

Pathways to Recovery

February 2022

Remembering Marc Johnigan



From the headlines...

Overdose Deaths Reached Record High as the Pandemic Spread

‘It’s devastating’: how fentanyl is unfolding as one of America’s greatest tragedies

Liver Transplants Soar as Some Americans Drink Their Way Through the Pandemic

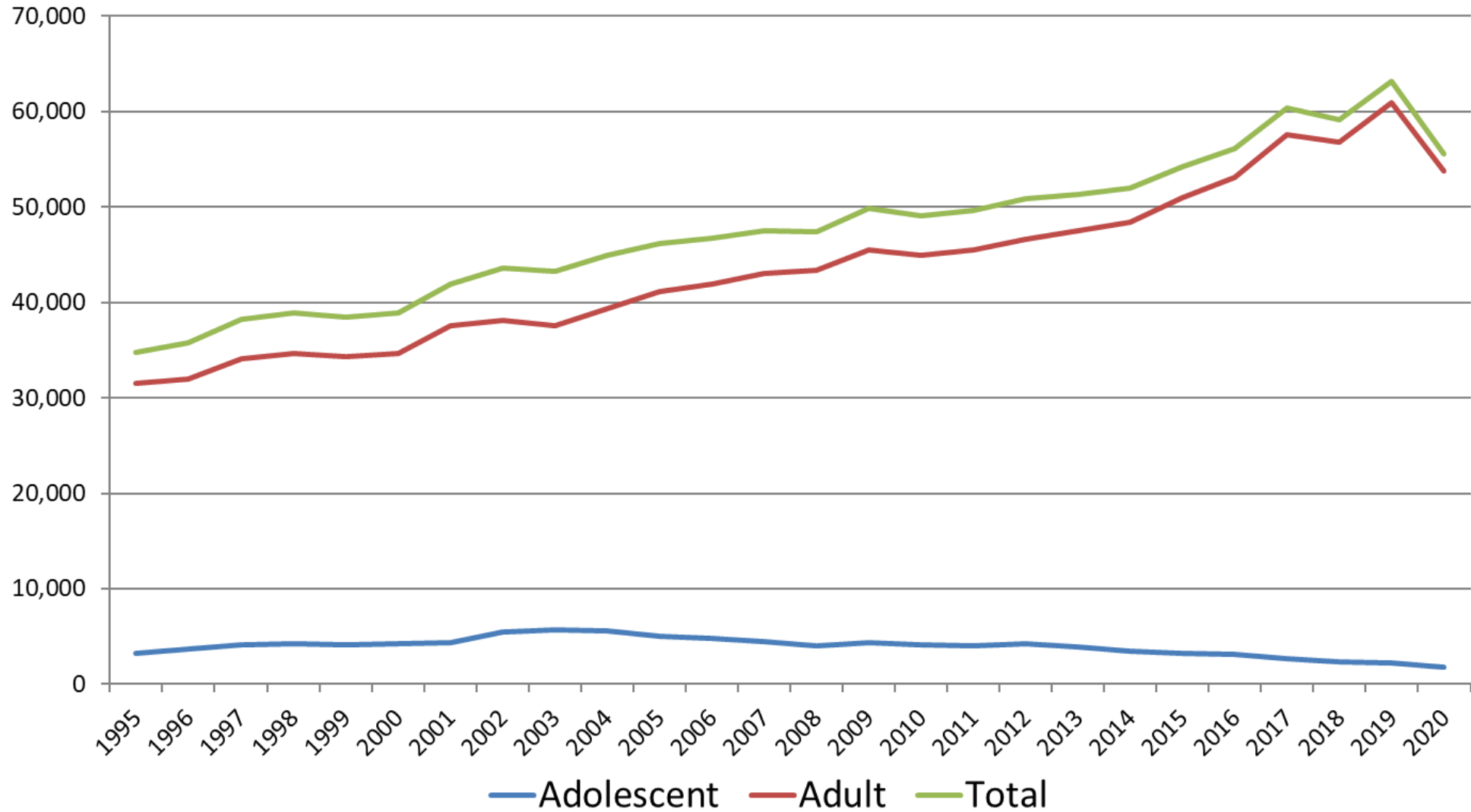
More than a million Americans have died from overdoses during the opioid epidemic

Alcohol consumption during the COVID-19 pandemic projected to cause more liver disease and deaths

Pandemic, stigma a double barrier to health care for people who use substances, says public health expert

New Addiction Stigma Index is a Call to Action for Us and Recovery Advocates Everywhere

