

**Global Recovery Network:** An alliance of people that support recovery from substance use disorders

# THE GLOBAL RECOVERY NETWORK

An Alliance of People That Support Recovery from Substance Use Disorders

## CHARTER

--- Jan 10, 2024 DRAFT---



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## **INTRODUCTION**

The Global Recovery Network (GRN), a new global entity sponsored by a collective of international organizations, provides a platform for members to build and reinforce recovery capital through the pursuit of lifelong learning, forge and maintain connections to support each other, and advance the understanding and practice of recovery throughout the world.

We are a network of individuals in a common mission to promote a universal understanding of recovery and the diversity of ways in which it can be successfully practiced.

The GRN welcomes as its members people in recovery from substance use disorder as well as Recovery ALLIES defined as individuals who advocate for recovery at the personal, programmatic, or policy level.

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## DEFINITIONS

The GRN subscribes to the following:

### RECOVERY:

*“Recovery from alcohol and other substance use disorders is an active voluntary process and a health outcome. Recovery is an individual’s continual growth that most often involves support networks, and that builds recovery capital to address the biological, psychological, social, and spiritual disturbances that characterize substance use disorders. Recovery is an ongoing process of growth to achieve the outcome of a substance-free life which allows an individual to reach their full potential.”*

*Recovery includes, but is not limited to, the following factors:*

- 1. The aim of improved quality of life and enhanced overall wellness as identified by the individual, including freedom from other compulsive behaviors/addictions/dependencies;*
- 2. An individual’s consistent pursuit of abstinence from the substances or behaviors towards which pathological pursuit had been previously directed, or which could pose a risk for pathological pursuit in the future;*
- 3. Relief of an individual’s symptoms including substance craving;*
- 4. Improvement of an individual’s own behavioral control, emotional self-regulation, and freedom from external dependencies;*
- 5. Enrichment of an individual’s relationship with self and others, interpersonal skills, social connectedness, sense of purpose, belonging, and citizenship;*
- 6. Access to recovery resources that are appropriate to the individual’s culture, language, and gender;*
- 7. Acknowledging there are multiple pathways to recovery, including the use of medications to treat substance use and other co-occurring disorders;*

*Recovery as an outcome occurs if both remission from alcohol and other substance use disorders are achieved and maintained over time.*

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*\*Recovery capital includes all the strengths and resources that people bring to the recovery process; it is made up of all the assets, both material and non-material, that can help an individual start and stay in recovery. Building recovery capital is a dynamic process; it takes practice and usually includes mentoring and other forms of support from others.*

*Recovery capital takes many forms and can be personal, family/social, or communal in nature. Examples of “community recovery capital” are laws and policies that support recovery as well as economic conditions and opportunities that facilitate the pursuit and maintenance of recovery within the community. Recovery capital can be internal, such as a person’s individual qualities, or it can be external, such as a person’s financial resources, practical skills, different kinds of intelligence, the ability to learn from one’s own mistakes, the ability to forgive oneself or others, and the capacity to embrace a sense of humor!*

*\*\* This definition borrows heavily from already established definitions of recovery, including SAMHSA and ASAM.*



## **VISION, MISSION, and VALUES**

**GRN Vision Statement:** The transformative power of recovery is recognized, promoted, celebrated, and delivered without barriers, limitations, or stigma.

**GRN Mission Statement:** The Global Recovery Network provides a platform for members to build and reinforce recovery capital through the pursuit of lifelong learning, forge and maintain connections to support each other, and advance the understanding and practice of recovery throughout the world.

**GRN Values Statement:** The value of recovery is evident and undeniable – recovery empowers individuals to reach their full potential through connectedness, hope, and purpose, and has a long-term positive effect on families and communities.

### **GRN Guiding Values**

-  Dedication to promoting evidence-based approaches to recovery that are grounded in science and peer-reviewed scientific research.
-  Belief that recovery is possible through mutual sharing, understanding, respect, connection, integrity, and appreciation of diversity.

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- ✚ Conviction that community recovery is possible through a respect for the needs of all individuals who are seeking and in recovery, including the needs of youth, gender-specific populations, and persons with mental health disorders and/or disabilities.
- ✚ An understanding that recovery includes many changes beyond the physical person, including changes in attitudes, beliefs, and values.
- ✚ The practice of mutual respect for the diversity of cultures and multitude of ways in which recovery can be expressed.
- ✚ Recognition that recovery is a process of change through which an individual achieves abstinence, improved health, wellness, and quality of life.
- ✚ An understanding that improved outcomes for health, wellness, resilience, and recovery can be achieved through coordinated systems, support services, and involvement of families and communities.

GRN supports NADAAC recovery-oriented principles of counseling

- ✓ Recovery emerges from hope
- ✓ Recovery is person-driven
- ✓ Recovery occurs via many pathways
- ✓ Recovery is holistic
- ✓ Recovery is supported by peers and allies
- ✓ Recovery is supported through relationship and social networks
- ✓ Recovery is culturally based and influenced
- ✓ Recovery is supported by addressing trauma
- ✓ Recovery involves individual, family and community strengths and responsibilities
- ✓ Recovery is based on respect

## **GRN GOALS AND OBJECTIVES**

### **GOALS:**

- ✚ Support recovery training, knowledge expansion, and mentoring
- ✚ Promote research-based recovery messaging
- ✚ Eliminate discrimination and stigma against those in recovery
- ✚ Empower recovery advocates to stimulate professional growth

### **OBJECTIVES:**

- ✚ **Lead Global Recovery Dialogues**

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 **Create and maintain a website for Global Communication**

 **Host Global Recovery Conferences and Symposiums**

 **Promote the expansion of a trained recovery workforce**

## **ORGANIZATIONAL STRUCTURE**

**Executive Committee (EC) with a Subcommittee of individuals to address GRN membership and communications**

**Committee Reporting Structure:** Final approval and decision-making on membership and communication will be made by the Executive Committee

## **APPENDIX: DRAFT MEMBERSHIP APPLICATION**

**DRAFT GRN Membership Application Form for Individuals as of Jan 10, 2024:**

**FIRST NAME:**

**LAST NAME:**

**COUNTRY:**

**GENDER:**

- Male**
- Female**
- Other**

**CONTACT INFORMATION:**

**E mail:**

**What's App:**

**(By providing your e mail and what's app, you allow for communications from the network.)**

**Job title:**

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**Please choose the best option that describes you:**

- Healthcare professional**
- Student**
- Academia**
- Advocate / community leader**
- Policy maker/ Government**
- Program administrator**
- Recovery support worker**
- Law enforcement / legal system professional**
- International organization staff**
- Other, specify**

**Do you Identify as:**

- “in recovery from SUD”**
- a “recovery ally”**
- Both**
- Prefer not to answer**

**Note:** The answer to this question will not be shared by name

**Have you received recovery support services training, for example, the Universal Recovery Curriculum (URC) from the Colombo Plan or other kinds of formal training that promotes an evidence-based understanding of recovery and the need for recovery management and support services?**

- PEERS**
- ALLIES**
- OTHER**
- If other training please, specify**

**Do you provide recovery support services directly to persons in recovery?**

- If yes, please specify the type of service you offer**



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**Are you a recovery advocate in your organization or community?**

- **If yes, please specify the type of advocacy efforts in which you are engaged**

**Why do you want to be a part of the Global Recovery Network?**

**As a condition of membership, I agree with**

- **GRN definition of recovery, guiding values, and ethics set forth in its Charter**