Presentation Title:
Rebuilding from the Inside Out: The Well and the Tree® Model for Sustainable Recovery

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Abstract

Many recovery approaches focus primarily on stopping substance use. While abstinence is important, it does not always address the deeper internal patterns that lead individuals back into cycles of addiction. The Well and the Tree model offers a different perspective by focusing on rebuilding the internal foundation that supports long term behavioral change.

In this framework, the "well" represents the internal emotional and psychological reserves a person draws from when navigating life. Trauma, instability, and chronic stress can leave this well depleted. When individuals operate from an empty well, coping strategies often shift toward substances or destructive behaviors as a way to manage overwhelming emotional states.

The "tree" represents the external structure of a person's life including relationships, employment, community, and daily habits. When the roots of the tree are unstable, the visible parts of life become fragile. Recovery work often focuses on repairing branches such as employment or housing, but without strengthening the roots these changes may not sustain.

The Well and the Tree® model integrates peer support, structured reflection, and behavioral accountability to help individuals rebuild both internal capacity and external stability. Participants are encouraged to explore the beliefs, emotional patterns, and life experiences that shaped their coping strategies. Through guided reflection and peer coaching, individuals begin to refill their internal well while strengthening the roots that support meaningful life change.

This presentation will explore how the Well and the Tree model can be used in peer recovery settings to promote long term resilience rather than short term compliance.

The session will also highlight how structured journaling, self awareness practices, and community based support systems can help individuals develop a stronger internal foundation for recovery.

Attendees will gain insight into how addressing both internal emotional capacity and external life structure can create a more sustainable path forward for individuals navigating addiction recovery.

Biography of Presenter

Cameron Lundstrom is the founder and CEO of NAS Recovery Solutions, a peer led recovery organization based in Colorado. His work focuses on helping individuals rebuild stability and self direction through practical frameworks that address both internal emotional development and external life structure. Cameron developed the Well and the Tree model to support individuals in creating sustainable change beyond abstinence alone. Through coaching, workshops, and community programs, he works to empower individuals to take ownership of their growth and rebuild lives rooted in purpose, accountability, and resilience.

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