

# Never the SAME: Self-Assessment Materializes Empowerment



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# ABOUT ME



- Founder/CEO of Engage Recovery
- Director of Scholastic Recovery at APNC
- Former Founding Program Coordinator of ECU's Collegiate Recovery Community
- Former Substance Use Counselor at PORT Health Services

# OBJECTIVES

- Attendees will identify the main components of the **Recovery Oriented System of Care**.
- Attendees will be able to assess the **barriers to accessing Recovery**.
- Attendees will identify the **cultural impact of SMART Recovery** and other pathways of recovery.

# #NEVERTHESAME



**“Now is the time  
for true courage.”  
- Bree Newsome**

# SELF-ASSESSMENT

*“The act or process of analyzing and evaluating oneself or one's actions.”*



# STORY OF “JOHNNY”



# BARRIERS TO RECOVERY

- Access
- Availability
- Attitudes



# THE HEALING FOREST

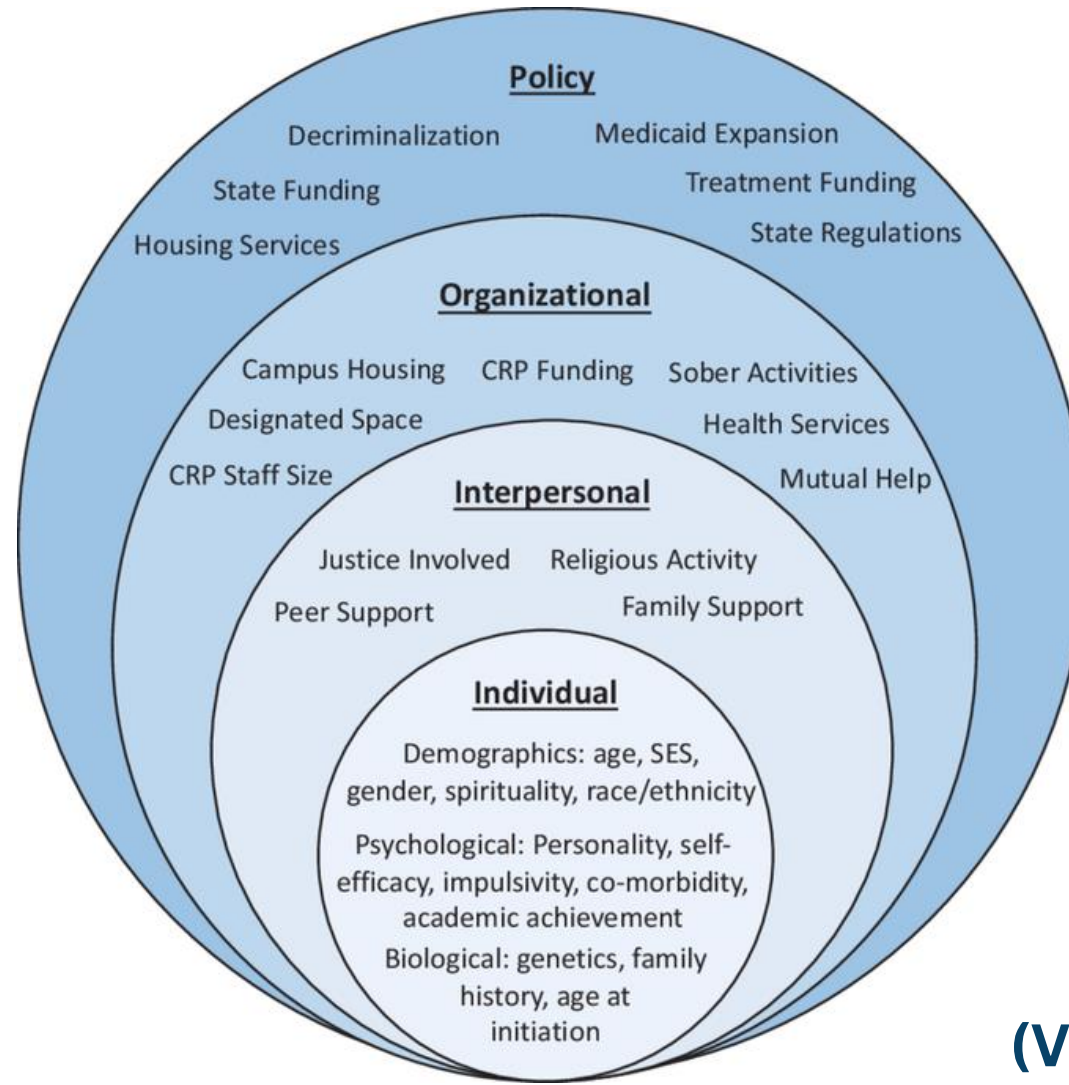
**“It's time we began  
to not just treat  
individual trees,  
but to begin to treat  
the soil as well.”**

