

Recovery processes and milestones: Science-Informed Conceptualizations

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50 years
of criminal justice,
treatment, and
public health,
approaches



Clinical Course of Addiction and Remission



Can we speed this up?



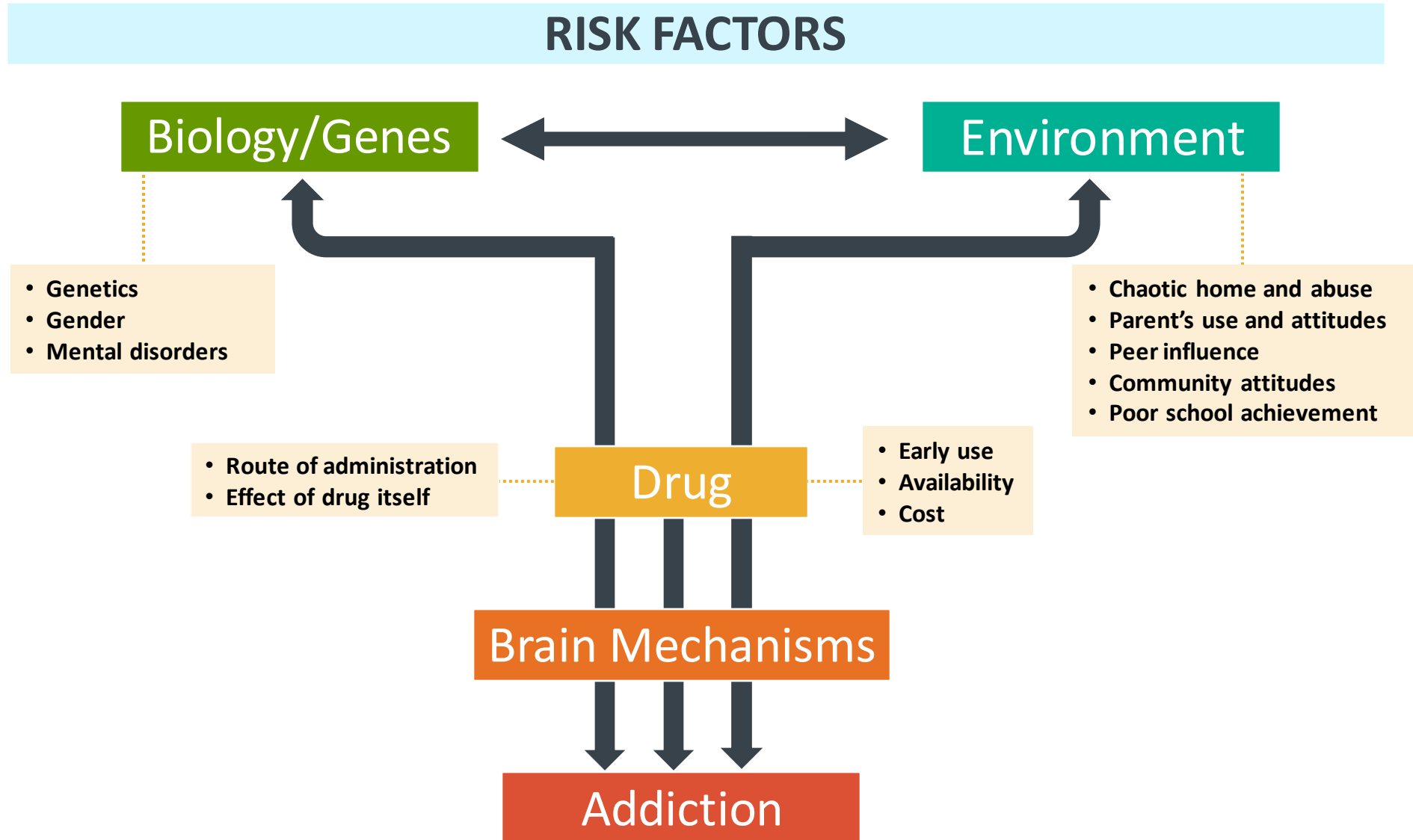
Emergency

Extinguish

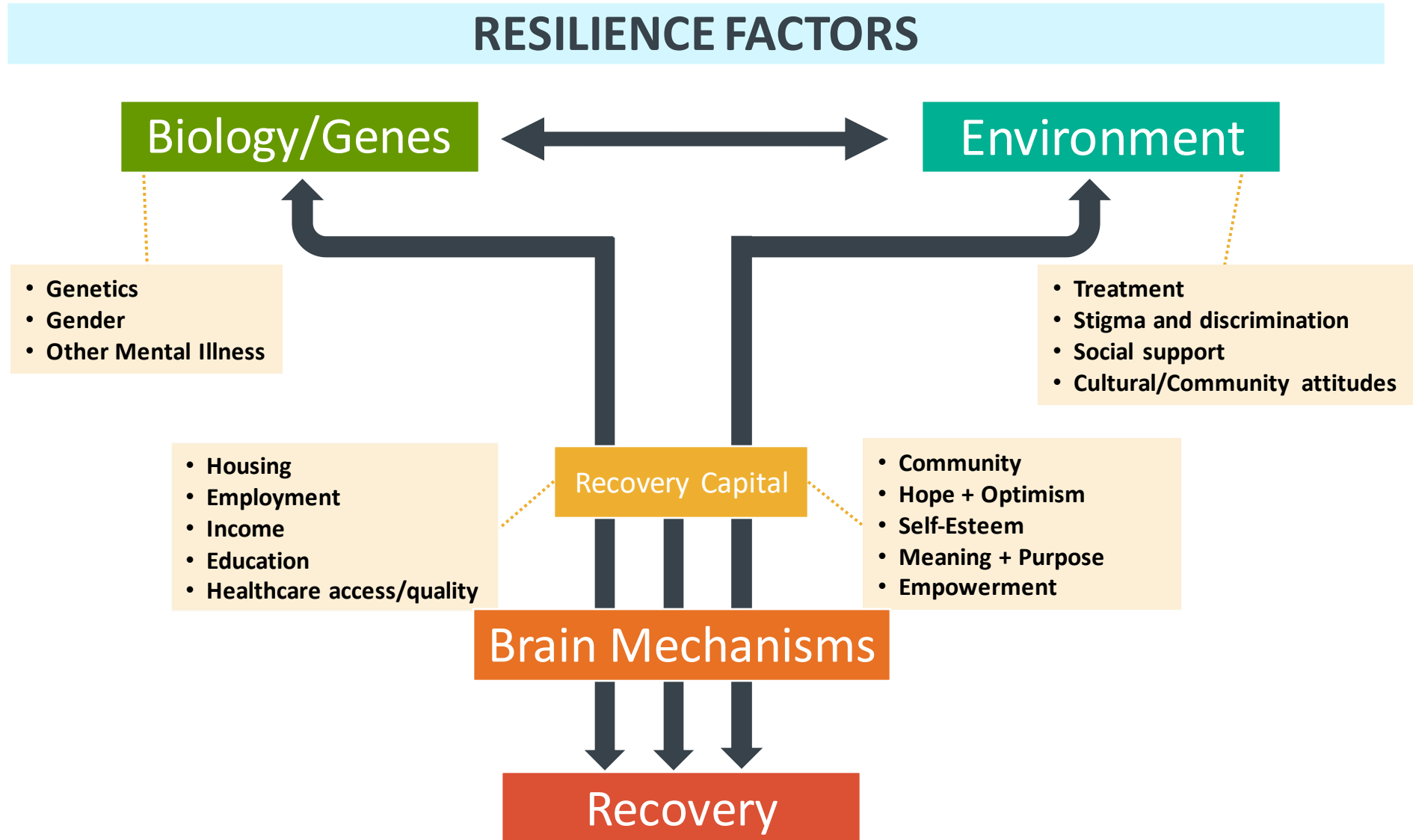
Prevent

Rebuild

ADDICTION IS A COMPLEX DISORDER



RECOVERY IS A COMPLEX DYNAMIC PROCESS



*Four main
reasons why
people start
to use
alcohol/drugs*

Feel good

Feel better

Do better

Others are doing it

*Four main
reasons why
people stop
using
alcohol/drugs*

Feel good

Feel better

Do better

Others not doing it



Hugely increased variety of recovery support options...



Do Fitness Centers Keep people fit?



- Of course!
- If you go -work out regularly
- Perennial challenge is engaging and retaining people in some kind of ongoing exercise regimen...
