



HELPING HANDS



About Recovery

(Excerpts from drugabuse.org and SAMHSA.gov)

Recovery is a process of change through which people improve their health and wellness, live self-directed lives, and strive to reach their full potential. Even people with severe and chronic substance use disorders can, with help, overcome their illness and regain health and social function. This is called *remission*. Being *in recovery* is when those positive changes and values become part of a voluntarily adopted lifestyle. While many people in recovery believe that abstinence from all substance use is a cardinal feature of a recovery lifestyle, others report that handling negative feelings without using substances and living a contributive life are more important parts of their recovery.

Types of Recovery Programs

Some types of recovery programs include:



- Recovery-oriented systems of care: These programs embrace a chronic care management model for severe substance use disorders, which includes longer-term, outpatient care; recovery housing; and recovery coaching and management checkups.
- Recovery support services: These services refer to the collection of community services that can provide emotional and practical support for continued remission. Components include mutual aid groups (e.g., 12-step groups), recovery coaching, recovery housing, recovery management (checkups and telephone case monitoring), recovery community centers, and recovery-based education (high schools and colleges).
- Social and recreational recovery infrastructures and social media: These programs make it easier for people in recovery to enjoy activities and social interaction that do not involve alcohol or drugs (e.g., recovery-specific cafes and clubhouses, sports leagues, and creative arts programs).

As mentioned above, recovery is a process of change through which people improve their health and wellness, live self-directed lives, and strive to reach their full potential. There are four major dimensions that support recovery:

- **Health**—overcoming or managing one's disease(s) or symptoms and making informed, healthy choices that support physical and emotional well-being.
- **Home**—having a stable, safe, and supportive place to live.
- **Purpose**—conducting meaningful daily activities and having the independence, income, and resources to participate in society.
- **Community**—having relationships and social networks that provide support, friendship, love, and hope.

Hope, the belief that these challenges and conditions can be overcome, is the foundation of recovery. The process of recovery is highly personal and occurs via many pathways. Recovery is characterized by continual growth and improvement in one's health and wellness that may involve setbacks. Because setbacks are a natural part of life, resilience becomes a key component of recovery.

The process of recovery is supported through relationships and social networks. This often involves family members who become the champions of their loved one's recovery. Families of people in recovery may increase family stress, guilt, shame, anger, fear, anxiety, loss, grief, and isolation. The concept of resilience in recovery is also vital for family members who need access to intentional supports that promote their health and well-being. The support of peers and friends is also crucial in engaging and supporting individuals in recovery.

Recovery Services

Recovery services and supports must be flexible. What may work for adults may be very different for youth or older adults. For example, the nature of social supports, peer mentors, and recovery coaching for adolescents is different than for adults and older adults. Supporting recovery requires that mental health and addiction services:

- Be responsive and respectful to the health beliefs, practices, and cultural and linguistic needs of diverse people and groups.
- Actively address diversity in the delivery of services.
- Seek to reduce health disparities in access and outcomes.

Develop a Recovery Plan

If you are struggling with a mental health problem, you may want to develop a written recovery plan.

Recovery plans:

- Enable you to identify goals for achieving wellness
- Specify what you can do to reach those goals
- Include daily activities as well as longer term goals
- Track any changes in your mental health or substance abuse situation.
- Identify triggers or other stressful events that can make you feel worse, and help you learn how to manage them
- Get information about [Partners for Recovery](#), which provides technical resources to those who deliver services for mental health and substance abuse conditions.



Your EAP Representative (listed below) can help you find the most appropriate services for your situation

IAM Peer Employee Assistance Program



The heart and soul of the District 141 Employee Assistance Program is the local lodge EAP peer coordinator. These dedicated men and women volunteer their personal time to assist other union members and their families who are experiencing personal difficulties. EAP peer coordinators do not make clinical diagnoses or clinical evaluations, however, they are trained to make a basic assessment of your situation and refer you to an appropriate resource for a more detailed evaluation. EAP peer coordinators will follow up to ensure you have been able to access services that addressed the difficulty you were experiencing.

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Recovery Services

All the following groups can be found on-line. A list of meetings or contact information for each organization are available on the organization's web site.

12 Step Programs

Alcoholic Anonymous, Narcotics Anonymous, Cocaine Anonymous, Gamblers Anonymous, Overeaters Anonymous, marijuana Anonymous, Sex Addicts Anonymous, Workaholics Anonymous.

Mental Health

American Psychiatric Association, American Psychological Association, National Alliance on Mental Illness (NAMI), National Institute of Mental Health, World Health Organization, Centers for Disease Control and Prevention: Division of Mental Health