

Supporting Survivors in Recovery



HELLO!

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WHAT TO EXPECT, WHAT I HOPE.....



Where are we going?

Learn how substance use is connected to the trauma and victimization of survivors.

Learn how to provide culturally responsive care to survivors in recovery.

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2

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Learn how to prioritize and integrate safety, empowerment and choice when working with survivors in recovery.

Identify what survivors in recovery need from us.

HARD FACTS

*The National Center on Domestic Violence,
Trauma & Mental Health (NCDVTMH)
reported research that found:*



67% of women
getting addiction
treatment
reported IPV in
the past 6
months



31% of women
who use
injectable drugs
experienced
physical and
sexual IPV in the
past year



90% of women
getting
addiction
treatment
experienced IPV
in their lifetime

The Rape, Abuse & Incest National Network (RAINN) work reported research that found that after sexual assault survivors more likely to use substances:



3.4 times more likely to use marijuana



6x more likely to use cocaine



10 times more likely to use other major substances



Women ages 18-24 face the highest risk of sexual assault

47% According to the National Sexual Violence Resource center almost half of all transgender people have been sexually assaulted at some point in their lives and these rates are even **HIGHER** for trans people of color and those who have engaged in sex work, experienced homelessness or have (or had) a disability.

54% According to the US Trans Survey over half of trans people have experienced some form of intimate partner violence.



**Substance use increases the risk of
perpetrating violence**



**Experiencing violence increases
the risk of developing substance
use disorder**

PAIN AND MEDICINE





Dual identity can be complicated because the substance can be part of the trauma and the medication for it at the same time.

~Survivor in Recovery~

The Iceberg Effect



Guilt and Shame

**Adult Wounds
and Trauma**

**Overwhelming
Emotions**

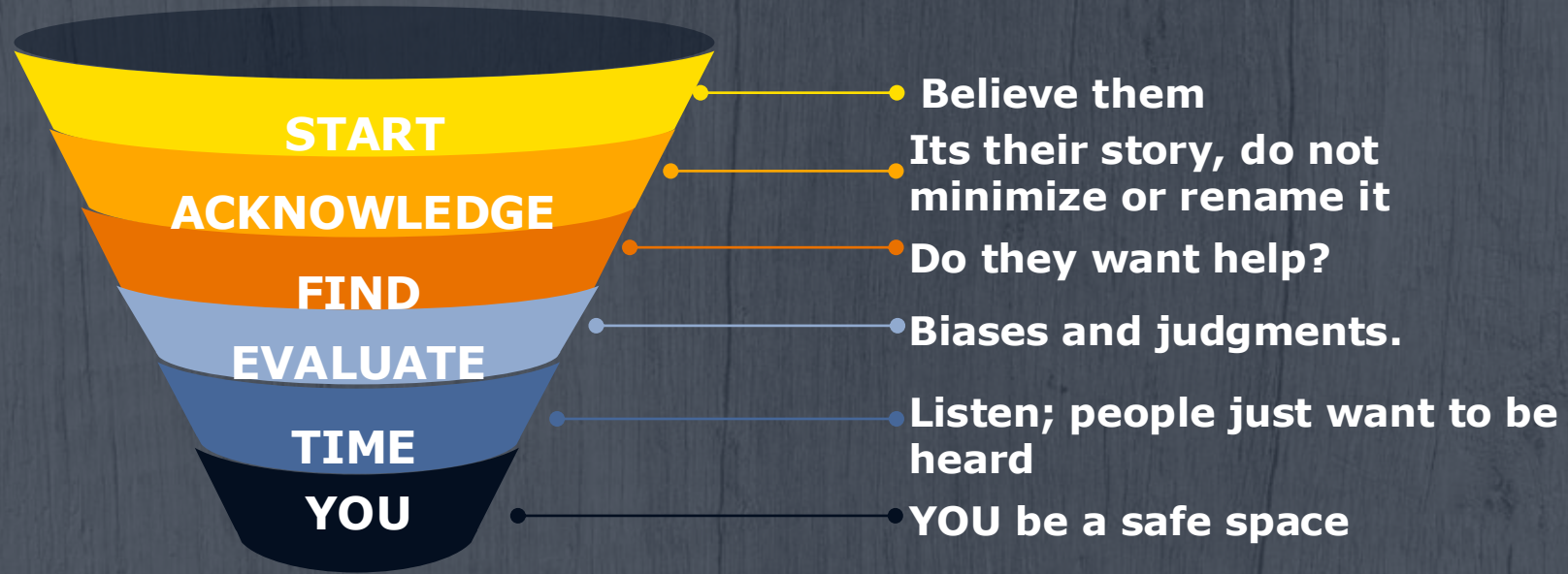
Childhood Trauma

**Mental Health
Concerns/Diagnosis**

Detachment

Fear

Empowerment Funnel



BE A SAFE SPACE



AVOID VICTIM BLAMING

Language

Renaming

Invasive questions

TAKE ACTION

Need

Make
referrals

Acknowledge
and accept

Do not
overstep

EMPATHY

Awareness

Understand

Listen

Intentional

Validate



Recognize what you
don't know and have
respectful curiosity.



Be willing to
learn value and
grow from
survivors whose
beliefs, values
and worldviews
differ from
yours.

Culturally Responsive Care



Evaluate your own
internal feelings and
biases regarding the
survivors culture.



Their concerns are the
most important. Not
yours.



What Survivors Wish You Knew

Keep that “same energy” when helping a survivor in recovery.

People with less than 2 years in recovery are raw and do not have their default vice to turn to, so they are open prey for predatorial people.

Its hard for survivors to admit that they have been violated while in active addiction.

Providers need to educate themselves on the different recovery spaces to help the survivor determine which one is good fit for them.

Women especially, need a safe space for recovery because they are more at risk of sexual assault or IPV.

Providers need to understand the basic neuroscience of SUD and trauma.



**Substance use makes you already foggy
and when trauma is added, you are totally
blind.**

~Survivor in Recovery~



Grounded

Responsive

Adaptable

Cultivate

Empower

**Survivors in
Recovery
G.R.A.C.E Model**



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