



GLOBAL RECOVERY NETWORK

**AN ALLIANCE OF PEOPLE THAT SUPPORT RECOVERY
FROM SUBSTANCE USE DISORDERS**



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The GRN is supported by a consortium of international organizations. It provides a platform for members to build and reinforce recovery capital through the pursuit of lifelong learning, forge and maintain connections to support each other, and advance the understanding and practice of recovery throughout the world.

ABOUT THE GRN

The GRN welcomes both people living in recovery from substance use disorder as well as the allies of recovery who advocate for recovery at personal, programmatic, and policy levels.

Key objectives of the GRN include;

To support members to engage in the dynamic, ongoing process of building and reinforcing recovery capital in its many personal, social, and cultural forms

To facilitate opportunities for members to forge and maintain connections in support of one another at a grassroots level and participate in a life-long process of learning about recovery

To grow, strengthen and unify the global recovery community so that recovery is not only a possibility, but a probability for all persons who suffer from substance use disorders



RECOVERY CAPITAL

- Recovery capital includes all strengths and resource that bring people to the recovery process.
- It is made up of all the assets both material and non material that can help and individual start and stay in recovery.
- Building recovery capital is a dynamic process, it takes practice and usually includes mentoring and forms of support from others.
- Recovery capital can be internal such as a person's individual qualities or can be external such as personal financial resources, practical skills, ability to learn from one's own mistakes.

RECOVERY CAPITAL

- Individual Recovery capital
- Social Recovery capital
- Community recovery capital

INDIVIDUAL RECOVERY CAPITAL

- Willingness to change
- Supportive/conducive environment e.g a home, stable source of income, supportive family.
- Emotional stability, anger and stress management.
- Psychological stability, remain calm and dwell more on positive thoughts
- Physical health through treatment, balanced diet and exercises.
- Self Awareness, self worth, high self esteem,
- Self care by attending support groups.
- Taking responsibility of one's recovery by making amends with the significant others

SOCIAL RECOVERY CAPITAL

- Gender specific Drug free networks e.g friends who are longer in recovery as Role models
- Support Groups such as AA, NA, ALNON, ALTEEN etc
- Gender specific treatment and rehabilitation centers.
- Making amends to significant others
- Religious organizations, Churches, Mosques, Temples etc
- Jobs / Financial capital.
- Availability of health care institutions

COMMUNITY RECOVERY CAPITAL

- Enforcement of Laws and policies that govern, availability, affordability, accessibility.
- Limit of alcoholic drinks outlets.
- Community Recovery programs
- Cultural values and norms that support recovery and discourage drug use.
- Training community on effects of substance to enable them accept the affect persons and offer support rather condemn.
- Community involvement in demand reduction and supply suppression.

JOIN THE GLOBAL RECOVERY NETWORK

- Promote research-based recovery messaging
- Connect with recovery allies and peers
- Learn about upcoming events
- Join our monthly dialogue