- Fitness Centers thus provide not just one, but array, of different classes, spaces, equipment, pools, and courts, so people can find something appealing...



Do Recovery Support Service Organizations Keep people fit for recovery?



- Of course!
- If you go and if you work the recovery program and build elements in to your lifestyle (like exercise)
- The perennial challenge is engaging and retaining people in some kind of ongoing recovery support service ...
- Recovery support services, however, have been largely historically limited to one variety (12-step) severely limiting options to engage and retain people in an ongoing recovery support service that can help mitigate relapse risk
- This is tantamount to a fitness center having ONLY a weight room, or ONLY a pool etc...

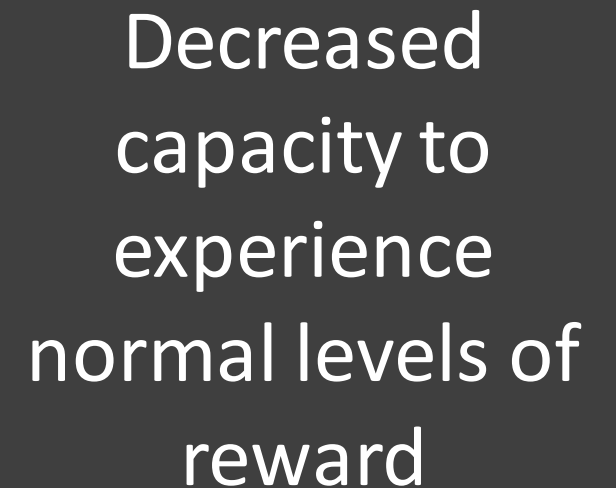
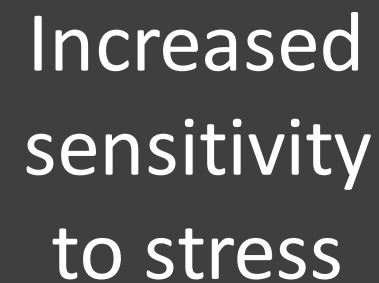




“Quitting is
easy, I’ve done
it dozens of
times”

