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What is Your Recovery Quotient? Toward Recovery-focused Education of Addiction Professionals And Recovery Support Specialists

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The certification exams used to judge the competency of addiction professionals (from addiction counselors to physicians specializing in addiction medicine) rely almost exclusively on questions that test one's knowledge of the psychopharmacology of drugs, addiction and its related pathologies and the theories and methods of addiction counseling and treatment. Striking by their absence are questions about the stages, styles, pathways and processes of long-term recovery and the history and philosophies of American communities of recovery.

The following questions were developed in an afternoon of musing about the *recovery quotient* of addiction professionals and what an exam would look like that tested knowledge related to the history, theory, science and practice of non-clinical recovery support. There is nothing magical about these particular questions; I suspect on another afternoon I might come up with a quite different list of questions. But the questions included will sensitize the reader to the central point of this exercise: there is a body of knowledge about recovery that is quite distinct from the bodies of knowledge about addiction and addiction treatment.

The intent of this little quiz is to stimulate interest in the lived solutions to the problems many of us have devoted our lives to addressing. So take a few moments and evaluate your recovery quotient. Most of the topics imbedded in these questions are discussed in the papers posted at www.williamwhitepapers.com, in my book *Slaying the Dragon: The History of Addiction Treatment and Recovery in America*, and in my recent monograph *Peer-based Recovery Support: History, Theory, Science and Practice*.

I. True or False (6 points)

Place a T or F before each statement based on whether the statement is true or false.

___ 1. Smart Recovery grew out of a schism within Secular Organization for Sobriety.

___ 2. Methadone Anonymous is a recovery mutual aid society dedicated to helping people recover from methadone addiction.

___ 3. Between 1970 and 2010, the percentage of people working in addiction treatment who are in recovery has dropped precipitously--from nearly 70% to about 30% of the treatment workforce.

___ 4. The creation of Faces and Voices of Recovery grew out of the 2001 National Recovery Summit held in St Paul, MN.

___ 5. Faces and Voices of Recovery includes all recovery constituency groups except individuals and groups representing people in recovery from opioid addiction who are being treated with methadone.

___ 6. Nearly a third of MM members later choose abstinence-based recovery.

II. Multiple Choice Questions (25 points)

Answer each of the questions below by selecting the correct answer from the four choices presented.

___ 1. The earliest peer-led alcoholism recovery support effort in the United States from the list below is:

- a. The Washingtonians
- b. Alcoholics Anonymous
- c. The Handsome Lake Movement
- d. The Drunkards Club

___ 2. The first recovery mutual aid society birthed within an addiction treatment program was:

- a. The Hazelden Alumni Association
- b. The Ribbon Reform Clubs
- c. The Keeley Leagues
- d. The Ollapod Club

___ 3. Which of the following recovery mutual aid groups uses admission of “addiction” as a catalytic step in the recovery process?

- a. Alcoholics Anonymous
- b. Narcotics Anonymous
- c. Cocaine Anonymous
- d. Women for Sobriety

___ 4. The first President of the United States whose National Drug Control Strategy explicitly highlighted recovery and acknowledged “multiple pathways of recovery” was:

- a. President Gerald Ford
- b. President Jimmy Carter
- c. President George W. Bush
- d. President Barack Obama

___ 5. The fastest growing faith-based recovery mutual aid society in the United States is

- a. Celebrate Recovery
- b. Millati Islami
- c. JACS
- d. Mountain Movers

- ___ 6. A national consensus conference convened by the Betty Ford Institute defined recovery as:
- Continuous and uninterrupted sobriety
 - Remission (no longer meeting criteria for a substance use disorder)
 - Sobriety, progress towards global health and citizenship
 - Sobriety, spiritual awakening and progress toward global health
- ___ 7. This research team first pioneered the concept of “recovery capital.”
- McLellan & Humphreys
 - Granfield & Cloud
 - Scott & Dennis
 - Miller and Kurtz
- ___ 8. This research team affirmed the value of post-treatment “recovery checkups”
- McLellan & Humphreys
 - Granfield & Cloud
 - Scott & Dennis
 - Brown & Lewis
- ___ 9. This research team coined the term “trauma of recovery” to describe the destabilizing effects of early recovery on the family system.
- McLellan & Humphreys
 - Granfield & Cloud
 - Scott & Dennis
 - Brown & Lewis
- ___ 10. Which of the following could be referred to as an “Eleventh Step” group?
- Calix Society
 - Atheists and Agnostics in Alcoholics Anonymous
 - International Doctors in Alcoholics Anonymous
 - The Jacoby Club
- ___ 11. The first secular alternative to Alcoholics Anonymous was.
- Secular Organization for Sobriety
 - Women for Sobriety
 - Rational Recovery
 - LifeRing Secular Recovery
- ___ 12. This research team christened the term “quantum change” to describe a climactic process of recovery initiation that is unexpected, unplanned, positive and permanent.
- McLellan & Humphreys
 - Granfield & Cloud
 - Miller & C’de Baca
 - Scott & Dennis

___ 13. This researcher described acultural, bicultural and culturally enmeshed styles of recovery based on the degree to which an individual in recovery was involved in relationships with others in recovery.

