



# CELEBRATING MULTIPLE PATHWAYS TO RECOVERY

Honoring Person-Centered Approaches in Substance Use Disorder  
(SUD) Recovery



# INTRODUCTION

Recovery is a deeply personal journey. Recognizing and celebrating multiple pathways to recovery empowers individuals to find the approach that best fits their unique needs, values, and circumstances.



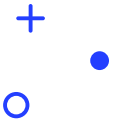
# LEARNING OBJECTIVES

\*Explain why recognizing multiple pathways is beneficial to the individuals we serve

\*Identify at least one group or program as an alternative to twelve-step fellowships, such as SMART Recovery



# WHY MULTIPLE PATHWAYS?



Respects individual autonomy and choice



Increases engagement and retention in recovery



Reduces stigma by acknowledging diverse experiences and needs





# RECOGNITION OF INDIVIDUALIZED RECOVERY NEEDS



## **Personalized Recovery Journey**

Recovery is a unique process tailored to each person's circumstances and goals for better outcomes.

## **Tailored Approaches**

Customized recovery plans consider individual preferences to enhance engagement and effectiveness.

## **Diverse Populations**

Addressing varied needs across populations improves recovery success and inclusivity.

# EMERGENCE OF MULTIPLE PATHWAYS TO RECOVERY

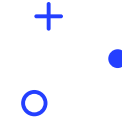




# CELEBRATE RECOVERY

# RACHEL JOHNSON

My name is Rachel Mandigo and I am a grateful believer in Jesus Christ, celebrating 7 years victory over drugs and alcohol. This is a typical introduction at Celebrate Recovery, though substance abuse is not the only issue addressed. My story begins with a normal childhood and even higher education at Western Michigan University. However, through trauma and domestic violence, I spiraled into active addiction, losing my kids, my home, my self-respect, and my dignity. I got clean on October 28, 2018 and Celebrate Recovery is a large part of my journey. Today I have recovered all that I had lost and have an amazing life that I could have never imagined.





# SMART RECOVERY



# ELISHA ASH

1. Elisha has been a Certified Peer Recovery Coach and SMART facilitator since 2017. She has facilitated international and local groups online, in-person and hybrid. She pioneered the protection of multiple pathways as Board president with the Alano Club of Kent County and implemented holistic recovery programming as Women's Recovery Program Manager at Guiding Light during the inaugural year of their women's program. Elisha is currently the Recovery Coach with the Crisis team at OnPoint.



# WRAP: WELLNESS RECOVERY ACTION PLAN



# NICOLE ALDRICH

As a MDHHS Certified Peer Support Specialist and Certified Peer Recovery Coach, Nicole works full-time at OnPoint, Allegan County's CMH, as part of the Recovery Management team. In addition to that, Nicole attends Wayne State University, working towards her Bachelor and participates in the SUPPORT Co-hort at Western Michigan University. Nicole recently organized the first and second annual " Art of Recovery" Recovery Festival in Allegan County. In her free time, Nicole loves to spend time with her family and three boys.



# CONCLUSION

## Individualized Recovery

Recovery approaches vary to meet unique individual needs, reflecting the diversity of experiences in substance use disorder.

## Empowerment through Choice

Allowing individuals to choose recovery pathways fosters empowerment and enhances treatment effectiveness.

## Compassionate Care

Compassionate and flexible approaches improve care outcomes and support sustained recovery.

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# THANK YOU!!!

**KARA TRAINOR, CPSS, CPRC, CHW**

