

11<sup>th</sup> Annual Midwest Conference on Problem Gambling and Substance Abuse

# **Integrating Problem Gambling Initiatives Into Recovery Community Organizations and Recovery Support Services**

Jim Wuelfing,

Owner and CEO, The New England  
Center

508-523-3937

[Jim.Wuelfing@gmail.com](mailto:Jim.Wuelfing@gmail.com)



# Where Are We Headed

- Defining Recovery
- ROSC Overview
- RCO Overview
- Advocacy
- Recovery Support Services
- Where Does Problem Gambling Fit?

# A recovery definition

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

# Four major dimensions that support a life in recovery

- Health: Overcoming or managing one's disease(s) as well as living in a physically and emotionally healthy way.
- Home: A stable and safe place to live.
- Purpose: Meaningful daily activities, such as a job, school, volunteerism, family caretaking, or creative endeavors, and the independence, income, and resources to participate in society.
- Community: Relationships and social networks that provide support, friendship, love, and hope.

## Definition of Prevention or Recovery?

- Prevention is an active process of changing conditions and fostering personal attributes that support the well-being of people.

# Supporting All Pathways to Recovery

- Scope of Recovery
  - Primary
  - Primary and Secondary
- Types of Recovery
  - Abstinence-based
  - Moderation-based
  - Medicated-assisted
- Context of Recovery
  - Solo
  - Treatment-assisted
  - Peer-assisted
- Framework of Recovery
  - Religious
  - Spiritual
  - Secular
- Recovery Identity
  - Neutral
  - Recovery-positive
  - Recovery-negative
- Recovery Termination
  - In Recovery
  - Recovered
  - Recovering

# ROSC

- Recovery oriented systems of care are health and human service organizations that affirm hope for recovery, exemplify a strength-based (as opposed to pathology-focused) orientation, and offer a wide spectrum of services aimed at the support of long-term recovery.

# Recovery Oriented Systems of Care (ROSC)

- Focus on
  - A strength-based recovery focus (rather than pathology focus) on all services
  - Long-term recovery moving away from an acute care model for the treatment of a chronic illness
  - Partnerships emphasizing recovery-linked service practices
  - Community components geared toward building recovery capital.



# Moving Toward a Broader Model of Sustained Recovery Management

- The following recommendations come from, in large part, a monograph written by William White entitled, “Recovery Management and Recovery-Oriented Systems of Care: Scientific Rationale and Promising Practices
- You can access the full monograph at

[http://facesandvoicesofrecovery.org/pdf/White/recovery\\_monograph\\_2008.pdf](http://facesandvoicesofrecovery.org/pdf/White/recovery_monograph_2008.pdf)

# Moving Toward a Broader Model of Sustained Recovery Management

- Strength-based needs assessment protocols for individuals, families and communities that are both comprehensive and on-going

# Moving Toward a Broader Model of Sustained Recovery Management

- Multidisciplinary and multi-agency service models for supporting long-term recovery for individuals, families and neighborhoods.

# Moving Toward a Broader Model of Sustained Recovery Management

- The reconstruction of the service relationship from an expert model to a partnership model involving a long-term recovery support alliance.

# Moving Toward a Broader Model of Sustained Recovery Management

- Ensuring each individual and family and adequate dose and duration of pre-treatment, in-treatment and post-treatment clinical and recovery support services.

# Moving Toward a Broader Model of Sustained Recovery Management

- Exerting a greater influence in the post-treatment environment by increasing family and community recovery capital.

# Moving Toward a Broader Model of Sustained Recovery Management

- Assertive linkage of the individual and family to the recovery community and support institutions in their many forms.

# Moving Toward a Broader Model of Sustained Recovery Management

- Five years of recovery check-ups including but not limited to on-going recovery education, recovery coaching and, when needed, early re-intervention.



# Recovery Community Organization

- Is an independent, non-profit organization led and governed by local communities of recovery. The broadly defined recovery community – people in long-term recovery, their families, friends and allies, including recovery-focused addiction and recovery professionals – includes organizations whose members reflect many pathways to recovery.

Historical context...



**Recovery  
Community**

**Treatment  
Community**

# A Recovery Community Organization...



bridges the gap

# Midwest RCOs

- Missouri
  - Missouri Recovery Network, Jefferson City
  - Regional Recovery Network, Fisk
- Oklahoma
  - Oklahoma Citizen Advocates for Recovery and Treatment Association (OCARTA), Oklahoma City

# Many Recovery Community Organizations . . .

Organizes the Recovery Community to...

- tap into the inherent nature to give back

## 1. Put a Face on Recovery

- Advocacy: have a voice on issues of importance to the recovery community
- Offer ourselves as living proof that recovery is a reality in the lives of millions of people

## 2. Provide Recovery Support Services

- To maintain and sustain recovery

# Foundational Principals

*“You are in recovery if you say you are.”*

*“There are many pathways to recovery.”*

*“Focus on the recovery potential,  
not the pathology.”*

*“Err on the side of the recoveree.”*

*“Err on the side of being generous.”*

# Recovery Community Centers

## Field of Dreams



*“build it and they will come”*

# Recovery Community Centers

- are recovery oriented sanctuaries anchored in the hearts of communities
- are physical locations where local communities of recovery can be organized
- places where Recovery Support Services are delivered and are designed, tailored and delivered by local recovery communities
- are fueled by a volunteers including people in long-term, sustained recovery



# Defining Peer Recovery Support

- Peer-based recovery support is the process of giving and receiving non-professional, non-clinical assistance to achieve long-term recovery from severe alcohol and/or other drug-related problems. This support is provided by people who are experientially credentialed to assist others in initiating recovery, maintaining recovery, and enhancing the quality of personal and family life in long-term recovery.

