

# More than Treatment – Living Life (again)

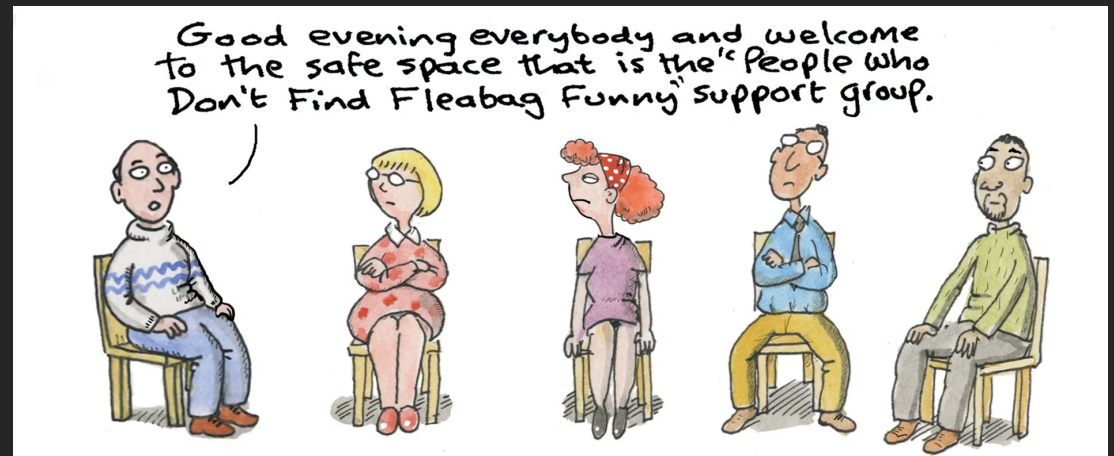
ARC Fitness – Recovery in Motion Conference

September 2024

Wulf Livingston



A screenshot of a web browser displaying the journal article page for "A Tale of the Spontaneous Emergence of a Recovery Group and the Characteristics That Are Making It Thrive: Exploring the Politics and Knowledge of Recovery". The page includes the journal title "Journal of Groups in Addiction & Recovery", the authors "Wulf Livingston, Matt Baker, Sidney Jobber & Bob Atkins", and the publication date "17 May 2011". The article title is prominently displayed in the center. Below the title, there is an abstract section and a "Related Research" section. The page also shows navigation options like "Full Article", "Figures & data", "References", "Citations", "Metrics", "Reprints & Permissions", and "Read this article".





