TAKING BACK OHIO

PEER TO PEER ACTION PROGRAM
Addiction is defined as a CHRONIC, relapsing brain disease that is characterized by compulsive drug seeking and use, despite harmful consequences. It is considered a brain disease because drugs change the brain; they change its structure and how it works. These brain changes can be long lasting and can lead to many harmful, often self-destructive behaviors.

NIDA
IS ADDICTION A DISEASE?

AMERICAN MEDICAL ASSOCIATION

DISEASE=SYMPTOMS+TREATABLE

ADDICTION=DISEASE
ADDICTION = DISEASE

Addictions symptoms are:

- Physical
- Mental
- Social
- Financial
- Legal
- Spiritual
STAGES OF ADDICTION

STAGES: a point, period, or step in a process or development

1) EXPERIMENTATION
2) RECREATIONAL
3) ABUSE
4) DEPENDENCY
Hijacked

CRAVINGS

CONTROL

CONSEQUENCES
RECOVERY DEFINITION

A process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential.
STAGES OF RECOVERY

1) TREATMENT
2) ABSTINENCE
3) MAINTENANCE
4) ASPIRATIONAL
FIVE ESSENTIALS FOR RECOVERY

✓ Hope
✓ Health
✓ Home
✓ Purpose
✓ Community
Hope, the belief that these challenges and conditions can be overcome, is the foundation of recovery. A person’s recovery is built on his or her strengths, talents, coping abilities, resources, and inherent values. It is holistic, addresses the whole person and their community, and is supported by peers, friends, and family members.
Overcoming or managing one’s disease or symptoms—for example, abstaining from use of alcohol, illicit drugs, and non-prescribed medications if one has an addiction problem—and, for everyone in recovery, making informed, healthy choices that support physical and emotional well-being.
HOME

Having a stable and safe place to live
PURPOSE

Conducting meaningful daily activities, such as a job, school volunteerism, family caretaking, or creative endeavors, and the independence, income, and resources to participate in society or becoming a PEER RECOVERY SUPPORTER
Community

Having relationships and social networks that provide support, friendship, love, and hope.
DEAR SANDUSKY
TAKING OHIO BACK
TAKING BACK OHIO IMPLEMENTS THE POSITIVE PEER APPROACH MODEL
THE POSITIVE PEER APPROACH METHODS

• importance of a gracious attitude

• new and useful coping skills

• realistic healthy goal setting
THE POSITIVE PEER APPROACH METHODS

- impact of forgiveness
- celebration of milestones
- significance of structure in recovery
THE POSITIVE PEER APPROACH METHODS

• open-mindedness and acceptance of all recovery journeys
• instilling hope and using encouragement
• sharing of resources
THE IMPORTANCE OF USING ROSC METHOD

- participating in outreach (memorials, school functions, rally, walks)

- referrals from and to Firelands Counseling & Recovery
THE IMPORTANCE OF USING ROSC METHOD

- operating within and working in conjunction with a local rco/cos
- promoting recovery within jails and institutions
- working with law enforcement to raise awareness
THE IMPORTANCE OF USING ROSC METHOD

- engaging in interviews with the local media to promote hope in recovery within the community
- welcoming community members interested in becoming active members of the recovery movement
THE VALUE OF USING PEERS IN RECOVERY

- developed by peers for peers with the purpose of providing a stimulating safe environment to share our struggles and successes

- every participant has the opportunity to share his/her experience and/or comment on another participant's concerns & struggles
THE VALUE OF USING PEERS IN RECOVERY

- provides leadership roles in recovery
- every participant has the opportunity to become a home group member
THE VALUE OF USING PEERS IN RECOVERY

- **home group members provide:**
  - Service work (set-up/clean-up/chair)
  - Support (provide encouragement/phone number to participants)
  - Outreach (attend events/promote)
  - A voice to amend the meeting in a way that benefits the group as a whole
HOW TO START YOUR OWN TAKING BACK OHIO

• FIND A SAFE MEETING PLACE CONDUCTIVE TO RECOVERY
• FOLLOW TAKING BACK OHIO’S FORMAT
1) Introduce yourself and ask if anyone will help with readings. Announce that if anyone needs a paper signed they need to bring it up now.
2) Will someone please read “What is Taking Back Ohio?”
• 3) Will someone please read “Respectful Rituals”
• 4) Will someone please read “What kind of meeting is this?”
5) CHAIRPERSON’S CHOICE:

a. A moment of silence
b. A song about recovery/inspiration
c. A handout/homework assignment
6) Now, to start this meeting, we will all go around the room and introduce ourselves followed by one thing you are grateful for. We introduce ourselves at the beginning of each meeting so that it is not necessary to introduce yourself every time you speak.
7) Now, we will celebrate how many days you have taken back of your life. Will someone please read “Milestones”
• 8) Does anyone have any announcements for the good of recovery? Announce “Taking Back Ohio is a self-supporting meeting and we rely solely on donations. Anything you can put in the basket is greatly appreciated!” Pass basket now.
9) This is an open topic meeting. As we go around the room, if you do not want to share, it is your right to pass. If something is weighing heavily upon your heart, please feel free to share that instead of the topic chosen. Now, does anyone have a topic they would like to discuss? If not, we can choose a topic from the basket.
ONCE A MONTH READINGS

• Setting Goals
• Forgiveness
• **10) OPEN DISCUSSION**

• **11) We are all on this earth today for a reason. At times, life will be rough and we all have to figure out different ways to cope with these hard times. It is important to remember that your life does matter and that we are all here to help you remember that, no matter how long it takes! So, as this meeting comes to a close, would everyone please share one thing about yourself that you can be proud of today. This exercise is important because it is designed to motivate you and empower you to take back your life and achieve happiness and success!**
HUDDLE AND CHEER TO TAKE US OUT
MORE TOOLS FOR YOUR OWN TAKING BACK OHIO

- VISIT TAKING BACK OHIO’S FACEBOOK
- VISIT TAKING BACK OHIO’S WEBSITE
  - www.takingbackohio.com
  - email us at kbwobser@gmail.com
DEAR SANDUSKY

Dear Sandusky Two
A Follow Up Open Letter
NOW LET’S TAKE BACK OHIO