

Recovery Ally Resource Guide

No matter what events in life a person faces, it is important to have an ally. Being someone that supports others through life journeys is a rewarding experience like no other. As a Recovery Ally, you work hard to be there for those who are on a journey of recovery, and to offer a steady and peaceful presence. This means learning and being able to offer information about the resources available to you and those in recovery, knowing the facts surrounding this journey, and understanding that language is a powerful tool. To get started on ally training, take a look at the information and resources linked below.

Recovery Basics

- SAMHSA Recovery Definition: What is recovery, really? Can we define it easily? According to the Substance Abuse and Mental Health Services Administration (SAMHSA), recovery has a working definition and includes 10 guiding principles: hope, person-driven, many pathways, holistic, peer support, relational, culture, addresses trauma, strengths/responsibility and respect. Recovery can be a complex concept to grasp, but as an ally, it is important you work to understand just how multi-faceted and important it is. SAMHSA lays it all out for you here: <https://store.samhsa.gov/sites/default/files/d7/priv/pep12-recdef.pdf>
- Faces and Voices of Recovery: The media has often portrayed those with substance use disorders in a negative light. As an ally, it is important you understand the diverse faces and voices of those in recovery, and recognize that this is a community all should support and be connected to. Learn about and join the faces and voices of recovery here: <https://facesandvoicesofrecovery.org/>
- Eating Disorder Intro: The journey of recovery is not one specific only to those with substance use disorders. It is important that, as an ally, you also support those with eating disorders by taking the time to learn about these disorders. All the information you need is out there, including what eating disorders are, warning signs and symptoms, identity and eating disorders, body image, prevention and so much more. Start your learning journey here: <https://www.nationaleatingdisorders.org/learn>
- Stages of Change: When it comes to recovery, change happens in stages. In the 1980s, two researchers mapped out six stages of change to help everyone involved with recovery understand this journey and how to give motivation: precontemplation, contemplation, preparation/determination, action, maintenance, relapse or termination. As an ally, learning and recognizing these stages can be vital in your efforts to give

support. Find more information about the six stages here:

<https://psychcentral.com/lib/stages-of-change/>

Collegiate Recovery

- WVU Collegiate Recovery: WVU Collegiate Recovery is here to serve students in their journey of recovery by providing the support and resources necessary for them to thrive. By being an ally, you are part of that support. Always remember to offer WVU Collegiate Recovery as a resource to any students interested in living a healthy, balanced and meaningful life on campus: <https://recovery.wvu.edu/home>
- Association for Recovery in Higher Education: WVU Collegiate Recovery serves the Mountaineer community, but there are several other collegiate recovery programs across the nation that work to provide a safe and healthy space for students. The Association of Recovery in Higher Education represents these programs in order to provide the education, resources and communities needed to help higher education students thrive in recovery. Learn more about what they do here: <https://collegiaterecovery.org/>
- Virtual Serenity Place: While Covid-19 has made gathering in-person to support one another difficult, WVU Collegiate Recovery wants to make sure that students know there is always a safe place to be connected with fellow Mountaineers dedicated to living a healthy, balanced lifestyle. To be part of this community connection, drop in Monday through Friday from 9am to 2pm for Virtual Serenity Place: <https://wvu.zoom.us/j/94312387819>
 - o Email olivia.pape@mail.wvu.edu or acaryl@mail.wvu.edu for password.