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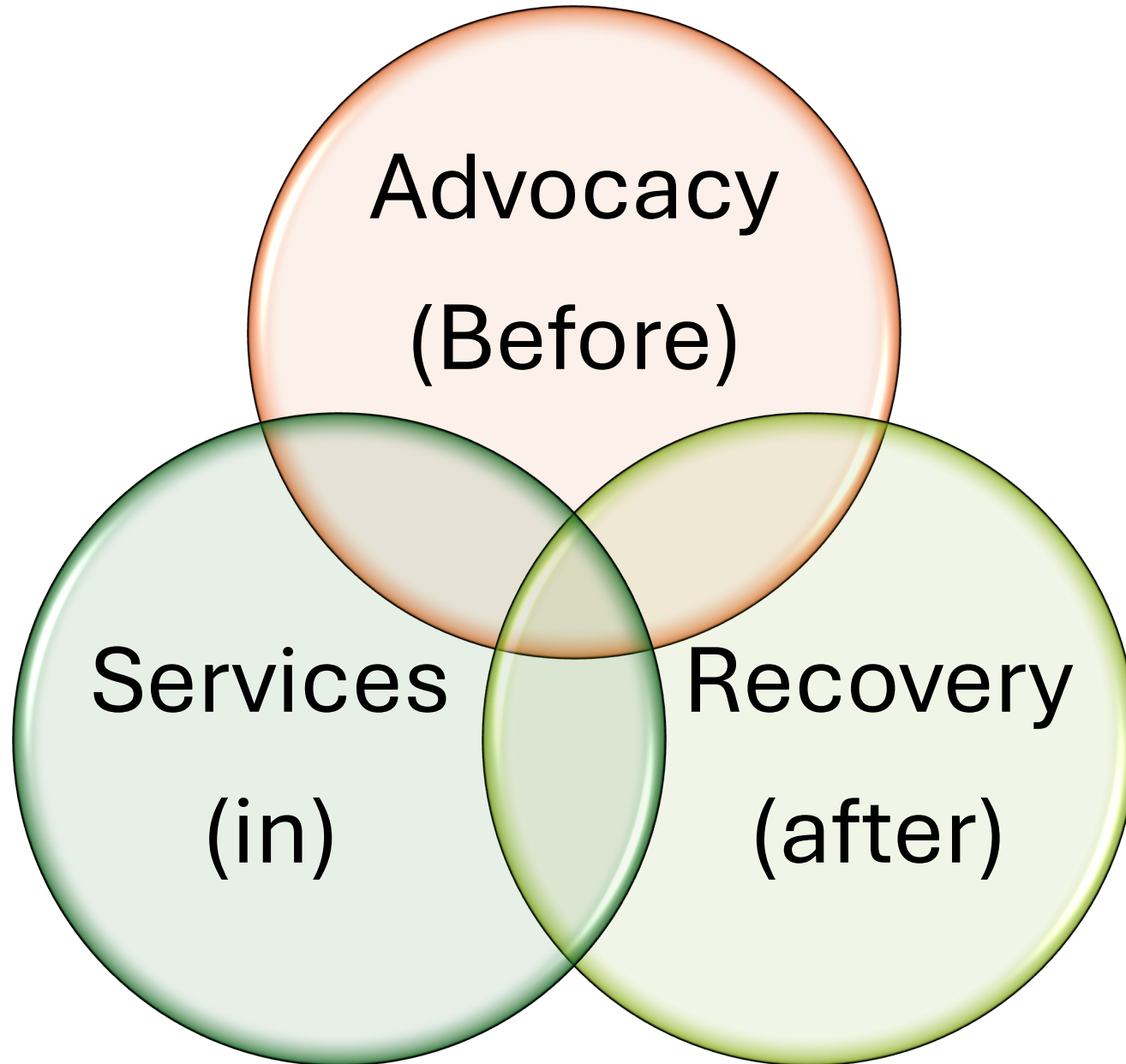
I think the notion of commissioning recovery is almost an oxymoron. Because if recovery is coming from within and the community and the peers, you can't actually buy it as a commissioner. [Wulf Livingston]

Wardle Recovery 2009...

Find text or tools







# Recovery (Communities)?

- What is recovery (communities)?
- Why do people do it?
- Where does it happen?
- How does it happen?
- What makes it or why does it work?
- What enables, supports it ?
- What are the barriers?



It works

# Recovery

Hope

What someone thinks it is to them (and their community) – and because *they* want it

Peer-led (beyond treatment)

Old school (AA, NA etc), other 12 steps, residential and community, change and support, physical activities, social gatherings, arts (dance, film, music), cooking and eating together, café's, celebration, gardening and growing, .....

Choice -how (the doing of) and what (life goals)

Tired of the old, missing the important stuff in life, treatment not enough/meeting need, giving back, belonging, identity, learning.....

# The commission oxymoron



Space

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Individuals - champions, leaders, activists, choice

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Shared – desire, interests, experiences, contexts

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Family and friends – resources, support, time

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Contagion – informal networks, relationships, culture

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Local – difference, environment, resources



# The problems

- It is a challenge to the orthodoxy (and it works)
- The desire to make it fit the 'system' rather than the system adapt
- Recovery outcomes are not treatment outputs
- The 'kings shilling'
- Apples and Pears
- Treatment and Research hierarchies
- Overreliance, Burnout, Egos, Relapse, Pedestals,
- Problems of success, support

