

Recovery Oriented System of Care



Johnson County ROSC Council

11/26/2024

Attendance

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- Recovery Capital- the available resources to fulfil a person's basic needs, like their health, healthcare, financial resources, clothing, food, safe and habitable shelter, and transportation.
 - Any resource that aids in a person's recovery
- Studies that show gratitude aids in recovery
 - Chen, G. (2016). Does gratitude promote recovery from substance misuse? *Addiction Research & Theory*, 25(2), 121–128.
<https://doi.org/10.1080/16066359.2016.1212337>
 - The paper explores gratitude as "recovery capital" in the recovery from substance misuse.
 - Recovery capital refers to the internal and external resources that help initiate and sustain long-term addiction recovery.
 - Successful recovery relies on personal and social resources, including character traits, material resources, and relationships.

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- Gratitude is identified as a valuable emotion and attitude that helps build personal and social resources.
 - It supports interpersonal relationships, improves quality of life, and promotes adaptive coping strategies, reducing reliance on substance misuse.
 - Gratitude helps individuals develop strengths necessary for maintaining a sober and productive life.
 - Narcotics Anonymous (NA) incorporates gratitude as a key recovery component and encourages daily practice.
 - This article examines the role of gratitude in long-term recovery and its potential in treatment development.
 - Findings may inform gratitude-based interventions to support sustained recovery.
- LaBelle, O. P., & Edelstein, R. S. (2017). Gratitude, insecure attachment, and positive outcomes among 12-step recovery program participants*. *Addiction Research & Theory*, 26(2), 123–132.
<https://doi.org/10.1080/16066359.2017.1333111>
- In a sample of 184 members of 12-step addiction recovery programs (Alcoholics Anonymous and Narcotics Anonymous) we examined whether people who were more grateful reported higher positive indicators of recovery (i.e. 12-step program practices, AA promises), and better general life outcomes (i.e. more post-traumatic growth and social support; less stress and health symptoms). We also investigated whether gratitude was more important for people in recovery who have higher attachment anxiety or attachment avoidance. In line with our predictions, we found that higher levels of gratitude were positively associated with 12-step practices, AA promises, post-traumatic growth, and social support; and negatively associated with stress and health symptoms. Further, we discovered that when people with higher attachment avoidance (but not anxiety) were also grateful, they reported better outcomes.

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- Krentzman AR, Finn MTM. GRATITUDE WHILE DRINKING, GRATITUDE WHILE RECOVERING: A STUDY OF ALCOHOL USE DISORDERS. *J Recovery Sci.* 2019;1(3):10.31886/jors.13.2019.39. doi: 10.31886/jors.13.2019.39. Epub 2019 Mar 8. PMID: 37193582; PMCID: PMC10183238.
 - Trait gratitude correlates differently with other constructs for AAs versus non-AAs, indicating that gratitude for recovery might be contextually sensitive, operating differently within and without the structure of AA.
- Benefits of gratitude
 - Iodice JA, Malouff JM, Schutte NS (2021) The Association between Gratitude and Depression: A Meta-Analysis. *Int J Depress Anxiety* 4:024. doi.org/10.23937/2643-4059/1710024
 - a gratitude journal can cause a significant drop in diastolic blood pressure
 - Relieve Stress
 - Improve Sleep
 - a gratitude journal can cause a significant drop in diastolic blood pressure
 - Imprve depression
 - Harvard Health Publishing. (n.d.). *Giving thanks can make you happier.* Harvard Health. Retrieved November 26, 2024, from <https://www.health.harvard.edu/healthbeat/giving-thanks-can-make-you-happier>
 - Gratitude makes you happier
- Practicing Gratitude
 - Prompts
 - I'm grateful for three things I hear:
 - I'm grateful for three things I see:
 - I'm grateful for three things I smell:
 - I'm grateful for three things I touch/feel:
 - I'm grateful for these three things I taste:
 - I'm grateful for these three blue things:
 - I'm grateful for these three animals/birds:

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- I'm grateful for these three friends:
- I'm grateful for these three teachers:
- I'm grateful for these three family members:
- I'm grateful for these three things in my home:
- I'm grateful for these three people who hired me: