Kentucky School of Alcohol and Drug Studies

Presents

The 20 Smartest Things Counselors and Addictions Programs Can Do to Promote Recovery

Presenter
Mark Sanders, LCSW, CADC
Smartest Things 1, 2, 3

Break intergenerational patterns of addiction, trauma and dark secrets
Risk Factors for Intergenerational Patterns of Addiction

- Trauma
Trauma

We are a nation of trauma survivors

- Slavery
- Indentured servitude
- Massacre
- Immigrants (Gangs)
- Refugees
- Wars
Martha Washington
Leader of the Temperance Movement
Civil War
During the Civil War soldiers were given a pint of alcohol per day to deal with the trauma of war.
Abandonment
A Pre-existing Vulnerability
In the Realm of the Hungry Ghost
by
Gabor Mate, M.D.

- Drugs don’t cause addiction any more than a deck of cards causes compulsive gambling
- There needs to be a pre-existing vulnerability
- For some people, the seeds of addiction is planted years before they use
Early use of the most addictive drug
Nicotine

- Soothes some of the pain of trauma
- Kills more people than alcohol, all illicit drugs and HIV combined
- Increases relapse rates x 3
- Can trigger a return to alcohol
- Can be a trigger for a return to heroin, cocaine, marijuana and methamphetamine use
Family History

• One alcoholic parent 34% greater

• Two alcoholic parents 400% greater

• Two alcoholic parents and a grandparent 900% greater

• Parental mixed messages concerning alcohol and other drugs
Parenting Style

- Autocratic
- Democratic
- Laissez-faire
School Bullying
Community Risk Factors

- Easy access to drugs
- The community and law enforcement “look the other way”
- Extreme economic deprivation
- Poorly performing schools
- Low degree of commitment to school
- Destructive peer groups
Clinical Strategies to Break Intergenerational Transmission of Addiction

1. Shift the unit of service from the individual to the family and extended family.
Clinical Strategies Continued

2. Let parents seeking recovery know that their children are at increased risks for developing a Substance Use Disorder and provide education on how parenting styles can impact child and adolescent substance use.
3 Parenting Styles

• Autocratic – children have no voice

• Democratic – children have a voice

• Laissez – faire – anything goes
3 Important Questions for Clients

• How can we help you maintain your recovery?

• What will your spouse/partner do to take care of self?

• What do your children most need to enhance their present and future wellbeing?
Clinical Strategies Continued

3. Integrate services for couples, children and families within all addiction treatment programs.
Clinical Strategies Continued

4. When working with adolescents in addictions treatment provide services for their younger siblings.
Clinical Strategies Continued

5. Add evaluation of physical/emotional health, alcohol/drug status, and school performance as a part of programmatic outcome measures for children and adolescents.
Clinical Strategies Continued

6. Encourage clients in treatment to think about New family memories.
“Son, we shouldn’t be comparing arrest stories. We need new memories.”
“Let’s play AA.”
Clinical Strategies Continued

7. Establish child focused goals for clients in treatment

- Parenting time with each child
- Family rituals and drug free celebrations
- Drug free cultural celebrations
- Positive relationship with an aunt or uncle
- Communicate high expectation and support their dreams
- Mentorship for each child
Clinical Strategies Continued

8. Teach healthy boundaries

- **Loose**- everyone is doing their own thing, no one is aware of what’s going on with other family members
- **Enmeshed**- family members are too close
- **Healthy**- everyone is allowed the 5 freedoms
The Five Freedoms

• To think what you think rather than what you should think
• To feel what you feel rather than what you should feel
• To want what you want rather than what you should want
• To see what you see rather than what you should see
• To imagine your own self actualization
Clinical Strategies Continued

9. Address family secrets
Good Family Secrets

- Santa Claus
- The tooth fairy
- Surprise birthday party
- How you feel about people as people
Dark Secrets
Level I Dark Secrets

• Phobias

• The intimate details of an affair
Level II Dark Secrets

- Your real ethnicity
- Adoption status
- Who your parents really are
Everyone in the family knows the secret. They will repeat the secret across generations until the secret is openly dealt with.

Source: Family Secrets
Level III Dark Secrets

- Addictions
- Living with addictions
Level IV Dark Secrets

These secrets cause the most damage if not discussed.