**-Don Coyhis**



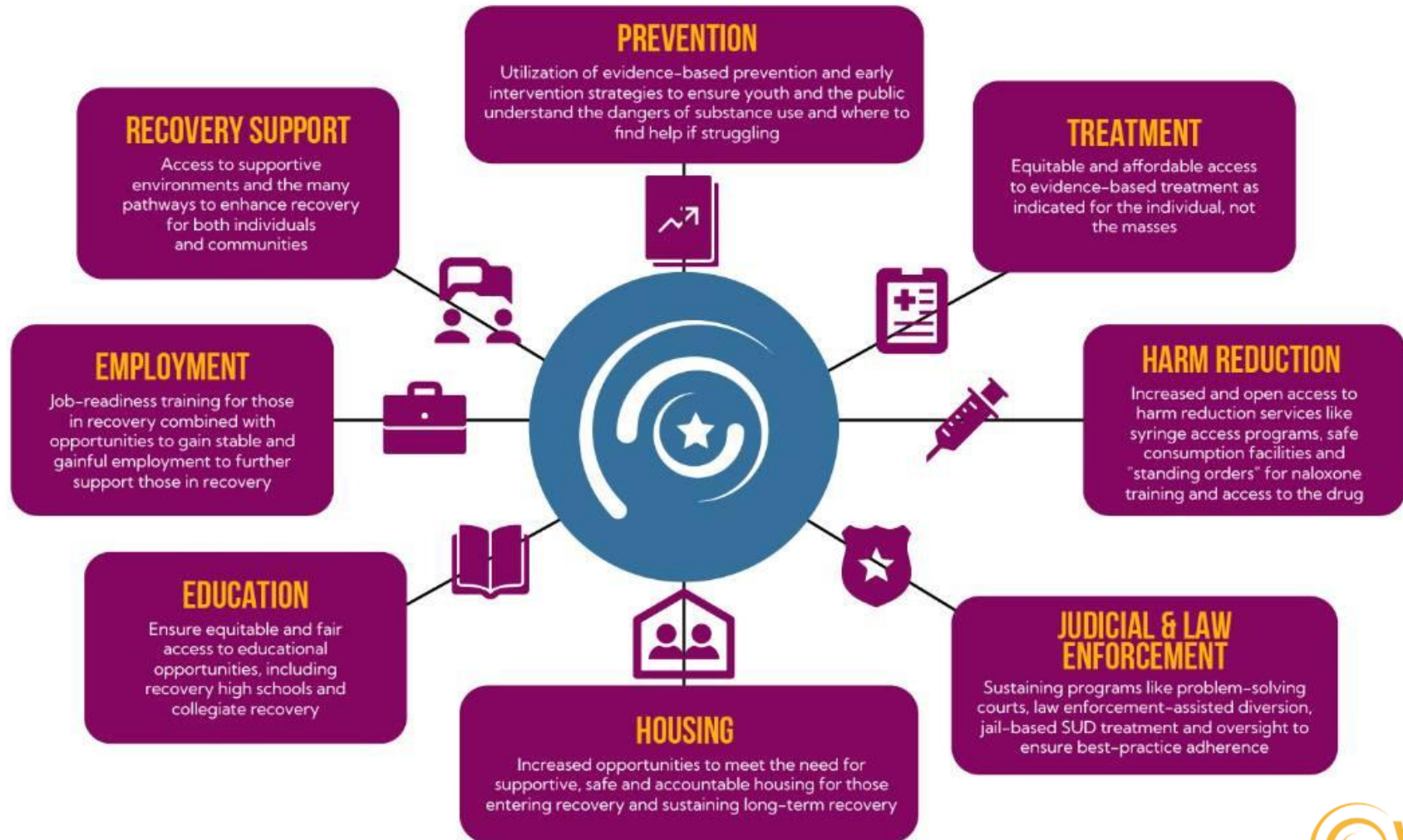


# THE HEALING