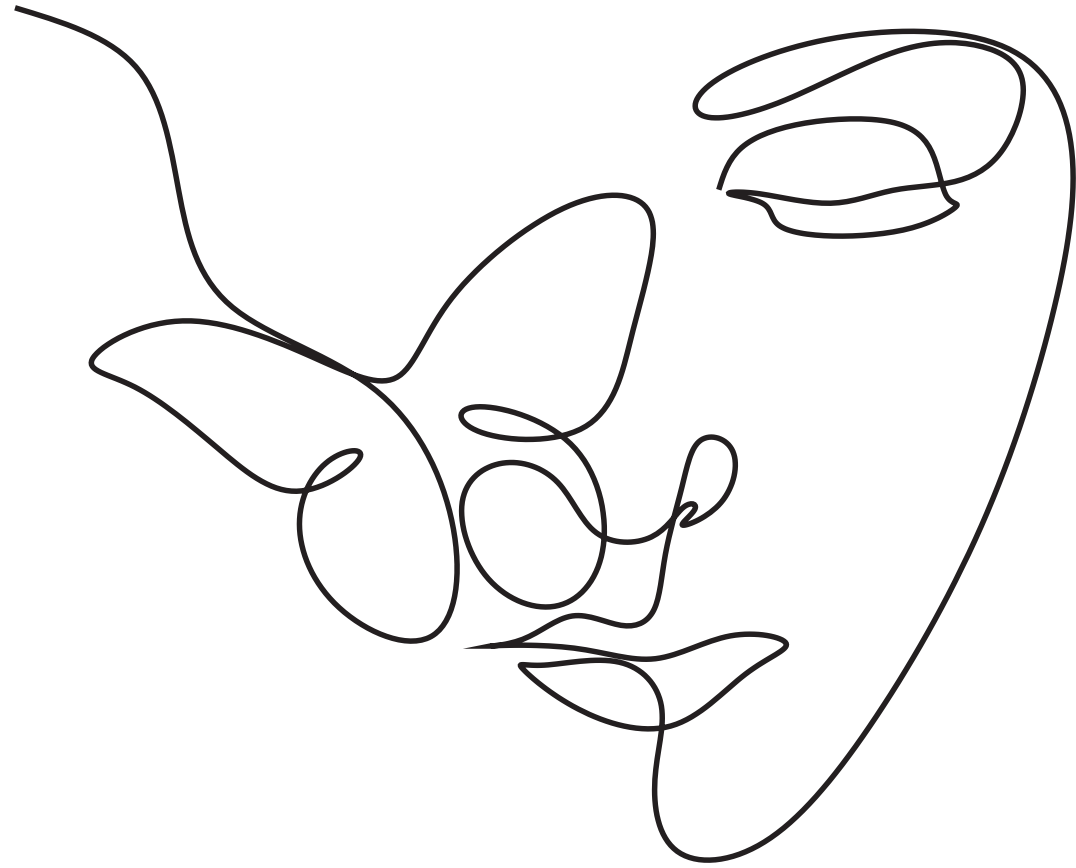




DARE THEM TO D.R.E.A.M.





Emily Couch, CRSS

Family Life Center, Decatur, AL



# Today's Talking Topics



- Define what it is to DREAM
- Discuss the CRSS role in a peer's DREAM
- Disclose common challenges to a peer's DREAM
- Determine to partner with peers as they DREAM

---

01

What Does It Mean to  
DREAM?



D

Decide and  
Dedicate

Decide that a  
change is necessary  
and dedicate to take  
steps to make  
needed change

R

Risk and  
Reach

Risk vulnerability so that  
growth can occur and  
reach manageable and  
attainable goals

E

Engage and  
Enhance

Engage with the  
recovery community and  
with sober support  
systems and, by doing  
so, enhance recovery  
journey

A

Advocate and  
Appreciate

Advocate for recovery  
and continued societal  
change and appreciate  
the growth they have  
experienced

M

Motivate and  
Mentor

Motivate others to  
engage in recovery and  
mentor those new to the  
journey

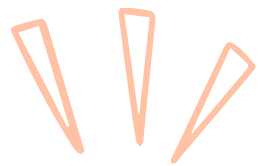
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02

What is My Role as a  
CRSS?



