

Relapse Prevention: From Gorski to Behavioral Economics

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Long Term Relapse Rates

- Pathways to Long-Term Abstinence - CSAT funded pilot study (n=354)
- Over 50% had clean periods of year or longer before relapse
- 29% relapsed after three years or longer

Objectives

Participants will:

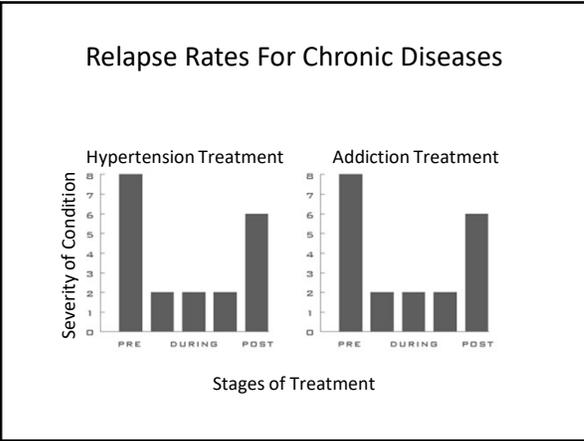
- Gain in-depth knowledge of relapse as a process and identify stages of the process before returning to AOD use.
- Explore the research around willpower and identify the strengths and weaknesses of willpower as a resource for maintaining recovery.
- Examine the role of habits in sustaining behavior change.
- Examine a framework for understanding personal, social, and structural influences on addiction/recovery and explore interventions in each domain.

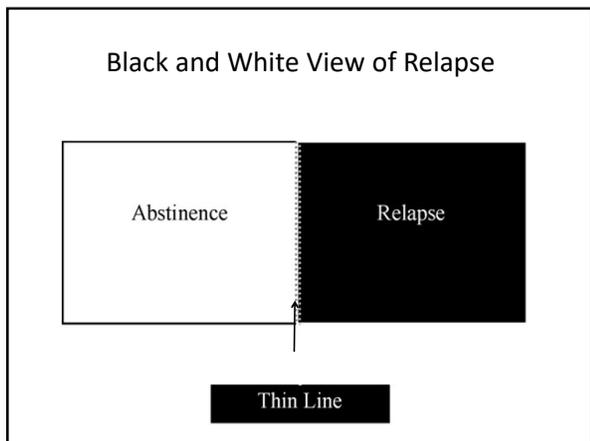
ASAM Definition of Addiction

Addiction is a primary, chronic disease of brain reward, motivation, memory and related circuitry...*Like other chronic diseases, addiction often involves cycles of relapse and remission.* Without treatment or engagement in recovery activities, addiction is progressive and can result in disability or premature death.

Short-term Relapse Rates

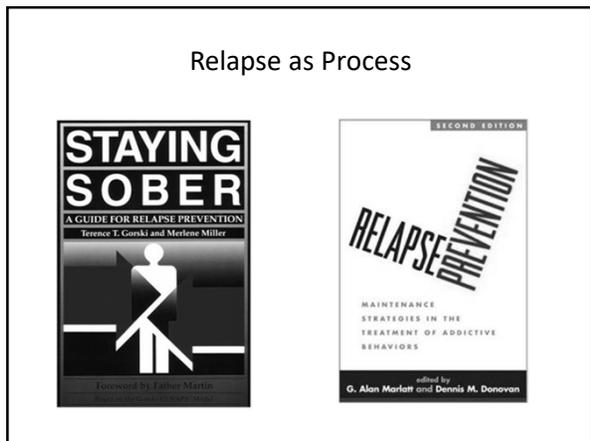
- 40% to 60% return to alcohol or drug use in the first year after treatment.
- 60% of those who return to use will have multiple periods of abstinence and use.





