



Milwest Conference on Problem Gambling and Substance Abuse

# Working in the Gray:

*Supporting Recovery When the Path Isn't Clear*



**Stephanie Fillmore**  
Executive Director | Friends of Recovery Association  
Person in Long-Term Recovery • January 15, 2016



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### Quick Poll

What is the biggest barrier to recovery?

A. Housing	B. Employment	C. Transportation
D. Mental Health	E. Stigma	F. Other

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### Spoiler Alert

## They're All Connected

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graph TD
    Housing[Housing] --- Recovery[Recovery]
    Housing --- Employment[Employment]
    Housing --- Transportation[Transportation]
    Recovery --- MentalHealth[Mental Health]
    Employment --- Transportation
  
```

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### The Myth of Linear Recovery

Recovery Doesn't Look Like This:



Recovery Usually Looks Like This:



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### Relapse ≠ Failure

Relapse Is Information

*Not A Moral Failure*

*"Sometimes we needed to do more research."*

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### Why Relapse Happens



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### Employment Matters

Employment Creates:

- Purpose
- Income
- Structure
- Confidence



Slide 3 Working on the Bus

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### The Employment Catch-22



Need A Job

Need Housing

Need Stability

Need A Job

Systems barriers often work against recovery

Slide 4 Working on the Bus

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### Transportation Matters

- Missed Appointments
- Missed Meetings
- Missed Work
- Missed Opportunities



Slide 5 Working on the Bus

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### Mental Health Matters

Co-Occurring Disorders Are Common

**What We See**

- Substance Use
- Gambling
- Missed Appointments
- Relapse
- Behavior

**What We Don't See**

Depression • Anxiety • Trauma

Grief • Stress • Childhood Adversity



Treat the whole person.

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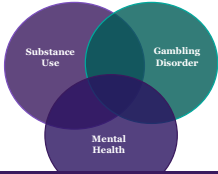
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### Gambling, Substance Use & Mental Health



- Shared Stigma
- Shared Isolation
- Shared Barriers
- Shared Recovery Principles

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### Case Study Activity

**Meet Our Client:**

- Recently Sober
- No Transportation
- Felony Record
- Anxiety
- Unstable Housing

**Discussion Questions:**

- 🔍 What barriers exist?
- 🌟 What strengths exist?
- 🏠 What resources exist?

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**What Actually Works**

- Peer Support
- Recovery Housing
- Connection
- Employment
- Community
- Hope



Slide 1: Working on the Way

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**People Don't Change  
On Our Timeline**

*Multiple Relapses • Multiple Opportunities • Multiple Years Sober*

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**Recovery Is Happening**

*Yard By Yard  
It's Just Too Hard*

**Inch By Inch  
It's A Cinch**



Slide 1: Working on the Way Mother regaining custody -- Recovery happens one step at a time.

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# Motivation Is Not The Starting Point

Action Often Comes Before Motivation

*Key takeaway for your practice.*

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## Language Matters

Instead of...	Try...
"Addict"	Person with SUD
"Failed Treatment"	Return to Use
"Drug Abuse"	Substance Use Disorder
"Clean"	In Recovery
"Relapsed"	Had a Setback

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## What Can You Do Monday?

**1**

Change One Piece Of Language

**2**

Remove One Barrier

**3**

Create One Connection

*Write it down.*

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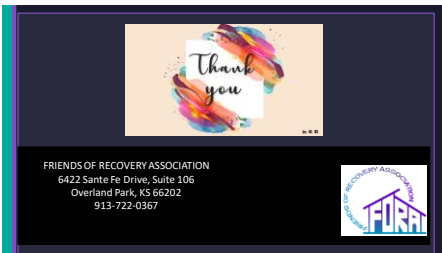
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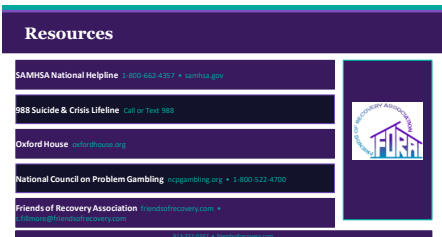
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