



## Full Circle Recovery Video Discussion

There is an increasing need for “peers” (people with lived experience) in the world of recovery from substance use and mental health disorders. It can be a positive and constructive goal for people in treatment now to consider a future career starting in a peer position, helping others in their recovery journey.

The following video features a conversation between Nikki and Ken, who discuss their unique and transformative journey through addiction recovery and mental health. Both speakers share their experiences and insights from their personal and professional lives, highlighting the impact of counseling, recovery programs, and personal growth. What is amazingly unique and inspiring about this story is that Nikki started out as a client in treatment for substance use and mental health issues however through persistence and perseverance, she was able to not only overcome her struggles, but she progressed toward a successful career of her own in the counseling field. Both Nikki and Ken now work as colleagues, sharing their knowledge and experiences to help others. Nikki emphasizes the importance of lived experiences in counseling and the continuous process of learning and growth. The video ends on a positive note, one of hope, with Nikki and Ken encouraging others facing similar challenges to seek help and embrace the possibility of change and recovery.

*Regardless of whether viewers of this video want to pursue a career in counseling or not, there is a valuable message of resilience, perseverance, and hope for all who are engaging in the change and recovery process.*

Please view the following video **“Full Circle: From Recovery to Colleagues – The Nikki and Ken Story”** and then answer the discussion questions at the end, as a group

- Link - [https://youtu.be/ATv\\_9ImK-iw?si=CyCaw0MtVaMKcGLN](https://youtu.be/ATv_9ImK-iw?si=CyCaw0MtVaMKcGLN)





### **Group Discussion Questions:**

- 1. Reflecting on Challenges:** Nikki shared her initial resistance to therapy and counseling. Can you relate to feeling resistant or skeptical about seeking help? What changed your perspective or what barriers are you still facing?
- 2. Importance of Honesty:** Honesty played a crucial role in Nikki's recovery, especially in her interactions with Ken. How has being honest (or not) affected your recovery and change process? What do you find challenging about being honest in therapy?
- 3. Role of Mental Health in Recovery:** Nikki's treatment involved addressing her mental health issues alongside her addiction. How do you see the relationship between mental health and substance use in your own journey? Have you considered the impact of co-occurring disorders on your recovery?
- 4. Impact of Medication:** After meeting with a psychiatrist, Nikki started taking medication that significantly helped her recovery. What are your thoughts on using medication as part of the treatment process? Have you had any personal experiences with medication that you feel comfortable sharing?
- 5. Building a New Life:** Nikki talks about reestablishing a relationship with her children and rebuilding her career. What are some key aspects of your life that you hope to rebuild or improve through recovery? What steps have you taken, or plan to take, to achieve these goals?
- 6. Career in Peer Counseling:** Nikki transitioned from being in recovery to becoming a peer counselor. What aspects of Nikki's journey could inspire you about the possibility of working as a peer counselor? What qualities do you think are important for someone in this role?
- 7. Learning from Experience:** Nikki emphasizes the value of lived experience in counseling practice. How do you think your own experiences could help others in their recovery journey? What lessons have you learned that might be valuable in a counseling context?
- 8. Continued Professional and Personal Growth:** Nikki's story is one of continual learning and adaptation. How do you envision your own growth, both personally and professionally, in the years to come? What steps might you need to take to ensure you keep progressing?
- 9. Giving Back:** A strong theme in the video is the idea of giving back to the community and helping others. How do you currently contribute or how would you like to contribute to the recovery community or other supportive environments?
- 10. Encouragement for Others:** If you were to offer advice or encouragement to someone just starting their recovery journey, based on your experiences and insights from your own or from Nikki's story, what would you say?

**CLOSE OUT: Setting Personal Goals:** Based on this discussion that the group just had, what are one or two specific goals you would like to achieve in the next three to six months regarding your recovery or personal wellness?