

East Africa WFAD Regional Conference -

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“Importance of Recovery Oriented Drug Policies”

Presented by Boro Goic

Chairman of RUN – Recovered Users Network

- **Recovered Users Network (2013)**
- **Platform of EURAD – A network for prevention, treatment and recovery**
- **Specific advocacy platform**
- **CSO (36 organizations), individuals and groups of people who are engaged in recovery work, supporting concept of recovery**
- **Vision “raise the voice of the recovery movement, by contributing to constructive and respectful drug policies, for individuals, families and communities”**
- **Mission “a network which provides a voice for recovered drug users to promote and share the experience of recovery, on both political and practical levels”**

United Nations Office for Drugs and Crime (2008)

➤ **The UNODC publication Drug dependence treatment: sustained recovery management, uses a wide understanding of recovery.**

- 1. Physical and mental health;**
- 2. Family, social supports and leisure activities;**
- 3. Safe housing and healthy environments;**
- 4. Peer-based support;**
- 5. Employment and resolution of legal issues;**
- 6. Vocational skills and educational development;**
- 7. Community integration and cultural support;**
- 8. (Re)discovering meaning and purpose in life.**

UNGASS outcome document

Recognize drug dependence as a complex, multifactorial health disorder characterized by a chronic and relapsing nature with social causes and consequences that can be prevented and treated through, inter alia, effective scientific evidence-based drug treatment, care and rehabilitation programmes, including community-based programmes, and strengthen capacity for aftercare for and the rehabilitation, recovery and social reintegration of individuals with substance use disorders, including, as appropriate, through assistance for effective reintegration into the labour market and other services

Why Recovery oriented drug policies ?

- The ambition for more people to recover is legitimate and deliverable.
- Ultimate goal is to enable individuals to become free from their dependence; something we know is the aim of the vast majority of people entering drug treatment.

Drug	Happy with Use	Like to Reduce Use	Like to Stop Using
Heroin	11.4	8.1	80.5
Methadone	36.5	12.9	50.7
Crack Cocaine	16.3	10.5	73.2
Amphetamines	27.5	11.4	61.0
Cannabis	64.2	14.7	21.1
Alcohol	53.6	21.2	25.2
Benzodiazepines	50.4	12.7	36.9

Recovery definition !!!

Recovery is a process through which an individual is enabled to move on from their problem drug use, towards a drug free life as an active and contributing member of society. (Scottish Government 2008)



Why Recovery oriented drug policies ?

- **Instead of focussing primarily on reducing the harms caused by drug misuse, recovery oriented drug policies approach is to go much further and offer every support for people to choose recovery as an achievable way of dependency.**
- **We must therefore, put the individual at the heart of any recovery system**
- **Supporting people to live a drug-free life is at the heart of any recovery oriented drug policy ambition.**
- **Recovery should become the focus of care.**
- **Recovery is focused on strengths and assets of a person, and not their weaknesses and deficits**
- **Assessment and recovery plans should address the totality of people's lives; and**
- **People with substance use problems have aspirations, and should have access to the same services as anyone else.**

Why Recovery oriented drug policies ?