- Mark Twain





How Organisms Recover

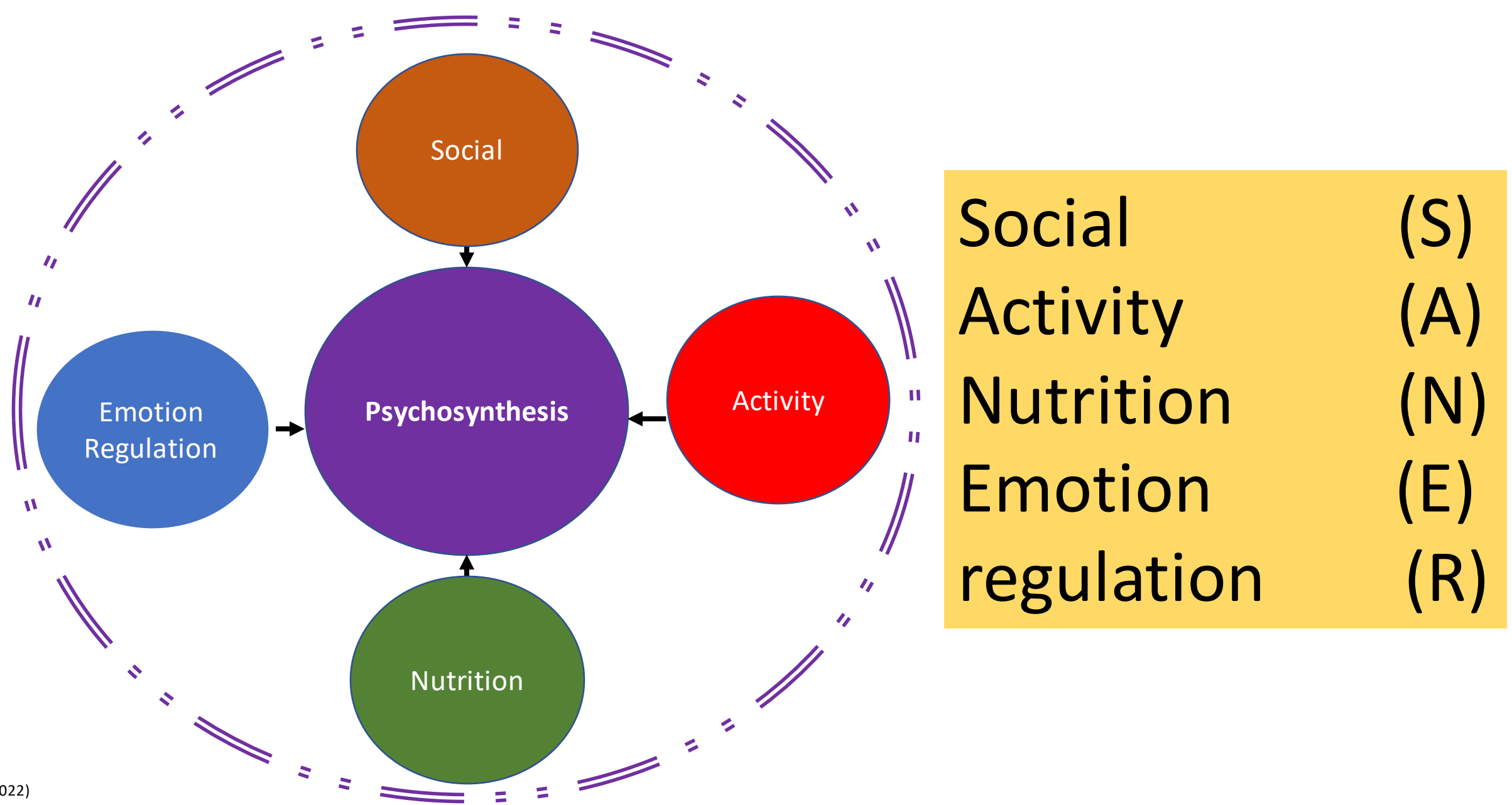


Photosynthesis



Psychosynthesis

Psychosynthesis: A Social Activity Nutrition Emotion Regulation (SANER) Approach to Recovery



Recovery Milestones

- ◆ Initial 0-3m
- ◆ Early 4-12m
- ◆ Sustained 1-5yrs
- ◆ Stable 5+yrs



What do we know about recovery milestones and trajectories?

Relevant to
inform answers
to Questions
regarding
Treatment and
Recovery
Support
Services...

