



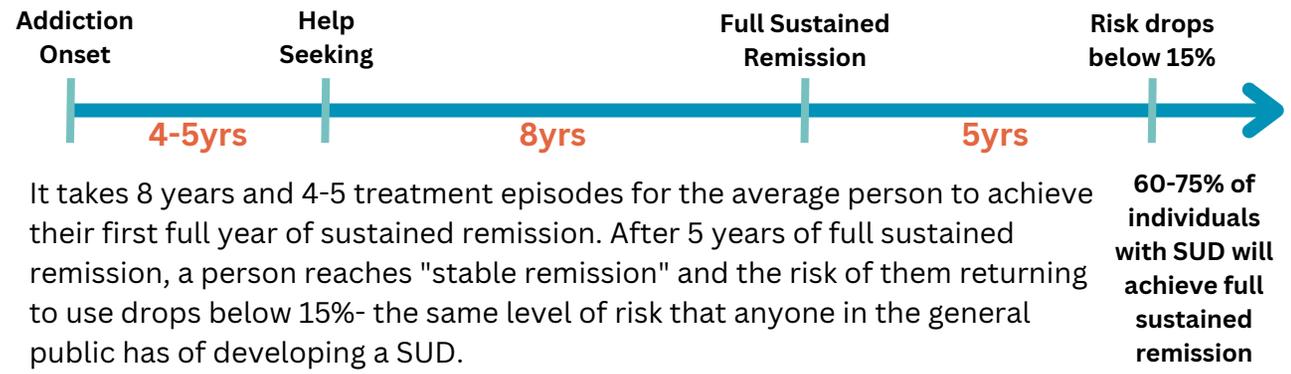
# How Recovery Support Services Can Make a BIG Difference in Achieving and Sustaining Recovery

## Recovery Support Services

- Recovery Support Services (RSS) aim to restore the lives of individuals and families seeking recovery from substance use disorder (SUD) through immediate access and long-term relationships.
- RSS programs are offered in a variety of settings including community, faith-based, and peer recovery organizations and are available before, during, after, and in coordination with other SUD treatment providers.
- RSS includes care coordination, recovery coaching, group support, employment assistance, recovery housing, transportation, assistance with basic needs, and much more.
- RSS programs were founded on the principle that the achievement of recovery is not just a function of medical stabilization – but also providing personal, social, environmental, and cultural resources ("Recovery Capital"). By providing ongoing supportive networks, RSS providers help individuals grow their recovery capital to maintain their recovery over time.



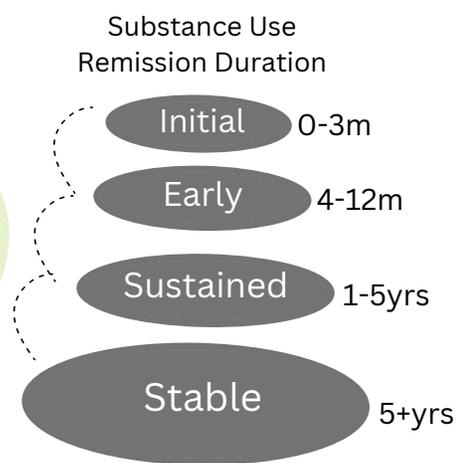
## Timeline of addiction and achievement of stable recovery



There are many different pathways to recovery and the journey is often a long and winding road for most people experiencing a SUD. The clinical course of addiction and achievement of stable recovery can often take a *very* long time.

Research has shown that from the time of addiction onset, it takes approx. **15 years** for the average recovering U.S. person **to reach the same quality of life and functioning as someone in the general population.**

## Recovery Milestones



However, research has also found that **individuals who participated in RSS**, specifically through Recovery Community Centers, **were able to reach the same level of quality of life as the general population in only 5 years!** Meaning, RSS can accelerate time to remission.

# What is Recovery?

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

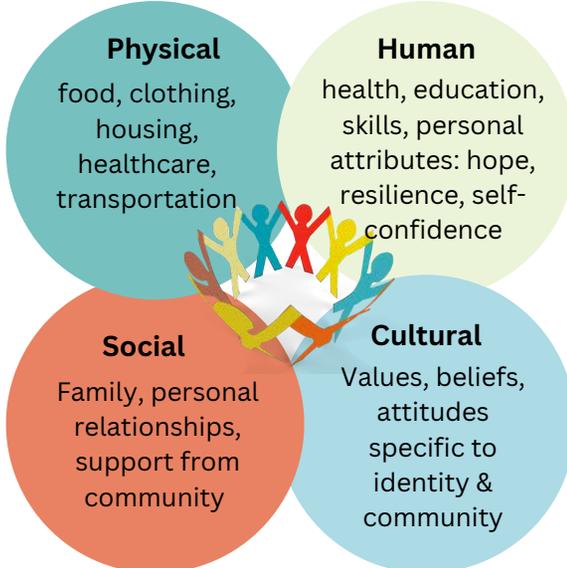
Recovery is **more than just abstinence**- or the removal of negative symptoms of substance use - **it is also the addition of positive changes:** increased functioning, an enriched quality of life, sense of well-being, and renewed purpose.