- a. Valliant
- b. White
- c. Best
- d. Clark

___ 14. The stability point of recovery from alcohol dependence (the point at which the risk of future lifetime re-addiction drops below 15%) is ___ of continuous recovery.

- a. 1 year
- b. 2 years
- c. 3 years
- d. 4-5 years

___ 15. What two prominent African Americans from the list below were/are in recovery?

- a. Booker T. Washington & W.E.B. Dubois
- b. Frederick Douglass and Malcolm X
- c. Jesse Jackson and Andrew Young
- d. James Baldwin and Richard Wright

___ 16. Which prominent African America minister launched a, faith- and abstinence-based cultural revitalization movement in response to the crack cocaine epidemic in the Tenderloin District of San Francisco?

- a. Reverend Cecil Williams
- b. Father George Clements
- c. Father Joseph Martin
- d. Pastor Rick Warren

___ 17. In a now classic 1976 paper, she contrasted “scientific knowledge” and “experiential knowledge”, noting the latter was the primary source of knowledge within recovery mutual aid societies.

- a. Lee Ann Kaskutas
- b. Constance Weisner
- c. Lois Wilson
- d. Thomasina Borkman

___ 18. His 1979 book, *Not-God: A History of Alcoholics Anonymous*, stands as the definitive history of A.A.

- a. Robin Room, PhD
- b. Ron Roizen, PhD
- c. Ernest Kurtz, PhD
- d. Ollie Morgan, PhD

___ 19. Their 2001 article in the *Journal of the American Medical Association* helped spark the shift in addiction treatment from a model of acute biopsychosocial stabilization to a model of sustained recovery management.

- a. McLellan, Lewis, Obrien & Kleber
- b. Humphreys, Tonigan & Moos
- c. DuPont & Kleber
- d. Rawson & Gold

___20. The idea of “community recovery” is best illustrated in the history of which of the following communities.

- a. San Francisco, CA
- b. Akron, OH
- c. Alkali Lake, Canada
- d. Mexico City, Mexico

___21. This recovery advocate and author used the metaphor of “healing forest” to convey the healing power of community and cultural renewal.

- a. Don Coyhis
- b. Stanton Peele
- c. Mark Ames
- d. Mark Sanders

___22. This sociologist formulated the “helper therapy principle” suggesting the therapeutic effects of helping others.

- a. Carl Rogers
- b. Frank Riessman
- c. Jane Adams
- d. Karen Horney

___23. This researcher confirmed the role of the helper principle as an active ingredient of participation in Alcoholics Anonymous

- a. Sarah Zetmore
- b. Constance Weisner
- c. Sharon Wegscheider Cruse
- d. Claudia Black

___24. The first (1954) state to create a state civil service position for the role of alcoholism counselor was_____.

- a. New York
- b. Maine
- c. Illinois
- d. Minnesota

___25. He was the first recovering alcoholic to work as a “lay alcoholism therapist.”

- a. Courtenay Baylor
- b. Francis Chambers
- c. Richard Peabody
- d. Pat C.

III. The Geography of Recovery Movements (9 points)

Match the Organizations to an Associated Geographical Location (9 points)

- | | |
|--------------------------|-----------------------|
| ___ Women for Sobriety | 1. Lexington, KY |
| ___ Addicts Anonymous | 2. New York City, NY |
| ___ Jacoby Club | 3. Boston, MA |
| ___ Drunkards Club | 4. Quakertown, PA |
| ___ Dashaways | 5. Akron, OH |
| ___ Narcotics Anonymous | 6. San Francisco, CA |
| ___ Alcoholics Anonymous | 7. Silver Springs, MD |

- _____ Oxford House
- _____ Keeley League

- 8. Van Nuys, CA
- 9. Dwight, IL

IV. Leaders within the History of Addiction Recovery Support (14 points)

Match these Leaders to their Respective Organizations

- | | |
|--------------------------------|---------------------------------------|
| _____ John Gough | 1. Celebrate Recovery |
| _____ Joe Gerstein | 2. Alcoholics Anonymous |
| _____ Clarence Snyder | 3. Drunkard's Club |
| _____ Jimmy Kinnon | 4. Moderation Management |
| _____ Jean Kirkpatrick | 5. 16 Step Empowerment Groups |
| _____ Orville Gardner | 6. Women for Sobriety |
| _____ Audrey Kishline | 7. Blue Ribbon Reform Club |
| _____ Francis Murphy | 8. Royal Ribbon Reform Club |
| _____ James Christopher | 9. Narcotics Anonymous |
| _____ Charlotte Kasl | 10. Washingtonians |
| _____ John Baker & Rick Warren | 11. SMART Recovery |
| _____ Henry Reynolds | 12. Secular Organization for Sobriety |
| _____ Paul Molloy | 13. Oxford House |
| _____ Jerry McAuley | 14. Water Street Mission |

V. The history of Recovery Mutual Aid Societies (12 points)

Rank the following from earliest to most recent with 1 being the earliest and 12 being the most recent.

