



Pathways to Recovery

February 2022

Remembering Marc Johnigan

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From the headlines...

Overdose Deaths Reached Record High as the Pandemic Spread

'It's devastating': how fentanyl is unfolding as one of America's greatest tragedies

Liver Transplants Soar as Some Americans Drink Their Way Through the Pandemic

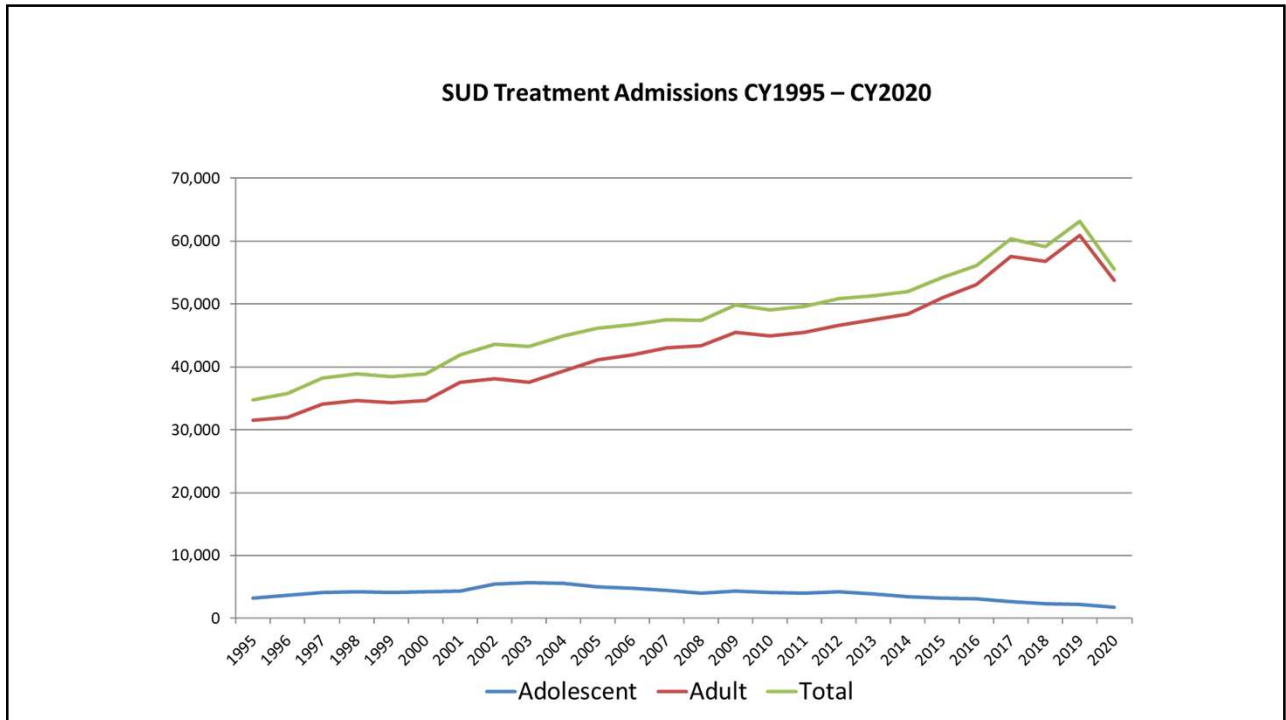
More than a million Americans have died from overdoses during the opioid epidemic

Alcohol consumption during the COVID-19 pandemic projected to cause more liver disease and deaths

Pandemic, stigma a double barrier to health care for people who use substances, says public health expert

New Addiction Stigma Index is a Call to Action for Us and Recovery Advocates Everywhere

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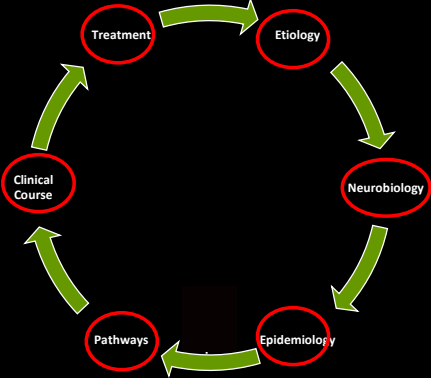
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50 years....
1971-2021



