

Multiple Pathways of Recovery for African Americans

Presenter:

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Great Lakes (HHS Region 5)

ATTC

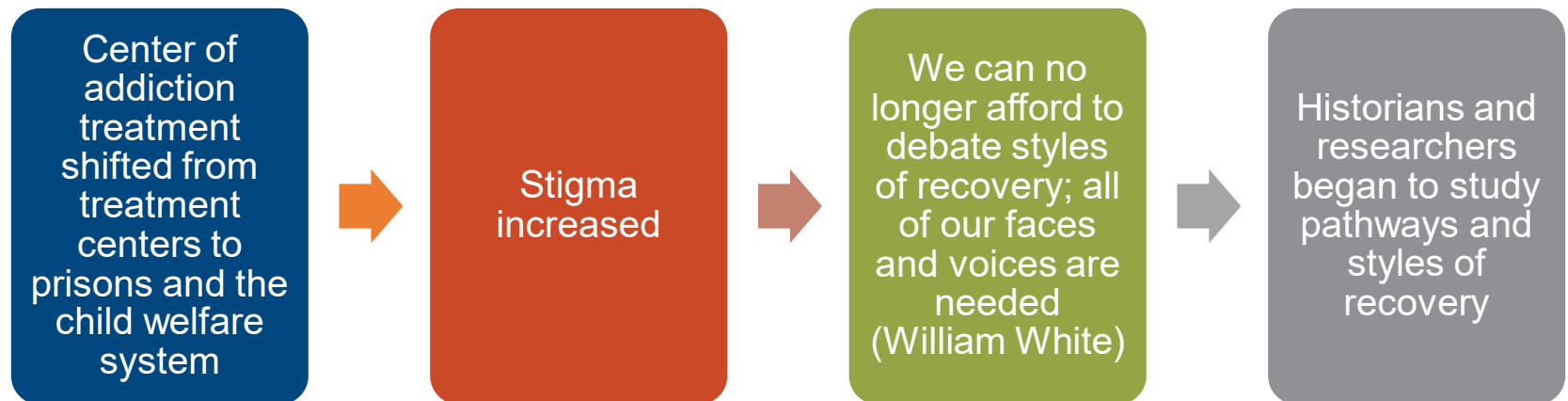
Addiction Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration

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!





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).

Image:

