



Volunteering at LRCC

AN ORIENTATION

Presented by:
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“Never doubt that a thoughtful group of concerned citizens can change the world, for indeed it is the only thing that ever has.”

–Margaret Mead

We are those concerned citizens.

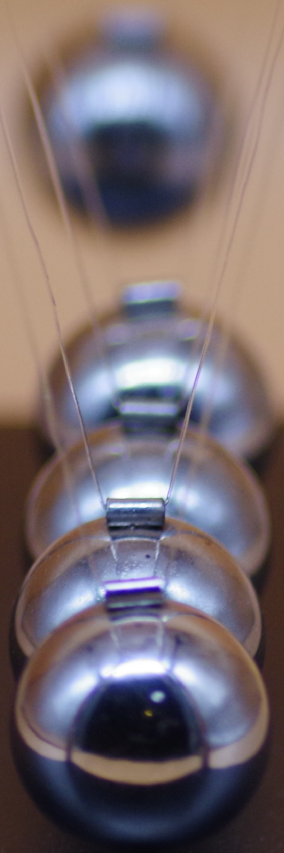


Our Mission

“At LRCC we engage our community and build meaningful relationships by supporting individuals, families, and loved ones impacted by addiction. We aid individuals in accessing and sustaining long-term recovery. We will increase public awareness and decrease stigmas associated with addiction through education, training, and advocacy. We aspire to make a great impact in our community by empowering individuals on their journey in recovery.”



Goals of Our Values



We strive for **lasting impact.**



We are **open and accountable.**



We are **inclusive and empowering.**



We work well **together.**

A person stands on a beach at sunset, their arms outstretched in a gesture of triumph or freedom. The sun is low on the horizon, casting a warm glow over the scene. The person's silhouette is reflected in the shallow water of the beach. The sky is filled with soft, colorful clouds. Surrounding the central image are several yellow rounded rectangular callout boxes, each containing a key principle of recovery.

Hope

Respect

Strengths /
Responsibility

Addresses Trauma

Culture

Person-driven

Many pathways

Peer Support

Holistic

Relational

SAMHSA's Working Definition of

Recovery

How do we recover?