FOREST

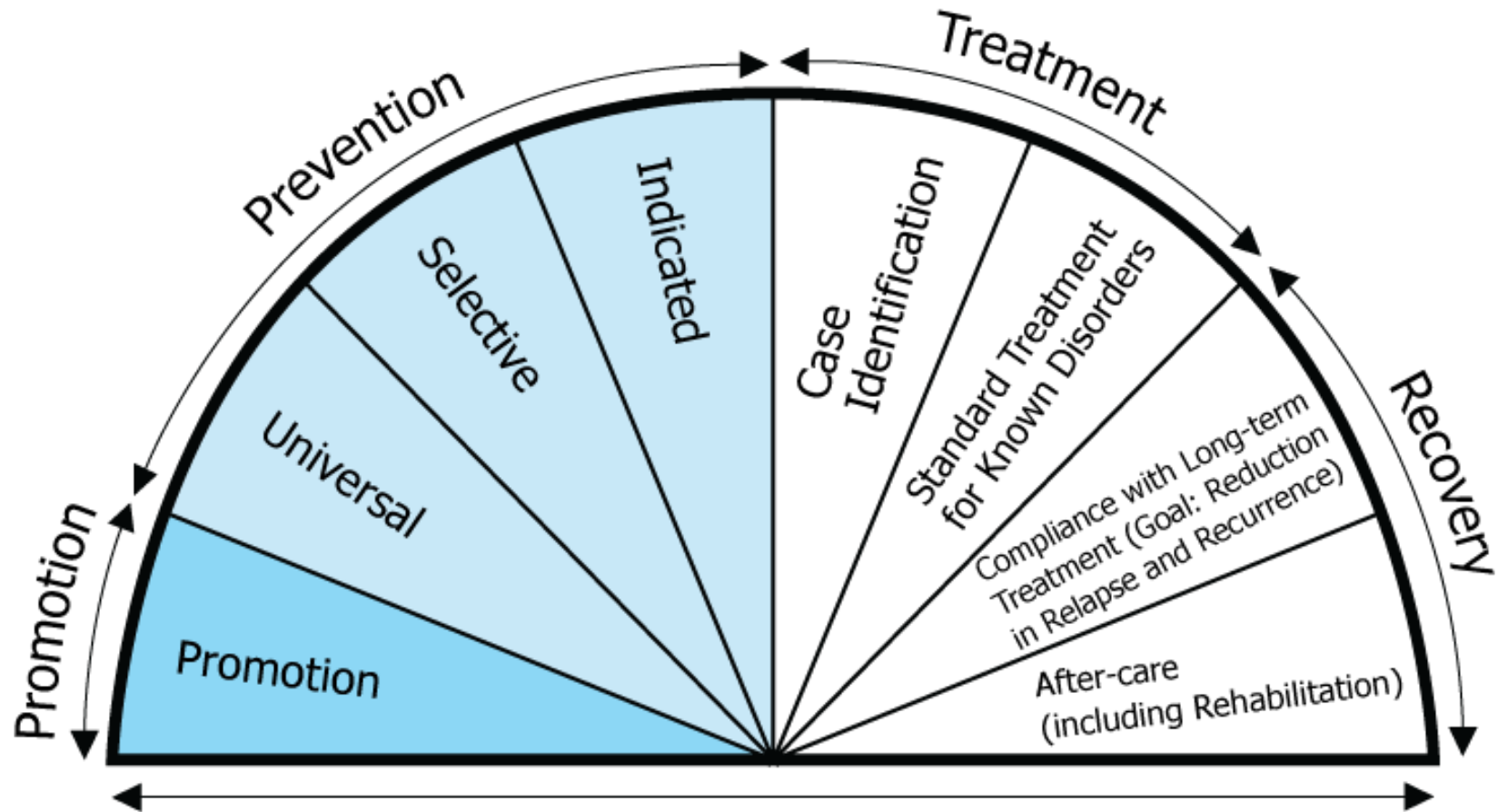


(Vest, et. al, 2022)

