Defining "recovery":
the people speak

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4. Social identity, abstinence, and life satisfaction
5. Smart phones, apps, and continuing care for teens
6. Does using both alcohol and marijuana together impact the brain differently than either alone?
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8. Using mindfulness to treat SUDs
9. Alcohol consumption and risk of injury

We want to wish our readers a happy and safe holidays.

Best wishes.

John F. Kelly

Director, MGH-Harvard Recovery Research Institute

Check out the new and improved Recoveryanswers.org

Missed an edition of the newsletter? Archived newsletters are available here!
This issue contains a Q & A with world renowned recovery author and speaker, William L. White.

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**Defining "recovery": the people speak**

Creating a definition for recovery. Elements that define recovery: the experiential perspective

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**Can genetics influence how quickly the brain recovers from alcohol dependence?**

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**Recovery Stories**

"I now know about the disease of addiction."

- Paula, 45 years old, 5.5 years in recovery

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**Dr. A's Blog:**

"Round out this year of building and open the doors to the newfound rock-solid recovery structure and enjoy the strength and joy of helping others."

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Genetic and behavioral determinants of hippocampal volume recovery during abstinence from alcohol

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Breaking good: breaking ties with social groups may be good for recovery from substance misuse

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Bringing social psychology into the recovery conversation: A study of social identity, abstinence, and life satisfaction.

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Smart phones and continuing care apps for adolescents may go hand in hand
A pilot study to examine the feasibility and potential effectiveness of using smartphones to provide recovery support for adolescents

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Anti-addiction medication and treatment outcome. Does compliance matter?

Systematic evaluation of "compliance" to prescribed treatment medications and "abstinence" from psychoactive drug abuse in chemical dependence programs: data from the comprehensive analysis of reported drugs

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How does alcohol use, marijuana use, or both together impact the adolescent brain?
Heavy alcohol use, marijuana use, and concomitant use by adolescents are associated with unique and shared cognitive decrements.

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Do drug dependent patients attending Alcoholics Anonymous rather than Narcotics Anonymous do as well?

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Attending Alcoholics Anonymous versus Narcotics Anonymous for drug dependent patients

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Mindfulness as a treatment for substance use disorder
Relative efficacy of mindfulness-based relapse prevention, standard relapse prevention, and treatment as usual for substance use disorders: A randomized clinical trial

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Just a few? Investigating the relationship between number of drinks and risk of physical injury

Relative risk of injury from acute alcohol consumption: modeling the dose-response relationship in emergency department data from 18 countries

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**Introducing our Advisory Board:**

**Susan Broderick**

Susan Broderick joined Georgetown University’s Center for Juvenile Justice Reform (CJJR) in October of 2008 as a
Research Professor and Project Director. As Project Director for CJJR's MacArthur Foundation's Models for Change Initiative, Susan's work focuses on supporting the active participation of prosecutors in the Models for Change juvenile justice reform efforts. Susan has worked as an Assistant District Attorney in the Manhattan District Attorney's Office from 1989 until 2003. During that time, she was assigned to domestic violence, homicide and sex crimes cases. In 2000, she was appointed Deputy Bureau Chief of the Family Violence and Child Abuse Bureau and later joined the staff at the National District Attorney's Association's National Center for the Prosecution of Child Abuse. In 2006, she was appointed Director of the Juvenile Justice Program and was named Interim Director of APRI, NDAA's Research and Development Division. As a person in long-term recovery, Susan is committed to improving justice system responses to addiction and recovery. She also serves as an Advisory Board member for both “Reclaiming Futures” and “Young People in Recovery” and supports the work of “Faces and Voices of Recovery” and the Caron Foundation. She has written and lectured on the subject of recovery across the country and internationally.

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