SUD Treatment Admissions CY1995 – CY2020





Addiction as a Chronic Illness

John F. Kelly, PhD, ABPP

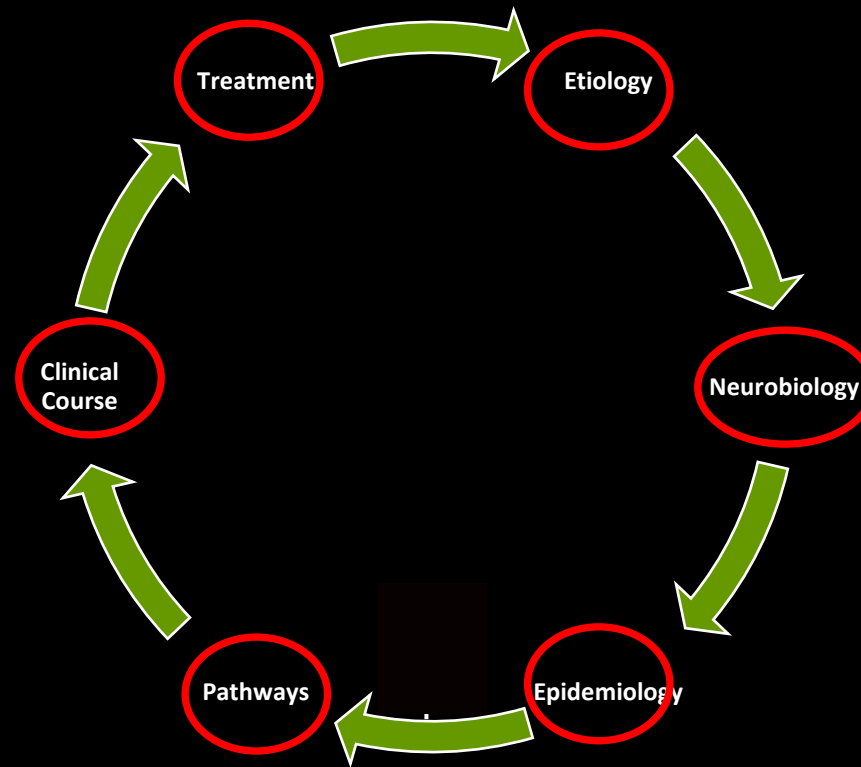
Elizabeth R Spallin Professor of Psychiatry in Addiction Medicine Harvard Medical School