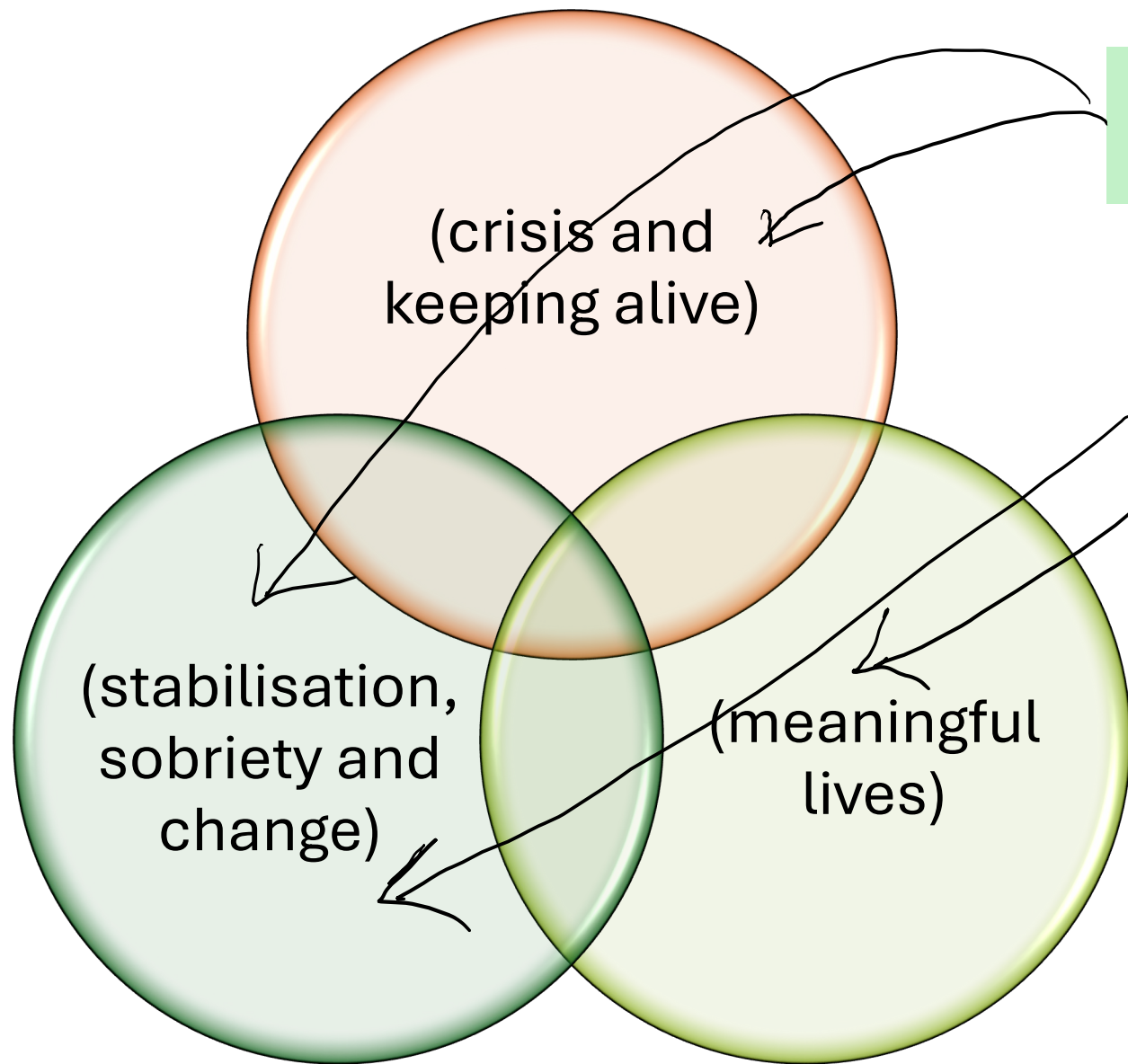


# The Magic

- Hope
- Belonging
- Doing
- Sharing
- Giving
- Identity
- Self-worth
- Pride
- Honesty (no bullshit)
- Love
- Belief
- Community
- Spontaneity
- Activism
- Serendipity
- Social media
- 'Friends of'
- Trust/Recognition

# Examples (of the diversity)

- Eternal Media - <https://www.eternalmedia.co.uk/>
- Fallen Angels - <https://fallenangelsdt.org/>
- Forth Valley Recovery Community - <https://www.forthvalleyrecovers.com/fvrc.html>
- North Wales Recovery Communities- <https://www.penrhyhouse.co.uk/>
- Recovery Cymru - <https://www.recoverycymru.org.uk/>
- Rotherham Recovery Community - <https://www.facebook.com/groups/1407330766733824/>
- Recovery Voices - <https://www.recoveryvoices.info/>



Peer-led interventions (provided by recovery groups)

Recovery community's

- Informal group of folk
- Arms of bigger organisations
- Local organisations
- Charities/Social Enterprises
- Coalitions/Networks
- Funded /Self-funding
- Buildings/on-line

People who have been through shit,  
(and their mates),  
coming together to support each other,  
through doing stuff (sharing and giving),  
and making  
changes,  
a difference,  
a better world for all

*[And the professional world just needs to give it space, recognition, resources and support –  
without controlling it].*