Recovery Language

- SAMHSA Recovery Language Resource Guide: Language is extremely important when it comes to supporting those on a recovery journey. Knowing what terms are better when it comes to creating empathy and motivation, versus what terms can cause problems in stigma and receiving proper health care can be vital to creating a safe and relaxed atmosphere. WVU Collegiate Recovery has put together our own Recovery-Supportive Language Guide under the Recovery Ally Training tab, but for a guide on the national level, check out this one from the Substance Abuse and Mental Health Services Administration: https://www.samhsa.gov/sites/default/files/programs_campaigns/02_webcast_1_resources-508.pdf

Virtual Recovery Resources

- SAMHSA Virtual Resources: When the pandemic hit, the whole world was forced to operate differently. We don't want to lose connection to others, especially in recovery communities, so now we turn to virtual resources. Keep this list of virtual resources collected by the Substance Abuse and Mental Health Services Administration to offer to those in need of a virtual community or to check out yourself: <https://www.samhsa.gov/sites/default/files/virtual-recovery-resources.pdf>
- National Eating Disorders Association Covid-19 Resources: The isolation that comes with these uncertain times can be hard for those with eating concerns, and it is important to find supportive groups, even if they are virtual, to have a safe place to discuss any problems. Keep this list of virtual resources collected by the National Eating Disorders Association to offer to those in need of a virtual community or to check out yourself: <https://www.nationaleatingdisorders.org/help-support/covid-19-resources-page>
- In the Rooms: Even before Covid-19, there were those who preferred virtual support, whether because of personal preference or to fit in with a busy lifestyle. A great resource to offer is In The Rooms, an online recovery tool that offers 130, free, online meetings for those on a journey of recovery for substance use or related mental health issues. Check out their all resources here: <https://www.intherooms.com/home/>

Local Support Groups

- Morgantown Area Narcotics Anonymous: To be an ally to those looking for local recovery communities, make sure to know about Greater Morgantown Area of Narcotics Anonymous. They offer in-person and Zoom options for a variety of meeting styles, all catering to the local, Morgantown community. This is a great way to find support among those living the same experiences, so make sure to save this resource and offer it to others: <https://www.greatermorgantownna.org/>
- Mountaineer Region of NA: For the ultimate, Mountaineer area resource, check out this customizable map by Mountaineer Region of Narcotics Anonymous that shows you options based on the day, city, group, area, location, zip code and format of your choice. This is a wonderful, helpful tool to keep saved, as it makes it easy for any Mountaineer to find support groups near them: <http://mrscna.org/meetings/>
- Alcoholics Anonymous District 6: Alcoholics Anonymous District 6 also offers a customizable map to show virtual and in-person support groups and meetings for those with an alcohol use disorder in the Greater Wheeling, WV Metro-Areas (the Ohio Valley). This site also offers additional resources and online meeting help, so it is a useful tool to have on hand: https://aa6wv.org/?page_id=10

- Alcoholics Anonymous District 16: Alcoholics Anonymous District 16 caters to Fayette, Monongalia, Preston, Taylor and Tucker counties, offering virtual and in-person support groups and meetings in those areas. You can also customize their lists of meetings according to your preferences, and they offer a handy printing option to make this a physical tool as well: <https://www.aawv.org/district-16>
- Celebrate Recovery: For those who practice Christianity, having support that ties directly to their faith can make it easier to thrive in recovery and make connections in a community. As an ally, it is important to offer support for all recovery journeys, so make sure to spread the word about Suncrest United Methodist Church's Christian-based, 12-step program, Celebrate Recovery: <https://www.suncrestumc.org/celebrate-recovery/>
- Al-Anon: Alcohol use disorders can harm not only those who have them, but those around them as well. As an ally, it is also important to support those who have been affected by other people's drinking, and one way to do this is to offer support groups and meetings for this issue in their area. West Virginia's official Al-Anon website has a list of meetings and groups according to districts here: <https://wvafg.org/afg-meetings>

