

# Recovery Wiki

**Abstinence:** Abstinence is a self-enforced restraint from indulging in bodily activities that are widely experienced as giving pleasure. Most frequently, the term refers to sexual abstinence, or abstinence from alcohol, drugs, or food.

**Adolescent clubhouse:** A center that serves adolescent youth and young adults who have, or are at risk for, a substance use disorder and/or a co-occurring mental health disorder.

**Al Anon:** A mutual support program for people whose lives have been affected by someone else's drinking and or substance abuse.

**Alcoholics Anonymous:** A free self-help organization founded to assist people addicted to alcohol in breaking old behavior patterns and gaining support for consistently living a sober lifestyle.

**Anxiety:** A feeling of worry, nervousness, or unease, typically about an imminent event or something with an uncertain outcome. Some people who have persistent, disruptive experiences of anxiety are diagnosed with an Anxiety Disorder illness. Not everyone who experience anxiety has a diagnosable illness.

**ASAM levels of care:** The ASAM Criteria text describes treatment as a continuum marked by four broad levels of service and an early intervention level. Within the five broad levels of care, decimal numbers are used to further express gradations of intensity of services. These levels of care provide a standard nomenclature for describing the continuum of recovery-oriented addiction services.

**Bipolar disorder:**

**Buprenorphine:** A prescription medication for people addicted to [heroin](#) or other opiates that acts by relieving the symptoms of opiate withdrawal such as agitation, [nausea](#) and insomnia and allowing the brain time to heal.

**Certified Peer Recovery Specialist (CPRS):** A person with "lived experience" who has been trained to support those who struggle with mental health, psychological trauma, or substance use and has achieved a certification to provide peer support.

**Closed meeting:** Closed meetings are for A.A. or N.A. members only, or for those who have a drinking/drug problem and "have a desire to stop using."

**Codependency:**

**Codependents Anonymous:**

**Depression:** Depression is a mood disorder that causes a persistent feeling of sadness and loss of interest. Also called major depressive disorder or clinical depression, it affects how you feel, think and behave and can lead to a variety of emotional and physical problems. Some people feel down or sad (we might say depressed) but do not have signs and symptoms or disruption to their lives due to their sadness that is at the level of a diagnosable illness.

**Detox:** A process or period of time in which one abstains from or rids the body of toxic or unhealthy substances. Detox is also what many people call the 3.7WM (withdrawal management) level of care in treatment facilities, during which time a patient received medical monitoring and support with the withdrawal symptoms.

**Dual Recovery Anonymous:** An independent Twelve Step self-help membership organization for people with a dual diagnosis. Its goal is to help men and women who experience a dual illness. A dual diagnosis occurs when an individual is affected by both chemical dependency and an emotional or psychiatric illness.

**Enabling:** Shielding a person from the consequences of a destructive behavior; Allowing a person's destructive behavior to persist by managing or minimizing the ill-effects of the behavior.

**Family & Friends SMART:** This resource provides online and in-person support group information for family members who are affected by the substance use or other addictive behaviors of a loved one. SMART Recovery: Help for Family & Friends utilizes the tools of SMART Recovery and evidence-based CRAFT (Community Reinforcement and Family Training) to provide support to families.

**Grief:** The normal process of reacting to a loss. The loss may be physical (such as a death), social (such as divorce), or occupational (such as a job). Emotional reactions of grief can include anger, guilt, anxiety, sadness, and despair. Physical reactions of grief can include sleeping problems, changes in appetite, physical problems, or illness.

**Harm Reduction:** Harm reduction is a set of practical strategies and ideas aimed at reducing negative consequences associated with drug use or other choices that increase risk to safety or well-being.

**Intensive Outpatient Program (IOP):** An intensive outpatient program is beneficial for individuals suffering from a mild addiction, those who have already completed inpatient rehab, and/or those that can't be absent from work or home.

**Medication Assisted Recovery:** The use of medications in combination with counseling and behavioral therapies, which is effective in the treatment of opioid use disorders (OUD) and can help some people to sustain recovery.

