



# A Cooperative Approach to Lasting Sobriety

Presenter: Debra Jay

# Video Workshop



The  
Rehearsal

[lovefirst.net](http://lovefirst.net)

We Have a Problem

50 to 90% relapse  
in the first year  
after treatment

It requires a new  
conversation



# What Happens After Treatment

Treatment and recovery  
have two different roles

# The Purpose of Treatment Is Specific

# Acute vs. Chronic



# The Winners' Circle

They are getting something  
the general public is not:

A team who works with them  
for 5 years after treatment.

Relapse is not a normal  
part of recovery.

Lasting sobriety is  
the expectation.

# Setting the Standard for Recovery: Physicians' Health Programs

DuPont, McLellan, White, Merlo & Gold

- 904 addicted doctors
- 5 year monitoring program
- 16 Physician Health Programs

- 50% alcohol
- 35% opioids (14% IV use)
- 15% stimulants, marijuana, other
- 31% both alcohol & other drugs
- 17 % for alcohol or other drug related charges

## Doctors in PHPs

78% had zero relapses  
in five years.

15% had one relapse

7% had more  
than one relapse

Length of time helps  
prevent relapse —  
but also allows relapsers  
to succeed.

# The Holy Grail of Recovery

“Of course they stay sober.  
They are doctors!”

Novant) HEALTH®

*Washing hands saves lives.*



Getting people to  
change is tough

# The New Paradigm for Recovery



## The Eight Essential Elements

I.

# Positive Rewards and Negative Consequences

2.

# Frequent Random Drug Testing

3.  
Twelve Step Programs  
and  
Abstinence Standard

4.

*Viable Role Models and  
Recovery Mentors*

5.  
*Active Management  
of Relapse*

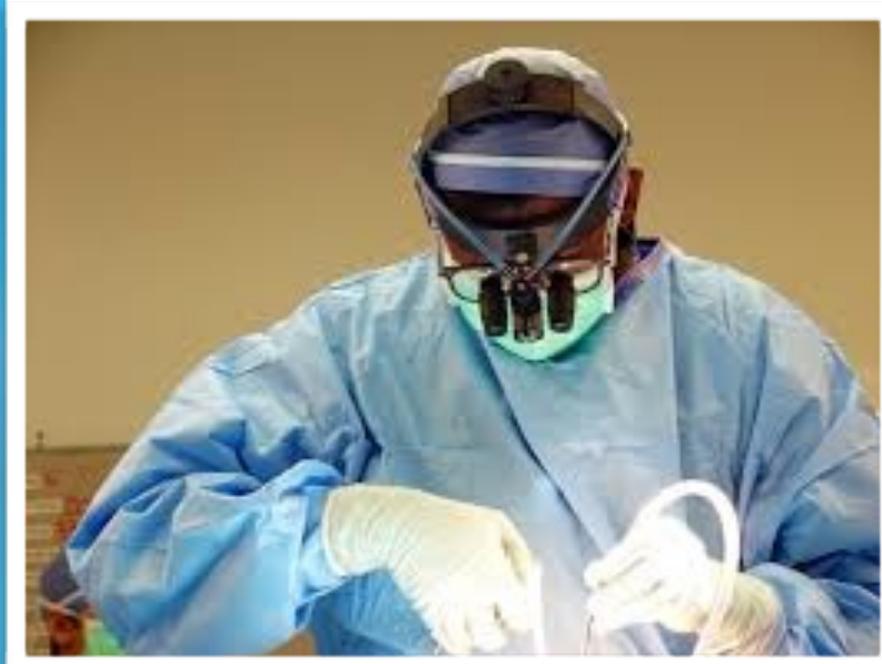
6.  
Modified Lifestyles

7.  
Active and Sustained  
Monitoring

8.  
Continuing Care Approach

We haven't done a  
good job grouping  
these elements in a  
sustainable way.

# The #1 Action Stopping Myth



You can't help an alcoholic until  
he wants help

We don't risk  
the doctor's patients.

We don't risk  
the lawyer's clients.

We don't risk  
passengers in  
a jet airliner.

But what about the families?



# Structured Family Recovery™

Structured Family Recovery  
puts families smack-dab  
in the middle of recovery.

An aunt, a father, and  
an angry family.



# Structured Family Recovery:<sup>TM</sup> Putting It into Action

First We Build  
a Recovery Team

# Family Denial

# The Denial

“I wasn’t affected by  
his drinking.”