# Let's Talk About Recovery Capital



## Personal

Includes financial and human capital



## Social

Supportive social relationships that are centered around recovery; also, family and friends



## Community/Cultural

Full continuum of treatment resources and accessibility to resources that are culturally diverse



# Personal Recovery Capital



01

## Financial Recovery Capital

This includes things like transportation, access to insurance, and shelter.

02

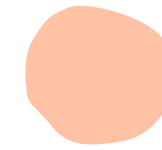
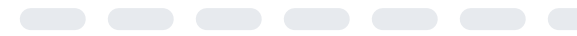
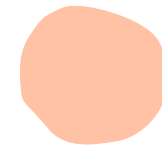
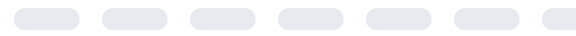
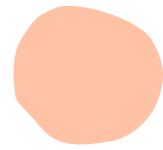
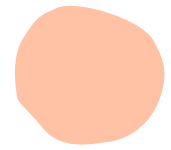
## Human Recovery Capital

This includes things like skills, knowledge, values, self-esteem, and risk-management.





# Personal Capital Occurs at the Intersection of...



## Self-Confidence

A peer embraces the reality that he or she is worthy of recovery.

## Motivation

A peer realizes the drive to continue the recovery journey.

## Total Health

A peer experiences a balance of health physically, mentally, emotionally, socially, and spiritually.

## Education

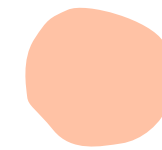
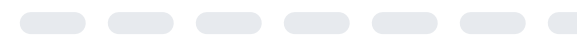
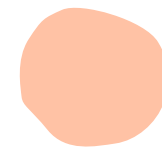
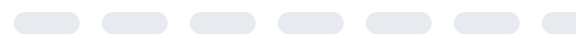
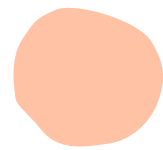
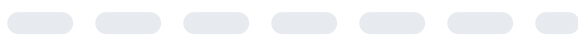
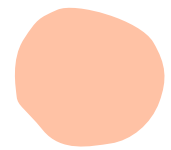
A peer seeks to learn more about addiction and recovery so that additional growth may occur.

# Social Capital

It's all about  
**RELATIONSHIPS!**



# Social Capital Occurs at the Intersection of...



## Sober and Supportive Friends

A peer surrounds themselves with people who are either maintaining sobriety or who are supportive of sobriety ("normies").

## Supportive and Structured Family

A peer strengthens ties with biological family or family of choice and allows that family to come alongside them for their recovery journey.

## Sober Living Environment

A peer dwells in a place that is conducive of maintaining sobriety, whether that is with family (biological or chosen) or friends, or if that is in more of an institutionalized or sober living setting.

## Participation in Developmentally Appropriate Groups

A peer starts to engage with groups such as AA/NA/CA, church, or other social events that promote recovery.

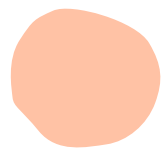


"In diversity there is beauty  
and there is strength."

Maya Angelou

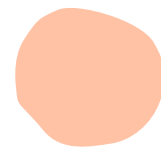


# Community/Cultural Capital Occurs at the Intersection of...



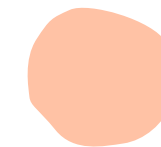
## Personal Culture

This is influenced by family and friends, the environment in which one lives, etc.



## Developmentally & Culturally Appropriate Recovery Groups

Think collegiate recovery,  
justice system graduates,  
religious recovery communities,  
etc.



## Culture of Sobriety

This is the recovery community as a whole - the "big picture" of recovery, if you will.

---

03

What are Common  
Challenges?



# Barriers to Recovery



## Stage of Change

Do I recognize that I have a problem?



## Available Resources

Do I have access to tools to aid in my recovery?



## Lack of Support

Do I have people who believe in me?



## Lack of Education

Do I have the knowledge to make informed decisions?



## Fear

Do I have faith in myself to do hard things?



## Societal Inequalities

Do I have to work harder to be treated equally?





# Stages of Change



Pre-contemplation

Not yet acknowledging that a problem exists

Contemplation

Acknowledging the problem but not yet ready

Preparation

Getting ready to change

Action

Actively making changes

Maintenance

Maintaining implemented behavioral changes





# Resources

What tools do I need to be successful?



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# Sober Support

Who will come alongside me to aid in my recovery?



