Welcome

Recovery Opens Doors

Learn the Facts
Find Your Voice
Speak for Change
Pass it On
Tools You Can Use
Get Help

Recovery Opens Doors – you know it – you feel it – you’ve experienced it. Some of you have also felt the strong grip of anxiety, depression, and other mental disorders – even coupled with addiction. Then, step-by-step, you commit yourself to a life
Six Doors & Video Users' Guides

Door 1: LEARN THE FACTS
Door 2: FIND YOUR VOICE
Door 3: SPEAK FOR CHANGE
Door 4: PASS IT ON
Door 5: TOOLS YOU CAN USE
Door 6: GET HELP
Door 1: Learn the Facts

Prevention to Recovery - Take the Prevention Pledge

Recovery From... - Define the terms

Roadmap to Recovery - Click on the icons and discover what makes Recovery possible

Dive Deeper - Learn More

Vignette - Kristina

User's Guide - Learn the Facts
Substance Use Disorder
Use of alcohol or drugs that is compulsive or dangerous (or both).

Mental Disorder
Common disorders include anxiety and mood disorders (such as clinical depression or bipolar disorders). Like substance use disorders, these problems are highly treatable.

Co-occurring Disorder
People who experience problems with substance use often have a mental disorder at the same time or vice versa.
Sounds of Substance Use Disorders

Continued use of alcohol or a drug in spite of negative consequences

Denial

“Who me? I don’t have a problem…”

Tolerance

“I need 12 beers to get drunk while at the beginning, I only had to drink 8.”

“I lost my job and my girlfriend because of my drinking and drugging.”
Craving

I’ve GOT to get my hands on ______ (fill in the blank) – I’m gonna go crazy if I don’t get it!

Loss of Control

“Before I acknowledged I had a drinking problem, I would say that I was only going to stay for one drink. I ended up leaving hours later and was drunk. I just couldn’t stop.”

Physical dependence or withdrawal symptoms

“I used to have to take one drug to help me counteract the comedown from another one because the withdrawal was so bad.”
Mental Disorders

- Unable to cope with problems and daily activities.
- Changes in sleeping and/or eating habits.
- Defiance of authority and/or substance use.
- Dramatic changes in mood and/or behavioral habits and prolonged negativity.
- Excessive fears, anxieties, anger, and/or suicidal thoughts.
- Denial of obvious problems.
- Numerous unexplained physical ailments.
- Excessive absenteeism from school or work.
RECOVERY...

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

While the number is not precise because people are entering and exiting recovery all the time, It is estimated that over 20 million people are in recovery! Faces & Voices of Recovery
Recovery means

Health: Overcoming or managing one’s disease(s) and living in a physically and emotionally healthy way.

Home: A stable and safe place to live.

Purpose: Meaningful daily activities, i.e., job, school, volunteering, family caretaking – participating in society.

Community: Relationships and social networks that provide support, friendship, love, and hope.
ROADMAP TO RECOVERY

Click the markers for more information.

HOME:
A stable and safe place to live.
Door 2: Find Your Voice

The Resonator - Yes-But...and Rebuttals

Re-CoverY - RE-Wind, RE-Spect, RE-Evaluate, RE-New

Dive Deeper - Learn more

Vignette - Ben

User's Guide - Find Your Voice
**Door 3:**
**Speak for Change**

**Take Action** – What policies on- and off-campus and in the community foster recovery?

**Policy Q & A** – Affordable Care Act (ACA), National Prevention Strategy (NPS), and more

**Dive Deeper** – Learn More

**Vignette** – Glenn

**User’s Guide** – Speak for Change
Door 4: Pass it On

The Program Builder – Organize your program in 5 easy steps
1. Confirm your goals
2. Confirm target audiences
3. Craft messages
4. ID messengers
5. Create methods

Dive Deeper – Learn More

Vignette – Mike

User’s Guide – Pass it On
Door 5: Tools You Can Use

**Ads** - Three ad sizes with three different messages

**Public Service Announcements** - 10-, 15-, and 30-second

**Dive Deeper** - Learn More

**Young People in Recovery Vignettes**

**NCPIE YouTube Channel**

**Discussion Guide** - Use with Vignettes

**User's Guide** - Tools You Can Use…and Then Some
Recovery is not a label.

It's a way of life defined by a commitment to health, wellness, joy and hard work.

Recovery Opens Doors

Recovery means a commitment to life.

Recovery Opens Doors

Recovery Opens Doors to infinite possibilities.
10-Second: The drinking, drugging – the hassle – the numbness – being behind on everything – no more. Recovery Opens Doors! Visit ...to learn how you can change your life.

15-Second: New in school? Want to live without drinking and drugging? Want to live in a place that’s alcohol and drug-free? Want to eat healthy, live healthy, be healthy? Contact ...to learn about substance-free dorms, alcohol-free events, and more.

30-Second: HELP! Not sure where to turn – too much studying, too much stress, too much of everything that’s new. And there’s that drinking thing – everyone seems to be doing it – I can’t and won’t. Slow down – that’s the answer – stop the runaway train so I can get off! Recovery Opens Doors! Learn how you can get off at the “next station” by visiting...
Recovery Opens Doors Vignettes

Door 5: Tools You Can Use

Faces + Voices of Recovery Vignettes

The following vignettes, produced by SAMHSA and Faces & Voices of Recovery, describe young adults' recovery experiences. We're proud to provide the vignettes in-full so you can integrate them into your activities. Use the Discussion Guide to generate discussion about the power of recovery.

Ben

GLENN

Hannah

Click here for more stories – BeMedWise YouTube Channel
**Door 6: Get Help**

**Open the Door** – Screening, Brief Intervention, and Referral to Treatment (SBIRT)

**Recovery Pad Guide to Resources** – online, face-to-face, telephone support

**Vignette** – *Sarah*

**User’s Guide** – Get Help
SBIRT: Screening, Brief Intervention, and Referral to Treatment

A strategy that delivers. Used in primary healthcare settings, emergency rooms, and trauma centers, SBIRT acts like a wake-up call to individuals/patients. Sometimes, that’s all that’s needed.
## Sample of The RecoveryPad Guide to Resources

<table>
<thead>
<tr>
<th>Treatment for...</th>
<th>Resource</th>
<th>What it does</th>
<th>Hotline</th>
<th>Online Tools</th>
</tr>
</thead>
<tbody>
<tr>
<td>Addiction (Other)</td>
<td>National Institute on Drug Abuse’s (NIDA) The National Intervention for Drugs and Alcohol</td>
<td>Recommends licensed interventionists.</td>
<td>x</td>
<td></td>
</tr>
<tr>
<td>Alcoholism</td>
<td>Young People in Alcoholics Anonymous</td>
<td>Locates AA 12-step programs targeting young people.</td>
<td>x</td>
<td></td>
</tr>
<tr>
<td>Depression and Bipolar Disorders</td>
<td>Depression and Bipolar Support Alliance</td>
<td>Supplies referrals to in-person and online support groups and provides links to educational materials.</td>
<td></td>
<td>x</td>
</tr>
<tr>
<td>Eating Disorders</td>
<td>National Eating Disorders Association’s Information and Referral Helpline</td>
<td>Supplies referrals to treatment providers and support groups.</td>
<td>x</td>
<td></td>
</tr>
<tr>
<td>Mental Disorders</td>
<td>SAMHSA’s Mental Health Services Locator</td>
<td>Provides comprehensive information about mental health services and resources and is rated “E for everyone.”</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Want to Learn More?

www.recoveryopensdoors.org