NGO CELEBRATE RECOVERY

• Sarajevo, Bosnia and Herzegovina, 2008
• Provides help to addicts
• Motivation
• Re-socialization
• Working with families / relatives
• Drug policy work
• Regional networking/Conferences

RECOVERED USERS NETWORK

• Brussels, Belgium 2013
• 63 member org. experts, researchers
• Advocacy work towards ROSC
• Provides political voice to recovered users and recovery organizations
• Contributes to policies by raising the voice of recovery movement/ national, EU, UN levels
BACKGROUND TO “LIFE IN RECOVERY”

- Faces and Voices of Recovery (2013): 3228 participants
- Australian Life In Recovery (2015): 573 participants
- Balkan Life in Recovery 4 countries (2018): 273 participants

- Primary motive is to challenge exclusion and stigma
- And to start measuring the change
<table>
<thead>
<tr>
<th>Category</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Housing</td>
<td>6.1%</td>
</tr>
<tr>
<td>At risk of eviction</td>
<td>6.5%</td>
</tr>
<tr>
<td>Injected drugs</td>
<td>1.1%</td>
</tr>
<tr>
<td>Offending</td>
<td>0.4%</td>
</tr>
<tr>
<td>Involved in the criminal justice system</td>
<td>5.7%</td>
</tr>
<tr>
<td>Continuous working full time</td>
<td>49.4%</td>
</tr>
<tr>
<td>Continuous working part-time</td>
<td>22.1%</td>
</tr>
<tr>
<td>Education</td>
<td>14.8%</td>
</tr>
<tr>
<td>Volunteering</td>
<td>30.0%</td>
</tr>
<tr>
<td>Did you:</td>
<td>In active addiction</td>
</tr>
<tr>
<td>------------------------------------------</td>
<td>---------------------</td>
</tr>
<tr>
<td>Get good job evaluations</td>
<td>36,9%</td>
</tr>
<tr>
<td>Frequently miss school or work</td>
<td>65,8%</td>
</tr>
<tr>
<td>Further your education or training</td>
<td>31,2%</td>
</tr>
<tr>
<td>Get fired or suspended from work</td>
<td>44,5%</td>
</tr>
<tr>
<td>Dropped out of school or university</td>
<td>47,1%</td>
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STIGMA AND RECOVERY

What is stigma?
Stigma involves negative attitudes or discrimination against someone based on a distinguishing characteristic such as a mental illness, health condition, or disability.

Stigma and recovery
Related, but contrary concepts
- Recovery claims a “half full” glass of opportunities,
- Stigma points out the “half empty” glass of discrimination and devaluation
- Recovery sees challenges
- Stigma identifies obstacles
- Barrier to recovery is absence of hope, connectedness, and potential for fulfillment.
FACTORS THAT CONTRIBUtes TO STIGMA IN THE WORKPLACE

- Lack of education about the nature of recovery
- Not knowing anyone with a successful recovery story
- Being surrounded by others who share the same prejudicial beliefs
- Wanting to believe there are simple solutions to complex problems
HOW STIGMA CAN BE OVERCOME

No overnight change

Providing accurate information on recovery process.
• Stigma feeds on misinformation
• Changing values and personal beliefs can be a good example

Sharing recovery stories.
• Personal story can be a powerful force to break harmful stigma.
• By showing that addiction can affect anyone and that change is always possible, possibility to change public/employers/co-workers perception.

Creating an ecology that promotes recovery
• Helping hand to someone in recovery without judging them for their past actions
• Small acts of kindness can have a ripple effect in breaking stigma
• Understanding nature of employers expectations
• Understanding potential and limits of person in recovery

Building personal recovery capital
WHY IS RECOVERY CAPITAL IMPORTANT?

Social capital –
intimate relationships, family relationships and social relationships that are supportive of recovery efforts.

Physical capital –
physical health, financial assets, health insurance, safe and recovery-conducive shelter, clothing, food, and access to transportation

Human capital –
values, knowledge, educational/vocational skills and credentials, problem solving capacities, self-awareness, self-esteem, self-efficacy (self-confidence in managing high risk situations), hopefulness/optimism, perception of one’s past/present/future, sense of meaning and purpose in life, and interpersonal skills.

Cultural capital –
active efforts to reduce addiction/recovery-related stigma, visible and diverse local recovery role models, a full continuum of addiction treatment resources, recovery mutual aid resources that are accessible and diverse, local recovery community support institutions (recovery centers / clubhouses, recovery homes, recovery ministries/churches), and sources of sustained recovery support and early re-intervention (e.g., recovery checkups through treatment programs, employee assistance programs, professional assistance programs, drug courts, or recovery community organizations)
A significant number of people with addiction are involved in various forms of education and employment every year.

Greater motivation and interest of people in recovery, especially for completing secondary education and in general for all types of education and trainings.

Increased development of associations that encourage social entrepreneurship for people in recovery, which has encouraged self-employment of people in recovery.

Models of cooperation at the local community level have been established between civil society organizations and state institutions.
SOCIAL INTEGRATION PROJECT

CHALLENGES

• Lack of sensitivity among employers for employing people in recovery

• Insufficient cooperation and lack of motivation for cooperation of individual stakeholders at the national and local level in the implementation of the Project

• Insufficient representation in the media and lack of sensitivity among the general public for the Project (stigma toward people with a drug addiction is still widespread)

• Lack of involvement of local government in the implementation of project activities (only few local communities are involved in the Project)
CONCLUSIONS

• Employment and importance of personal fulfillment

• Shared responsibility to reduce stigma

• Ghettoisation of people with a drug addiction— a problem that needs to be talked about

• National/local projects that change ecology of recovery

• More people who have recovered from addiction - less stigma
THANK YOU

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