- Incest
- Childhood sexual abuse
- Sexual assault
- Torture
- Witnessing extreme violence
- “The secret that you only tell once”
Healing Trauma

Native Americans have been able to break intergenerational patterns of addiction by focusing on the healing of current and historical trauma.
The Healing of Historical Trauma

- Collective mobilization, openly discussing what happened to us and grieving together
- Forgiving the Unforgivable
- Return to culture
- Redefining addiction and inter-group trauma as a pathological response to our oppression and is not a part of our culture

White and Coyhis
Protective Factors to Prevent the Intergenerational Transmission of Addiction
Family dinners
Mother Nurture: Life Lessons from America’s Best and Brightest

by

Stephanie Hirsch

with

Hannah Seligson
Steven Spielberg
Beyoncé
Michael Jordan
Danica Patrick
Uma Thurman
J-Lo
Children and adolescents who eat dinner with their parents 5 times per week use 3 times fewer drugs than those who eat dinner with their parents twice a week.
Protective Factors Continued

- Family celebrations
- "A praying grandmother"
- Mentorship
- A membership
- Later onset of substance use
- Early treatment of mental illness and trauma
Protective factors for children of addicted parents
Protective Factors Continued

• A Matrix
• Constant & predictable routines
• The ability to get adopted by surrogate families
• The behavior to see the consequences of behavior before they engage in it.
• Lot of activities
Protective Factors COA’s Continued

- Address the Fetal Alcohol Spectrum
- A belief that they are responsible for managing their own lives
- A sense of belonging
- Later onset of substance use
- Insight
- Early attachment based therapy
My parent has a disease that is characterized by emotional unavailability, broken promises, and inconsistency. I did not cause this problem. I am not the problem or the situation.
Protective Factors COA’s Continued

- An affirming mirror
- An adult who has high expectations
- Later onset of substance use
- Encourage merit of excellence rather than perfection
- The chance to express their feelings
Appropriate Response to the Feelings

“I believe you.”

Normalization of the feelings

Reflection of feeling

“I could see how you would feel that way.”

“You are not alone.”
Drew Barrymore

Her father was an alcoholic who threw her against the wall at age 3 and left the family when she went to the alcohol rehab at age 13.
Charlize Theron

When Charlize was 15, her mother went to prison for killing her dad who often physically abused her mom when he was under the influence.
Kelly Osbourne
A recovering addict whose famous father, Ozzy is also addicted to drugs.
Halle Berry
Her father was an alcoholic who physically abused her mother and sister.
Adele
Her father was an alcoholic. He left the family when Adele was 3.
Mario
His mother is addicted to heroin.
Keysia Cole
Her mother is addicted to alcohol.
Demi Moore
Her mother and step father were both alcoholic. Demi grew up with domestic violence.
Tupac Shakur's mother was addicted to crack cocaine.
Eminem
Nicki Minaj
Her father was addicted to alcohol and other drugs.
Rihanna’s father is addicted to crack cocaine and alcohol.
Ashley and Winona Judd’s mother is addicted to drugs.
President Barack Obama
President Bill Clinton
President Ronald Reagan
Smartest Things 4

Learn from history

- The use of peers
- Partnership between treatment and peers
- The importance of the family
- The need to advocate
Smartest Things 5

The importance of language
“If you want to love something call it a flower. If you want to destroy it, call it a weed.”

Native American Elder
“Language is important. To Native Americans the buffalo was seen as a Thou. To those who killed the buffalo, they saw the buffalo as an it.”

Joseph Campbell
“The difference between the right word and the almost right word is like the difference between lightning and a lightning bug.”

Mark Twain
“Words can be great or words can teach hate.”

Eminem
Early 1800’s Persons With Substance Use Disorders Were Called

- Drunkards
- Sinners
- Demon possessed
Studies indicate that terms such as Addict, Alcoholic, Substance Abuser, Junkie, tends to be associated with negative opinions by the public.

Robert Ashford, MSW
Words used during the War on Drugs of the 1980’s led to a prison increase from 400,000 to 2.5 million

- Alcoholic
- Drug Addict
- Addict
- “Crackhead” “Crackbaby”
- Substance Abuser
The Parity Act was passed when advocates fought to shift language from Alcoholic, Addict, Crack Addict to Substance Use Disorders and person first language.
Research indicates that person first language is more associated with positive perceptions by the public.

