



# Recovery Journeys

The Importance of Aftercare and  
Community

# Declaration of Interests

- Reflections rather than research
- Yeldall Manor
- ISAAC
- Choices
- Recovery Group UK
- Universal Recovery Curriculum
- Most work has been in residential/aftercare

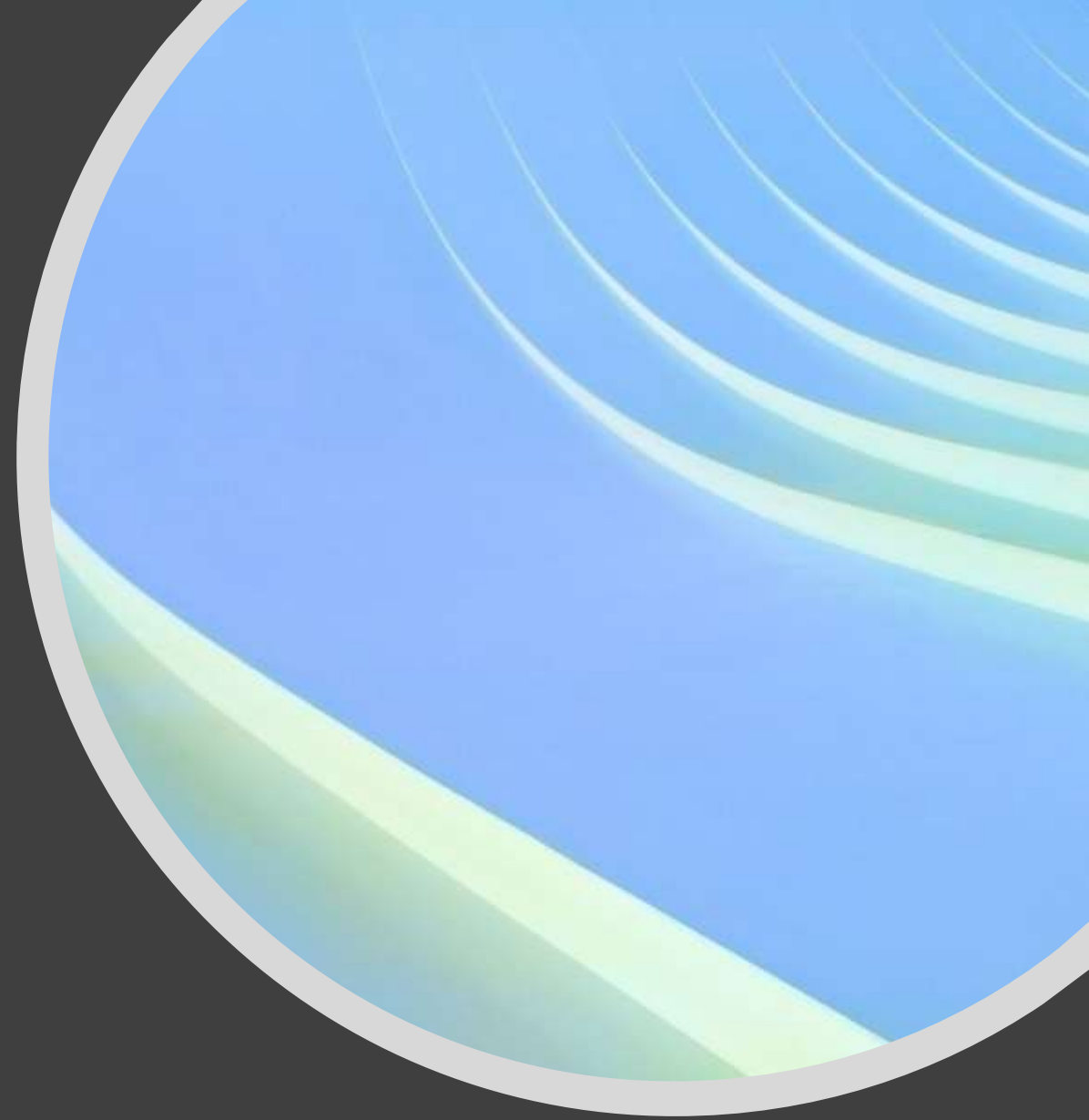


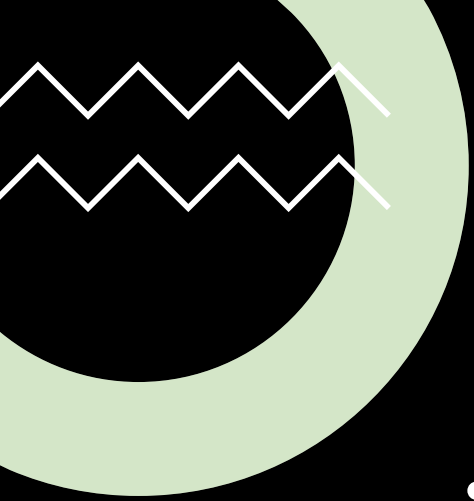
# Prevention, Treatment and Recovery

Colombo Plan's Drug Advisory  
Programme – UTC and UPC

Recovery is not a subset of treatment

Lived Experience is a vital  
component





# Tailored, Tapered Care and Support

- Managing spikes in anxiety that can lead to relapse
- The importance of those who have walked the path before





# Home & Community



The judge and  
the defendant



Not just a  
place to live



# Creativity and Diversity

Recovery Community  
serving the local  
community

- Estonia
- Mongolia



“A cord of three strands  
is not easily broken”

- Social Network AND Recovery Network
- The power of encouragement and hope



Thank you