Twitter Thread by Bill Kinkle, RN, EMT-P, CRS

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One of the reasons people don't know recovery happens through many avenues is because newspapers, TV, and film always promote 12-step recovery as the primary and only means by which one can recover. This is a big problem. 1/9

I also need to highlight that "self-care" is something specific to each individual. In all honesty I still have no idea what it is, what it looks like, or how I deploy it in my life. But I do know what is listed here ■as self care would not work for me. 2/9

I completely understand that this is just one story focused on one person's chosen (maybe) recovery path. But as most of us know, when you enter treatment, 12 step ideology will be preached 24/7. 3/9

if you don't submit you will be labeled dishonest, closed-minded and unwilling. Often this starts a cascade leading down 2 paths. First, you assimilate into 12s culture, tc staff treats you well and gives you outstanding evaluations (which play a significant part in DC date) 4/9

Or the second pathway where you honestly admit 12s just isn't for you (after all, this is a program of rigorous honesty right?). This path usually leads to public shaming, constant blaming of the patient for not "taking responsibility for cleaning his side of the street." 5/9

It makes the stay in treatment unbearable and usually leads to AMA. 6/9

If you were to poll most people in America with no experience in addiction and as them, "where should someone go who needs help if they struggle with drugs or alcohol?" 7/9

My guess is the majority would say AA because they've been conditioned to believe addiction is a spiritual or religious matter only cured by 12 steps or the Bible. 8/9

@intelligencer please do a better job providing accurate statistics, using appropriate language ■■addict ■abuse ■junkie. And please promote the message that there are many many pathways to recovery. Thanks. Here's a great resource: https://t.co/VmbrhYy3Ho 9/9