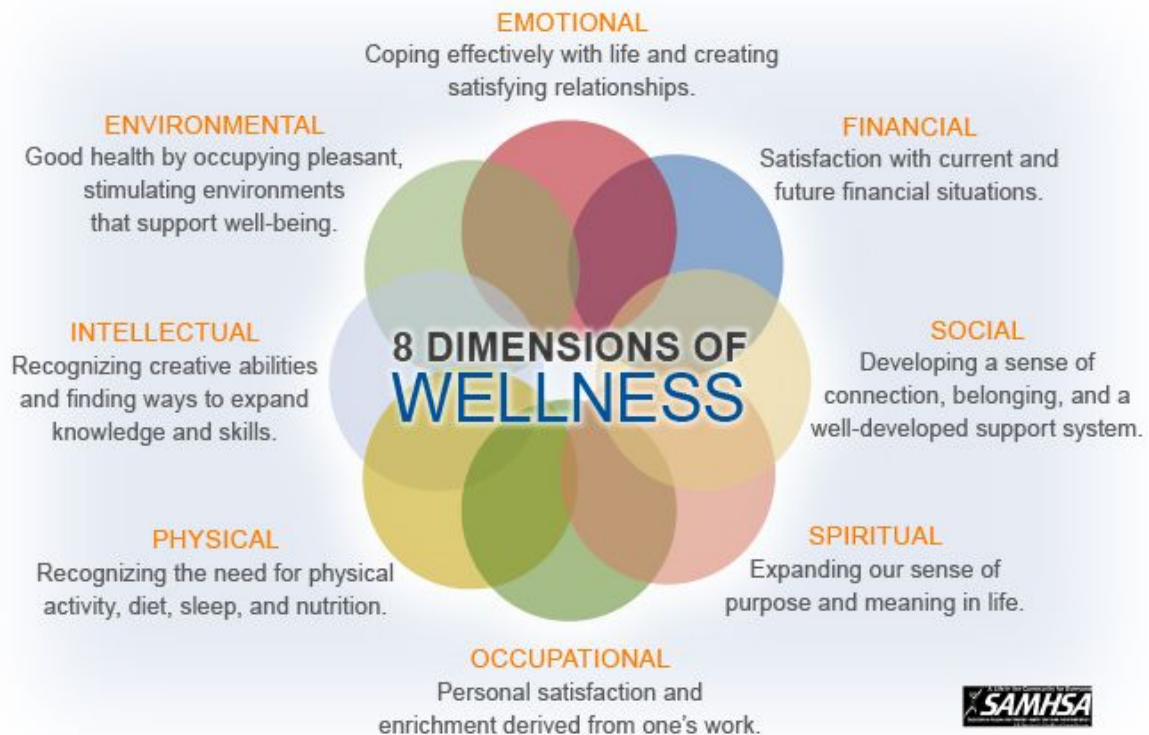


Highlights from the Interactive Global Recovery Dialogue
Moderated by Michael Botticelli
Global Recovery Network (GRN) Chair
January 11, 2024

*"My Recovery Is Better Than Yours
Many Doors to Recovery.
Is There a 'Best' Way?"*

Welcome by Nancy Dudley: The Interactive Global Recovery Dialogue Series is five-part soft launch event, leading up the official launch of the Global Recovery Network in June of 2024 at the ISSUP Global Conference in Greece.

Presentation by Ashwin Thind: Ashwin defined recovery as a highly individual experience, one that is a "life-long ongoing process" that is very distinct from the time-bound event of treatment which has a beginning and an end. He also presented recovery as being best understood in the context of overall wellness.



Recovery in the context of the 8 Dimensions of Wellness.

Participants were invited to focus on the following often controversial questions:

Is there Any Wrong Door to Recovery?

- Is abstinence essential to recovery?
- Are MATs, such as Methadone, merely a “substitution” and not “quality recovery”?
- Is it true that the fellowship is the true, traditional recovery?
- Does a relapse or slip mean a failure of recovery?
- Is Harm Reduction considered recovery?



Discussion facilitated by Michael Botticelli, GRN Chair

Key points made during a lively dialogue:

Recovery:

- involves making a commitment
- is a continuing process of building resiliency
- is based in the hope that recovery can “be a reality”
- is about connection, (addiction is the disease of isolation)
- was a foreign concept to many people not so long ago
- often involves setbacks and returns to use
- involves many pathways; as many pathways as there are individuals!
- can involve medication assisted treatment; but MAT is not the only path to recovery
- is transformative, involves character change, and is miraculous
- is often achieved by way of the criminal justice system
- involves many types of recovery capital

Harm Reduction:

- should always involve treatment options
- walks a line with enabling the cycle of drug use
- has become ideological; often exceeds compassion and evidence-based approaches
- is dangerous to the field when the debate around it becomes politicized

Despite the harm reduction debate, there is significant consensus in the field on the value and power of recovery.

Robert (Bob) Dupont, a well-known physician and leader in the field, was in attendance and shared, “Addiction is a unique disease; when a person gets well, they become a better person!”

NEXT GLOBAL RECOVERY DIALOGUE: FEB 8, 2024, 8 AM Washington DC time

TOPIC: What is a Recovery ALLY?