The Experience of Drug Recovery

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Abstract

Upon my investigation, I wish to explore my own personal experiences in great depth in order to reflect on my experience through drug recovery. My focus is to help others understand the importance of the Suboxone Program for recovering addicts who suffer from addiction. Substance use and abuse affects the lives of millions and not just the addicts themselves but also their loved ones as well. Following an autoethnography qualitative approach, I will be focusing my aim under a constructivist worldview. I will be using autoethnography to inform others how Suboxone in my eyes can make drug addicts’ process of recovery much easier. I believe that the Suboxone Program is very beneficial and I wish to inform others by capturing my meaning behind the importance of this program and to illustrate the Suboxone Program’s potential to change other people’s lives by understanding how it changed mine.

Key Words: Addiction, Illicit Drugs, Suboxone Use/Abuse, Suboxone Buprenorphine, Naloxone

Methodology

Within my research I will explore my own lived experience with drug recovery which many people struggle with as this experiment will be conducted and followed by a qualitative approach. From using autoethnography, I will reflect upon the views of my personal experience with drug addiction and the process of recovery through using Suboxone (Naloxone) treatment as an aid that helped make it easier for my recovery process. I will dig deep down and expose the process that I encountered while I was on the Suboxone Program at Las Clinicas Del Norte in Abiquiu, New Mexico. By using autoethnography, I will describe the importance for others to understand that drugs actually becomes an object that addicts held high value and meaning for, so this study is to help others understand how treatment through the Suboxone Program helped me break that cycle. The accomplishment that I wish to achieve is to give a clearer sense to how Suboxone helps in the recovery process of drug recovery.

My methods will contain several different approaches, but mainly there will be three main methods that will be included. My research methods will first consist of looking at pictures that will formulate a deep coherent self-reflection based on the feelings and emotions I experienced through my recovery. Secondly, I will be asking and answering my own questions based on the most difficult questions that I have encountered. And lastly, I will analyze a journal and a diary that I kept before starting treatment and while I was a patient at the clinic in Abiquiu.

Results

These pictures brought back pieces of information that allowed me to re experience those emotions and feelings I had and still have to this day. Drugs become the whole meaning of life for addicts and they value getting high over everything else. Drugs are addicts’ first and only priority in life: drugs cloud judgements and they mask users true feelings. People who abuse substances sacrifice their relationships and let drugs take complete control by the expense of losing friends and loved ones. Drug addiction can be viewed by a wide range of different perspectives, but I will say from my standpoint, drug addiction is a disease that many people simply ignore.

I discovered that the Suboxone Program gave me a second chance at life and they helped me rediscover my old self, but also a new self as well. I could endlessly name how the program gave me a new meaning to live life without having to use heroin or any drugs to numb my pain. I was taught how to listen to my feelings and emotions rather than bottling them away. I developed a new perspective of my life because the Suboxone blocked my neurotransmitters from having any cravings to use heroin and it relieved my withdrawal symptoms. The Suboxone will do wonders for any and all drug addicts but only if the person is truly determined to change and to give it a chance.

Discussion

I would like to look at the experiences of people ranging from 20 to 30 because Gholidami and Shareh proclaim that people around 24 and 43 years of age are more likely to experience substance abuse and drug dependence. Their study also showed that men are more at risk for drug addiction opposed to women so I would like to focus on females perspectives.

Additionally, there were limitations that forced me to take a different approach for my study such as HIPAA statutes and the COVID-19 pandemic. I would like to further this study in order to locate and provide more success stories that are produced by the aid of Suboxone treatments. By interviewing other recovering addicts, I hope it would emphasize more to the public that Suboxone saves lives.

Conclusion

I rotated the literature review to my results and came to view that it takes many variables to help in the recovery process, but I found that the aid of Suboxone can make this process easier to manage. I incorporated my future plans with continuing to further my research to better understand whether the Suboxone Program has helped others as it did for me. So in closing, I will be five years sober from heroin on May 16, 2020 and it has been two years I have been off the Suboxone Program. I owe my thanks to an abundance of people, but also to myself because an addict will never change unless they really want to. From the blessings and opportunities that have been given to me, I now wish to give it back by working with people who struggle with addiction here in the Valley.

REFERENCES


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