

How to Support Recovery and Not Support Addiction

Dawn Farm Education Series
January 23, 2018
Charles F. Gehrke MD

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Goals

- 1. Learn some of the ways we support addiction.
- 2. Learn some of ways we can support recovery.
- 3. Improve our understanding of treatment.
- 4. Improve our understanding of Recovery.

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Definitions

1. **Addiction:** is the lose of control over drug use or the compulsive seeking and taking of a drug regardless of the consequences involving multiple brain circuits. Approximately 50% of the risk for developing addiction is genetic.

2. **Codependency:** s the harmful over involvement by someone with the addict/alcoholic which enables the addict to resist treatment and harmfully affects the other's QOL (ASAM)

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| <p>Support Addiction by:</p> <p><u>Misunderstanding Addiction:</u></p> <p>Believing use is a choice</p> <p>Enabling</p> <p>Responding to behaviors</p> <p>Disease Misunderstood</p> <p>Recovery Misunderstood</p> <p>? Unwillingness to change</p> <p>Take care of things ourselves</p> | <p>Support Recovery by:</p> <p><u>Understanding Addiction:</u></p> <p>Addiction as a disease</p> <p>Detachment</p> <p>Understand the disease</p> <p>Understand Recovery</p> <p>Willingness to change</p> <p>Ask for and accept help</p> |
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Support Addiction

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Support Addiction:

- "I wish he/she would....."
- "Why doesn't he/she"
- "He/she should....."
- "If only He/she would....."
- "Why can't he/she"
- "Doesn't he/she....."

- **Believe using is a choice**
- Respond to behaviors
- Enabling
- Misunderstand the disease
- Limited understanding of Recovery
- Take care of things ourselves
- Unwillingness to change

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- Everything and everyone revolves around the addict
- We work to connect with the addict: by exaggerating our response to them
- Anger → Rage
- Concern → Panic
- Frustration → Retaliation
- Authority → Dominance
- Disagreement → Hostility
- **Fear:** may contribute to the motivation for these responses.
- **Guilt:** may contribute to the motivation for these responses.

Support Addiction:

- Believe use is a choice.
- **Respond to the addict's behavior**
- Enabling
- Misunderstand the disease
- Limited understanding of Recovery
- Take care of things ourselves
- Unwillingness to change

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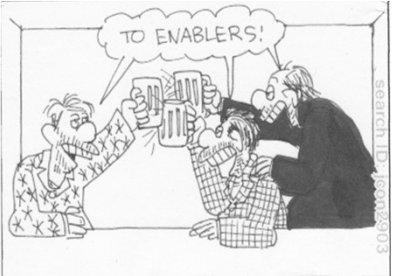
Support Addiction:

- **Perfectionism:** unable to control the addict so everything else is under control.
- **Procrastination:** disaster seen in everything they might try or do – so don't do or try anything.
- **Caretaking:** take care of everything – pay the rent, make excuses, clean up messes.
- **Blaming:** transfer responsibility to someone else – until they can get their act together.

- Believe using is a choice
- **Respond to the addict's behaviors**
- Enabling
- Misunderstand the disease
- Limited understanding of Recovery
- Take care of things ourselves
- Unwillingness to change

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**Support Addiction by:
Enabling**



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Support Addiction:

- **Enabling:** is when we get between the addict and the consequences of their use.
- **Why do it?**
- Belief: circumstances, life problems, bad decisions, something we did or didn't do are the cause of or reason for continuation the addiction
- So: solve the problem(s) or correct our contribution → improve/fix the addiction
- Delays intervention
- Delays initiation of treatment
- Progression of the disease

- Believe use is a choice
- Respond to addict's behaviors
- **Enabling**
- Misunderstand the disease
- Limited understanding of Recovery
- Take care of things ourselves
- Unwillingness to change

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Enabling: (see handout)

- **Rationalization:**
- He ran off the road because he was up late last night studying and fell asleep at the wheel. (BAC 0.17)
- The job was very stressful so he drank to settle his nerves and they fired him.
- **Minimization:**
- The accident wasn't serious, no one was injured. (BAC 0.15)
- It was a dead end job and I was going to quit anyway.
- **Cover for acts of omission or commission:**
- Call the addict in sick when consequences of using prevent going to work.

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Support Addiction

- **Old Model: Addiction as an Acute medical illness (e.g. ulcer)**
- **Treatment** → d/c with aftercare plan →
- **Recovery initiated (a/c plan)** several f/u visits →
- **d/c from f/u care** with instructions to return as needed.
- Patient is now on their own to continue the aftercare plan.