From Peer-based Addiction Recovery Support: History, Theory, Practice and Scientific Evaluation by William L. White

# Critical Elements in Definition

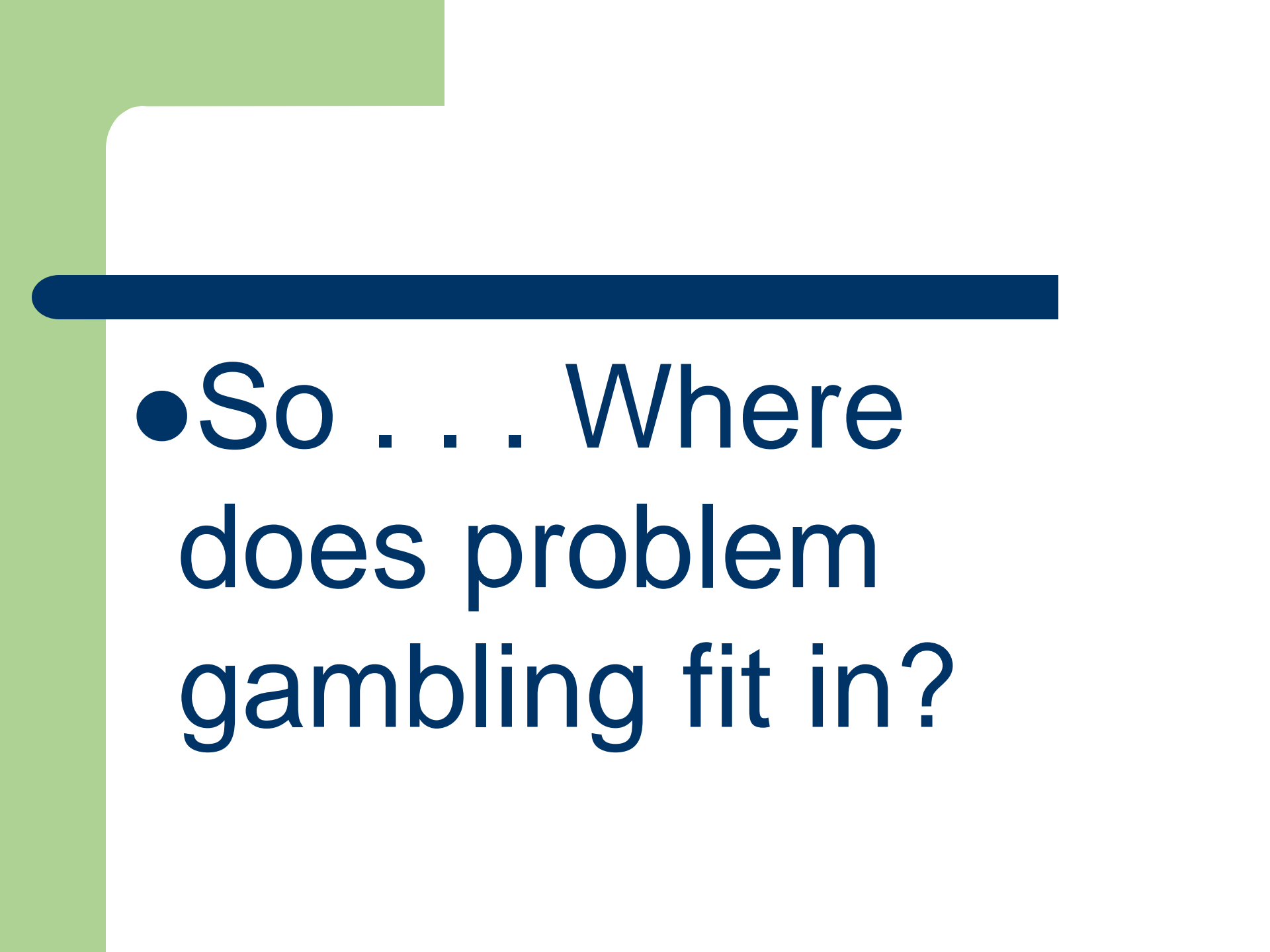
- Peer-based
- Recovery support
- Process
- Non-professional
- Non-clinical
- Experientially credentialed
- Supporting long-term recovery

# The Value of Peer-to-Peer

- Reciprocal relationships offer a unique opportunity
- It allows for an understanding of “there is something wrong – with me, with you, with the world – but there is nothing wrong with that!”

# Recovery Support Services

- All-Recovery Groups
- Recovery Training Series
- Family Support Groups
- Recovery Housing Project
- Recovery Social Events
- Recovery Works!
- Telephone Recovery Support
- Recovery Coaching

- 
- So . . . Where does problem gambling fit in?

# Recovery Rationale

- Affirms that intervention and treatment works but there is a need to better support recovery
- Affirms 12 step programs in supporting recovery
- Discusses singleness of purpose
- Discusses the need to assist in overcoming obstacles in early recovery
- Lists recovery support services

# Recovery Support Services

- Recovery space
- Supporting an array of weekly 12-step and other self-help meetings
- Collaborating with the recovery centers and recovery high schools
- Collaborating with Recovery Community Organizations
- All Recovery Retreat
- Telephone Recovery Support
- Recovery Coaching
- Recovering gamblers on recovery advisory boards



# **A Gift and My Thanks**