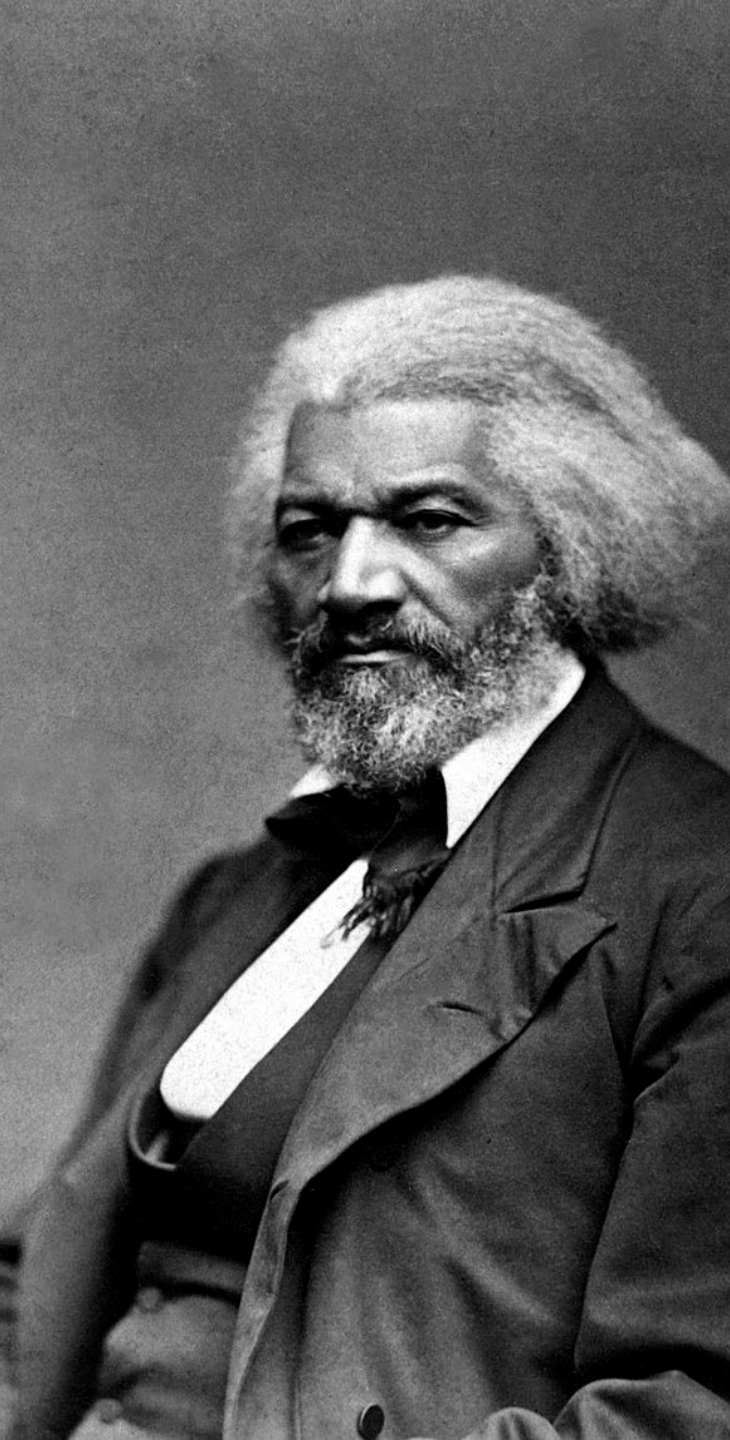
Bill W. Knew

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](#)