# What is Recovery Capital?

Recovery Capital is the breadth and depth of internal and external resources ("building materials") that can be drawn upon to initiate and sustain recovery. The more recovery capital a person has, the greater their chances are for success!

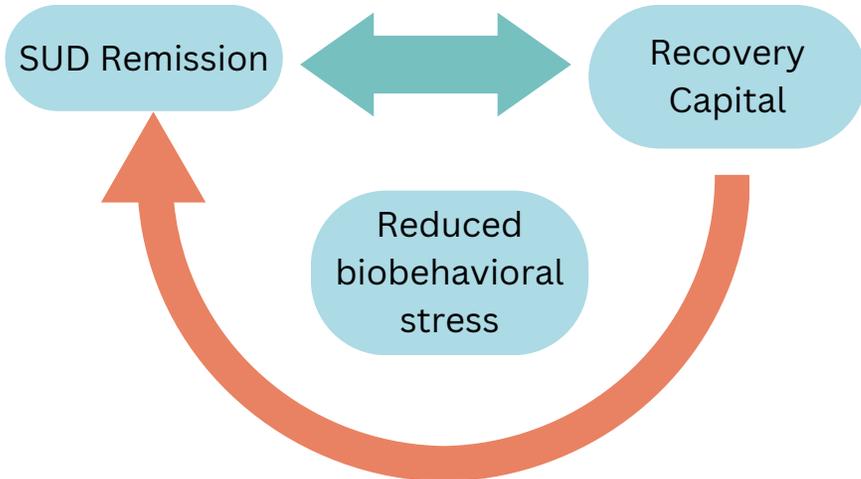
**"More rapid initial achievement and maintenance of stable remission may occur through attending BOTH to clinical pathology AND environmental and resource deficits...("Recovery Capital") AND legal/other barriers."**

-Dr. John F. Kelly, Professor at Harvard Medical School and Founder/Director of the Recovery Research Institute at the Massachusetts General Hospital



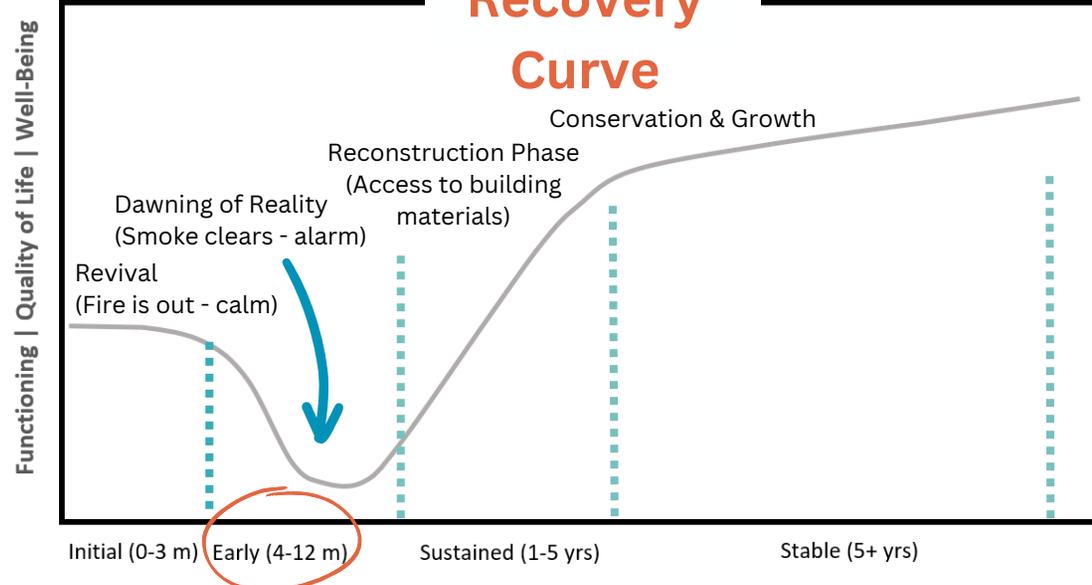
## Reciprocal Relationship between Remission and Recovery Capital:

*Increases in recovery capital reduces bio behavioral stress and increases chances of ongoing remission.*



Longer remission = greater accrual of recovery capital. Therefore, greater recovery capital *increases* the chances of longer remission because it *reduces* biobehavioral stress. (a major pathway to relapse)

## Recovery Curve



The "Recovery Curve" shows that individuals with SUD are most vulnerable to a sharp decrease in functioning/well-being during the early phase of recovery due to issues that can arise with restarting their lives. It is important to note that many treatment programs terminate around this time, meaning **RSS programs are vital to long-term recovery support!**