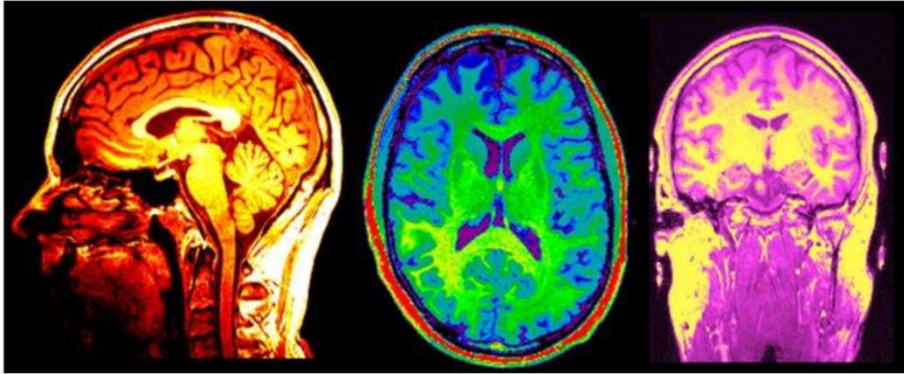
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Past 50 yrs since
declaration of "War on
drugs" led to large-scale
federal appropriations and
a number of paradigm
shifts...



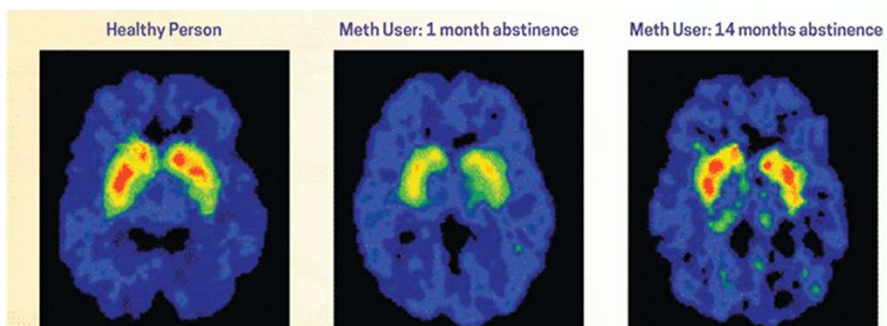
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Neuroscience: Neural plasticity

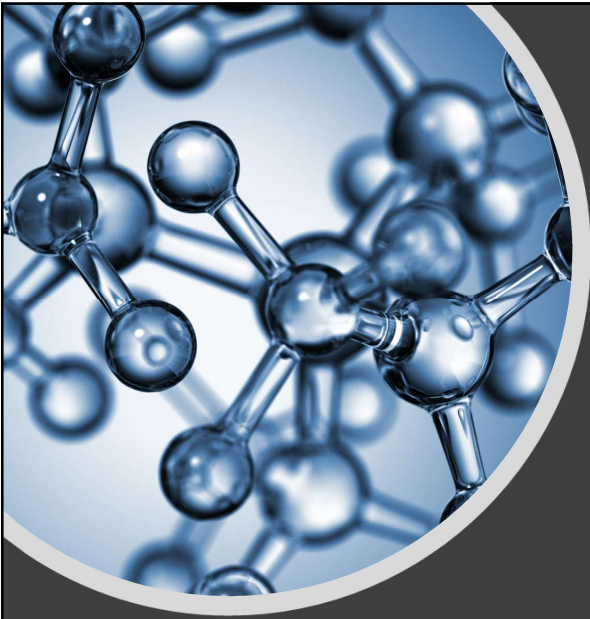


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Changes in the brain with abstinence




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Challenges of Initial and Early Recovery



