

# LDA UBUNTU RECOVERY

A DREAM OF LOST DREAMS AWAKENING (LDA)  
RECOVERY COMMUNITY ORGANIZATION (RCO)  
CO-FOUNDER – LAURIE JOHNSON-WADE

*“Africans have a thing called Ubuntu: it is about the essence of being human, it is part of the gift that Africa gives the world. It embraces hospitality, caring about others, being willing to go that extra mile for the sake of another. We believe that a person is a person through other persons; that my humanity is caught up and bound up in yours.”*

*Desmond Tutu*





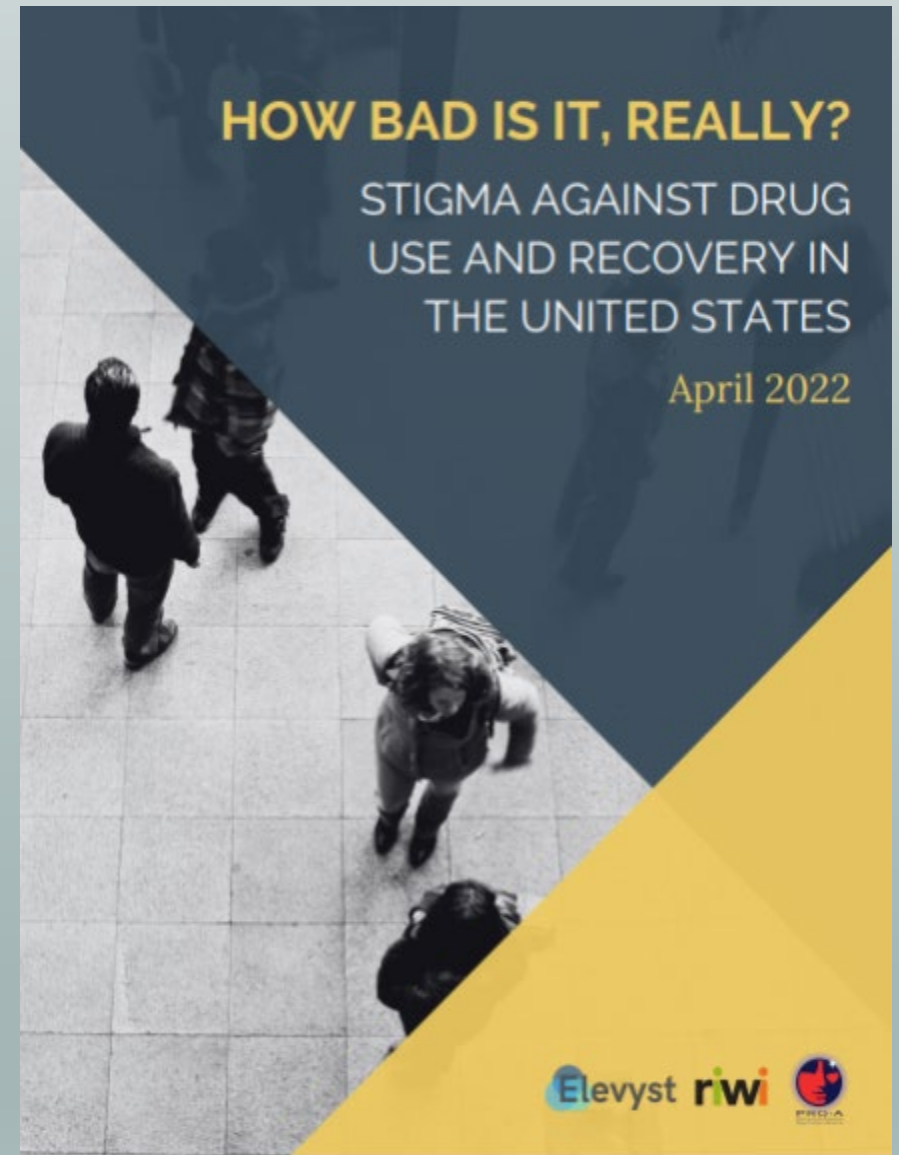
## LDA Ubuntu Recovery Addresses **Stigma and Discrimination**

- Stigma refers to unfavorable attitudes and beliefs directed toward someone or something
- Discrimination is the treatment of an individual or group with partiality or prejudice
- Stigmatization reflects an attitude
- Discrimination is an act or behavior

LDA Ubuntu Recovery recognizes stigma and discrimination as a Human Rights Violations

LDA Ubuntu Recovery believes that freedom from discrimination is a fundamental human right.

