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RECOVERY IN RURAL COMMUNITIES AND LETTING GO OF THE STIGMA

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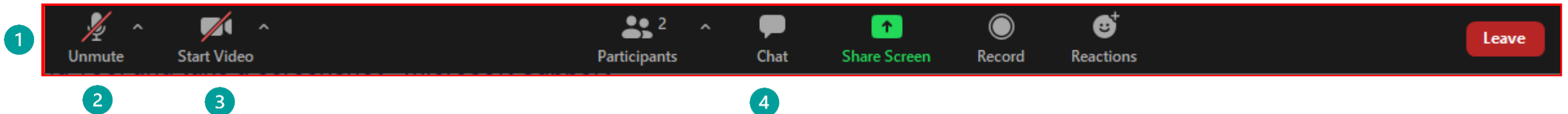




BEFORE WE BEGIN...

Here are some friendly housekeeping reminders:

- 1 Your control panel will appear at the bottom of your user screen. (As shown below)
- 2 All attendees will be muted during the beginning of the meeting. Please select “unmute” when you would like to speak. We ask that you please mute yourself when you are not speaking to avoid audio interference with other participants
- 3 If you would like to turn on your camera, please select “Start Video”.
- 4 Use the Chat box to submit a comment to “Everyone” or “Host”
- 5 We request that everyone please complete the workshop evaluation..
- 6 This session will not be recorded. A copy of the PowerPoint will be posted on WellnessCourts.org.





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DISCLAIMER

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▶ WHAT IS RECOVERY ?

SAMHSA Recovery & Recovery Support

Health

- Overcoming or managing one's disease or symptoms and making informed health choice to support physical & emotional wellbeing

Home

- Having a stable & safe place to live

Purpose

- Conducting meaningful daily activities & having the independence, income & resources to participate in society

Community

- Having relationships & social networks that provide support, friendship, love & hope



▶ BARRIERS TO RECOVERY?

- Health
 - Access to health care
 - Fear of “damage” done by long term use
 - Dental
- Home
 - Lack of place to live
 - Not welcome
- Purpose
 - Loss of job
- Community
 - Friends still using
 - Relationships destroyed





DISCUSSION QUESTIONS



Stigma

- What does stigma mean (or look like) to you?
- Who is stigmatized the most? (This could be drug of choice, gender, SES, cultural, age, etc.)
- How does stigma affect you?
- What can we do to reduce stigma?





DISCUSSION QUESTIONS

Recovery

- What are programs doing to promote recovery in their communities? This is outside the day to day individual, group, family therapy.
- What are participants doing in rural communities to stay engaged in recovery once leaving HTWC programs? Especially with barriers such as transportation issues? technology issues, etc...
- Recovery in isolation suggestions?





▶ QUESTIONS? FINAL THOUGHTS.





THANK YOU!

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