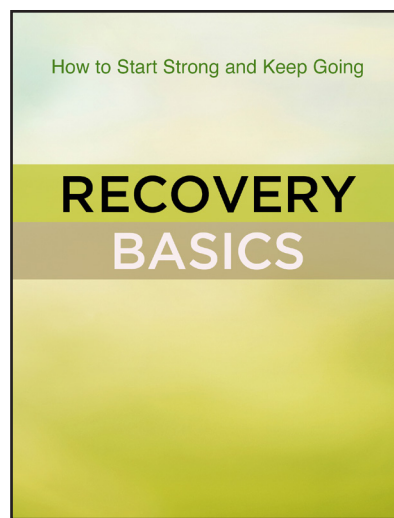


---

# RECOVERY BASICS

*How to Start Strong and Keep Going*



## SCOPE AND SEQUENCE



For more information about this program,  
visit [hazelden.org/bookstore](http://hazelden.org/bookstore) or call 800-328-9000.

### **Purpose of the Video**

The purpose of the *Recovery Basics* video is to address some of the common issues that people experience when they are in early recovery and to encourage the learner to begin to build a healthy recovery program. Through interviews with a subject matter expert and people who have been successful in recovery, *Recovery Basics* introduces early recovery topics along with discussion questions that prompt the learners to apply the topic to their lives. The video comes with digital files, which include a facilitator guide and handouts for clients.

### **What Is the Theory Supporting *Recovery Basics*?**

*Recovery management* describes the shift from acute (one-time) intervention toward education and support for ongoing, lifelong recovery. According to the Substance Abuse and Mental Health Services Administration (SAMHSA), recovery is “a process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential.”\* This process begins when a person enters treatment or starts attending a Twelve Step group, and continues throughout his or her lifetime.

### **Why Do We Need Recovery Management?**

*Addiction*, or a *substance use disorder*, is a chronic, relapsing disease—meaning it is a long-lasting condition that can be controlled but not cured. A person with addiction may have symptoms that ebb and flow over an extended period of time. This means that addiction requires an extended focus on improving and then sustaining a person’s motivation to work an active recovery program.

Research shows that the first three to six months after treatment are the most crucial period in the recovery process. It is during this time that relapse rates are at their highest. The transition from clinical care to self-managed care is a critical point in an individual’s recovery, whether their care be residential treatment, intensive outpatient, or another treatment modality. *Recovery Basics* helps smooth that transition by offering a recovery management tool that is easy for providers to use with clients.

The goal of recovery management is to help each client move toward self-management of the disease and achieve his or her optimal long-term outcome: quality and duration of life, achievement of personal goals, and positive impact on family and society.

\*Substance Abuse and Mental Health Services Administration, “SAMHSA’s Working Definition of Recovery: 10 Guiding Principles,” 2012, <https://store.samhsa.gov/system/files/pep12-recdef.pdf>.

### How Could the Video Be Used?

*Recovery Basics* could be used

- with individual clients or in groups
- in treatment settings
- in correctional settings
- in Twelve Step recovery groups
- in continuing care groups
- in other therapeutic settings focused on early recovery skills
- with both adult and young adult clients, as the interviews include success stories from clients ages twenty-one to sixty

The video can be used to complement a core treatment or recovery support curriculum that is already part of your programming. You may also use a particular video chapter on its own to create a dynamic discussion session on any of the included core recovery topics. For example, you might use video chapter 3: *Managing Your Day* in treatment to help clients understand how to apply this skill when they are ready to discharge and return home. You might also use the same chapter in a recovery management program to help clients learn to apply this skill as they actively manage their ongoing recovery.

### Why Buy the Video?

*Recovery Basics* is an inexpensive, flexible tool that health providers can use to enhance:

- **Treatment Effectiveness:** Help your clients get the most out of their treatment experience by teaching essential concepts of addiction as a disease and how to manage lifelong recovery. The video is a great treatment readiness product *and* a recovery management product.
- **Recovery Management:** Improve your long-term treatment outcomes by teaching clients the core skills they need to manage their ongoing recovery during the most critical time—the first three to six months after they leave treatment.
- **Client Education, Engagement, and Motivation:** The *Recovery Basics* video offers engaging and motivating real statements from recovering people of all ages who have struggled and succeeded in learning about their disease and how to manage it. An expert in recovery introduces each topic in easy-to-understand language by explaining essential knowledge and skills from current best practices in the treatment of substance use disorders.
- **Flexible Delivery:** A counselor can facilitate one video chapter in 30 minutes by focusing on that core topic.