The hook is relapse  
and then we give hope

# How does SFR work?

## Two Simple Steps

- 1.) Weekly SFR Family Meeting
- 2.) Twelve Step Meetings

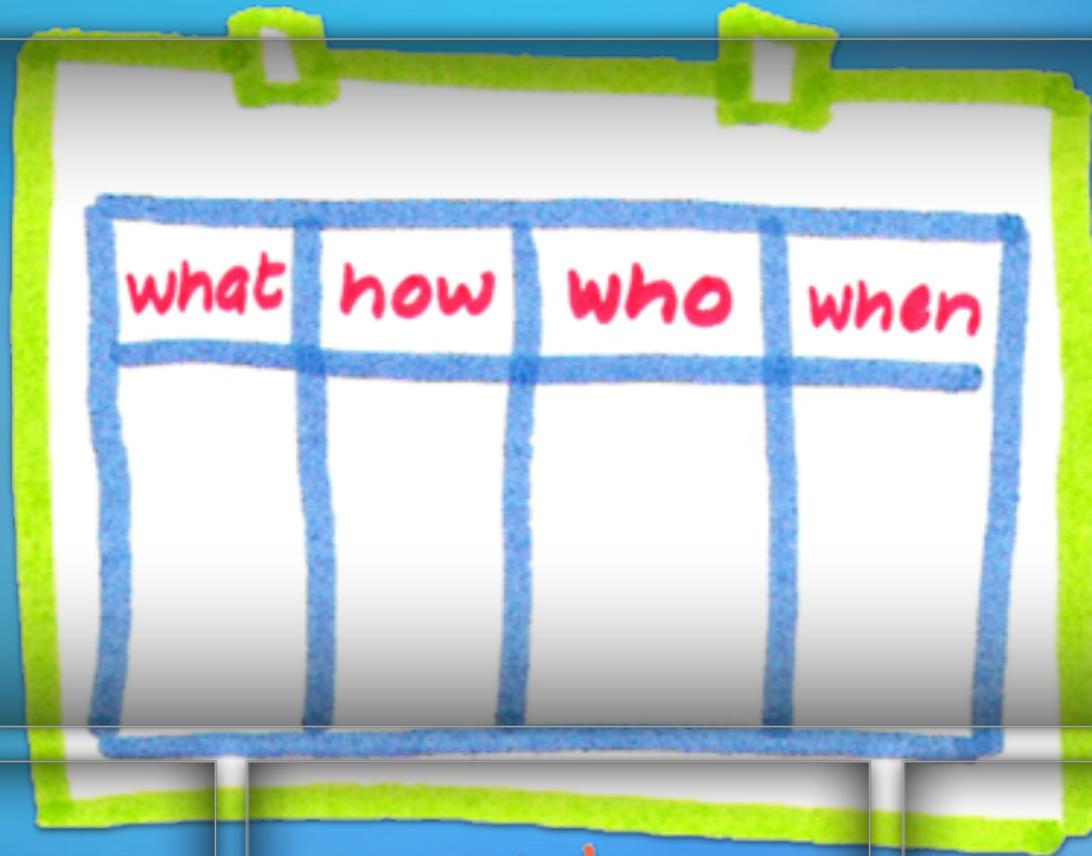
# Keeping It Simple

- ❖ Conference Calls
- ❖ One Hour
- ❖ Simple Format
- ❖ Team members focus on self

Family begins SFR first  
and  
then invites the addict to join.

Something magical begins  
to happen.

# The Weekly Meeting Structure



| what | how | who | when |
|------|-----|-----|------|
|      |     |     |      |

action  
plan

Families work in unison  
while learning to  
keep the focus on themselves.

Families start SFR  
before the addicted loved one.

# WEEK 8

Topic: Honesty

Opening

Daily Reading

Report, Discuss, Plan

Learn Something New

# Step Two

# Working a Recovery Program

# Assignment

# Closing: The Promises



What Works...and What Doesn't

What does not  
lead to  
lasting change?

# Three Myths of Lasting Change

- ❖ Education changes behavior
- ❖ Change attitudes to change behavior
- ❖ Increase motivation.

SFR uses what  
creates  
lasting change

1.

# Behavioral Expectations

# Butch Harmon



# Mickelson comes from behind to win British Open

Steve DiMeglio, USA TODAY Sports 5:31 p.m. EDT July 21, 2013



(Photo: Paul Cunningham, USA TODAY Sports)

GULLANE, Scotland — As he wrapped up his practice session Sunday and started his march to the first tee, Phil Mickelson had a chat with his coach, Butch Harmon, who told his star pupil that even-par or 1 over could win the 142nd edition of the oldest championship in golf.

"I'm going to be better than that," Mickelson told Harmon despite the fresh breeze blowing in from the nearby hay fields and the Firth of Forth.

"He wasn't lying," Harmon said.

**LEADERBOARD:** [142nd British Open \(http://www.usatoday.com/sports/golf/pgs/leaderboard/\)](http://www.usatoday.com/sports/golf/pgs/leaderboard/)

No he wasn't. Starting the day at 2 over and five shots behind — and one month after another heartbreaking loss in the U.S. Open — Mickelson made birdie on four of his final six holes on the brutally tough ancient links at Muirfield Golf Club to pull away from a tight pack stacked with the game's best players to win the fifth major of his career.

**HOLE BY HOLE:** [Mickelson wins it, Tiger fades \(http://www.usatoday.com/story/sports/golf/2013/07/21/british-open-2013-tiger-woods-hole-by-hole-final-round/2572489/\)](http://www.usatoday.com/story/sports/golf/2013/07/21/british-open-2013-tiger-woods-hole-by-hole-final-round/2572489/)

Under overcast skies on a course stiffened by 20 days of sunshine that created a culture shock for both locals as well as players, Mickelson fired a final-round 5-under-par 66 — matching the low round for the week, and his lowest final round in 80 majors — to finish at 3 under and top Henrik Stenson (70) by three.