- Believe use is a choice
- Respond to addict's behaviors
- Enabling
- **Disease Misunderstood**
- Limited understanding of Recovery
- Take care of things ourselves
- Unwillingness to change

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Support Addiction:

- **Recovery:** "is easy....just stop using and change the way you do all the things in your life."
- **Usual understanding:**
 - *addict is the sick one
 - * he/she goes to treatment
 - * he/she has to change
 - * I'm not ill – so limited involvement in Recovery.
- **Expectations:**
 - * treatment → get better
 - * go to mtgs., work the program
 - * back to normal → may relapse

- Believe use is a choice
- Enabling
- Respond to behaviors
- Disease misunderstood
- **Recovery Misunderstood**
 - Unwillingness to change
 - Take care of things ourselves

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Support Addiction:

- **Believe:** addiction is the result of:
 - problems, difficulties in the addict's life or his/her bad decisions
 - things we have/have not done
- **So:** we spend our time and effort trying to:
 - fix or alter the problems
 - correct the bad decisions
 - correct/fix our contribution

- Believe using is a choice
- Respond to addict's behaviors
- Enabling
- Misunderstand the disease
- Limited understanding of Recovery
- **Take care of things ourselves**
 - Unwillingness to change

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Support Addiction:

- **May not be an unwillingness!**
- **May be:**
 - do not know our understanding of things is incorrect
 - not know there are other options
 - not know where to look for help
 - unaware of what to look or ask for

- Believe using is a choice
- Respond to addict's behaviors
- Enabling
- Misunderstand the disease
- Limited understanding of Recovery
- Take care of things ourselves
- **Unwillingness to change**

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Support Recovery

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Support Recovery:

- **Disease:**
 - Is a state of ill health associated with:
 - a definable set of Si./Sx. (5 C's)
 - a predictable course and outcome
 - cause(s) or predisposition which may or may not be known
 - the abnormal function of one or more organs
- **Understand addiction as a disease.**
 - Detachment
 - Understand the disease
 - Understand Recovery
 - Be willing to change
 - Ask for and accept help

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Defined Set of Signs & Symptoms: (5 Cs)

- **Craving (Obsession)**
 - **C**raving (Obsession)
 - **C**ompulsion to Use
 - **C**ontinued Use in spite of neg. consequences
 - Loss of **C**ontrol
 - **C**hronicity

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Defined Set of Signs & Symptoms:(cont)

Compulsion to Use

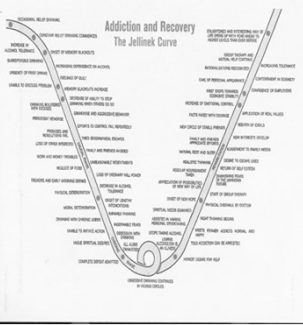


- Loss of Control
- Continued Use in Spite of Negative Consequences
- Chronicity

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Predictable Course & Outcome (handout)

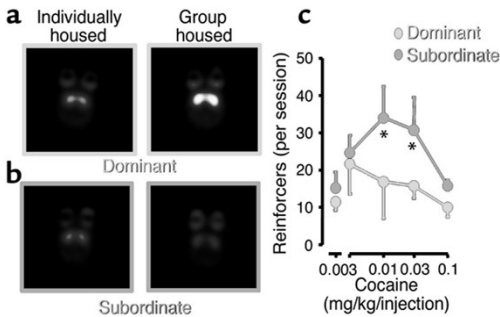


Cause/Predisposition May Be Known

- **Genetics:**
 - identical vs fraternal twins
 - adoption studies
- **Environment:**
 - stress, drug availability,
 - socioeconomic factors
- **Drug (Use) Effect:** (epigenetics)
 - drug induced effect on gene expression

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Abnormal function of one or more organs



- Is there an abnormality of the Reward Pathway?
- Do people with addiction have low dopamine because they have "burned out" their pleasure center?
 - or
- Do some people develop addiction because they have "reward deficiency syndrome" (decreased dopamine)?

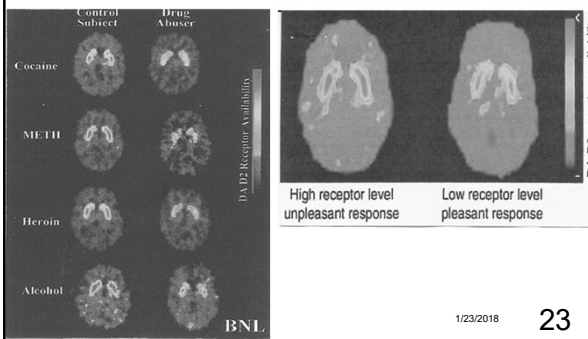
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Abnormal function of one or more organs

"burned out"

Deficiency



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Abnormal function of one or more organs

- Conclusion:
 - Those who "enjoyed" Ritalin (amphetamine) had LOWER levels of dopamine.
 - Those who found it "unpleasant" had NORMAL levels of dopamine.
- Addiction is an abnormal response to reward

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Support Recovery

- **Detachment: (Do not pick up the rope!)**
 - is the emotional separation from the adverse/damaging effects of the addiction.
- **Means:**
 - Separate from the behaviors related to the disease.
 - Do not preach, lecture, reason with the addict.
 - Do not try to manage the various problems.
 - Only make rules you will enforce.

