

THIS IS WHO WE ARE.



FACES & VOICES OF RECOVERY

ADVOCATE. ACT. ADVANCE.

Hiding in Plain Sight

The Essential Value of
Women

in
Recovery Leadership

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NCIP, NCLC, CPRSS
Life Inspired Development, 2021

SESSION NOTES & OBJECTIVES:

“ *The Woman on the Other Side of
The Door Is The Key* ”

- Gender biased stigma blocks visibility in recovery leadership for women affected by substance use disorders
- Destigmatization and trauma informed community wellness initiatives create pathways to leadership in recovery advocacy
- Invite, involve, and develop strong and effective women in leadership as vital to a fully integrated recovery-oriented community



- NYLA CHRISTIAN

LifeInspired, Founder & Recovery Development Consultant Intervention Professional

Life Empowerment & Recovery Coach

Peer Recovery Consultant

- *Empowering women of the community is the main focal point. Women are the lifeblood of our community.*
- *Without whole women, a community flounders- rebuilding broken communities begins with restoring the spirit and lives of women.*

- ❖ Gender specific programming
- ❖ Family recovery coaching
- ❖ Painful dependency coaching: food, gambling, and substance use disorders.

- ❖ Early wellness support and intervention, focusing on the social determinants that pre-dispose communities of color and Black women specifically to SUD, MH, and Alcoholism

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HIDING IN PLAIN SIGHT

Women represent a lifeline in the 23 million Americans engaged in a recovery lifestyle.



LIVING IN TRUTH

Socialization pathways for women seeking treatment and maintaining recovery are disproportionately rife with demoralizing stigma and shame.

Super imposed societal ideals block greater visibility as leaders and symbols of long-term sustainable recovery in the public forum.

Men- pull themselves out of the muck while women wear the in/visible scarlet letter

Addressing stigmatization of women in SUD/AOD/MH can open doors for more pathways to leadership



*EACH STEP TOWARDS TRUTH
& OUR UNIQUE AND COLLECTIVE VOICE
IS A STEP TOWARD SELF CARE AND
COMMUNITY EMPOWERMENT*





TREATMENT: *Self Empowerment*

- Early Intervention Methods: ***Women identify sans judgment***

- Women's Treatment: ***Gender specific programming***

Gender Fluidity

Sexual Abuse/Victim Stigma

Responsibility Retribution

- Female lead treatment facilities
- Accessibility, Affordability: Telehealth & Mobile Access
- Holistic Recovery- Women are Whole and Resilient

RECOVERY: *Self Actualization*

- Women's Recovery Support and Alumni Programs
- Integrative family-based treatment services support women seeking treatment and meaningful lasting recovery
- Defying media norms: normalizing mental health

She Recovers

Y12sr

Women For Sobriety

Women's Empowerment Groups



WOMEN TURNING PAIN INTO POWER

- Female Authors, Bloggers & Podcasters shine the light on the lie: Shame, Guilt, Respectability & Gender Roles

- Female public persona recovering out loud- Elizabeth Vargas, Laurie Dhue, Demi Lovato, Drew Barrymore, Mary J. Blige, Naomi Campbell, Susan Cheever, Natalie Cole, Judy Collins, Tara Connor, Jamie Lee Curtis, Kristin Davis, Laurie Dhue, Linda Ellerbee, Carrie Fisher, Sharon Gless, Whoopi Goldberg, Kristen Johnston, Heather King, Lindsay Lohan, Jane Lynch, Mary Tyler Moore, Kate Moss, Stevie Nicks, Mackenzie Phillips, Lucille O'Neal, Kelly Osborne, Bonnie Raitt, Nicole Richie, Susan Rook, Diana Ross, Grace Slick, Jada Pinkett-Smith, Elizabeth Taylor, Elizabeth Vargas and more



MOVING FORWARD IN POWER

- Peer Recovery Groups, Peer Run Organization & Peer Support
Development Support & Purpose

LEADERSHIP

Training

Certification

DEVELOPMENT

Supervision

Mentorship





WOMEN IN RECOVERY AND ALLIES HAVE MOVED THE DIAL

- ❖ *Selfless Public Disclosure*
- ❖ *Innovative Self Care*
- ❖ *Mutually Shared Hard Truths*
- ❖ *Collective Social Progress*

Acceptance

All Pathways to Recovery

*Improved Outcomes for the
recovery and greater community
as a whole.*

INCLUSIVITY AND TRANSPARENCY

KEYS TO AN INCREASINGLY VIBRANT AND EFFECTIVE FEMALE LEADERSHIP CORE.

How are you addressing female biased stigma?
Are you othering, ignoring, or complicit in your recovery community?

Are there women in your recovery community that you can and want to lift up and support for their courage, conviction and resilience? When and where does advocacy start?

Do you feel that you have the appropriate resources in your community to encourage women into leadership roles:
Recovery Speaker & Peer Core Competency Training, Self Empowerment & Recovery Leadership Development





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THANK YOU !

Faces & Voices of Recovery

Our Diverse Community of Supportive
Recovery Advocacy Leaders & Allies

*The Global Diaspora of Woman Warriors
who stand in Glory for The Women on
The Other Side of The Door*

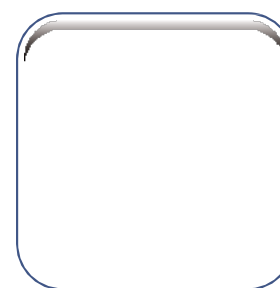
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Completing Evaluations

- Please complete your evaluations in order to receive your CEUs.
- Thank you for joining us!



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