

Question: If I recovered through Alcoholics Anonymous or another 12-step group, how do I talk about my recovery without referring to AA or my mutual aid group?

Answer: The American Advocacy organisation, Faces & Voices of Recovery, has developed a language that people can use to talk about their own recovery that doesn't mention any particular recovery pathway.

*"I'm **(your name)** and I am in long-term recovery, which means that I have not used **(insert alcohol or drugs or the name of the drugs that you used)** for more than **(insert the number of years that you have been in recovery)** years.*

I am committed to recovery because it has given me and my family new purpose and hope for the future, while helping me gain stability in my life.

I am now speaking out because long-term recovery has helped me change my life for the better, and I want to make it possible for others to do the same."

You can also simply say, *"I found recovery through a 12-step group, but our traditions do not permit me to name it in the media"* or if you are an Al-Anon member, you can simply say, *"I'm a family member in recovery from a relative or friend's addiction."*

Question: How can I advocate if I am uncomfortable speaking publicly?

Answer: There are many ways to support recovery. You can use social media tools like Twitter, Facebook and in2recovery to raise awareness of recovery in your community. You could also think about writing letters to your local newspaper.

You could write to or visit your local councillors or MP or invite them to activities that you are involved in. Your very presence may break some stereotypes they may hold. Policy makers often relate best to real, human stories of their constituents and your story will help them understand how their policies impact people who are rebuilding their lives.

“Sadly, at the moment, the mainstream media only seems interested in sensationalised stories about addiction. There is little or no interest in long-term recovery.

But the good news is the way people gain information is changing - in 2013, 36 million adults (73%) in Great Britain accessed the internet every day. This is our chance to create an alternative media, where we highlight the activities of recovery communities and show that we are real people who can and do recover.

For too long those most affected by alcohol and other drug problems have been absent from the public policy debate. We need to use whatever tools we can to become a constituency of consequence..”

Michaela Jones, Recovery Advocate

Useful Contacts

Faces & Voices of Recovery UK

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e-mail: info@facesandvoicesofrecoveryuk.org

in2recovery

<http://www.in2recovery.org.uk/>

Faces & Voices of Recovery (America)

<http://www.facesandvoicesofrecovery.org/>

MANYFACES1VOICE.org

<http://manyfaces1voice.org/>

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