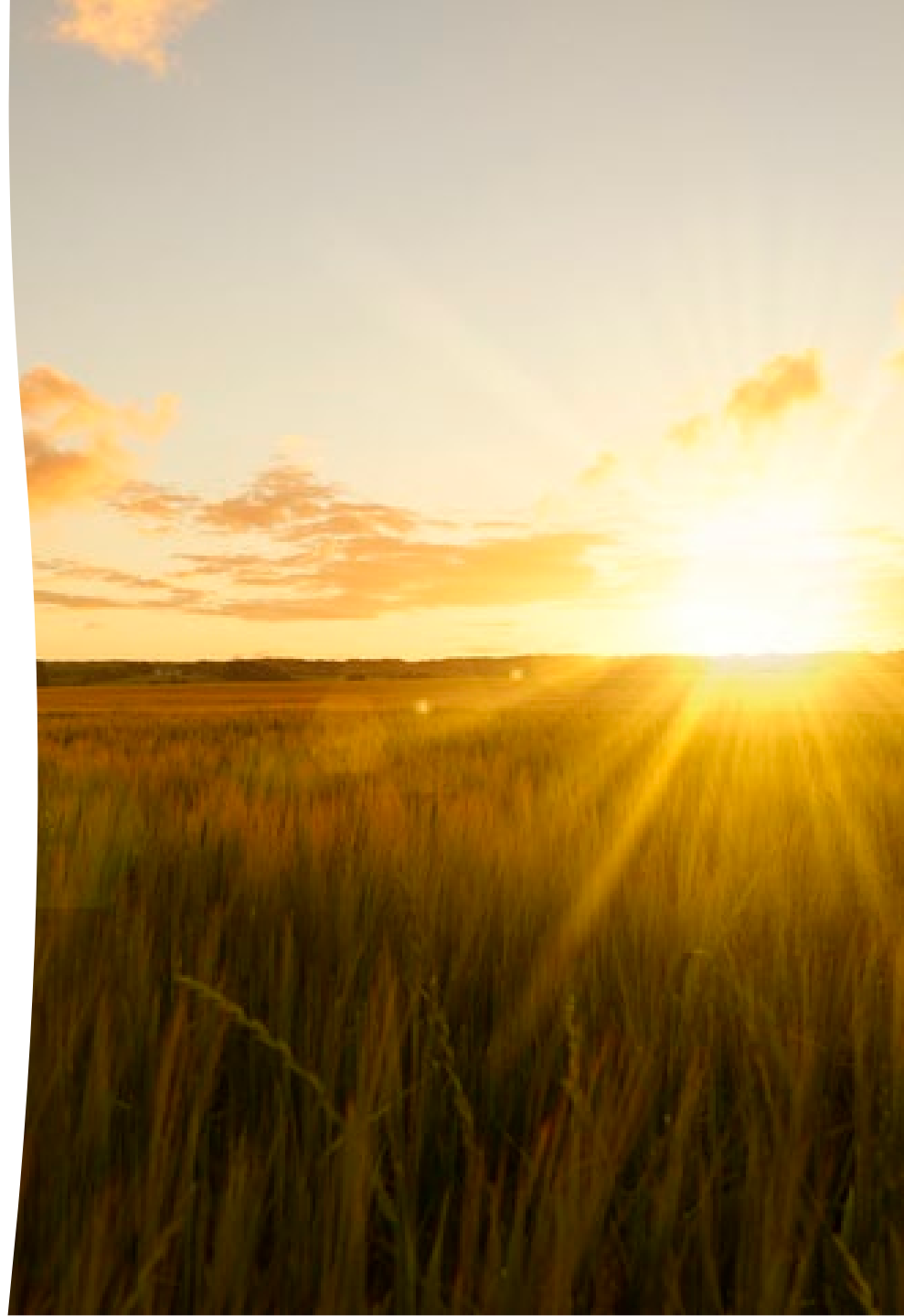
Pathways and Styles of Recovery

- Mature out: “I’m sick and tired. . .”
- Solo recovery
- Treatment-Assisted Recovery
- Peer Assisted: the use of Recovery Coaches
- 12-Step Recovery

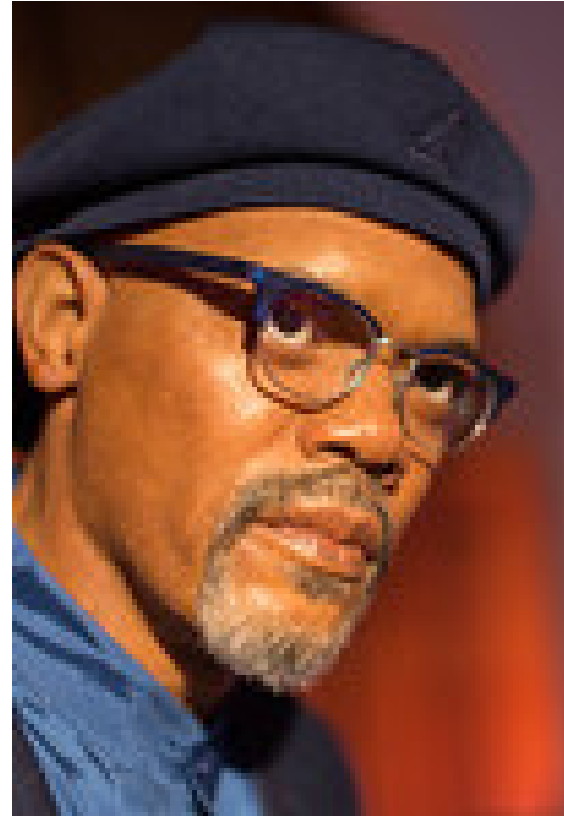
Quantum Change

- 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

Framework

God

Father

Mother

Ancestors

Medication-Assisted Recovery



- Methadone
- Suboxone
- Naltrexone
- Narcan

Reading and Education

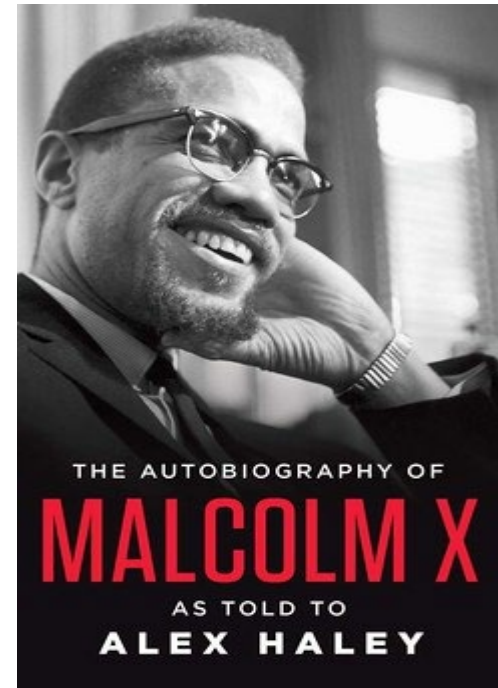


Photo Source: Flickr

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

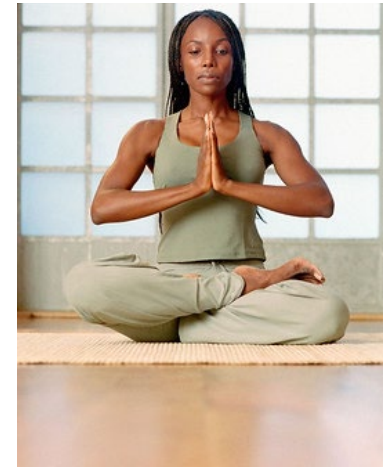


Photo Source: Flickr

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.



Family Recovery



- Alanon
- Nar-Anon
- Codependence Anonymous
- Families Anonymous
- ACOA



Combined Style

Online Museum of African American Addictions, Treatment and Recovery

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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.