# THE HEALING FOREST

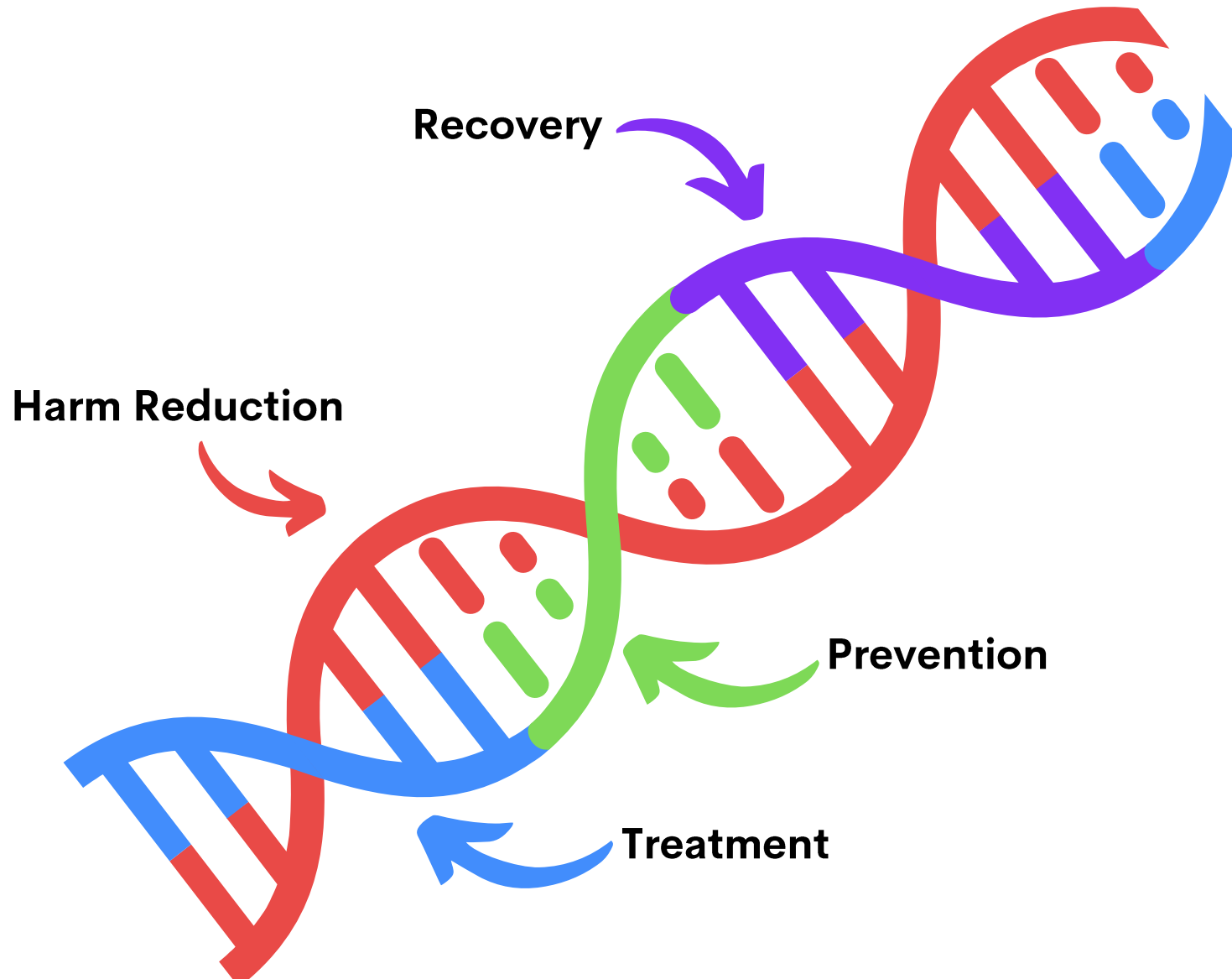


# THE CONTINUUM



**SAMHSA**  
Substance Abuse and Mental Health  
Services Administration

# RETHINKING THE CONTINUUM



# RETHINKING RECOVERY

- Collaboration
- Compassion
- Courage



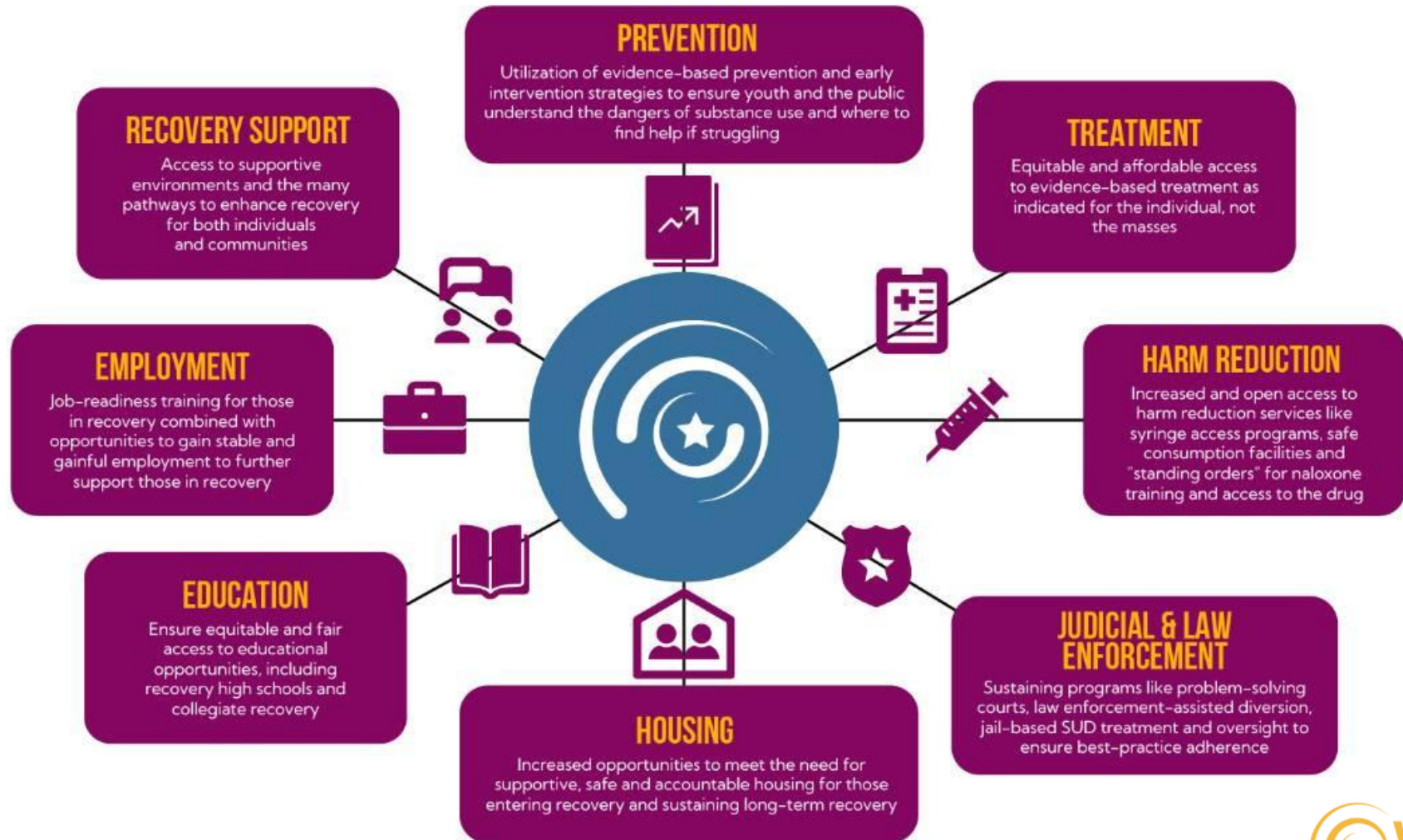
# COLLABORATION

**“Collaboration is the  
key to transformation.”**





# COLLABORATION





# COMPASSION



**“My hope is that the current compassion movement for people with addiction will continue to grow, that people with active addiction will be as valued as people in long-term recovery.  
-Dr. Nzinga Harrison**

# COURAGE



**“Integrity is choosing  
courage over comfort.”**

**-Brene Brown**

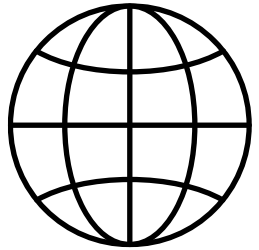
# #NEVERTHESAME

- Empowering Yourself
- Empowering Others
- Empowering the World

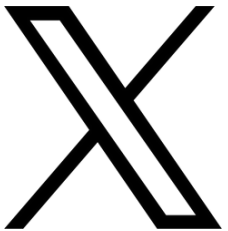
# QUESTIONS



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