Multiple Pathways of Recovery for African Americans

Presenter:
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Introduction

A widely-held belief among service providers is there is primarily one way to recover:

• Treatment followed by 12-step
• Tension between counselors and clients
• Resistance, premature termination, and relapse
The Cocaine crisis of the 1980’s led to the need for a recovery revolution!

Center of addiction treatment shifted from treatment centers to prisons and the child welfare system

Stigma increased

We can no longer afford to debate styles of recovery; all of our faces and voices are needed (William White)

Historians and researchers began to study pathways and styles of recovery
Bill W.

• In 1944, Bill W, co-founder of Alcoholics Anonymous, wrote:

“The roads to recovery are many. We have no monopoly on reviving alcoholics” (Wilson, 1944).
Bill W. Knew

In recent years, other authors have agreed with Bill W, citing research that reveals that addictions recovery can be professionally guided, peer guided, and self-guided (White, Boyle, Loveland, 2003). People are using multiple pathways to reach long-term recovery, including spiritual, non-spiritual, secular, and religious pathways (Humphreys, 2004).
Multiple Pathways and Styles of Recovery for African Americans
Frederick Douglass

Resistance to oppression:
Frederick Douglass, first prominent African American recovering alcoholic and leader of the Black Temperance Movement:

“We can’t stagger to freedom.”

Image: National Archives Identifier (NAID) 558770
Pathways and Styles of Recovery

• Mature out: “I’m sick and tired...”

• Solo recovery

• Treatment-Assisted Recovery

• Peer Assisted: the use of Recovery Coaches

• 12-Step Recovery
Quantum Change

- Overnight transformation, an instant spiritual awakening

• Photo: iStock
Pathways and Styles of Recovery:

Spike Lee and Samuel L. Jackson
Pathways and Styles of Recovery: Religious Styles

Source: Flickr
GLIDE Memorial Church, San Francisco

- Started by Pastor Cecil Williams, author of *No Hiding Place*
- 80% of the congregation is working on recovery.
- Allows room for “shouting” and communal relating
- Good for those who felt alienated in other self-help groups
- Members are allowed to openly talk about and express anger and rage.
GLIDE Memorial Church

- The program is not anonymous; “Most members have no reputation to protect.”
- Acknowledging powerlessness is not a revolutionary idea for the members.
- Members are taught that their recoveries are important to the black community.
- The program is multigenerational.
- There are special groups for men and women.
African American Rites of Passage

- Group name, logo, and mission statement
- Research the history of your own name
- Family tree
- Secure a library card, Social Security card, and state ID
- Read 2 books
- Complete a community project
- Personal growth work
<table>
<thead>
<tr>
<th>God</th>
<th>Father</th>
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<tr>
<td>Mother</td>
<td>Ancestors</td>
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Framework
Medication-Assisted Recovery

- Methadone
- Suboxone
- Naltrexone
- Narcan
Reading and Education

Photo Source: Flickr
Harm Reduction

- Never mixing drugs with alcohol
- Watch your drink
- Stay out of cars with strangers
- Don’t share needles
- Snort instead of inject
Partial Recovery

- Shifting allegiance
- Occasional use
- Dual recovery
- Disengaged style
- Unaffiliated/unlabeled style
Wellness/Sports

- Recovery
- Basketball
- Yoga
- Meditation
- Nutrition

Photo Source: Flickr
Recovery Residence

- Recovery Homes
- Halfway Houses
- Sober Living Facilities
- Miracle Village
Employment-based recovery support

• Southwestern Illinois Correctional Center (lowest recidivism)
• Safer Foundation
• Delancey Street
• Dawson Skills Center
Leonard Noble, Chicago, helped 3,000 people seeking recovery start careers in the construction industry.

Source: Flickr
Family Recovery

- Alanon
- Nar-Anon
- Codependence Anonymous
- Families Anonymous
- ACOA
Combined Style
Welcome The purpose of this website is to serve as a single location where individuals who are interested in information about addictions, treatment, and recovery among African Americans can be found. The site contains historical data, scholarly articles, educational videos, music and DVDs.