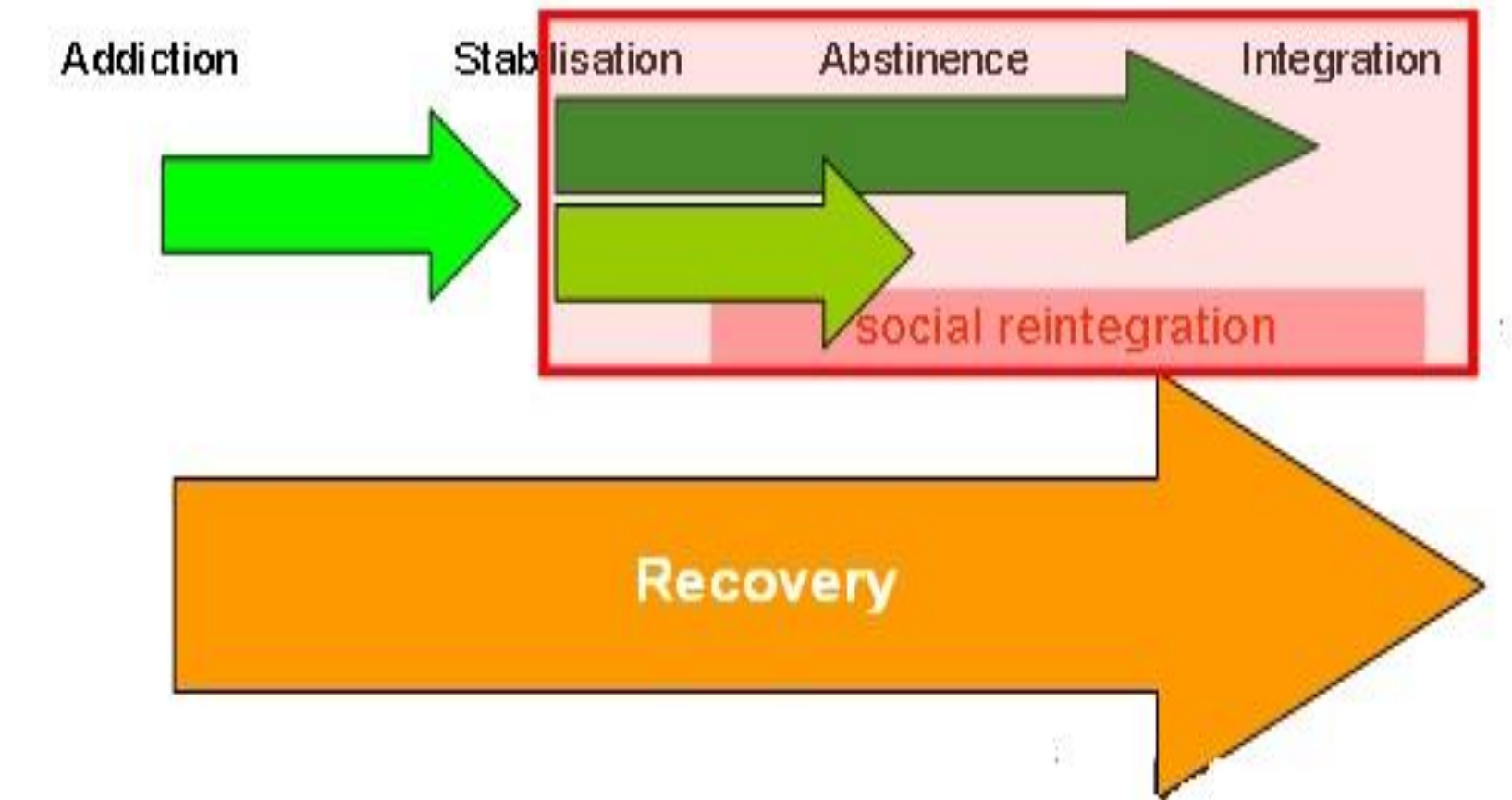
- **First, recovery should be made the explicit aim of all services providing treatment and rehabilitation for people with problem drug use;**
- **Secondly, a range of appropriate treatment and rehabilitation services must be available at a local level – since different people with different circumstances inevitably need different routes to recovery; and**
- **Thirdly, treatment services must integrate effectively with a wider range of generic services to fully address the needs of people with problem drug use, not just their addiction.**

Built on Recovery Capital

- **Social capital –**
the resource a person has from their relationships (e.g. family, partners, children, friends and peers). This includes both support received, and commitment and obligations resulting from relationships;
- **Physical capital -** such as money and a safe place to live;
- **Human capital –** skills, mental and physical health, and a job
- **Cultural capital –** values, beliefs and attitudes held by the individuals

Delivering whole system approach

- Recovery can only be delivered through working with education, training, employment, housing, family support services, wider health services and, where relevant, prison, probation and youth justice services to address the needs of the whole person
- When building a recovery focused system, it is to encourage local areas not to commission services in isolation, but to jointly commission and deliver ‘end to end’ support. They need to build close links between community, in-patient and residential treatment and rehabilitation providers, who in turn need to forge close links with aftercare services.



Recovery & Harm Reduction

- **Methadone, or indeed other substitute prescribing, is not the whole answer: a wider range of services is required.**
- **Harm reduction initiatives fail to address the bulk of drug-related harm, but are nonetheless essential to assist drug users with their acute problems**
- **Harm reduction, understood as the provision of health and social services to active drug users, can never replace primary prevention and treatment/rehabilitation as the main strategy in global, national and local drug policies**
- **Harm reduction can lead to recovery and recovery is the ultimate harm reduction measure**

Recovery movement

- 1. Addiction recovery is reality**
 - 2. There are many paths to recovery**
 - 3. Recovery flourishes in supportive communities**
 - 4. Recovering and recovered people are part of solution; recovery gives back what addiction has taken**
- **The faces of barely sober addicts on television screens needs to be replaced by the faces of people from all backgrounds who have survived addiction to live full lives**

Ecology of Recovery

- **There is a need to create a recovery system that focuses not only on getting people into treatment and meeting process-driven targets, but getting them into full recovery and off drugs for good. It is only through this permanent change that individuals will cease offending, stop harming themselves and their communities and successfully contribute to society**
- **Ecology of recovery focuses on the way in which individual's relationship with his or her psychical and social environment influences the viability and quality of recovery**
- **We as society as responsible people who cares about those on margins must begin to create naturally occurring, healing environments that provide some of the corrective experiences that are vital for recovery**

Recommendations

- **acknowledging that abstinence is a goal for many drug users seeking help.**
- **recovery should be incorporated as an important facet of drug policy**
- **strengthening the evidence base around recovery based treatment, including the role of family and close friends, and role of social integration, a better understanding of these interventions is greatly needed.**

- **recognizing the potential of recovered users and assist them in their way back to the society and acknowledge their potential to help their peers.**

- **National agencies should develop effective drug policies, strategies that integrate prevention, treatment, recovery, enforcement and harm reduction to create policies and communities that are safe and healthy for all.**

“Thank you for supporting a drug-free nation.”

NACADA web site

Thank you for your attention

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