Mind



Body



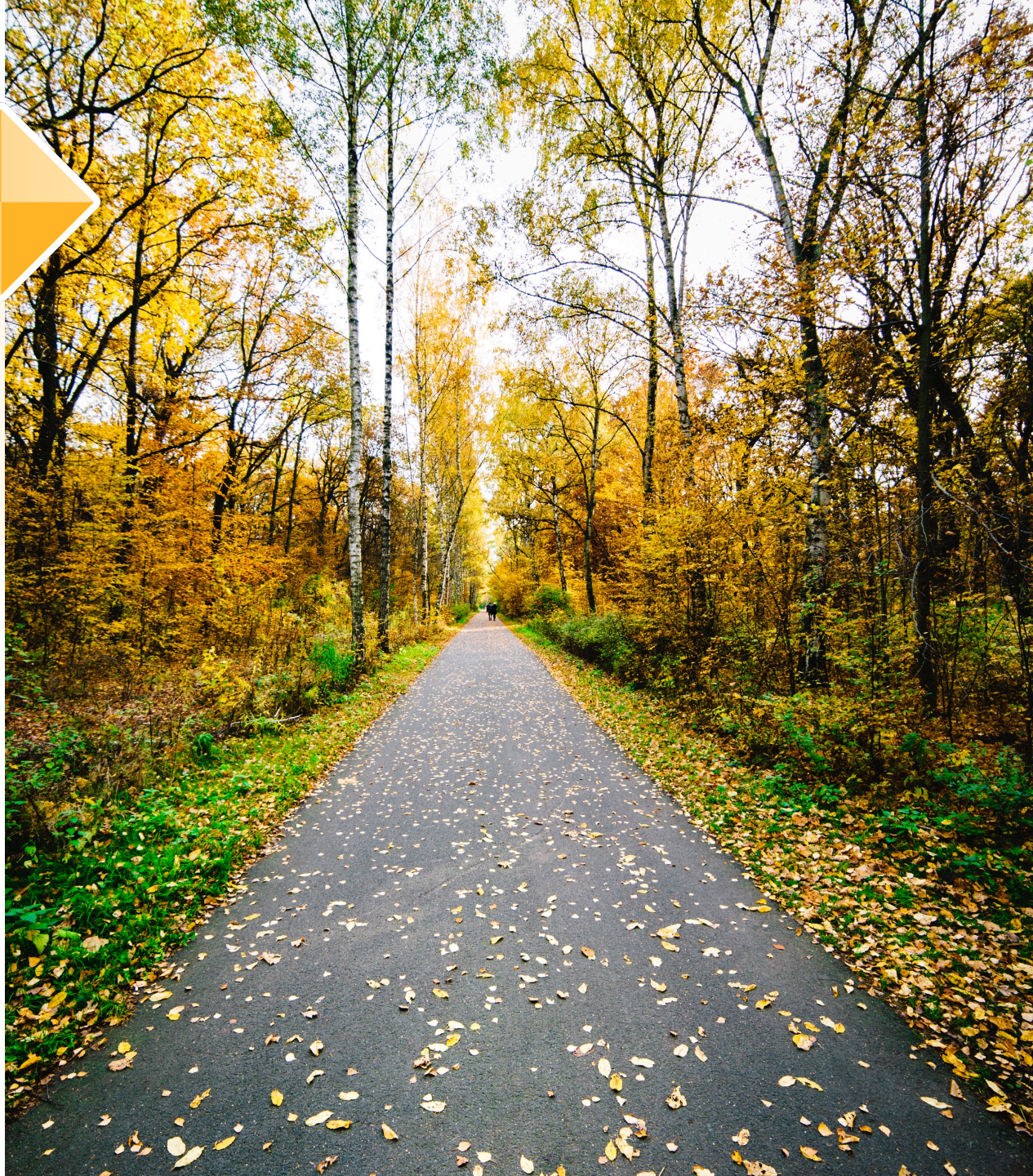
Spirit



Community

Many pathways of recovery

- Looks different for everyone.
- What gets you into recovery may be different than what helps you sustain it. “Of” vs “to”.
- Everyone gets to choose their own path.
- We all use multiple pathways everyday in recovery.
- No pathways are mutually exclusive.



Many pathways of recovery

Body and Brain Health: Yoga; Eco-therapy; Exercise; Mindfulness and meditation; Novel experience; Nutrition; Harm Reduction

Medication-assisted therapy: Suboxone; Methadone; Naltrexone; Antabuse

Behavioral health: Process groups; Relapse prevention; Life skills; Relationship and conflict resolution; Individual counseling or therapy; Psychiatry

Mutual aid: 12-Step Groups, SMART Recovery, Recovery Dharma, LifeRing, Celebrate Recovery, Harm Reduction Works

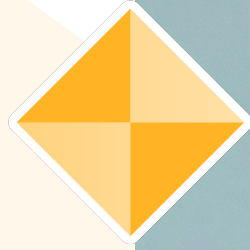


Language matters

Language matters but can change depending on the setting we're in. Choosing when and where to use certain language and labels can help reduce stigma toward recovery.

“Words are important. If you want to care for something, you call it a flower. If you want to kill something, you call it a weed.”

-Don Coyhis




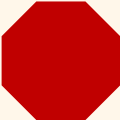
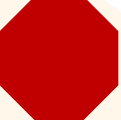
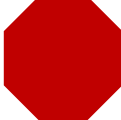
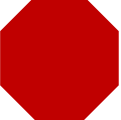

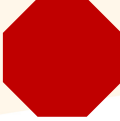
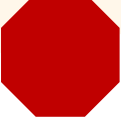
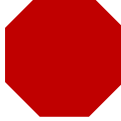
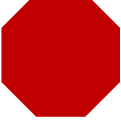
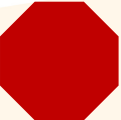
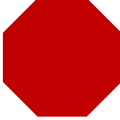
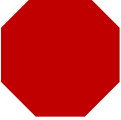
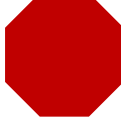
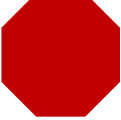