Treatment Providers



Legal Team



Spiritual Advisor



Medical Providers

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# Sober Support

Who will come alongside me to aid in my recovery?



Employers



Family & Friends



Sponsor/Home Group



CRSS

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# Fear

What am I afraid of?



# Societal Inequality

Race - Culture - Socioeconomic Status



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04

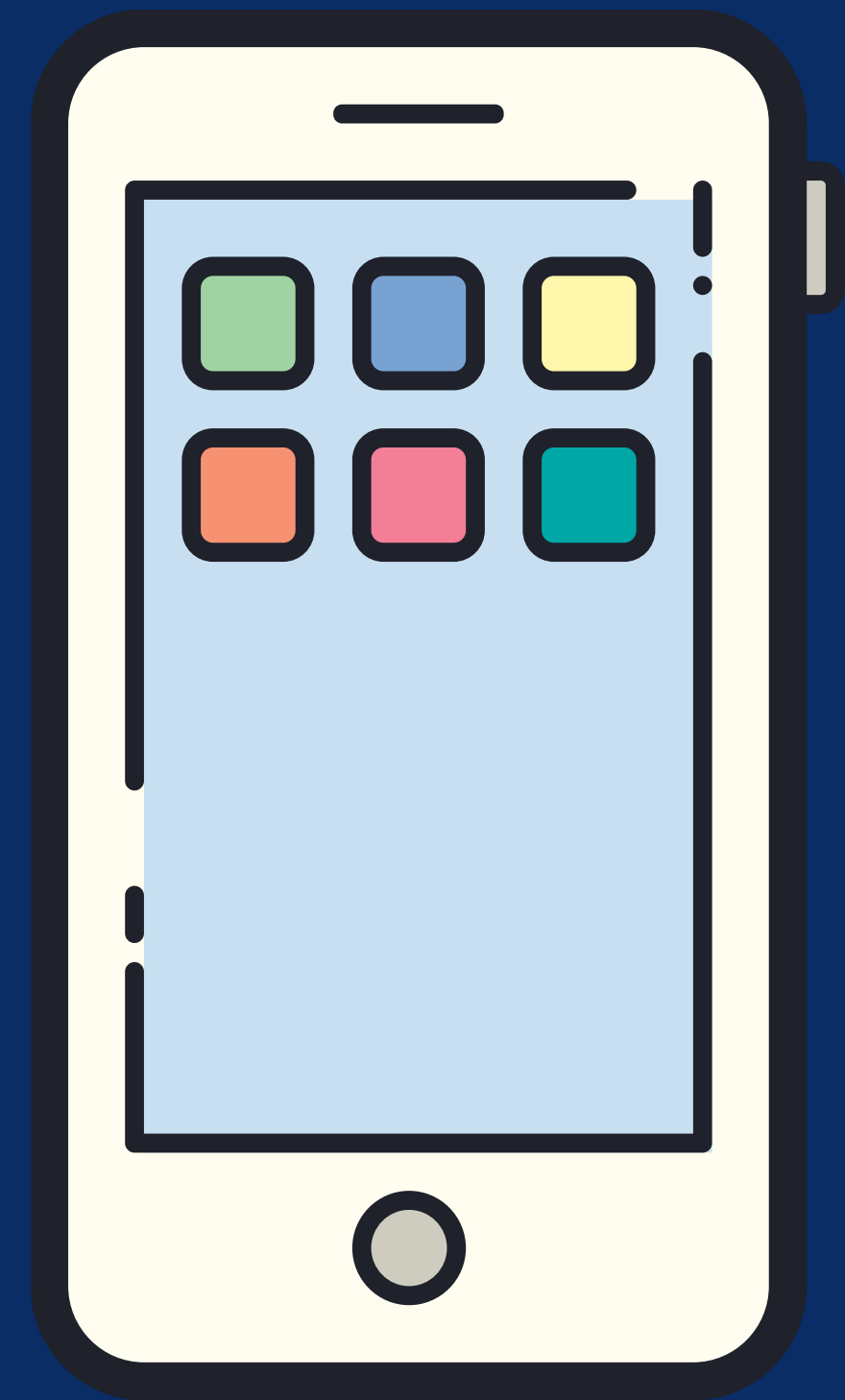
Partnering with Peers as  
They DREAM!



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THANK YOU!

