



**#2.16 - October 19, 2022**  
**The First Word**

*This being [National Addiction Treatment Week](#) I was pondering (geeking out?) on some of the statistics on recovery from "alcoholism." Stick with me, it won't be too geeky.*

*Looking at numbers (very rough estimates):*

- **# of "alcoholics" in the US: 8.1 million**
- **# who will receive treatment: 810,000 (10%)**
  - # who will not: 7.3 million
- **# who receive treatment who will still be sober after 3 years: 580,000 (72%)**
  - # who will not be sober: 230,000
- **# of "alcoholics in the US after 3 years: 7.6 million**
  - (None of this meant to be scientific, just to illustrate the issue.)

*Enough of my nerdiness. What am I trying to say?*

1. **Only 10%** of those who need treatment get it. I know there are many reasons why that happens. Denial, stigma, not caring if they get sober, economic disparities, availability of treatment in a convenient location all play into it. This is a huge policy-based issue and part of the overall bigger issue of healthcare availability.
  - a. This is a place where those of us in long-term recovery can find a sense of meaning and purpose to "carry the message." Being visible as a person in long-term recovery challenges the stigma. It tells people that recovery is not only possible, it is something worth pursuing. Even without treatment available, 12-Step and other groups can certainly help many. Beyond that- unless you are a "policy-wonk" in politics, this is an important piece.
2. **Up to 30%** (or more) of those who do get treatment, won't be sober after three years. Again, some of the same reasons that keep people from treatment will also be at work to cause the disease to relapse. (No, the person doesn't relapse, the disease does!) In addition other problems and stressors arising, health concerns, co-occurring mental health issues can be significant, tying this to the overall healthcare availability.
  - a. This is where I see Mastering Recovery and those of us in long-term recovery working. Here we can have an impact. In fact, it is here that I am building my own work. What if you or I could have an impact on a few people struggling in that second or third year of sobriety.

b. What now? What next? Is there more to sobriety than this? I know that 30% doesn't sound like a lot of people compared to the 70% who don't stay sober for three years, the 90% who never get treatment, or the 94% who are still in the midst of the disease. But 30% is the group we are most likely to know personally. They are the ones we have met in treatment, at 12-Step meetings, or relatives and friends. To help them discover the path of long-term recovery is a great, and important work of both carrying the message and practicing the principles of recovery.

*If you want to join me in this, go to my calendar page to [schedule a Zoom session](#) to discuss it with me. Follow the [Mastering Recovery Facebook page](#) for more information. Forward this newsletter to someone who you think might want to join this work. Then look at your own circle of friends, recovering or not, and see where you might be of assistance.*

*Never forget that the first word of the first step is "We."*



## Facing Challenges - Building Recovery

Digging deeper into how mastering recovery helps us keep moving forward.

To add your thoughts to mine...

[Found this online. It is about sharing at meetings, but it is a good list of how to talk about your recovery. It is not a complete list, but it can give some ideas.]

-Always be honest when sharing your story. Lying or even just exaggerating stories is a definite no-no. The idea to get your feelings and experiences out there in a truthful and heartfelt way.

-Be mindful of how much time you're taking when sharing. You want to give others the chance to speak as well.

-Focus on yourself when sharing. Do not criticize, divulge the personal information of others, or otherwise make anyone in the room feel uncomfortable or unsafe.

-Try to balance the negatives with positives. This is a tough one that may require some effort, but it will eventually help change your mindset.

Here is a link to schedule a one-on-one Zoom session with me over the next weeks. It will be a beginning point to what comes next.

<https://calendly.com/barryrecovery/zoom-call>

Any questions, please email me. I hope we can find a time to connect and see how this can fall into place.

[Link to a copy of the \*Mastering Recovery\* Roadmap to download.](#)

***Was this email forwarded to you?***

Click button for your own subscription.

**Subscribe**

*Whether you got this directly from me or had it forwarded to you- why not forward it to someone you think might be interested?*

## **Quote and Picture of the Week**

Making music together is the best way for two people to become friends.

- Hermann Hesse



**It isn't only music...**

working together for health and hope  
and change can do it, too.

MARRCH  
2  
0  
2  
2

ANNUAL CONFERENCE & EXPO  
THE WINS OF CHANGE

OCTOBER 24-26, 2022 | ST. PAUL RIVER CENTRE

**NEXT WEEK--MARRCH  
Conference in St. Paul.**

I will be doing a break out session on "If Acceptance is the Answer, What's the Question?" on Monday afternoon at 2:30. I will also be at my book table. Stop by and say "Hi!"

**Mastering Recovery Tools and Resources**

Here are current resources:

- *Mastering Recovery: Find a New Freedom and a New Happiness Through Long-term Recovery.* [Amazon link.](#) (Kindle, paperback, hardback, and audio book)
- *Mastering Recovery: A Three-Week Journal to Start the Path of Mastering Recovery.* [Amazon link.](#) (Paperback only.)
- **The Mastering Recovery web** pages. Go to the home page: [www.masteringrecovery.net](http://www.masteringrecovery.net)
- **The Mastering Recovery Facebook page-** [LINK to Mastering Recovery Page](#)
- The **Mastering Recovery Facebook group** A "private group" only those who are members, will be able to see and make posts. [Link to JOIN](#)
- **Newsletter Archive** of all the weekly newsletters. [Link to past newsletters.](#)

**Barry Lehman**

4903 16th Ave NW,  
Rochester MN 55901 United States

Copyright © 2022

You received this email because you signed up on my website. Spam is not part of recovery. If you don't wish to continue to receive this newsletter you may unsubscribe.

[Unsubscribe Here](#)