Robert Ashford, MSW
Person First Language

- Persons in recovery
- Person seeking recovery
- Person in long term recovery
Additional Non-Stigmatizing Language Continued

• ‘Re-occurrence’ or ‘re-occurrence’ of symptoms’ instead of relapse

• People not yet in recovery instead of untreated addiction

• Positive and negative drug screens instead of dirty and clean
Smartest Things 6

Individualize our approach

- Frequency of sessions
- Length of sessions
- Creativity
Smartest Things 7
Honor multiple styles of recovery
Mc Rib
Pathways of Recovery

- Treatment assisted
- 12 Step and other peer run groups
- Medication assisted
- Faith based/religious
Pathways of Recovery Continued

- Secular
- Meditation/yoga
- Dual Recovery
- Cultural Style
Pathways of Recovery Continued

- Temporary drug substitutions
- Partial Recovery
- One drug at a time
EMBEDDING PEERS IN VARIOUS SETTINGS

• In the community
  (Pre-treatment Engagement)

• Emergency rooms
Research on Overdose Deaths

- Individuals surviving an opiate overdose were 24 times more likely to die within the next 2 years than the general population.

(Dr. Mark Olfson)
Research on Overdose Continued

- 61% of people who died of an opiate overdose previously sought emergency room care

(Dr. Linn Gjersing)

- In a Massachusetts study 10% of people who survived an overdose in the ER died within a year of an overdose
Scott County Indiana

- Town of 4200 residents
- 200 residents HIV positive
- Public health emergency
- Great Lakes ATTC assisted Scott County in developing a ROSC
Scott County Indiana Continued

- Recovery support groups led by peers increased from:
  - 30 people attending one group per week to 330 people attending 18 weekly meetings at 9 locations – 1000% increase
  - 37 recovery coaches were hired and trained to provide recovery support in emergency rooms and in the community
  - New cases of HIV decreased from 154 in 2015 to 8 in 2017
Peers Embedded in Various Settings Continued

- Military
- Community following Acute Care Treatment
- Churches
- Criminal Justice settings
- Libraries
- Colleges
- Hollywood, music and sports
Musicians Assistance Program
John Lucas, Sr.
Smartest Things 8

View addiction as a chronic condition

- Cancer
- *Doctors and Pilots*
- 15%
Smartest Things 9

Address co-occurring conditions

- Second opinions
- Integrated
Smartest Things 10

Involve alumni
Provide 3 levels of engagement

- Pre-treatment
- In-treatment
- Post-treatment
Smartest Things 12

Have an employment component
Smartest Things 13

Have an educational component
Smartest Things 14

Have a housing component
Smartest Things 15

Increase organizational morale

- Appreciation
- What would it take to keep you?
- What would it take for you to do your best work?
Smartest Things 16

Prepare supervisions before they become supervisors
Strive for organizational health

- What are we doing well that needs to continue?
- What stops us from being as effective as we can as a team?
- What changes or additions would improve our team effectiveness?
- What are the 5 things we will do in the next 6 months to improve our effectiveness as a team?
Smartest Things 18

Seek multiple streams of income

- Philanthropists
- Wealthy persons in recovery
- Corporations
- The well to do – impacted by addictions
- For profit businesses
Smartest Things 19, 20

Guard against burnout and compassion fatigue
Stages of Burnout

1. Honeymoon
2. Stagnation (Reality sets in)
3. Frustration
4. Apathy
Compassion Fatigue

1. The stress of caring too much

Compassion fatigue differs from burnout in that burnout is caused by organizational stress and feeling ineffective and compassion fatigue is caused by caring.
Compassion Fatigue Continued

2. Emotional residue as a result of working with those who suffer

3. Secondary trauma – Secondary PTSD
Compassion Fatigue Signs

- Loss of energy
- Loss of hope
- Loss of enthusiasm
- Loss of the ideal
- Spiritual distress – “Where is God?”
- A shift in one’s world view
Are you more vulnerable to burnout which is caused by organizational stress and feeling ineffective or compassion fatigue which is caused by caring?

What are some things you do to prevent burnout and compassion fatigue?
Kentucky School of Alcohol and Drug Studies

Presents

The 20 Smartest Things Counselors and Addictions Programs Can Do to Promote Recovery

Presenter

Mark Sanders, LCSW, CADC