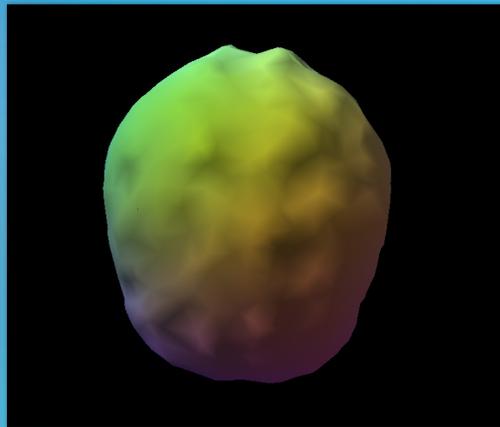
**EMOTIONS:** [Mickelson s](#)

Four back were late char

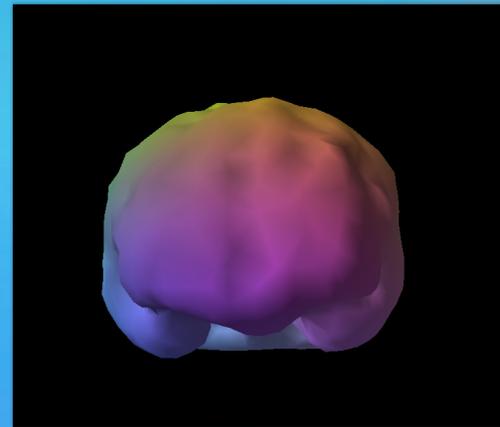
# Neuroscience

# Normal 3-D Brain SPECT Images

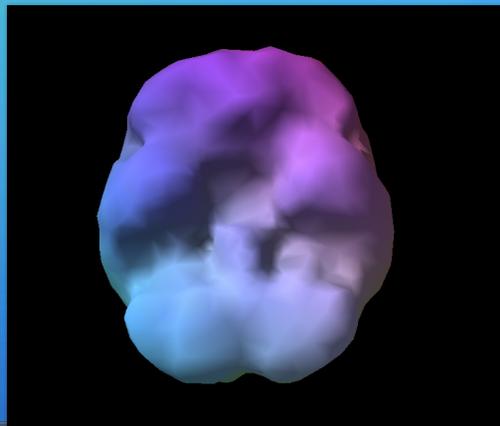
Top-  
down  
surface  
view



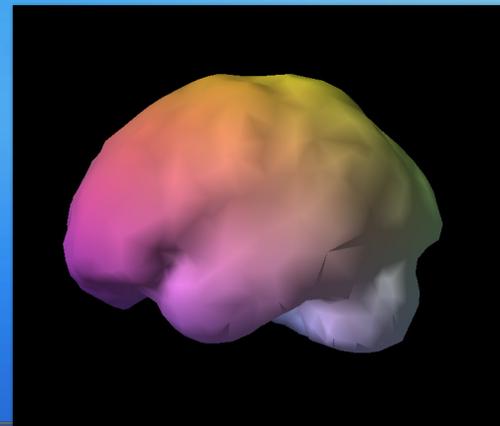
