



Making recovery visible

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Te Pou
o Te Whakaaro Nui

Aotearoa New Zealand

- NZ'ers as a population have some of the higher drug use rates in the developed world
- Most people can use AOD without it becoming problematic
- Some people cant
- Some will seek help
- Some wont



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Research tells us...

“Individuals who are actively using substances and even individuals in remission from substance misuse are still targets of significant stigma and social distancing”

(Phillips & Shaw 2013)



Stigma

The association of negative characteristics to an individual or group based on behaviours that are seen as being outside the social norms



The power of perception

- We hear/see a lot in the media about addiction and about certain substances
- Uses stigmatising language
- Shapes public perception
- Creates disconnection & social distance
- Jail seen as a solution
- People less likely to seek help



Phillips & Shaw (2013)

“Individuals who are actively using substances and even individuals in remission from substance misuse are still targets of stigma and social distancing”



Public perceptions of addicts

- Addiction more stigmatised than smoking
- And obesity
- And people with mental health issues
- That includes people in recovery

(Phillips & Shaw)



Recovery

“A process of change through which people improve their health and wellness, live a self-directed life, connect with others and aspire to reach their full potential.”

***Recovery is defined by the person themselves.
And there are multiple pathways to recovery.***



Generating recovery capital

- Connection with others
- Belonging to groups is good for you
- Social network change
- Identity change
- Community re-engagement
- This means reintegration models & challenging shame & stigma

(David Best 2016)



My 'visible' role

- Supporting those in dedicated consumer and peer positions
- Growing and developing a career pathway
- Encouraging visibility
- Support in the workplace for those with lived experience



Story telling

- From the beginning of time we have used stories to understand our experiences, share wisdom, and build connection. Stories are a part of our lives for a simple reason - we are biologically hardwired for storytelling.
- This is why when something difficult happens, our first thought is, “What’s the story?”

(Brene Brown)



MRCLG ‘stories’ project

- Making recovery visible
- Acknowledging diversity of recovery paths
- Connecting people - reducing stigma
- Completed scoping - December 2015
- Gathered stories
- Developed the book



Recovery Stories



Real people
share their
recovery stories

12 stories

Uptake by the sector

5000 printed July 2016

Launched July 2016

5000 distributed

Reprinted 5000 September



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“ I havent lost being my own person, which seems to be the thing that people say they will lose when contemplating doing any sort of treatment.”

Order copies of *Real people share their recovery stories* online
www.matuaraki.org.nz/recoverystories



“ I spent about a year thinking I had it sorted – working part-time, under the table of course, and spending my wage and benefit on my drug of choice. Inside I was dying.”

Order copies of *Real people share their recovery stories* online
www.matuaraki.org.nz/recoverystories



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Asian translations
coming soon



Real people
real journeys

真人真事
우리들의 성공한 여정
人々の成の道とその旅
Người thật, việc thật
සැබෑ මනුෂ්‍යයන්ගේ




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Matua Raki
National Addiction Workforce Development

Making recovery visible

- Recovery stories 'keynote' at Cutting Edge
- Story in Matua Raki Newsletter
- Story in the DAPAANZ Newsletter
- Stories at CEP Day
- Story at Consumer & Peer Days
- Stories gathered and available at CADS AK
- Stories at mutual aid groups in the community
- Stories in 'Living Sober' website



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LivingSober.org.nz

Matua Raki
National Addiction Workforce Development

Living Sober

HOME BLOG POSTS - SOBER TOOLBOX - GETTING HELP - ABOUT Join the community Login

aroaha take control it's part of the journey community that cares here to help your decisions

Welcome to

Living Sober

If you are tired of being locked in a fierce internal battle with yourself about alcohol then this is the website for you.

Here at Living Sober we understand exactly what you're going through - because we're all the same. We've all struggled with that voice in our brains convincing us to drink. We've all experienced the guilt and misery after yet another big night. We understand the confusion, the sickness, and the desperation. We have all felt the loneliness. Some of us here at Living Sober are still locked in a place of boozy misery, some of us are right now battling our way out of it, and some of us have gotten free. We are all here helping each other. Living Sober is a safe, online platform where you can comfortably share about your inner angst regarding booze. It's free and if you'd like to remain anonymous, you can. Living Sober is a community. It is a place of warmth, wisdom, support, encouragement and understanding. We share ideas, compare notes, boost each other along, sympathise, empathise, commiserate, rejoice. We don't judge, criticize or condescend. All of our stories regarding alcohol are different, but by sharing our individual truths, we are all immensely strengthened. Welcome to Living Sober. You are not alone.

MRS D'S BLOG POST

Join the community

Once you're a member you can share your own stories and connect with others who are looking at the role alcohol plays in their lives.

Join the community

FEATURED POST

Our Sober Secret Weapons

Sun 7 Aug, 2016, 6:14pm by Mrs D 28

For the past three days I've been asking members of the Living Sober community to email me photos of their 'Sober Secret Weapons'. These are things from our own environments that make us feel good, fuel our souls and help keep us sober. It's been amazing watching the photos trickle in and I'm so happy to [...]

FEATURED COMMENT

Thank you for this post. Frightening stranger brilliant analogy I recognise it. Stranger/Trainer Hostess

Days sober?

Want to see how long it's been? Enter in the date of your last drink.

Want to see how much money you've saved? Enter your average weekly booze spend.

\$

Calculate

Share tools and ideas that help you stay sober.

Sober toolbox

Supporting the story telling

- Keep it contextual
- Keep it simple
- Keep it recovery focused - from the heart
- Share from the scar, not from the wound
- Media will want the using story - the drama - the 'other'



Practice based evidence

“Maybe stories are just data with a soul.”
(Brene Brown)



Connection

“The first essential factors for a person to be able to recover are hope and a sense of belonging”

(David Best. 2015)



References

- Lindsay A. Phillips & Aurtherine Shaw (2013) Substance use more stigmatised than smoking and obesity, Journal of Substance Use, 18:4, 247-243, DOI
- David Best, (2016) “An unlikely hero? Challenging stigma through community engagement”, Drugs and Alcohol Today, Vol 16 Iss 1 pp. 106-116
- Sheedy C.K., and Whitter M., Guiding Principles and Elements of Recovery-Oriented Systems of Care. What Do We Know From The Research? HHS Publication No. (SMA) 09-4439. Rockville, MD: Centre for Substance Abuse and Mental health Services Admin 2009



Connection

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Addiction

Matua Raki
National Addiction Workforce Development

- *Addiction does not discriminate*
- People do. Systems do. Cultures do.
- Internally & externally
- Stigma feeds shame and can prevent people and/or their families from seeking help and/or believing recovery is possible



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