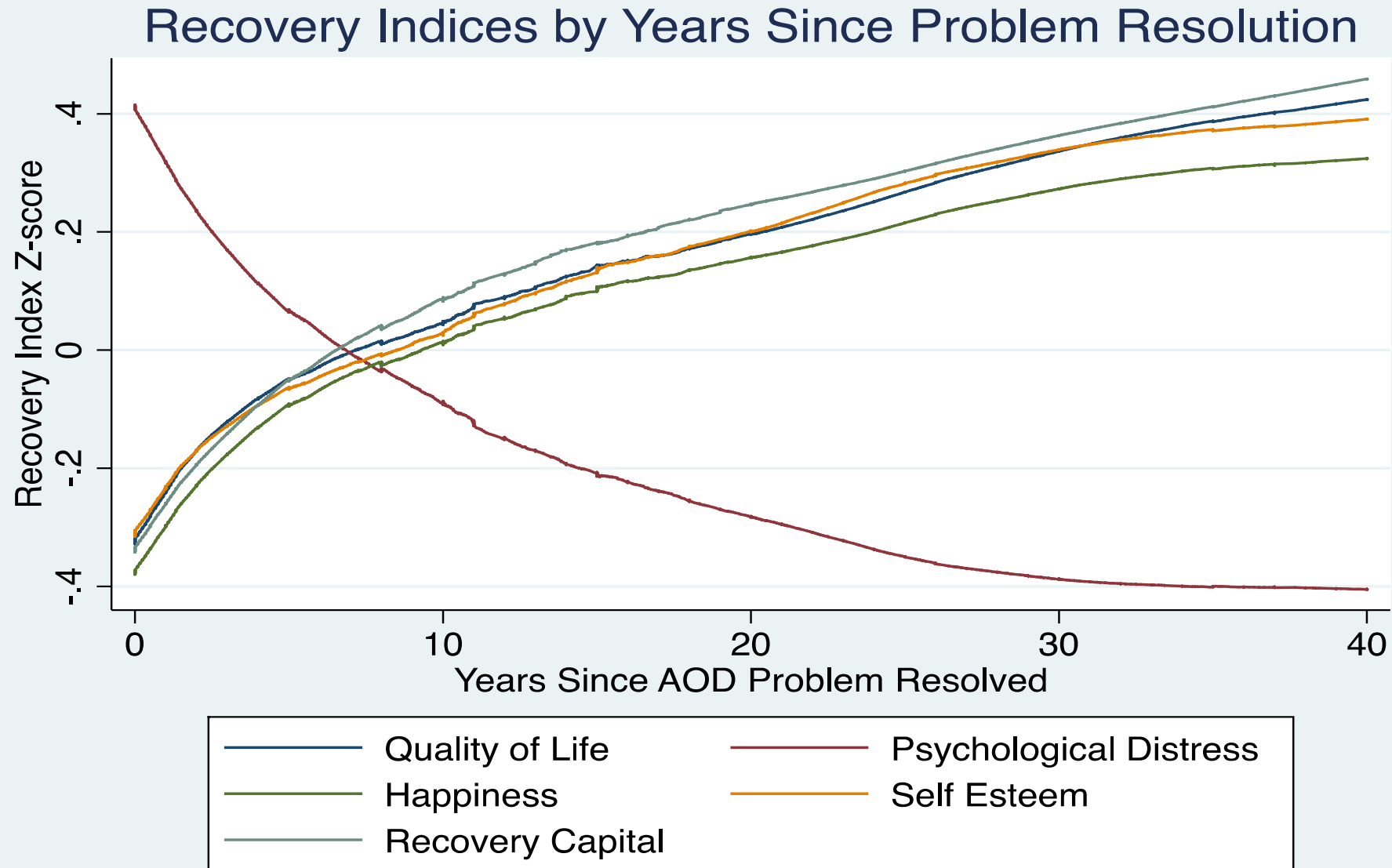
Who needs what type of service?

When in their recovery?

For what duration?

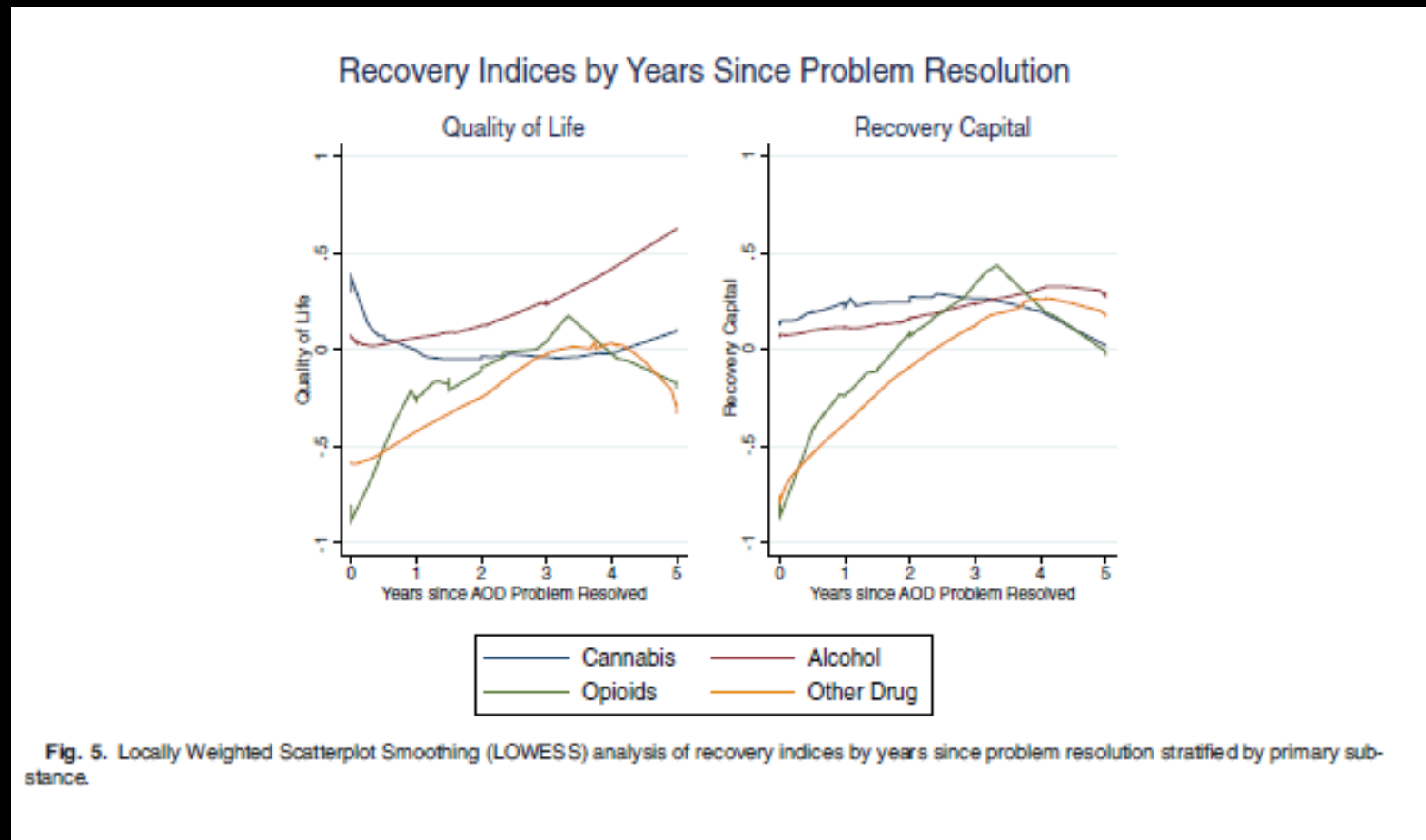
At what intensity?