Front-on  
surface  
view



Underside  
surface  
view

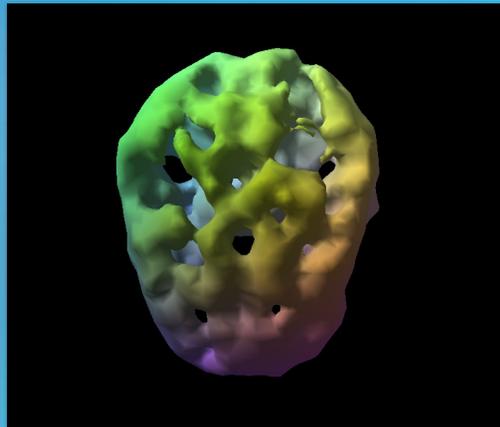


Side  
surface  
view

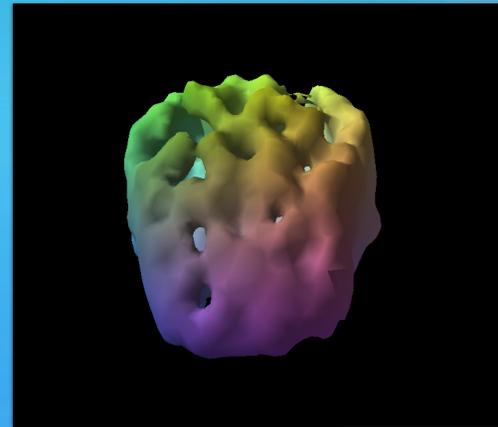


# Alcohol – 17 years of heavy weekend use

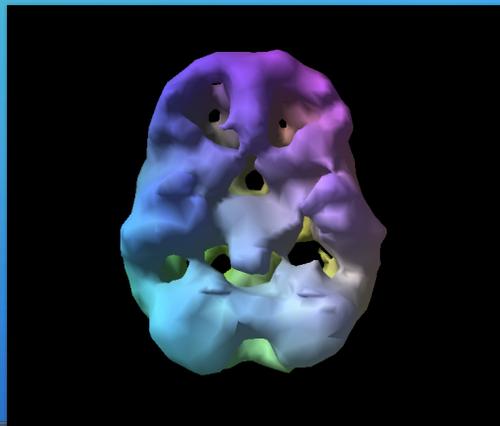
Top-down surface view