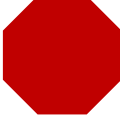
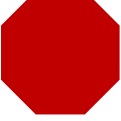
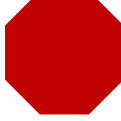
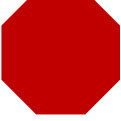

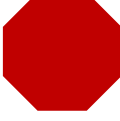
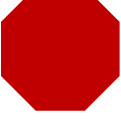
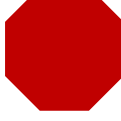
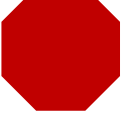
Language Matters

Important language considerations in developing person-centered plans

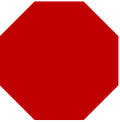
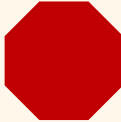
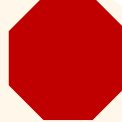
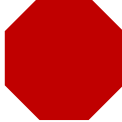
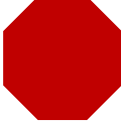




















- The language used should not be stigmatizing or objectifying
- The language used should be empowering and should avoid eliciting pity or sympathy.
- Words such as “hope” and “recovery” should be used frequently, rather than “addiction” or “disease.”
- Focus on strengths and resilience rather than deficits.
- Avoid using diagnostic or catch-all labels.



Language matters

	Mutual Aid Meetings	In Public	With Clients	Medical Settings	At LRCC
Addict					
Alcoholic					
Junkie					
Opioid Addict					
Relapse					

Language matters

	Mutual Aid Meetings	In Public	With Clients	Medical Settings	At LRCC
Medication Assisted Treatment					
Medication for Opioid Use Disorder					
Person with a Substance Use Disorder					
Person with a Alcohol Use Disorder					
Person with an Opioid Use Disorder					

Types of Stigma

Public stigma: encompasses the attitudes and feelings expressed by many in the general public toward persons living with mental health or SUD challenges or their family members.

Institutional stigma: occurs when negative attitudes and behaviors about mental illness or SUD, including social, emotional, and behavioral problems, are incorporated into the policies, practices, and cultures of organizations and social systems, such as education, health care, and employment.

Self stigma: occurs when individuals internalize the disrespectful images that society, a community, or a peer group perpetuate, which may lead many individuals to refrain from seeking treatment for their mental health or SUD conditions.”



How does stigma impact people?

Prejudice and discrimination exclude people with MH and SUD challenges from activities that are open to other people.

This limits ability to

- Get/keep employment, housing, or healthcare (including MH/SUD treatment)
- Be accepted by family/friends
- Find/make friends or have other long-term relationships
- Take part in social activities

Prejudice and discrimination often become internalized by people with MH/SUD challenges.

This can lead them to

- Believe the negative things (self/internalized stigma)
- Have lower self esteem because of guilt/shame

Prejudice and discrimination can cause people with MH/SUD challenges to keep it a secret.

As a result they may

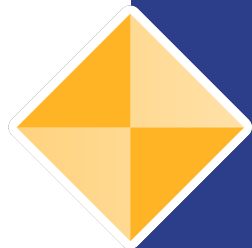
- Avoid getting the help they need
- MH/SUD issues less likely to decrease or end

Stigma: Negative message/belief/assumption

Discrimination: when stigma drives our actions

“Stigma is a degrading and debasing attitude of the society that discredits a person or a group because of an attribute... Stigma destroys a person’s dignity; marginalizes affected individuals; violates basic human rights; markedly diminishes the chances of a stigmatized person of achieving full potential; and seriously hampers pursuit of happiness and contentment.”

The antidote to stigma is support and compassion.



How else do we communicate?

If we know that almost 75% of communication is non-verbal, we must take into consideration other ways we communicate.

