2017
The Three Brains

- New Brain
- Middle Brain
- Reptilian Brain
Addiction is defined as a chronic, relapsing brain disease that is characterized by compulsive drug seeking and use, despite harmful consequences. It is considered a brain disease because drugs change the brain—they change its structure and how it works. These brain changes can be long-lasting, and can lead to the harmful behaviors seen in people who abuse drugs.

“... despite harmful consequences.”
“We can’t go-it alone. We’re neurobiologically hardwired for connection with other people. In the absence of connection, love and belonging, there is always suffering.”

- Brene Brown
“Hope, the belief that these challenges and conditions can be overcome, is the foundation of recovery...”

Substance Abuse and Mental Health Services Administration

https://www.samhsa.gov/find-help/recovery
“The meaning of life is to find your gift. The purpose of life is to give it away.”

-Pablo Picasso
WILLIAM L. WHITE
STAGES OF RECOVERY MODEL

START HERE

PRE-COVERY

RECOVERY INITIATION

EARLY RECOVERY
3 months in recovery

SUSTAINED RECOVERY
12 months in recovery

LONG-TERM RECOVERY
5 years in recovery
SPECTRUM OF ATTITUDES
TREATING PEOPLE AS:

Objects

Resources

Recipients
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The Connecticut Community for Addiction Recovery (CCAR)
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RECOVERY WELLNESS COACHING PLAN

Suggested Wellness Areas:
- Overall Recovery & Wellness
- Spiritual / Purpose
- Emotional
- Community / Connection
- Family / Relationship
- Job / Career
- Physical
- Financial
- Continuing Education
- Living Environment
- Recreational / Hobby
- Other

Wellness Area:
What are my action steps?
What are my resources?
When do I want to reach my goal by?
Other Thoughts:

What is my goal?
Why is this my goal?

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<tr>
<th>Recovery Dialects</th>
<th>Mutual Aid Meetings</th>
<th>In Public</th>
<th>With Clients</th>
<th>Medical Settings</th>
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Language matters but can change depending on the setting we are in. Choosing when and where to use certain language and labels can help reduce stigma and discrimination towards substance use and recovery.

Resources Available

FindRecoveryCoaches.com
"As we pursue new cures, we cannot forget compassion and love are the oldest medicines we have. Their power to heal is immense."

Vice Admiral Vivek H. Murthy, M.D., M.B.A.
19th United States Surgeon General