Marlatt's Analysis of High Risk Situations for Relapse

RELAPSE SITUATION (Risk Factor)	Alcoholics (N=70)	Smokers (N=35)	Heroin Addicts (N=32)	TOTAL Sample (N=137)
INTRAPERSONAL DETERMINANTS				
Negative Emotional States	38%	43%	28%	37%
Negative Physical States	3%	-	9%	4%
Positive Emotional States	-	8%	16%	6%
Testing Personal Control	9%	-	-	4%
Urges and Temptations	11%	6%	-	8%
TOTAL	61%	57%	53%	59%
INTERPERSONAL DETERMINANTS				
Interpersonal Conflict	18%	12%	13%	15%
Social Pressure	18%	25%	34%	24%
Positive Emotional States	3%	6%	-	3%
TOTAL	39%	43%	47%	42%



Stress: a major player in addiction and relapse

We all face stress, yes...
But we don't all:

- Face the same **severity** of stress
- Face the same **pattern** of stress
- Have the same functioning **coping mechanisms**
- Come to the table with the **same brain**

Two Relapse Process Models

<p>Gorski's Early Warning Sign Approach</p> <ol style="list-style-type: none"> 1. Stress 2. Denial 3. Internal Dysfunction 4. External Dysfunction 5. Option Reduction 6. Relapse 	<p>Marlatt's Model of Relapse Prevention</p> <ol style="list-style-type: none"> 1. High Risk Situation 2. Ineffective Coping Response 3. Decreased self-efficacy and increased positive outcome expectancies for effects of alcohol or drugs 4. Lapse (Initial Use) 5. A.V.E and Belief in positive effects of use 6. Relapse
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The Willpower Trap

Confessions from the tables of AA:

- "I thought I *should* be able to do this on my own."
- "I just need to be strong."
- "There is no way I will ever use again, I *won't let it happen.*"

- These statements reflect cultural and social norms
- These statements attribute relapse to personal weakness
- These statements are over-simplified and incomplete, they set up the recovering person for potential deadly cycle of change followed by relapse.

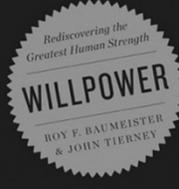
The Willpower Trap




“We feel like we are ascending a summit when in fact we are simply walking a treadmill. That is the willpower trap. Lots of effort no progress”

Research shows that:

1. Willpower is finite and becomes depleted as you use it.
2. The same supply of willpower is used for everything.



What We Know About Willpower

- When people were asked to list personal strengths, self-control comes last
- When are asked which virtues they wish they had, self control-comes first.
- Are we overestimating the effectiveness of sucking it up and pushing through?



An Experiment in Willpower




Four Broad Categories

- Control of Thoughts
- Control of Emotions
- Impulse Control
- Performance Control

Clients in early recovery are likely using willpower in all categories at the same time.



An Experiment in Willpower




The Cookie group spent:
On average 19 minutes
and making 34 attempts on
the unsolvable problems

The Radish group spent:
on average 8 minutes and
making 19 attempts on the
unsolvable problems

In Early Recovery How Much Time is Spent:

1. Resisting Temptation?
2. Concealing Feelings?
3. Feeling Stressed?
4. Making Difficult Choices?

= Constant State of Willpower Depletion

“Our whole trouble had been the misuse of willpower.”

-Bill Wilson, 1953

The Good News:
Willpower is like a muscle: you can exhaust it, but you can also make it stronger

Small things

- posture
- exercise
- one task at a time

AA things

- meditation
- faith
- social support

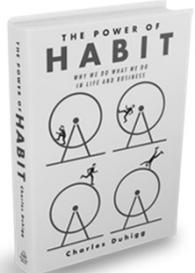
Rediscovering the Greatest Human Strength

WILLPOWER

ROY F. BAUMEISTER & JOHN TIERNEY

Habit Loops

Left to its own devices, the brain will try to make almost any routine into a habit.