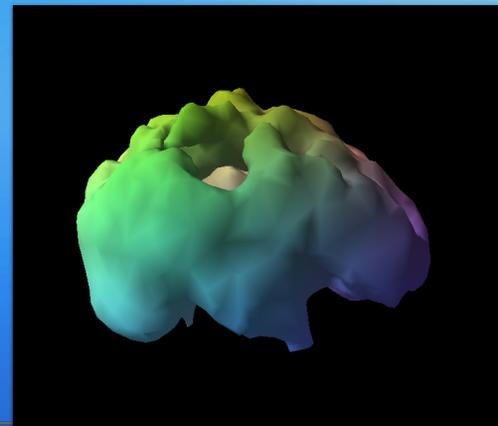
Front-on surface view



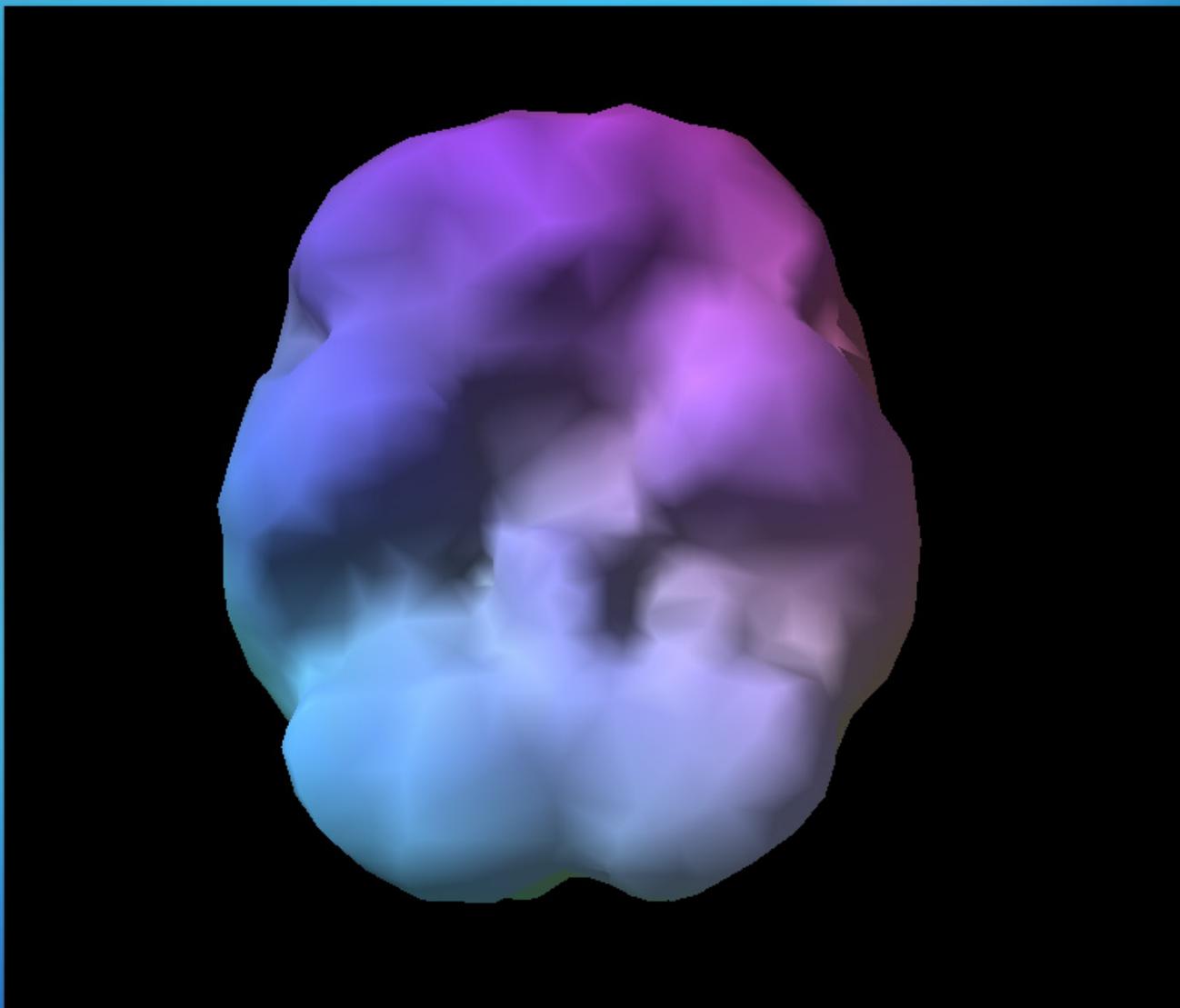
Underside surface view



Side surface view

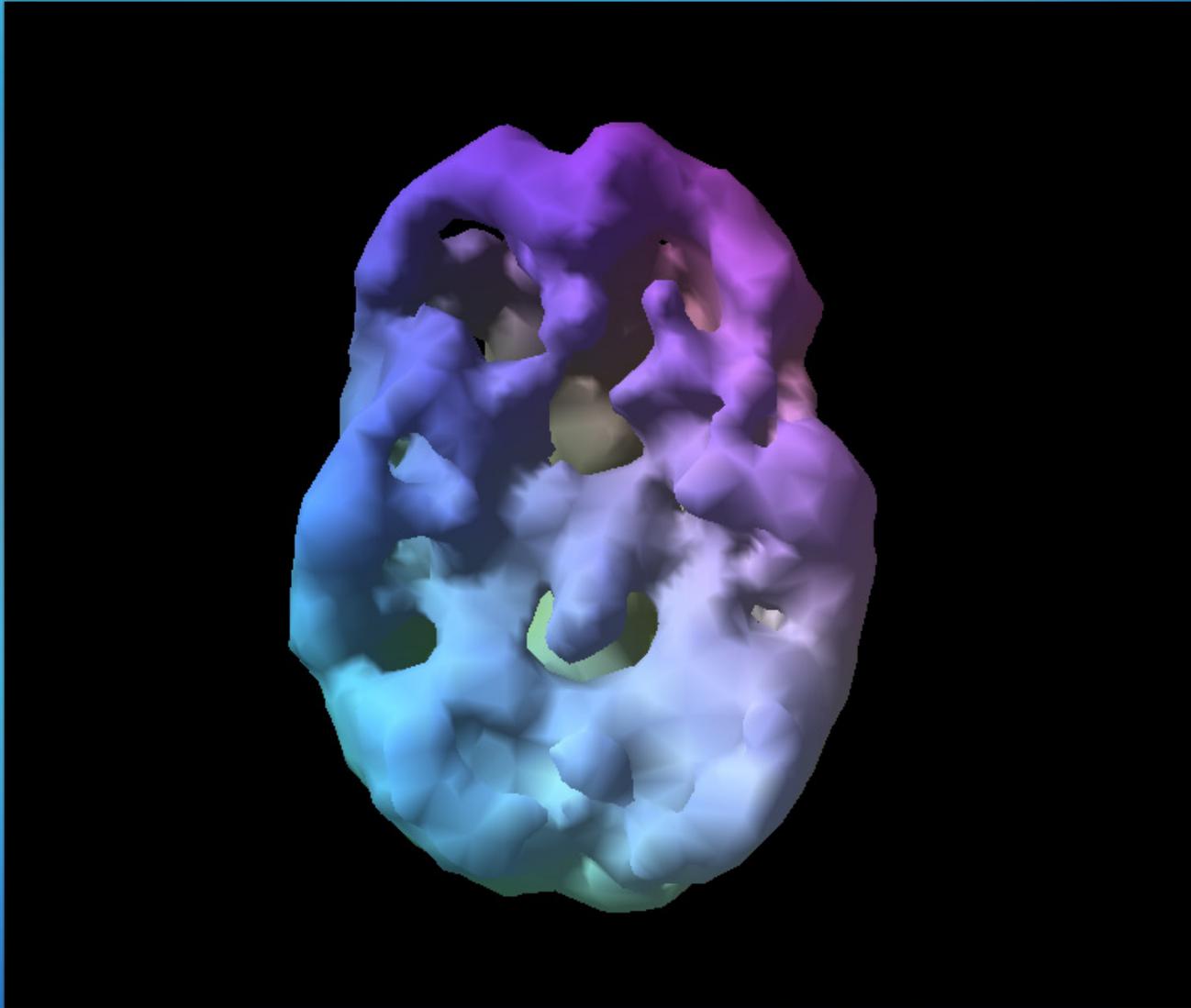


# Intervention



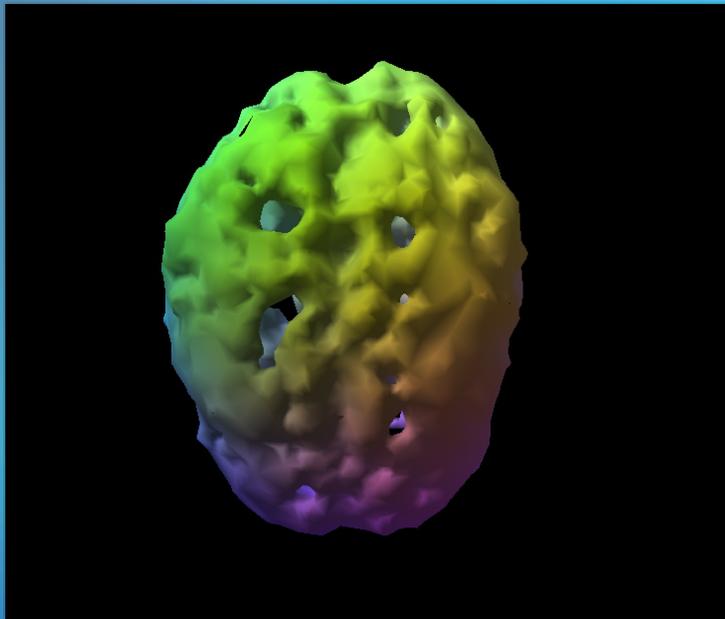
Healthy Brain