Morgantown Area Treatment & Support Resources

- WVU Collegiate Recovery: For Morgantown area treatment and support resources, the opportunities are diverse and endless. For Mountaineers, one of the first options can be WVU Collegiate Recovery, where they can be surrounded by fellow students on the same path as them, and given the tools and support necessary to thrive in their recovery: <https://recovery.wvu.edu/>
- Carruth Center: Often, substance use disorders/eating disorders and mental health issues can go hand in hand. For Mountaineers struggling with one or the other, or both, the Carruth Center is an amazing resource that can put students in touch with the services they need, whether it is counseling, training or psychiatric services. They also offer a range of healthy activities all students can try to live a more balanced life: <https://carruth.wvu.edu/>
- WV Helpline: Help4WV serves not only to help those with substance use disorders but those with any emotional or mental health issues by connecting them with local resources that range from meetings to crisis hotlines to helpful apps to job searching and more! This is the ultimate resource tool to have as a West Virginian, so make sure to bookmark it: <https://www.help4wv.com/>
- WV Peers: West Virginia Peers is a resource created by allies like you whose primary goal is to reduce the number of opioid-related overdoses and overdoses in

general in Monongalia County. They serve allies and people with substance use disorders by offering a range of resources near them, like overdose prevention, Naloxone providers, syringe exchange, shelter, food, clothing, and so much more:

<https://www.wvpeers.com/>

- WVU Medicine Center for Hope & Healing: WVU Medicine is known for offering a wide range of physical and mental health care services, and this fact is no different when it comes to substance use disorder services. They have facilities in the Morgantown and Bridgeport areas that offer group and individual therapy and medication-assisted treatment. These facilities offer a number of beds for detoxification and residential care up to 28 days. Find out more here:

<https://wvumedicine.org/hope/>

- Ascension Recovery: A unique but highly helpful resource based in West Virginia is Ascension Recovery. They offer solutions and resources for financially sustainable, integrative business programs surrounding substance use disorders. They offer program development, program management, clinical and grant writing services, as well as catering to hospitals, individuals, provider groups, healthcare systems, government and healthcare providers: <https://www.ascensionrs.com/>

- West Virginia Sober Living: For those needing to be immersed in a community of others working to thrive in recovery, West Virginia Sober Living offers programs designed to reintegrate those in recovery into the world. By becoming a resident at one of their sober houses, recovering individuals will become part of a safe and supportive environment where accountability is key: <https://westvirginiasoberliving.com/>

- Jacob's Ladder: Another immersive community experience, this one catering specifically to men, is Jacob's Ladder. Here, residents will learn how to achieve healthy, long-term recovery through mindful farming, meditation, music and art programming, wilderness adventure therapy and so much more. Located in the beautiful, remote town of Aurora, WV, this is a resource perfect for individuals looking for a reflective, peaceful experience: <https://www.jacobsladderbrookside.com/>

- Valley Health: A healthcare system outside of WVU Medicine that offers resources to aid in recovery is Valley Health. They offer adolescent outpatient services, adult outpatient services and residential treatment services, with a variety of resources within those categories. They also offer a 24-hour crisis number and suicide prevention hotline: <http://www.valleyhealthcare.org/index.cfm/programs/chemical-dependency/>

Motivational Interviewing

- Motivational Interviewing Network: A unique resource to use as an ally is Motivational Interviewing Network of Trainers (MINT). This is an international group of

trainers in motivational interviewing whose mission is to improve the quality and effectiveness of behavior counseling and consultations by taking a direct, client-centered approach. They offer a variety of resources that can be helpful as a Recovery Ally, including MI trainings, events and research:

<https://motivationalinterviewing.org/>

Signs and Symptoms

- DSM-5 Substance Use Disorders: One of the main things you need to know as a Recovery Ally are the signs and symptoms of a possible substance use disorder. A golden standard created by the American Psychiatric Association, the Diagnostic and Statistical Manual of Mental Disorders 5th edition (DSM-5), used decades of research and hundreds of mental health experts to come up with eleven criteria for substance use disorders: <https://www.addictionpolicy.org/post/dsm-5-facts-and-figures>
- Eating Disorders: When it comes to eating disorders, the signs and symptoms to recognize are different and various. The National Eating Disorders Association has made it easier to learn by breaking down the signs and symptoms into categories: emotional and behavioral, physical and specific disorder: <https://www.nationaleatingdisorders.org/warning-signs-and-symptoms>