

RECOVERY BOYS

FAQ

Recovery Boys is a feature-length documentary by Academy Award-nominated filmmaker, Elaine McMillion Sheldon (*Heroin(e)*), that presents a clear-eyed, yet loving portrait of the lives of four men with substance use disorder as they seek treatment at Jacob's Ladder, an independent treatment center in Aurora, West Virginia.

Visit the website RecoveryBoysTheFilm.com, to learn more about screening the film, to download and print a community screening guide, and to share the film with others in your social networks.

WHAT IS SUBSTANCE USE DISORDER?

Substance use disorder is a chronic illness that includes addiction to one or more substances and the related anti-social and sometimes illegal behaviors that addiction elicits. Recovery requires long-term physical, mental and social support. Addiction to drugs and/or alcohol changes the brain's chemistry, causing feelings of distress in the absence of the substance, and overwhelming cravings to do whatever it takes to get the substance. Substance Use Disorder is common to people across race, gender and class.

WHAT IS INVOLVED WITH RECOVERY?

Recovery is not a one size fits all process, but it always begins with an individual's commitment to make change. Successful recovery requires a combination of treatment approaches like counseling, support groups and medically-assisted therapies that address the physical addiction and underlying issues such as trauma and mental health. Additionally, recovery needs to address social factors such as employment, housing, potential triggers for use and abuse, and developing new sober habits and relationships.¹

WHY IS RELAPSE SO COMMON?

Recovery is a long-term, sometimes life-long effort and relapse, returning to using the substance again after withdrawal, is often a part of it. Relapse rates for substance use disorder are similar to other chronic diseases with physical, behavioral and social components like asthma, diabetes or hypertension.²

WHY IS FIGHTING STIGMA A CRITICAL PART OF FIGHTING SUBSTANCE USE DISORDER?

Myths and misunderstandings about substance use disorder perpetuate the idea that it is a moral failure or weakness rather than a chronic illness. That idea and others like it prevent people from recognizing the problem and prevent them from accessing appropriate treatment and care.⁶

THERE IS HOPE

"Everyone that comes here has an opportunity that a lot of people don't get. Someone out there is dying right now. And it's horrible. It's gonna keep happening, but we don't have to be part of the problem anymore. We don't. This is it. This is life. Today. And that's all we got."

—Ryan

Substance use disorder is a treatable chronic illness. The Substance Use and Addiction Mental Health Services Administration hosts a national registry of treatment facilities: www.findtreatment.samhsa.gov



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"I just like to think of us as human beings, no matter what. We're born human beings, we're gonna die human beings. We're not perfect, and we're not defective."

—Ryan

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**Visit
RecoveryBoysTheFilm.com
for further resources.
Watch the film on
Netflix.**

If you or someone you love is in need of immediate or emergency help, contact the National Crisis Helpline at 1-800-662-HELP (4357) or www.samhsa.gov/find-help/national-helpline.

View the national registry of treatment facilities here: findtreatment.samhsa.gov

¹ <https://www.drugabuse.gov/publications/principles-drug-addiction-treatment-research-based-guide-third-edition/principles-effective-treatment>.

² <https://www.drugabuse.gov/publications/drugs-brains-behavior-science-addiction/treatment-recovery>.

³ <https://www.ncbi.nlm.nih.gov/books/NBK384923/>.