



# Relias Spotlight Series

August 2020

Greetings Providers,

Welcome back to the Optum Idaho **Relias Spotlight Series**— a series devoted to providing you with access to **free, easily accessible, and CEU-eligible** online education about topics that are of most importance to behavioral health providers, like you, across the state.

This month's topic? **Recovery.**

## **Interesting Facts about Recovery, Substance Abuse, and Mental Health**

- 12-13 years is the average age children experiment with drugs.<sup>1</sup>
- Alcohol is the third most common preventable cause of death in the United States. The first is tobacco, and the second is poor diet and physical inactivity.<sup>4</sup>
- Increased risk of alcohol use disorder is associated with bipolar disorders, schizophrenia, and antisocial personality disorder; additionally, alcohol use disorder may be related to anxiety and depressive disorders.<sup>1</sup>

- Recovery works! The best outcomes occur with longer treatment plans, with a recommended three months to significantly reduce or stop symptoms.<sup>3</sup>



### HOPE— The Foundation for Recovery

**Hope** is the tool that creates the recovery, and it is from emerging people begin to overcome obstacles, internal and external process of recovery is personal characterized as continual growth improvement in one’s health and Resilience is an important factor since setbacks are common and an ongoing part of life. The



foundation for hope that barriers, challenges. The and and wellness. in recovery, are considered recovery process is

supported through relationships, social networks, and professionals such as yourself, who assist individuals in the recovery process.<sup>2</sup>



### The Power of Early Recovery

As providers, supporting individuals in **early recovery** has been found to be the most effective way to help someone with a substance use problem. The idea is to treat the problem *before* it can progress into a disorder. With this recognition that emerging problems need to be detected so that early intervention can be provided, screening for substance misuse is increasingly being

provided in general health care settings.

Below, you will find a list of courses that will assist you in identifying the needs of individuals in early recovery, with a focus on co-occurring mental health and medical symptoms. You will also learn about helping your clients to manage cravings and withdrawal symptoms, as well as peer support strategies that can help your client maintain their recovery.

- [10 Steps to Fully Integrating Peers into your Workforce](#)
- [Illness Management and Recovery Model](#)
- [Mindfulness, Meditation, and Spirituality as Tools for Recovery](#)
- [Peer Support Services in Substance Use Disorder Recovery](#)
- [Peer Support: The Basics and Beyond](#)
- [Recovery of Persons with Severe and Persistent Mental Illness](#)

- [Self-Advocacy and Recovery](#)
- [Supporting Individuals in Early Recovery](#)
- [The Role of Wellness in Recovery](#)

We are grateful for all that you do for our members!

Wishing you a cool and safe August,

The Optum Idaho Education and Training Team

1 Alcohol Facts and Statistics. (2020, February 18). <https://www.niaaa.nih.gov/publications/brochures-and-fact-sheets/alcohol-facts-and-statistics>

2 Recovery and Recovery Support. (n.d.). <https://www.samhsa.gov/find-help/recovery>

3 National Institute on Drug Abuse. (2020, May 29). Principles of Effective Treatment. <https://www.drugabuse.gov/publications/principles-drug-addiction-treatment-research-based-guide-third-edition/principles-effective-treatment>

4 National Institute on Drug Abuse. (2020, May 04). National Survey of Drug Use and Health. <https://www.drugabuse.gov/drug-topics/trends-statistics/national-drug-early-warning-system-ndews/national-survey-drug-use-health>

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