

Write to Recovery



Scottish
Recovery
Network

A Story About Recovery

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Once Upon a Time...

- Them and Us. The Asylums = 'others'
- Madness as science and the DSM
- 'Severe and enduring'
- 'Chemical imbalance of the brain'
- 'Recovery' not in discourse

Enter Stage Left...the novice

- Addiction counselling homeless population
- Severe trauma and MH problems
- No mention of CSE or trauma in textbooks
- Mystery: the disconnect between theory and practice. Whodunnit?

And it came to pass...

- SRN Founded 15 years ago
- 10 Years of 'Recovery Happens!'
- Suicide and MH now mainstream topics
- Recovery in public awareness

The Dawn of the Age of ACEs

- Scottish Government 10 Year MH Strategy
- ACEs on centre stage, the public erupt
- Transforming Psychological Trauma
- STILT:
Scottish Trauma Informed Leaders Training

A New Story That Feels Right

- It's not what's wrong with me...
- Reframing and Normalising
- Substance use as 'self soothing'?
- From lifestyle choices to trauma victims
- The problem is not located in me!
- The 'problem' is the solution to distress

The Narrative of Possibility Land

- Toxic stress demands to be soothed
- Fight / flight or freeze default is ON
- Relationships can cause distress
- Relationships can HEAL distress
- A sane response to insane circumstances
- Trauma is NOT destiny
- Hurt people hurt and loved people love

The Possibilities are Endless!

- Empathy compassion kindness
- OMG it's now a love story
- The greatest love of all
- My past does not define my future
- My Fabulous Future
- Beyond abstinence to joy and peace
- I AM ON A MISSION!

Trauma Informed Approach Tiers

1. Trauma Informed
(baseline for all)
2. Trauma Skilled
(direct or substantial contact)
3. Trauma Enhanced (regular and intense)
4. Trauma Specialist
(evidence based therapies)

Trauma Informed Care

- Minimise distress and maximise trust
- Trust safety collaboration choice
- Empowerment, peer support
- Compassion Curiosity Kindness
- Not blame shame and punishment

The Greatest Thing

The greatest thing
You will ever learn
Is to love
and be loved in return

Contact

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