**Meditation:** Meditation is a precise technique for resting the mind and attaining a state of consciousness that is totally different from the normal waking state.

**Mental Health First Aid:** A national program to teach the skills to respond to the signs and symptoms of mental illness and substance use, providing tools to help a first aider assist someone in crisis.

**Methadone:** A synthetic analgesic drug that is similar to morphine in its effects but longer acting, used as a prescribed medication in the treatment of morphine and heroin addiction to assist a person's brain to heal from the impact of addiction.

**Mindfulness:** The quality or state of being conscious or aware of something.

**mutual support:** The act of assisting each other and using teamwork to get through difficult situations.

**Naloxone:** A synthetic drug, similar to morphine, which blocks opiate receptors in the nervous system.

**Narcotics Anonymous:** A worldwide nonprofit organization that provides fellowship and recovery support for men and women with problematic drug use.

**Network:** Other people in recovery who you can communicate with if you are in need of support.

**Open meeting:** Open Meetings are available to anyone interested in AA/NA program of recovery from alcoholism/drugs. Non alcoholics/ non addicts may attend open meetings as observers.

**Opioid:** Opioids are a class of drugs that include the illegal drug heroin, synthetic opioids such as fentanyl, and pain relievers available legally by prescription, such as oxycodone (OxyContin®), hydrocodone (Vicodin®), codeine, morphine, and many others.

**Outpatient:** Outpatient rehabs are part-time programs, allowing the recovering user to keep going to work or school during the day.

**Partial Hospitalization Program (PHP):** A type of program used to treat mental illness and substance abuse. In partial hospitalization, the patient continues to reside at home, but commutes to a treatment center up to seven days a week.

**Peer Specialist:** Peer specialist utilize specific methods and practices to develop hopeful relationships with people in their communities.

**Problem Gambling:** Problem gambling is an urge to [gamble](#) continuously despite negative consequences or a desire to stop. Problem gambling is often defined by whether harm is experienced by the gambler or others, rather than by the gambler's behaviour.

**Recovery Coach:** Recovery coaching is a person-centered, strengths-based support for people who suffer from their own or someone else's addictions. Recovery coaches are allies and mentors who view a person as being in recovery when that person begins to consider making life changes and evaluating the harmful effects of alcohol and drug use, codependency, or other addictive behaviors.

**recovery community center:** Recovery Community Centers are peer-operated centers that serve as local resources of community-based recovery support. They may also help facilitate supportive relationships among individuals in recovery, as well as community and family members.

**Recovery Dharma:** A peer-led movement and a community that is unified by the potential in each of us to recover and find freedom from the suffering of addiction.

**Relapse:** A relapse is when a person returns to using drugs or alcohol after a period of sobriety.

**Self Management and Recovery Training (SMART) Recovery:** A group-based addiction recovery model led by volunteers designed to help people use the latest scientifically based treatments to overcome addiction. SMART Recovery welcomes people dealing with any type of addiction, including drugs, alcohol, gambling, overeating, sex addiction, or compulsive spending.

**Sober house (AKA recovery house):** Facilities that provide safe housing and supportive, structured living conditions for people exiting drug rehabilitation programs.

**Stages of change:** There are four stages of change in the process of recovery. They are precontemplation, contemplation, preparation, and action. Maintenance and relapse are also sometimes included as additional stages.

**Suboxone:** Suboxone is the brand name for a prescription medication used in treating those addicted to opioids, illegal or prescription. It contains the ingredients buprenorphine and naloxone. Buprenorphine, a partial opioid agonist, blocks the opiate receptors and reduces a person's urges.

**Trauma:** Trauma is the response to a deeply distressing or disturbing event that overwhelms an individual's ability to cope, causes feelings of helplessness, diminishes their sense of self and their ability to feel the full range of emotions and experiences.

**Wellness Recovery Action Plan (WRAP):** A self-designed prevention and wellness process that anyone can use to get well, stay well and make their life the way they want it to be.