Increased sensitivity to stress




Decreased capacity to experience normal levels of reward

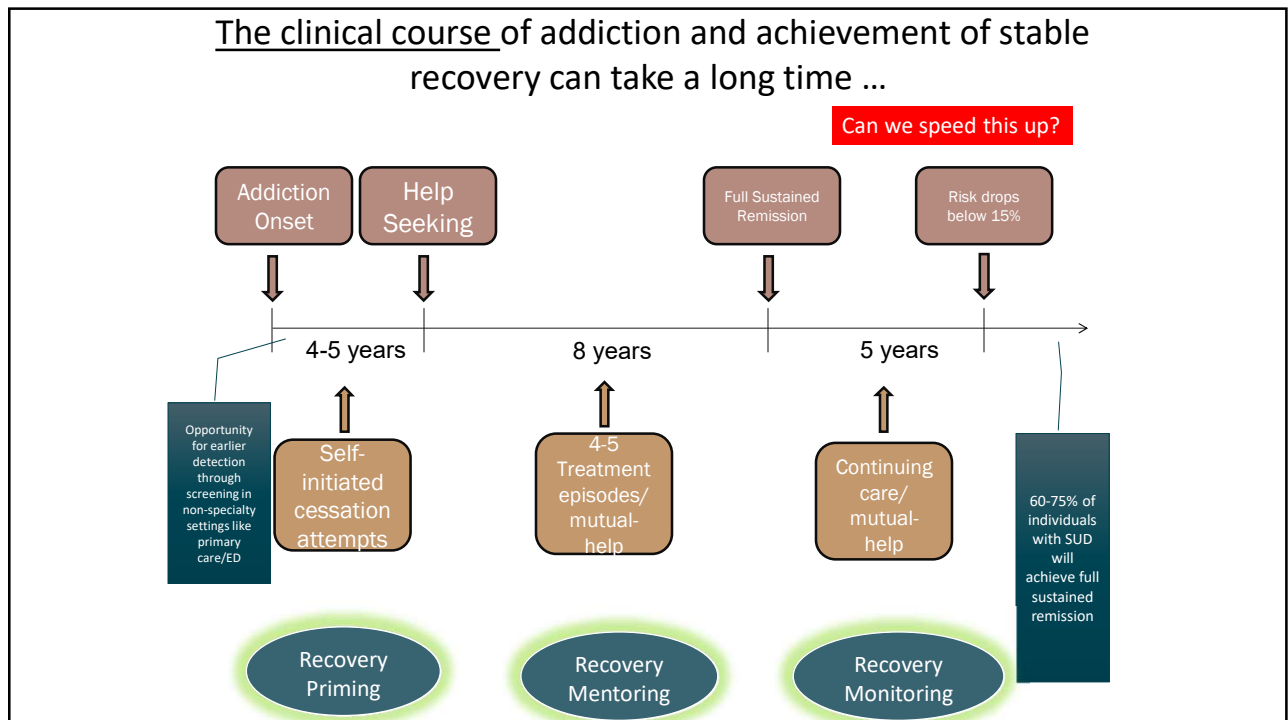
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Post-Acute Withdrawal Phenomena

- Sensitivity to stress
- Memory problems
- Sleep difficulties
- Emotional overreactions/numbness
- Cognitive challenges
- Physical coordination challenges



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50 years of Progress:
Burning building analogy...

- **Putting out the fire** –addressing acute clinical pathology - good job
- **Preventing it from re-igniting (RP)** - emphasized - pragmatic disconnect...
- **Building materials (recovery capital)** – mostly neglected
- **Scaffolding (building skills and support beyond acute stabilization)**
- **Granting “rebuilding permits”** - (removing barriers - neglected)

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More rapid initial achievement
 and maintenance of stable
 remission may occur through
 attending BOTH to clinical
 pathology AND environmental
 and resource
deficits... (“recovery capital”)
 AND legal/other barriers

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Enhancing Recovery Through Science

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In a nutshell - what the bill is about...

- **Article 1 – invest in lives and achieve their desired outcomes**
 - Support sustained recovery after treatment
- **Article 2 – building and retaining our workforce**
 - Keep our interns engaged in providing treatment
 - Hire and optimize the staff needed to do the work
 - Encourage administrative agency to complete rate methodology
 - Keep pace with wages in the care industry
- **Article 3 –direct care staff burnout relief**
 - Provide for reasonable timelines for documentation and reduce duplication
 - Improve access to withdrawal management services

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