Director, Massachusetts General Hospital Recovery Research Institute

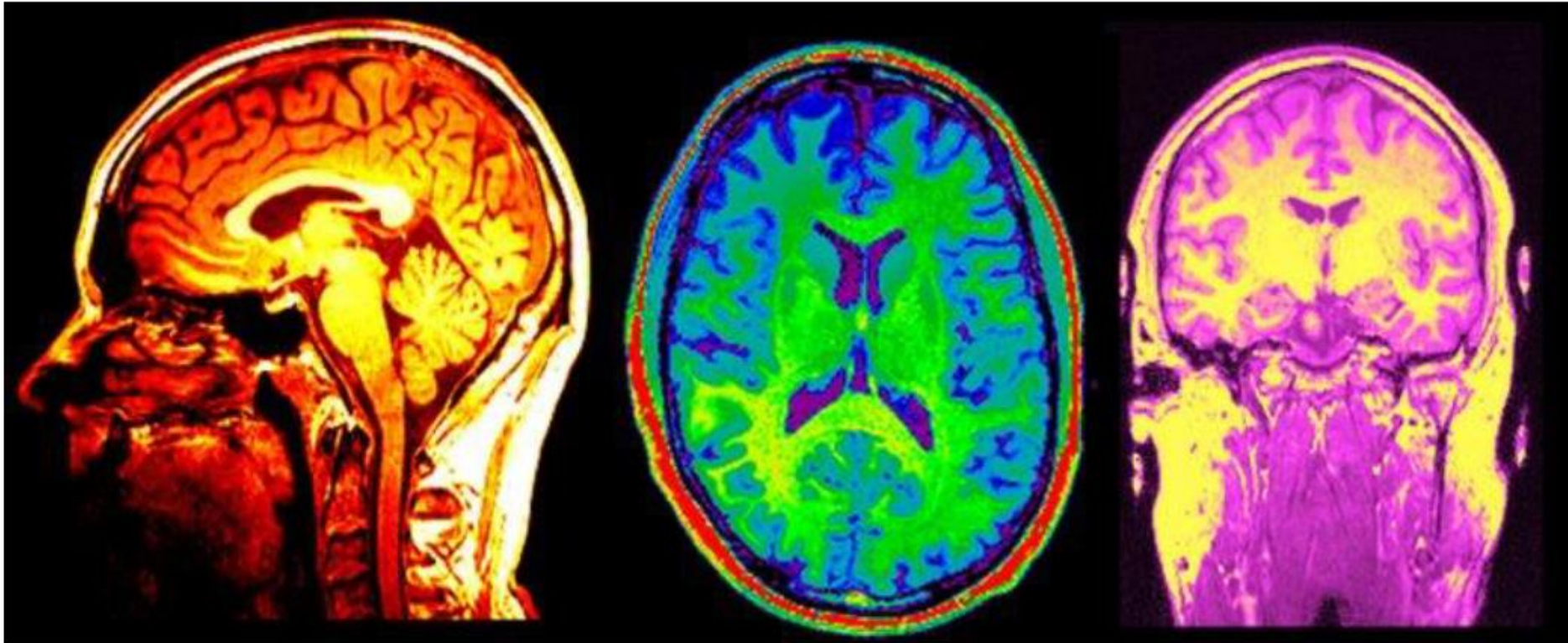
50 years....
1971-2021



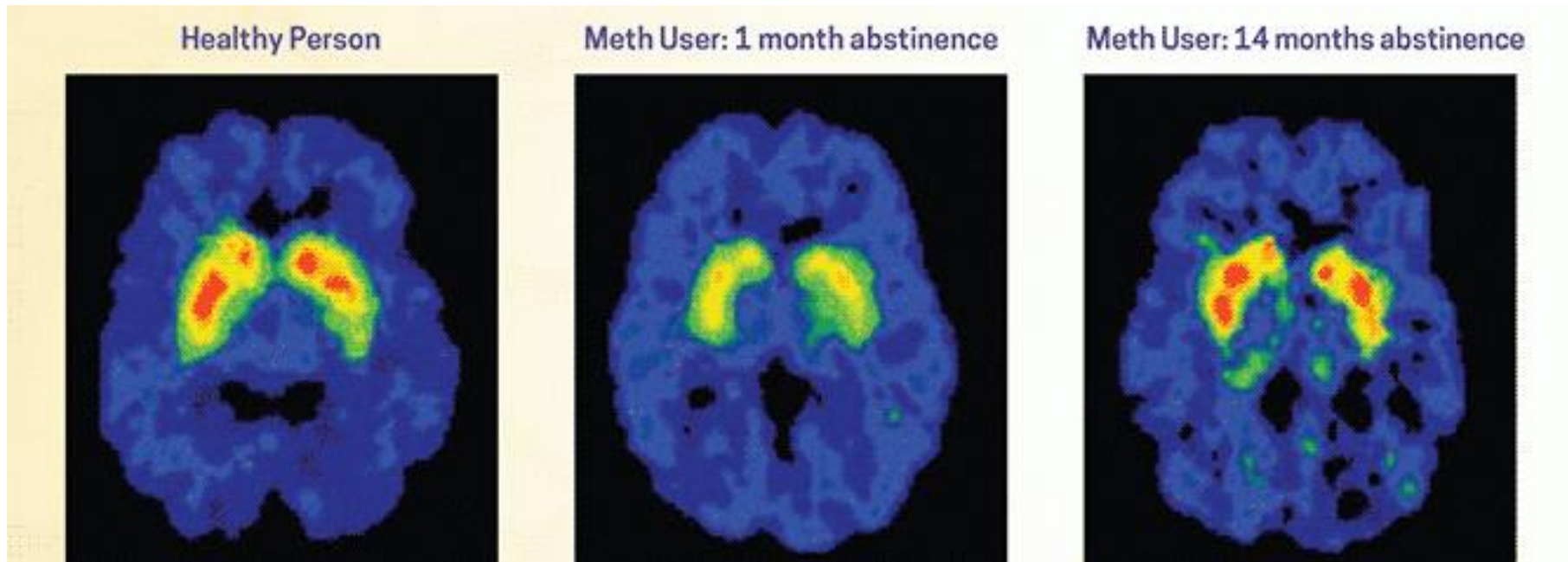
Past 50 yrs since
declaration of “War on
drugs” led to large-scale
federal appropriations and
a number of paradigm
shifts...