Final Willpower Fact

- Making Choices for Yourself Depletes Willpower
- Making Choices for Others **Does Not** Deplete Willpower

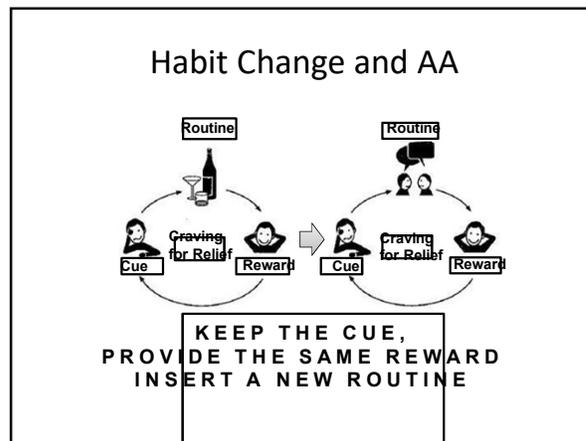
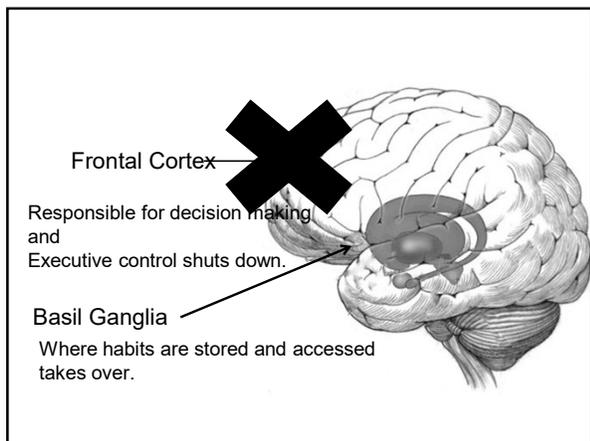
Rediscovering the Greatest Human Strength

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The discovery of the habit loop is so important is that it reveals a basic truth:

When a habit emerges, the brain stops fully participating in decision making.

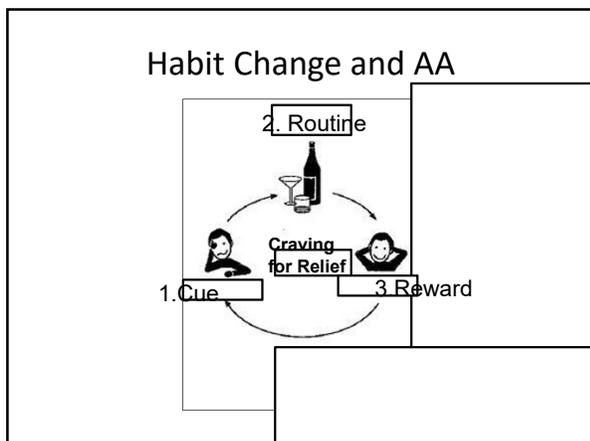


Golden Rule of Habit Change

If you use the **same cue**, and provide the **same reward**, you can **shift the routine** and change the habit.

Tips for Finding New Routines

- Know when the bad habit occurs. 4th step resentments and fears can be helpful.
- Think about what triggers the habit –such as boredom or anxiety.
- Think about what you felt after you completed the habit –such as calm or fulfilled. This is the reward
- Play around with different new routines. It may take some work to find healthy routines that satisfy the new reward. 12-step recovery can help out here too.



What makes habit change stick?

- Alcoholics Anonymous does not only work by reprogramming addicts habits loops
- Habit replacement worked pretty well for most people until a major stressor occurred in their life (death, job loss, illness)
- Research showed difference between those who relapsed and those who didn't was **Faith and Belief**.
- People with faith in something larger than themselves, God or the group are more likely to avoid this kind of breakdown in habit change.

Relapse Myth

- The individual will see a relapse coming and will be able to stop it.
- “If I get too far off the recovery trail, I’ll see it and change my behavior.”

6 Sources of Influence

	Motivation	Ability
Personal	Source 1	Source 2
Social	Source 3	Source 4
Things/ Organization	Source 5	Source 6



Relapse Fact

- Actually, individuals often describe a relapse as a “flash,” “shock,” or “surprise.”
- Why does this happen?

6 Sources of Influence

	Motivation	Ability
Personal	Source 1 Whether you want to do it.	Source 2 Whether you can do it.
Social	Source 3 Whether other people encourage right behaviors	Source 4 Whether other people provide help, information, or resources
Things/ Organization	Source 5 Whether the environment encourages the right behaviors	Source 6 Whether the environment supports the right behaviors

We are blind, We are outnumbered

- We are blind because we are unable to see all the different forces acting on us --and what we can't see is usually what is controlling us.
- We are outnumbered because forces working against recovery may be legion – and they work in combination.