- Body Language
- Attitude
- Effort and Energy
- Passion
- How well we **listen**



Our Services

- Peer Support
- Mobile Recovery Unit
- Mutual Aid Groups
- Community Space
- Computer Lab
- Harm Reduction
- Meditation Room
- Podcasting Studio
- Resource Navigation
- Narcan
- Safe Space



Volunteer Opportunities

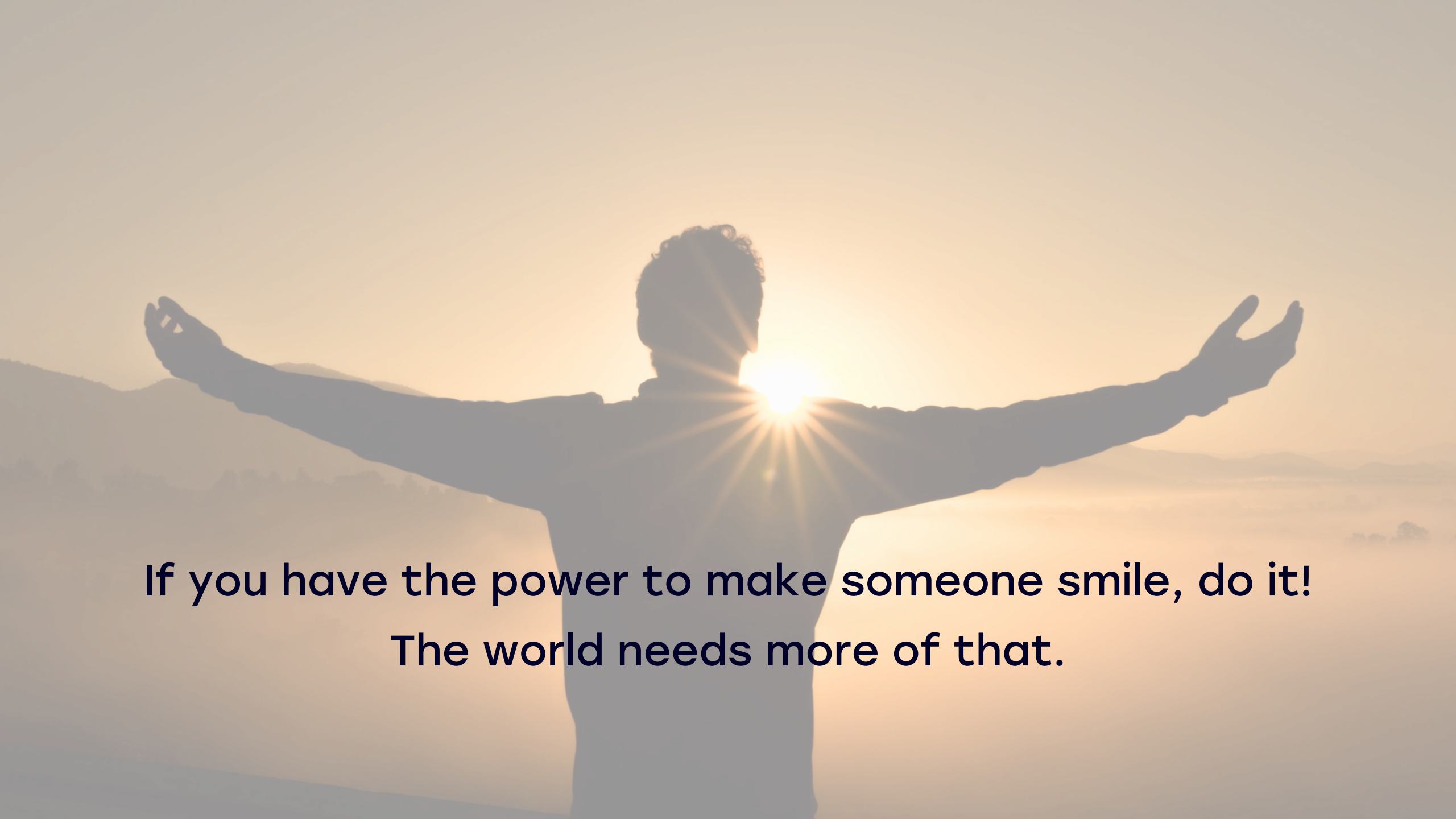
Engage: Front desk and navigation

Encourage: Recovery Coaching, Telephone Recovery Support

Transform: Advocacy and Outreach

Empower: Events, groups, committees, workshops



A silhouette of a person with their arms outstretched, standing against a bright sunrise. The sun is positioned directly behind the person's head, creating a lens flare effect. The background shows a hazy landscape with mountains and a body of water.

**If you have the power to make someone smile, do it!
The world needs more of that.**