40-Year Time Frame of Recovery Trajectories

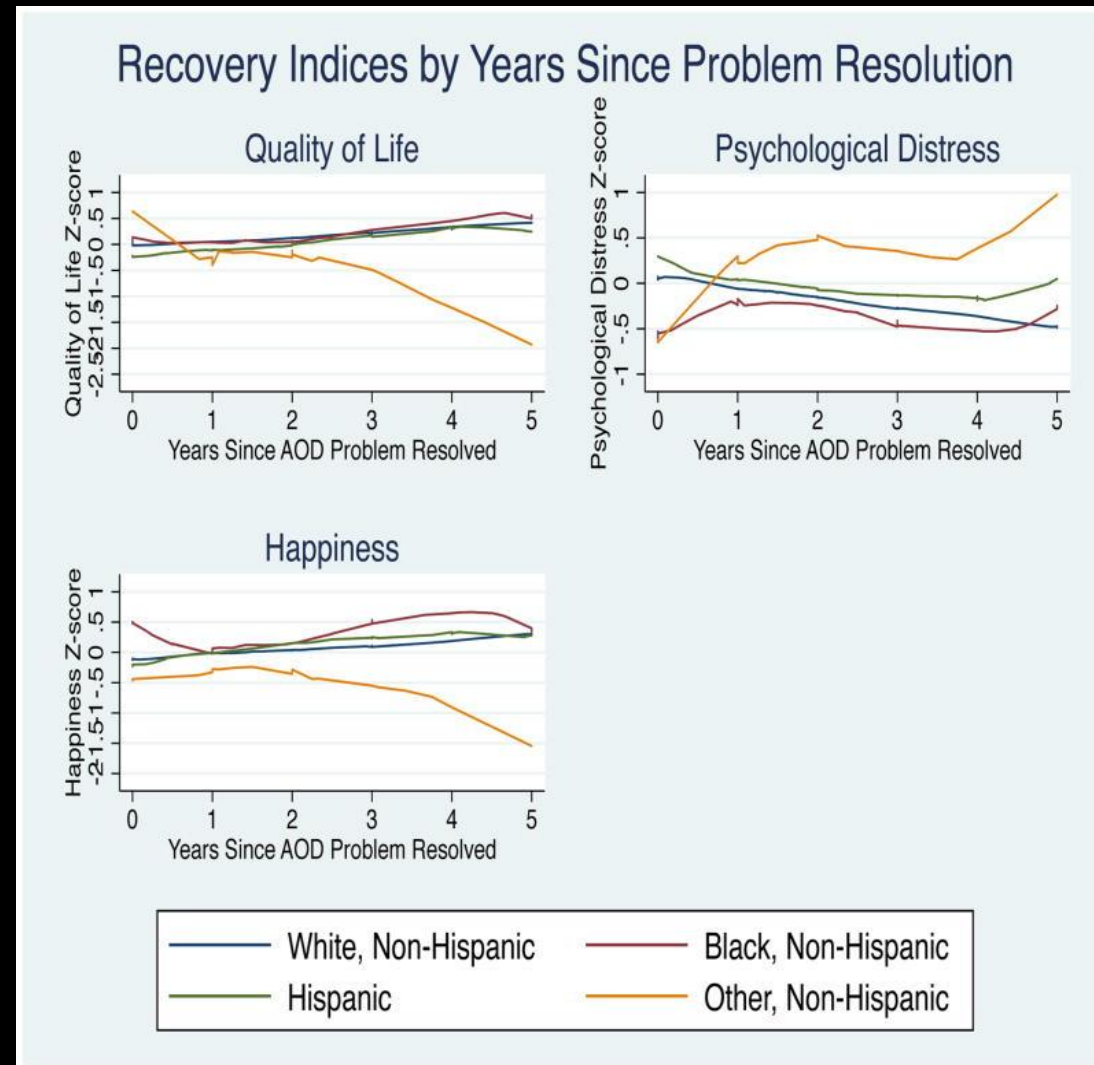


National
Recovery Study
(NRS)
N=2,002

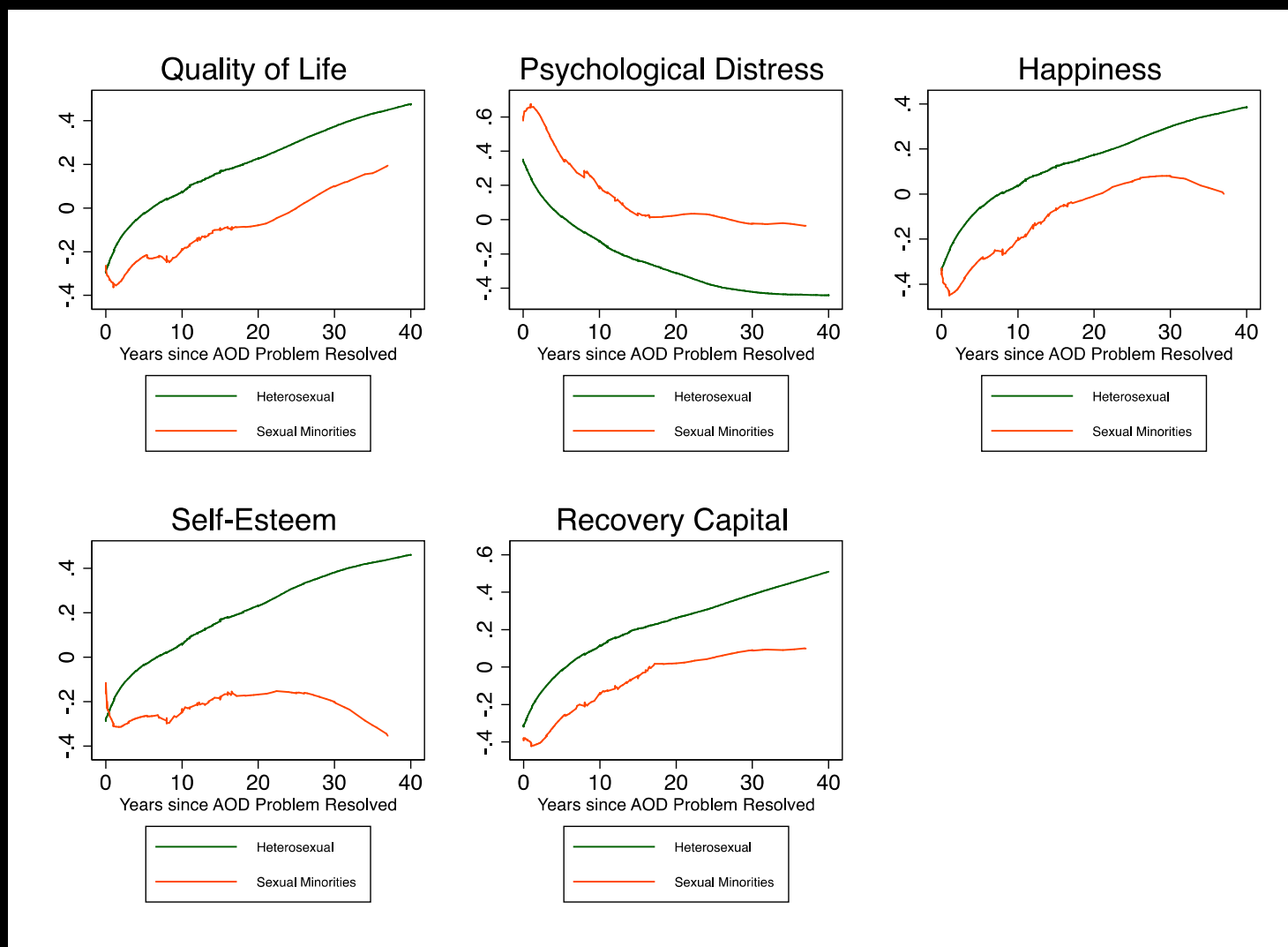
Changes in Recovery Capital and Quality of life Among