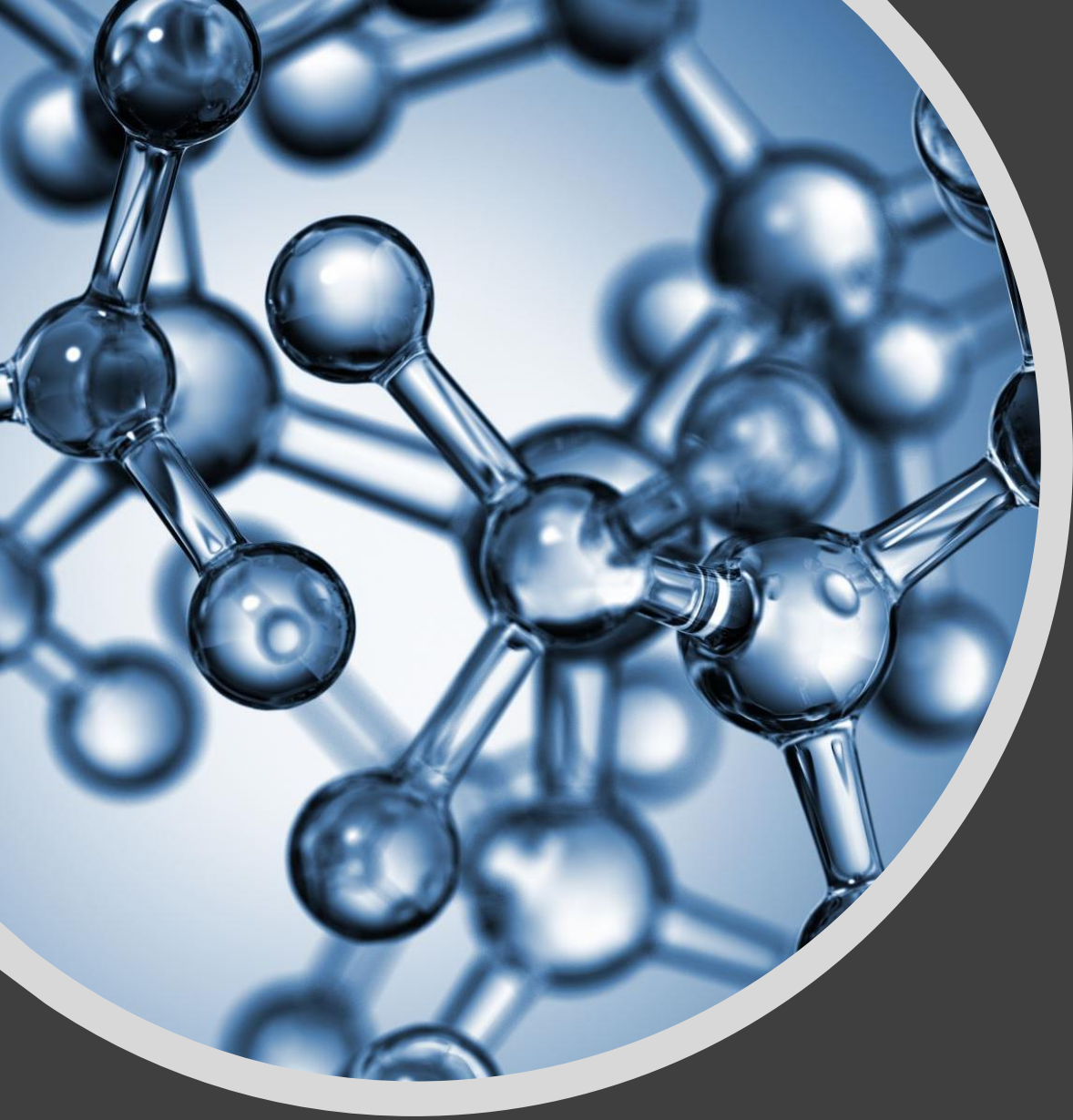


Neuroscience: Neural plasticity



Changes in the brain with abstinence





Challenges of Initial and Early Recovery



Increased
sensitivity
to stress



Decreased
capacity to
experience
normal levels of
reward

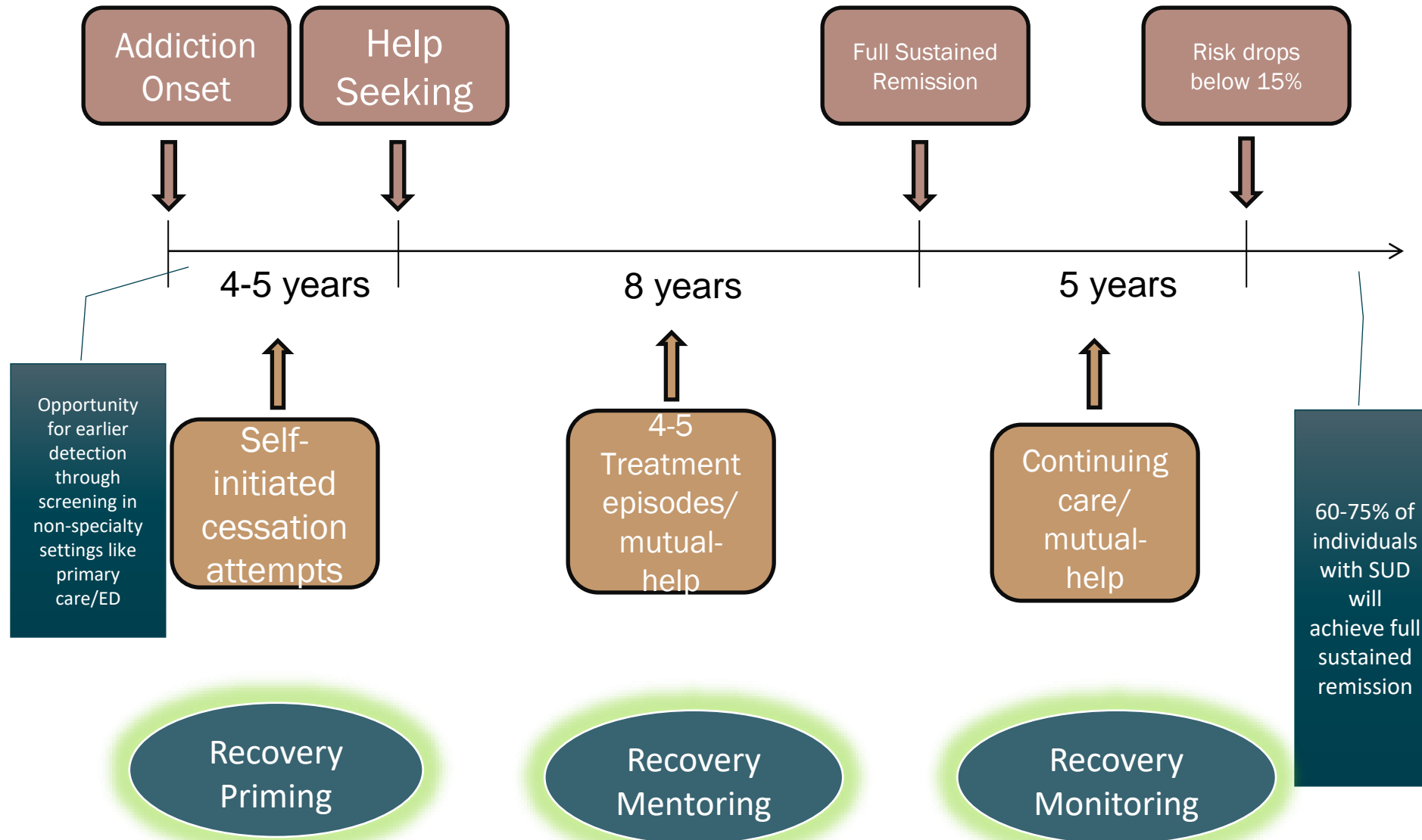
Post-Acute Withdrawal Phenomena

- Sensitivity to stress
- Memory problems
- Sleep difficulties
- Emotional overreactions/numbness
- Cognitive challenges
- Physical coordination challenges



The clinical course of addiction and achievement of stable recovery can take a long time ...

Can we speed this up?




50 years of Progress: Burning building analogy...

- Putting out the fire –addressing acute clinical pathology - good job
- Preventing it from re-igniting (RP) - emphasized - pragmatic disconnect...
- Building materials (recovery capital) – mostly neglected
- Scaffolding (building skills and support beyond acute stabilization)
- Granting “rebuilding permits” - (removing barriers - neglected)



More rapid initial achievement
and maintenance of stable
remission may occur through
attending BOTH to clinical
pathology AND environmental
and resource
deficits....("recovery capital")
AND legal/other barriers



Enhancing Recovery Through Science

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In a nutshell - what the bill is about...

- Article 1 – invest in lives and achieve their desired outcomes
 - Support sustained recovery after treatment
- Article 2 – building and retaining our workforce
 - Keep our interns engaged in providing treatment
 - Hire and optimize the staff needed to do the work
 - Encourage administrative agency to complete rate methodology
 - Keep pace with wages in the care industry
- Article 3 –direct care staff burnout relief
 - Provide for reasonable timelines for documentation and reduce duplication
 - Improve access to withdrawal management services