# Intervention



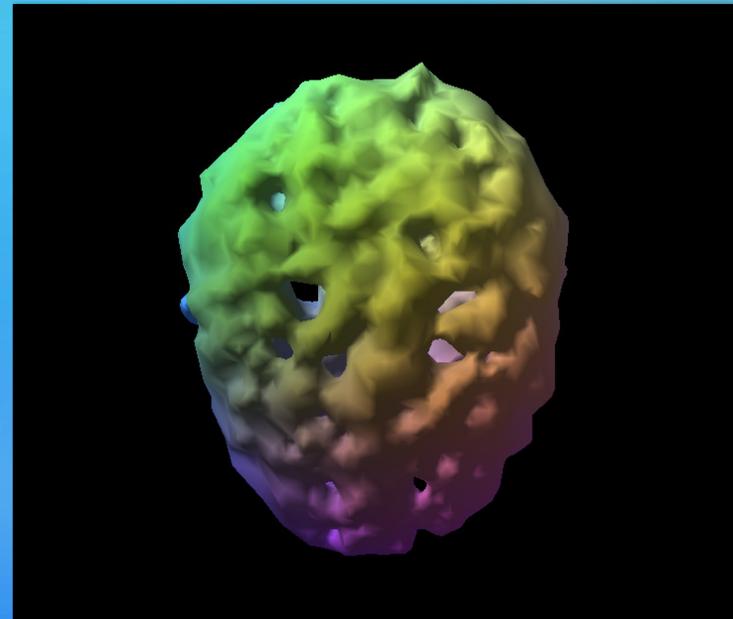
Twenty-two years of daily drinking.

## Cocaine



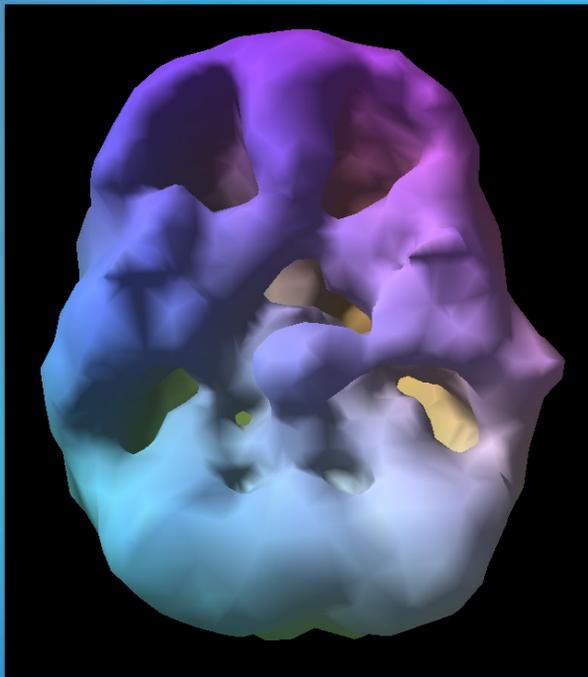
Twenty-four year old.  
Using two years frequently.

## Methamphetamine



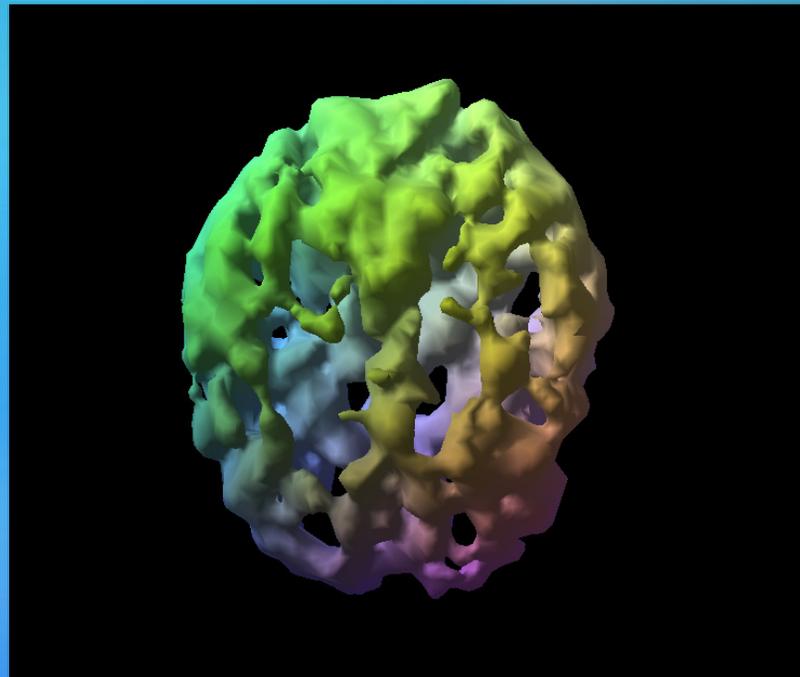
Twenty-eight year old.  
Eight year heavy use.