6 Sources of Influence

	Motivation	Ability
Personal	Personal Motivation Source 1	• Love what you hate
Things/ Organization	Source 5 Whether the environment encourages the right behaviors	Source 6 Whether the environment supports the right behaviors

6 Sources of Influence

	Motivation	Ability
Personal Motivation Source 1	<ul style="list-style-type: none"> Love what you hate Tell the whole vivid story 	
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6 Sources of Influence

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Personal Motivation Source 1	<ul style="list-style-type: none"> Love what you hate Tell the whole vivid story Visit your default future Use value words 	
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“Owning our story can be hard but not nearly as difficult as spending our lives running from it.

Embracing our vulnerabilities is risky but not nearly as dangerous as giving up on love and belonging and joy—the experiences that make us the most vulnerable.

Only when we are brave enough to explore the darkness will we discover the infinite power of our light.” -Brene Brown

6 Sources of Influence

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Personal Motivation Source 1	<ul style="list-style-type: none"> Love what you hate Tell the whole vivid story Visit your default future Use value words Make it a game 	
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6 Sources of Influence

	Motivation	Ability
Personal Ability Source 2	<ul style="list-style-type: none"> Start with a skill scan 	
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6 Sources of Influence

	Motivation	Ability
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	Motivation	Ability
Social Motivation and Ability Sources 3 & 4	<ul style="list-style-type: none"> Identify accomplices Redefine Normal Tell people Add new friends Distance yourself from the unwilling 	
Things/ Organization	<i>Source 5</i> Whether the environment encourages the right behaviors	<i>Source 6</i> Whether the environment supports the right behaviors

6 Sources of Influence

	Motivation	Ability
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6 Sources of Influence

	Motivation	Ability
Things/Organizations Sources 5 & 6	<ul style="list-style-type: none"> Build Fences Manage Distance Add Cues Engage your autopilot Use tools 	
Things/Organization	Source 5 Whether the environment encourages the right behaviors	Source 6 Whether the environment supports the right behaviors

Feature Comparison of Apps

Name	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
Features																				
AA																				
Content libraries																				
Feedback to user																				
Goal setting																				
Meditation																				
Phone data integration																				
Privacy																				
Professional support																				
Reminders/notifications																				
Rewards																				
Search tool																				
Sobriety date calculator																				
Social Media																				
Social support																				
Trigger acknowledgement																				
User input																				

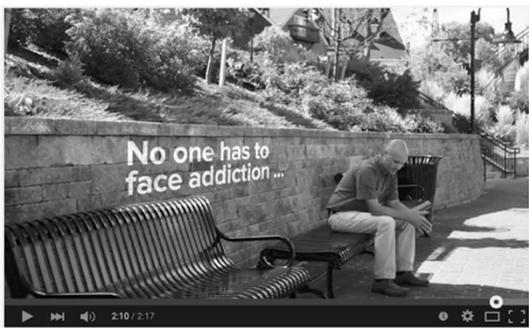
Tools



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Things/Organization	Source 5 Whether the environment encourages the right behaviors	Source 6 Whether the environment supports the right behaviors

Achess – Addiction App



6 Sources of Influence in 12 Step Recovery

	Motivation and Ability	
Personal	<ul style="list-style-type: none"> Step work Sharing story Meditation 	<ul style="list-style-type: none"> daily rituals playing the tape through Honesty/Service
Social	<ul style="list-style-type: none"> Sponsors Meetings Meeting after the meeting 	<ul style="list-style-type: none"> New friends New "normal" Openness w/ family & friends
Things/Organization	<ul style="list-style-type: none"> Tokens Sponsoring Service commitments 	<ul style="list-style-type: none"> Sober housing Clubs Apps

“Theories that diseases are caused by mental states and can be cured by willpower, are always an index of how much is not understood about the physical terrain of a disease.”

-Susan Sontag