Different Primary Substance Groups in first 5 yrs of Recovery



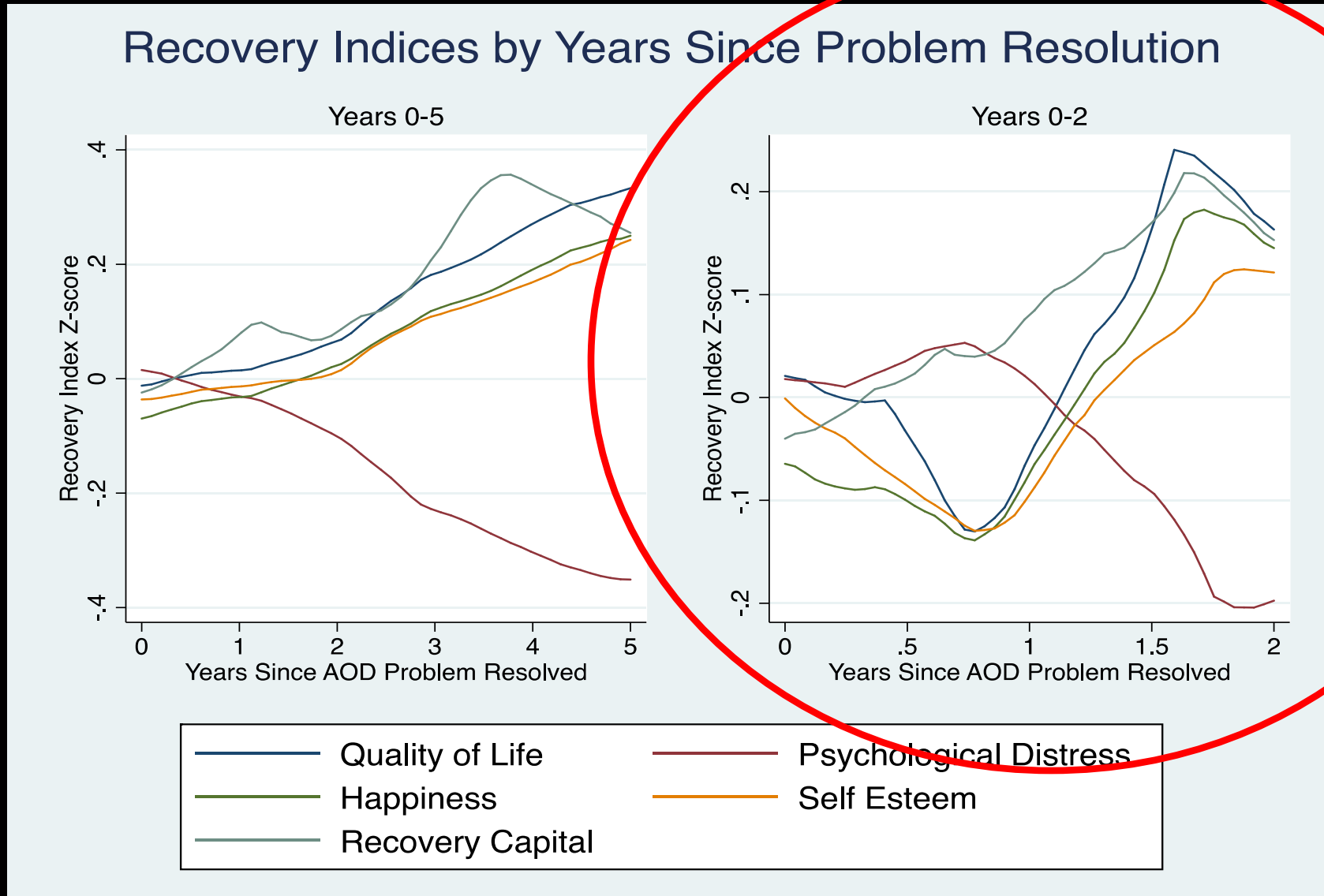
Changes in Quality of life, Distress, Happiness Among Different Racial/Ethnic Groups in first 5 yrs of Recovery



