

Highlights from the Interactive Global Recovery Dialogue
Moderated by Michael Botticelli
Global Recovery Network (GRN) Chair
February 8, 2024

"Recovery Allies- Who, What, Why and How?"

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 Sammy Ombisa: Sammy is a former international soccer player who works as a wellness coach to elite athletes, and as a recovery ally by helping athletes in recovery and educating the overall community on recovery. He defined two types of recovery allies:

RECOVERY ALLY (WORKFORCE)-• Provides non-clinical recovery support services to individuals seeking and in recovery and •Usually operates in alliance with treatment & recovery programs

RECOVERY ALLY (NON-WORKFORCE)-• Advocates for recovery in the community, educates the community, works to reduce stigma, promotes the availability of recovery support services

The same person can be both a workforce and non-workforce ally.

ALL RECOVERY ALLIES MUST BE TRAINED!

As a WORKFORCE ALLY, Sammy links wellness and substance use prevention and recovery by:

- Advocating for healthy nutrition
- Promoting regular exercise
- Educating on proper sleep hygiene
- Teaching Mindfulness techniques
- Offering self-management strategies



As a NON-WORKFORCE ALLY, Sammy uses his platform as a former international soccer player to advocate for recovery in his community through:

- Media talks on wellness, sports, and recovery
- Training community leaders on stigma
- Launching 'FIT RECOVERY,' a community fitness program (planned for March 2024)
- Collaborating with other allies
- Supporting peers to find resources
- Offering hope and encouragement to families for their loved ones in recovery



Participants were invited to ask themselves the following question:

What platform, skills, and tools do I have to promote recovery?

Discussion facilitated by Michael Botticelli, GRN Chair

Key points made during a lively dialogue:

- ALLIES are meant to promote a science-based understanding of recovery
- Well-meaning ALLIES, who are not trained, can sometimes do harm
- ALLIES are not therapists, clergy, physicians, 12-step-sponsors, etc.
- Potential ALLIES often do not know what steps to take to advocate for recovery
- A GRN global dialogue on how to start a recovery movement or network is welcomed!
- Stigma takes different forms according to geography, social factors, and culture
- Stigma in rural areas of South Africa is often fueled by faith-based dogma
- Stigma can exist even among medical professionals and academic communities

**NEXT GLOBAL RECOVERY DIALOGUE:
March 7, 2024, 8AM Washington DC time
“Harm Reduction in the Context of Recovery”**