- **Ease of Facilitation:** Each video chapter comes with a Quick Start Guide with step-by-step instructions on how to show the video and how to guide a dynamic discussion. It includes video discussion questions and key learning points for the facilitator to reinforce with clients. No training or lengthy preparation is required.
- **Addition of Rich Learning to Existing Treatment Curricula:** Many people are visual learners and are most motivated when relating to success stories from their peers. The *Recovery Basics* video offers a visual/social learning experience that is the perfect complement to enhance the delivery of core treatment curricula.

### Learning Objectives for the Video

After viewing the video, the learners will be able to

- identify the common issues that will need to be addressed in early recovery
- understand the core skills and behaviors needed to be successful in early recovery
- apply the concepts taught in the video to their own lives
- believe that they can be successful in early recovery

### What Does the Video Cover?

The video offers six chapters that cover the topics commonly addressed in the early recovery phase. Each video chapter is approximately 10–13 minutes in length. These video chapters are arranged in a recommended progression, but can be used in any order, depending on the needs and presenting issues of clients. Each video chapter includes a reproducible fact sheet that can be printed and handed out as a resource or read aloud together with the clients.

Each chapter of the video should take approximately 30 minutes to facilitate as part of a dynamic discussion with clients. Note that if you have more than six or seven clients in a group session, the discussion portion of the session may take longer, depending on how actively each client is participating in the discussion.

The following is a list of what clients will learn from each video chapter session.

#### **Chapter 1: Starting Your Recovery** (running time: 10 minutes)

After this session, the client(s) will be able to

- understand *addiction* (also known as a *substance use disorder*) as a chronic disease that can be managed but not cured
- recognize the symptoms of addiction
- recognize the difference between addiction and harmful use

- acknowledge the negative effects of drug use as symptoms of addiction
- understand the definition of *recovery*

*This chapter includes a fact sheet: “Addiction.”*

**Chapter 2: Preventing Relapse** (running time: 13 minutes)

After this session, the client(s) will be able to

- practice positive ways of dealing with cravings or urges to use
- understand relapse as a process
- identify and avoid triggers and high-risk situations that can lead to relapse
- respond to a relapse (if it happens) and get back on track quickly

*This chapter includes a fact sheet: “Relapse.”*

**Chapter 3: Managing Your Day** (running time: 12 minutes)

After this session, the client(s) will be able to

- plan healthy routines that support their recovery
- identify and plan to avoid their high-risk situations and triggers
- identify opportunities to include sober fun in their routine
- know when and how to talk about recovery with people at work or school

*This chapter includes a fact sheet: “High-Risk Situations.”*

**Chapter 4: Managing Thoughts and Feelings** (running time: 11 minutes)

After this session, the client(s) will be able to

- understand the importance of identifying and feeling emotions
- handle challenging emotions, such as anger, fear, guilt, and shame in healthy ways
- improve mental fitness by learning to recognize and avoid the self-defeating thoughts or beliefs that can derail recovery

*This chapter includes a fact sheet: “Feelings and Addictive Thinking.”*

**Chapter 5: Building Healthy Relationships** (running time: 12 minutes)

After this session, the client(s) will be able to

- utilize Alcoholics Anonymous (AA), Narcotics Anonymous (NA), or other Twelve Step groups
- create a healthy network of friends
- set boundaries by saying “no” to things that don’t support recovery
- understand the process of improving relationships with family members

*This chapter includes a fact sheet: “Alcoholics Anonymous (AA).”*

**Chapter 6: Keep Going** (running time: 12 minutes)

After this session, the client(s) will be able to

- understand how recovery will help them reach their goals
- practice the key components that will make their recovery a priority
- experience gratitude and keep learning by helping others in recovery
- believe that recovery can improve their life

*This chapter includes a fact sheet: “Gratitude.”*