- Understand addiction as a disease
- **Detachment**
 - Understand the disease
 - Understand Recovery
 - Ask for and accept help
 - Willingness to change

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Support Recovery

- **Detachment:**
- **Does Not Mean:**
 - Doing nothing – do things which are helpful.
 - Ignoring the addict.
 - Stopping efforts to help the addict.
 - Stopping to care for the addict
- **Results In:**
 - Better decision making.
 - Taking back control of our lives.
 - Better able to act – not just react
- **How Do You Do It?**
 - With love – Without turmoil
 - Non-Punitively
 - *Practice, Practice, Practice*

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Support Recovery:

- **Two Questions:**
 1. What happens during treatment?
 2. What happens when the patient leaves treatment?

- Understand addiction as a disease
- Detachment
- **Understand the disease**
- **Understand Recovery**
 - Ask for and accept help
 - Willingness to change

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Support Recovery: (Understand Treatment)

- **Treatment:**
- **Detoxification:**
- **Evaluation/Diagnosis/Treatment of:**
 - co-occurring med/psych illnesses
- **Education About:**
 - addiction as a disease, relapse prevention, prob. solving skills, healthy living strategies, AA/NA
- **Discovery:**
 - abt. disease severity, assoc. problems (med psych, social, etc.), effect on family, and others, attend and learn abt. AA/NA mtgs.
- **When Primary Treatment ends – Recovery begins**

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Support Recovery: (Understand the disease)

- **New Disease Model: Addiction as a Ch. Med. Illness** (e.g. diabetes, hypertension, heart disease)
 - Treatment →
 - Discharge with an aftercare plan →
 - f/u regularly with caregivers →
 - Rx adjustments made as needed →
 - Regular f/u continues for an extended time →
 - Maybe for rest of their life

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Support Recovery (Understand Recovery)

- **Recovery:**
 - is a process, a way of life, an attitude and a way of approaching the day's challenges. (Recovering Person)
 - a voluntarily maintained life style characterized by sobriety, personal health, and citizenship. (Betty Ford Institute)
 - "...is easy, just quit drinking and change the way you do everything in your life." (Recovering Surgeon)
- **Abstinence does NOT equal Recovery**
- **Abstinence is part of Recovery**

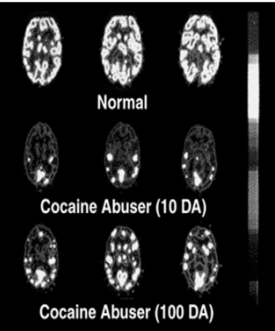
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Support Recovery: **(Understand Recovery)**

Recovery:

- Is very difficult
- Takes a lot of time
- A time of great changes
- Must be as time consuming as addiction was
- Requires restructuring each area of a person's life.
- Learning new ways to solve problems

Recovery: (Brain blood flow)



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Support Recovery: **(Willingness to change)**

- **Family Oriented Recovery:**
 - Recovering addicts/alcoholics with a supportive family do better than those without one.
 - Recovery is no longer a spectator sport for families with a member entering Recovery.

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Support Recovery:

- **Education:** about addiction, treatment, codependency, - books, open AA mtgs., videos,
 - Understand addiction as a disease
- **Therapy:** individ. &/or family, (use therapist familiar with addiction codependency, Recovery)
 - Detachment
 - Understand the disease
 - Understand Recovery
 - Willingness to Change
- **Mutual Support Grps.:** Al Anon, Nara Non, Alateen, Families Anonymous
 - **Ask for and accept help**
- **Intervention:**
- **Be willing to talk/ask abt. addiction**

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Remember

Addicts and alcoholics are not bad people trying to be good but sick people trying to get well.

Connecticut Nursing News 3/2002

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Resources

- *Nat' l Inst. On Alc. Abuse & Alc.: www.niaa.nih.gov
- *www.lovefirst.net (Intervention and Treatment resources)
- *Nat' l Inst. On Drug Abuse: www.nida.nih.gov
- *Attend education sessions whenever possible.
- *Jay, Debra, *It Takes a Family: a cooperative approach to lasting recovery*
- *<https://vimeo.com/dawnfarm> – scroll down to “Intervention to Durable Recovery: The Power of Family” (Dawn Farm education series video)

See the suggested Reading List handout

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