“Stigma is a shared enemy that can be addressed via Ubuntu”





**LDA UBUNTU RECOVERY** is a community -based recovery pathway, rooted in the ancient African philosophy of Ubuntu; we exist to affirm and humanize individuals, families, and communities, experiencing alcohol and other drug (AOD) problems, and are seeking a compassionate, inclusive, and understanding recovery community.



**LDA UBUNTU RECOVERY** welcomes everyone to our Ubuntu Recovery Circles/Community to experience unconditional belonging and humane, compassionate recovery support.



**LDA UBUNTU RECOVERY** embraces our interconnectedness, common humanity and responsibility of individuals to care for each other.

## LDA UBUNTU RECOVERY

Our Mission is:

To bring people together, to learn and share “Ubuntu” as a benevolent way of being and behaving, to bridge the gaps for those experiencing Alcohol and Other Drug (AOD) problems.

“A person with Ubuntu is open and available to others, affirming of others, does not feel threatened that others are able and good, based on a proper self-assurance that comes from knowing that he or she belongs in a greater whole and is diminished when others are humiliated or diminished, when others are tortured or oppressed.”

Archbishop Desmond Tutu



## LDA Ubuntu Recovery Addresses **Silos and “Turf Wars”**

Silo mentality in healthcare can be defined as the set of individual or group mindsets that can cause divisions inside a health organization and that can **result in the creation of barriers** to communication and the development of disjointed work processes with negative consequences to the organization and harm to human beings.

Some of the common reasons for silos are:

1. **Lacking a Team Mentality**– rugged individualism vs humanity
2. **Competing for Resources** typically run as a zero-sum game
3. **Lack of Communication**– setting individual priorities and direction without knowing or caring much about what the “other” needs.

Lessons from how African children are socialized:

<https://youtu.be/GjVwsgL2i98>

**LDA UBUNTU RECOVERY**  
Seeks to be a collective solution to silos.

“Infusion of recovery across the isolated silos that now represent the “continuum of care” will **require recovery representatives within all of these arenas** Perhaps we can be the bridge - people that help evolve these silos into a real integrated continuum of support for people experiencing AOD problems. ”

Bill White (12/2/21)



LDA Ubuntu Recovery seeks to be a healing agent in recovery spaces by “being” a real integrated continuum of support for all individuals, families, and communities.



LDA Ubuntu Recovery is open to everyone the full “continuum of care” - Prevention, Treatment, Recovery, and Harm Reduction.

The **solidarity** found in LDA Ubuntu Recovery reveals **the collective strength of our shared humanity.**



LDA Ubuntu Recovery is a Compassionate and Caring \*Community.

SAMHSA has identified \*Community as one of the Four Dimensions that support a life in recovery and is defined as *“community networks that provide support, friendship, love, and hope.”*

"Bringing people together is what I call 'ubuntu,' which means

**'I am because we are.'**

Far too often people think of themselves as just individuals, separated from one another, whereas you are connected and

**what you do affects the whole world.**

When you do well, it spreads out; it is for the whole of humanity."

-Desmond Tutu

## 14 Lessons Learned from the Rainbow Nation

### A Topical Framework for LDA Ubuntu Recovery Circles

1. *See Yourself in Other People*
2. *Strength Lies in Unity*
3. *Put Yourself in the Shoes of Others*
4. *Choose to See the Wider Perspective*
5. *Have Dignity and Respect for Yourself and Others*
6. *Believe in the Good of Everyone*
7. *Choose Hope Over Optimism*
8. *Seek Out Ways to Connect*
9. *The Power of the Word “Forgiveness”*
10. *Embrace Our Diversity*
11. *Acknowledge Reality (However Painful)*
12. *Find Humor in Our Humanity*
13. *Why Little Things Make a Big Difference*
14. *Learn to Listen So That You Can Hear*





Visit: [www.lostdreamsawakening.org](http://www.lostdreamsawakening.org)  
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Remembering our Roots- Our symbol is Sankofa

" Sankofa is a word in the Twi language of Ghana that means "go back and get it" it is symbolized by a bird with its feet facing forward and its head looking back. The spirit of Sankofa encompasses taking from the past what is good and bringing it into the present to make progress in the future."

Contact - LDA Ubuntu Recovery:  
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To learn how to contribute to the  
LDA Ubuntu Recovery Circle Guidebook  
Please see our Submission Tip Sheet at:  
[https://www.recoverysupportservices.net/lda\\_-ubuntu\\_-recovery](https://www.recoverysupportservices.net/lda_-ubuntu_-recovery)

Thank you! Laurie, LDA Ubuntu Recovery