## Marijuana



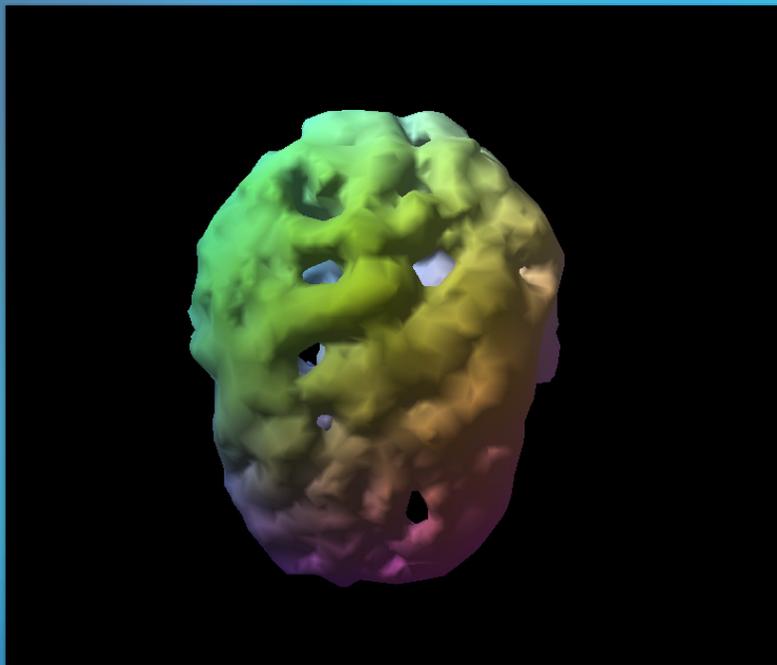
Eighteen year old.  
Using 3 years.  
Four times week.

## Opiates

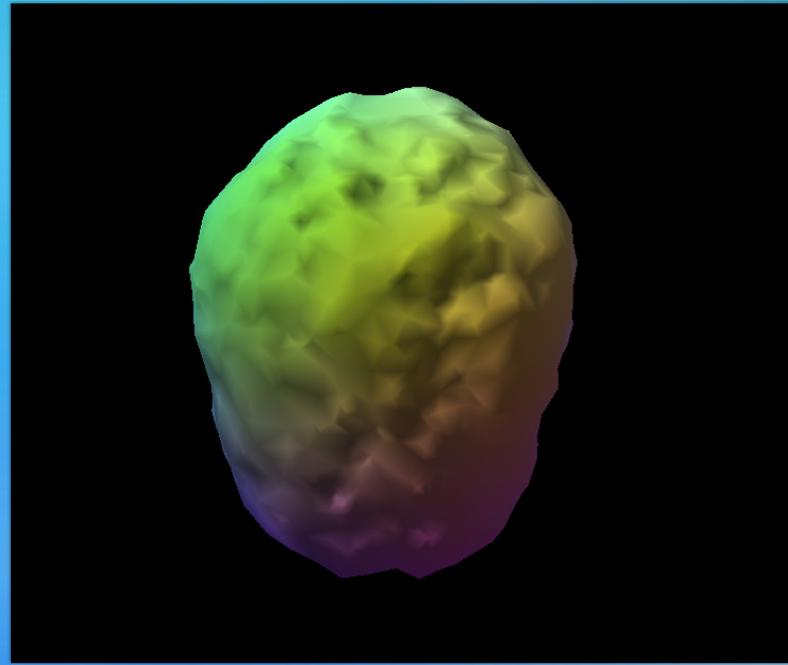


Forty year old.  
Methadone 7 years.  
Previously, heroin 10 years.

## Before & After Recovery



Top down surface view  
during substance abuse.



Same view after one year  
alcohol and drug free.

2.

*Simplicity*

Reduce the need for  
ongoing motivation

3.

## Social Norms

Positive and Negative



JW MARRIOTT.  
HOTELS & RESORTS

## Save Our Planet

Dear Guest,  
Every day millions of gallons of water are used to wash towels that have only been used once.

### **You Make The Difference:**

- A towel hanging up means "I will use again."
- A towel on the floor means "Please exchange."

**Thank You For Helping Us Conserve  
The Earth's Vital Resources.**

Telling people about the behaviour of previous guests increases their likelihood of reusing their towels

**26% more likely**

*Most people reuse their towels at least once during their stay*

**33% more likely**

*Most people who have stayed in this room reuse their towels at least once during their stay*

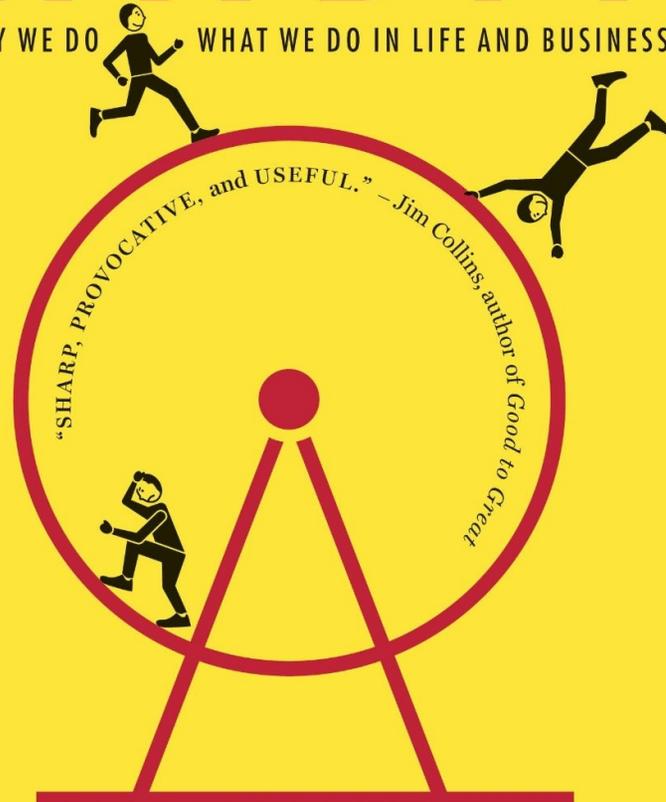
Normalizing Relapse:  
Creating negative social norms.

