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# Searching in the Twilight: The Science of Recovery and Support

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## Overview

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- Healing and Recovery
- Impact of Violence and Consequent Addiction
- A New Paradigm
- Emerging Themes of Recovery
  - Moments of transformation
  - Sustaining recovery
  - Challenges to recovery
- Where Do We Go From Here?

## Healing and Recovery

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- “A life in the community for everyone...building resilience, facilitating recovery.”
- Paradigm shift to human experience
- Healing and curing
- Process vs. outcome
- Many paths to recovery
- Elements of recovery

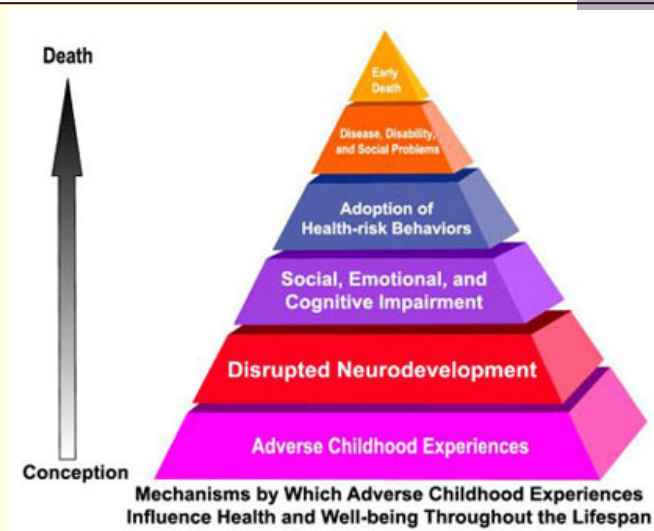
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“Violence changes everything...”

## Adult Consequences of Childhood Trauma

- Substance use and addictions
- Mental health problems
- Risk behaviors
- Health problems
- Early death

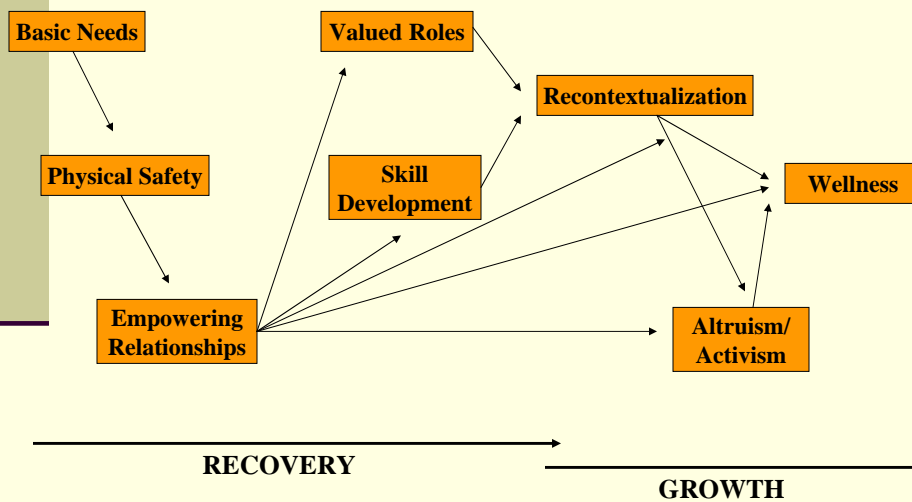
## ACE Study



## Information Sources

- SAMHSA Women, Co-occurring Disorders and Violence study (site-specific ethnographic interviews)
- RECOVER Project experience

## Model of Woman-centered Growth



## Moments of Transformation

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- Cognitive shift
- External influence
- Behavior change

## Cognitive Shift

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- The Possibility of Wellness
- Recognition of the Effects of Trauma
- Forgiveness
- Spiritual Awakening and the (Re)Emergence of Conscience

## External Influences

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- Programs and Professionals
- Children
- Family Members and Others
- Hitting Bottom

## Behavior Change

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- Addiction
- Relationships

## Sustaining Recovery

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- Relationships and Identity
- Practices that Heal
- Treatment

## Relationships and Identity

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- Setting Boundaries and Limits
- Standing Up for Oneself
- Asking for Help
- Accepting and Honoring Limits
- Anticipating the Need for Comfort

## Practices that Heal

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- Expressive Arts
- Techniques to Manage Stress
- Practices for the Physical Self

## Treatment

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- Empathy and Caring
- Validation
- Emotional Safety
- Trauma Groups

## Challenges to Recovery

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- The Cycle of Violence
- When Those Who Mean to Help, Hurt Instead
- The Need for Services Improvements

## The Cycle of Violence

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- Waking Up... and Realizing You Are a Mom
- Taking Care of Your Children and Yourself is Hard
- Protecting Children and Custody Issues
- When the Kids are Hurting, Too
- Breaking Out of the Mold
- Learning New Ways to Parent
- Vital Support from Family
- The Impact of Recovery on Relationships with Children

## When Those who Mean to Help, Hurt Instead

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- Treatment Paradigms
- Poor Practice

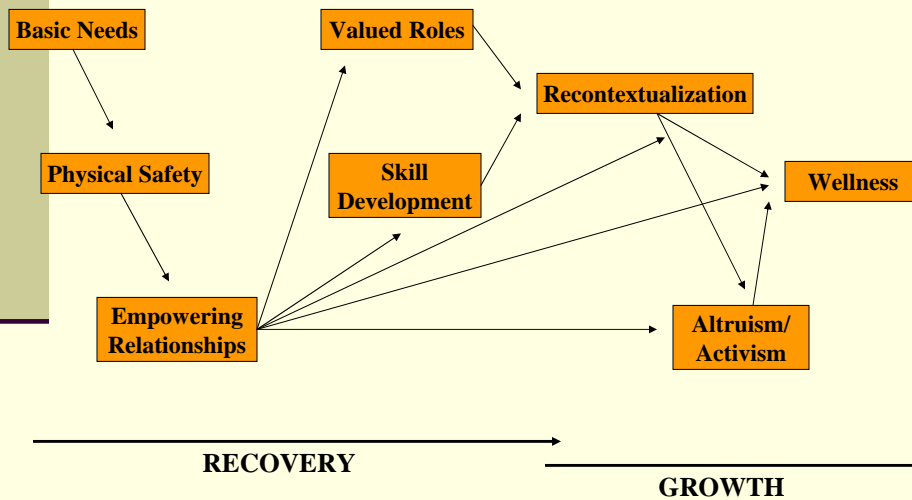
## Need for Services Improvements

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## Where Do We Go From Here?

- Recovery Supports
- Recovery-supportive Treatment

## Model of Woman-centered Growth



## Key Learnings

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- Emerging paradigm of transformation and sustained recovery
- The resources women want and need are mostly informal (treatment providers play a special role)
- Healing and curing are different things
- Addiction; depression, anxiety and other emotional problems; and trauma reactions cannot be disentangled

## Key Learnings

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- Once begun, the transformation is never really complete
- Treatment does not transform, but the individual practitioner may be the catalyst.

## For More Information...

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- For a copy of "It's My Time to Live," contact:

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