- _____ Celebrate Recovery
- _____ Alcoholics Anonymous
- _____ Drunkard's Club
- _____ 16 Step Empowerment Groups
- _____ Women for Sobriety
- _____ Royal Ribbon Reform Club
- _____ Narcotics Anonymous
- _____ Washingtonians
- _____ SMART Recovery
- _____ Secular Organization for Sobriety
- _____ Methadone Anonymous
- _____ LifeRing Secular Recovery

VI. The Twelve Step Recovery Program (6 points)

Match the following for AA, NA and other Twelve Step Programs

- | | |
|-------------------|--------------------------|
| _____ Step One | 1. Self-inventory |
| _____ Step Four | 2. Meditation and prayer |
| _____ Step Five | 3. Service |
| _____ Step Nine | 4. Acceptance |
| _____ Step Eleven | 5. Amends |
| _____ Step Twelve | 6. Confession |

VII. Organizational Traditions of Twelve Step Programs (4 points)

Match the following for AA, NA and other Twelve Step Programs

- | | |
|------------------------|---------------------------------|
| _____ Tradition Three | 1. Financial Self-Support |
| _____ Tradition Seven | 2. Membership Requirement |
| _____ Tradition Ten | 3. No opinion on outside issues |
| _____ Tradition Eleven | 4. Anonymity at level of press |

VIII. Recovery Concepts and Tools (8 points)

Match each of the following concept/tool to the organization with which it is most associated

- | | |
|---|--|
| _____ Rational Recovery | 1. "powerless over illicit drugs, including alcohol" |
| _____ Women for Sobriety | 2. 13 statements of "New Life" acceptance program |
| _____ SMART Recovery | 3. ABSTAR & nine step program |
| _____ MM | 4. 4 point program & ABCs of REBT |
| _____ MA | 5. AVRT |
| _____ LifeRing Secular Recovery | 6. "3-S Philosophy" |
| _____ Secular Organization For Sobriety | 7. Sobriety Priority |
| _____ Celebrate Recovery | 8. Eight Recovery Principles |

IX. The New Recovery Advocacy and Peer Recovery Support Movements (14 points)

Connect the leaders below to the organizations with whom they have been affiliated

- | | |
|-----------------------------------|---|
| _____ Bob Savage & Phil Valentine | 1. PRO-ACT-Philadelphia |
| _____ Tom Hill | 2. White Bison—Colorado Springs |
| _____ Bev Haberle | 3. MARS—New York City |
| _____ Joe Powell | 4. Recovery Consultants of Atlanta |
| _____ Don Coyhis | 5. PRO-ACT-Philadelphia |
| _____ Walter Ginter | 6. Faces & Voices of Recovery |
| _____ Pat Taylor | 7. Speak-Out & Faces & Voices of Recovery |
| _____ David Whiter | 8. CSAT RCSP |
| _____ Andre Johnson | 9. Detroit Recovery Project |
| _____ John Shinholser | 10. RAP-Portland |
| _____ Cathy Nugent | 11. CCAR-CT |
| _____ David Whiter | 12. APAA-Dallas |
| _____ Ron Williams | 13. NCADD |
| _____ Robert Lindsey | 14. McShinn Foundation |

Scoring

Score your test based on the following answers and then add your number of correct responses:

I. 1-F; 2-F; 3-T; 4-T; 5-F; 6-T

II. 1-C; 2-D ; 3-B ; 4-D ; 5-A ; 6-C ; 7-B ; 8-C ; 9-D ; 10-A ; 11-B ; 12-C ; 13-B ; 14-D ; 15-B ; 16-A; 17-D ; 18-C ; 19-A ; 20-C ; 21-A ; 22-B ; 23-A ; 24-D ; 25-A.

III. 4, 1, 3, 2, 6, 8, 5, 7, 9

IV. 10, 11, 2, 9, 6, 3, 4, 7, 12, 5, 1, 8, 13, 14.

V. 8, 4, 3, 9, 6, 2, 5, 1, 11, 7, 10, 12.

VI. 4, 1, 6, 5, 2, 12

VII. 2, 1, 3, 4

VIII. 5, 2, 4, 3, 1, 6, 7, 8

IX. 11, 7, 5, 12, 2, 3, 6, 4, 9, 14, 8, 4, 10, 13.

Best Possible Recovery Quotient Score: 100

My Recovery Quotient: _____