Sexual Minority vs Heterosexual Status and Changes in Functional and Well-Being Indices - 40 yr. temporal horizon



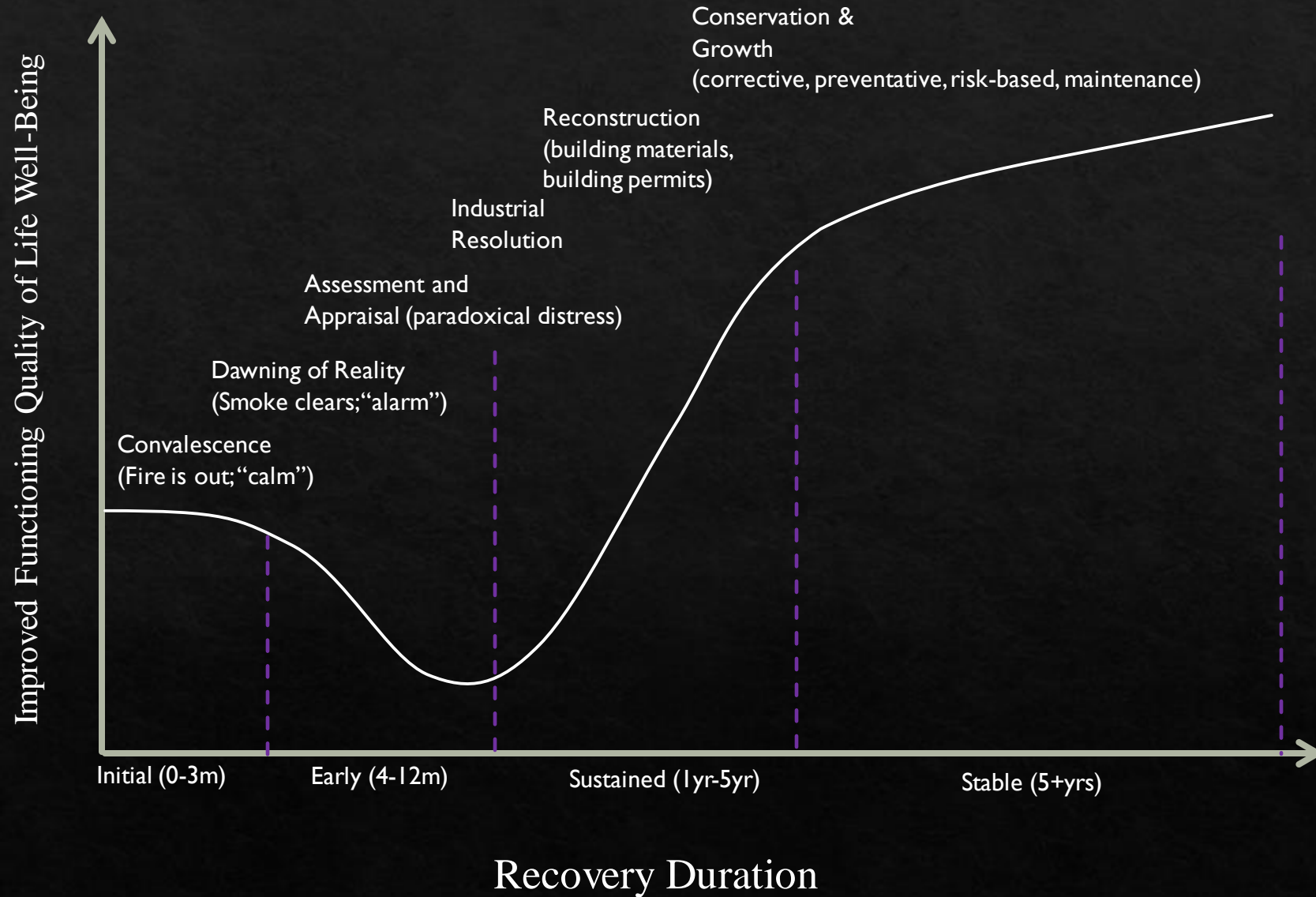
2-yr Year Temporal Horizon of Recovery Trajectories





Recovery Curve

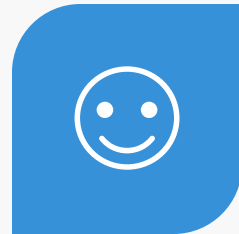
Preliminary Data-Based Recovery Milestones and Tasks...



C.H.I.M.E...



CONNECTION



HOPE AND
OPTIMISM



POSITIVE SOCIAL
IDENTITY



MEANING AND
PURPOSE



EMPOWERMENT

Dynamic Bio-Psycho-Social Model of SUD Recovery

Increasing Resilience

Recovery Stage	Description	Dimension			Predominant Stage Theme
		Biological	Psychological	Social	
<u>Initial (0-3m)</u> Convalescence	Treatment; medical management/ monitoring; oversight; social support/ attention; (<u>Fire is out</u>)	Safety Metabolic stabilization Acute withdrawal management	Relief; liberation; hope; subjective calm	Disclosure ; obtaining recovery-specific social support; relinquish former substance-using network;	Hope and optimism
<u>Early (4-12m)</u> Appraisal	<u>Dawning of Reality</u> ; <u>Industrial resolution</u> ; “look what I have to clear up/Look what I have to make up”; (<u>Smoke Clears</u>)	Post-acute withdrawal management; Physical Activity/ Nutrition/Sleep (S.A.N.E.)	Subjective alarm Paradoxical distress ; emotion regulation; reduced impulsivity/ improved delay discounting;	Social (re)integration	Connection ; Empowerment ;
<u>Sustained (1-5yrs)</u> Reconstruction	<u>Re-Building</u> Building materials/permit; fireproofing	Post-acute withdrawal management; emerging physical resilience	Self-efficacy Competence Effort/industry	Social identity shifts	Positive self-esteem/positive social identity
<u>Stable (5+yrs)</u> Conservation and Growth	<u>Maintenance</u> (corrective, preventative, risk-based)	Increased physical resilience; robustness	Cognitive vigilance; Gratitude; personal growth	Lifestyle changes	Meaning and purpose

Summary



Past 50 yrs - from “War on Drugs” to “War on the War on Drugs” - shifting emphasis from criminal justice to public health approaches...



Birth of NIH addiction institutes (NIDA, NIAAA) have brought new insights and paradigm shifts including recognition of long clinical course to remission...



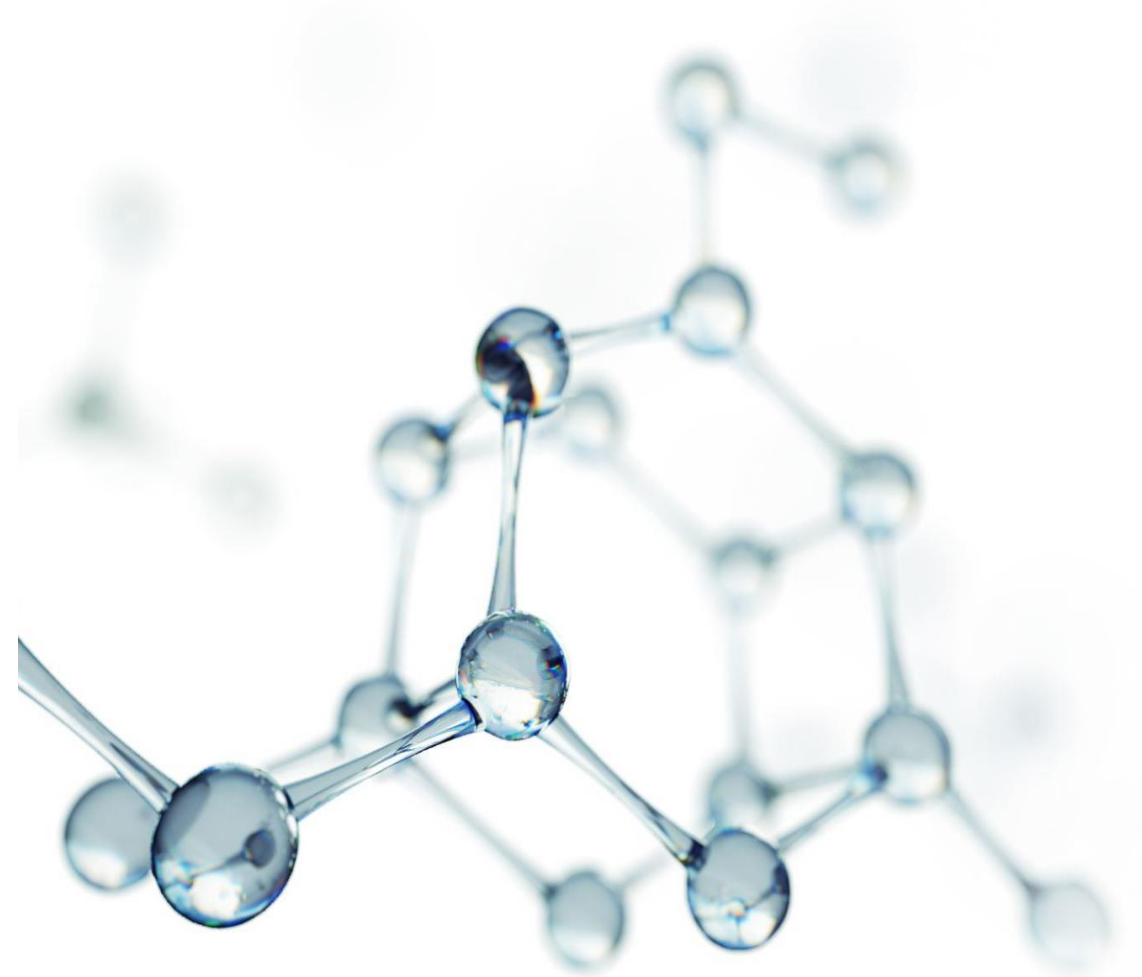
Enhanced awareness of need to mitigate environmental stressors and biobehavioral stress to shorten course to stable remission



Broad array of recovery support services emerged and grown with increasing empirical scrutiny and growing support



Recovery research is revealing dynamic and intersectional nature of recovery process -can help inform who needs what services, when, for how long, and at what intensity





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