“AA is a change  
making machine.”

NEW YORK TIMES BESTSELLER

THE POWER OF  
**H A B I T**

WHY WE DO WHAT WE DO IN LIFE AND BUSINESS



"SHARP, PROVOCATIVE, and USEFUL." — Jim Collins, author of *Good to Great*

**Charles Duhigg**

WITH A NEW AFTERWORD BY THE AUTHOR

# Tony Dungy



# Creating Change

Structured Family Recovery™  
engages the entire family  
in Twelve Step recovery

SFR is not therapy

# Negativity and the Brain

SFR is a framework  
that keeps families  
moving forward in recovery

Families work in unison  
yet keep the focus on themselves.

The result is  
relapse prevention  
and family healing.



# The Tools

# The Workhorse: The Recovery Plan

# Today and Tomorrow

- ❖ Identify my relapse warning signs
- ❖ Write a conversation with my future self
- ❖ Relapse Agreement
- ❖ Eight Essential Elements
- ❖ Share with the team.

Staying on Track:  
SFR Uses Checklists

# A Pilot's Checklist

## BEFORE LANDING CHECK

**Birds**..... (Operator) ..... **UP**  
*Winch Power* ..... (PNF) ..... *OFF*  
*AUX Fuel Pumps*..... (PNF) ..... *ON*  
*Taxi Light* ..... (PNF) ..... *ON*  
**Seat Belts**..... (All) ..... **Secure**  
..... (PNF) **Completed to the Line**

---

**Hydraulic Pump**..... (PNF) ..... **ON**  
**Nose Wheel**..... (P) **.Exercised & Centered**  
**Brakes** ..... (P/CP) ..... **Checked**  
**Speed Levers**..... (PNF) ..... **HIGH**  
**Flaps** ..... (PNF) ..... **As Required**  
*Heating Lever*..... (PNF) ..... *CLOSED*

# A Surgeon's Checklist

## Surgical Safety Checklist



World Health Organization  
Patient Safety  
A World Alliance for Safer Health Care

### Before induction of anaesthesia

(with at least nurse and anaesthetist)

**Has the patient confirmed his/her identity, site, procedure, and consent?**

Yes

**Is the site marked?**

Yes  
 Not applicable

**Is the anaesthesia machine and medication check complete?**

Yes

**Is the pulse oximeter on the patient and functioning?**

Yes

**Does the patient have a:**

**Known allergy?**

No  
 Yes

**Difficult airway or aspiration risk?**

No  
 Yes, and equipment/assistance available

**Risk of >500ml blood loss (7ml/kg in children)?**

No  
 Yes, and two IVs/central access and fluids planned

### Before skin incision

(with nurse, anaesthetist and surgeon)

**Confirm all team members have introduced themselves by name and role.**

**Confirm the patient's name, procedure, and where the incision will be made.**

**Has antibiotic prophylaxis been given within the last 60 minutes?**

Yes  
 Not applicable

**Anticipated Critical Events**

**To Surgeon:**

What are the critical or non-routine steps?  
 How long will the case take?  
 What is the anticipated blood loss?

**To Anaesthetist:**

Are there any patient-specific concerns?

**To Nursing Team:**

Has sterility (including indicator results) been confirmed?  
 Are there equipment issues or any concerns?

**Is essential imaging displayed?**

Yes  
 Not applicable

### Before patient leaves operating room

(with nurse, anaesthetist and surgeon)

**Nurse Verbally Confirms:**

The name of the procedure  
 Completion of instrument, sponge and needle counts  
 Specimen labelling (read specimen labels aloud, including patient name)  
 Whether there are any equipment problems to be addressed

**To Surgeon, Anaesthetist and Nurse:**

What are the key concerns for recovery and management of this patient?

This checklist is not intended to be comprehensive. Additions and modifications to fit local practice are encouraged.

Revised 1 / 2009

© WHO, 2009

# Checklists

- ❖ Reduce steps to their simplest form
- ❖ Organize information for the purpose of taking action
- ❖ Prevent common mistakes and omissions
- ❖ Act as triggers for taking action
- ❖ Prevents us from complicating things
- ❖ Prevent past patterns that lead to failure.



# Relationships

We reestablish kindness  
and use  
12-step work to deal with  
resentment and anger.

We don't drop bombs.

Red Light, Yellow Light, Green Light

We cultivate  
trustworthiness.

We begin having fun.

5 positives to counteract  
every negative

The family and  
their beloved alcoholic  
want the same thing

Happiness











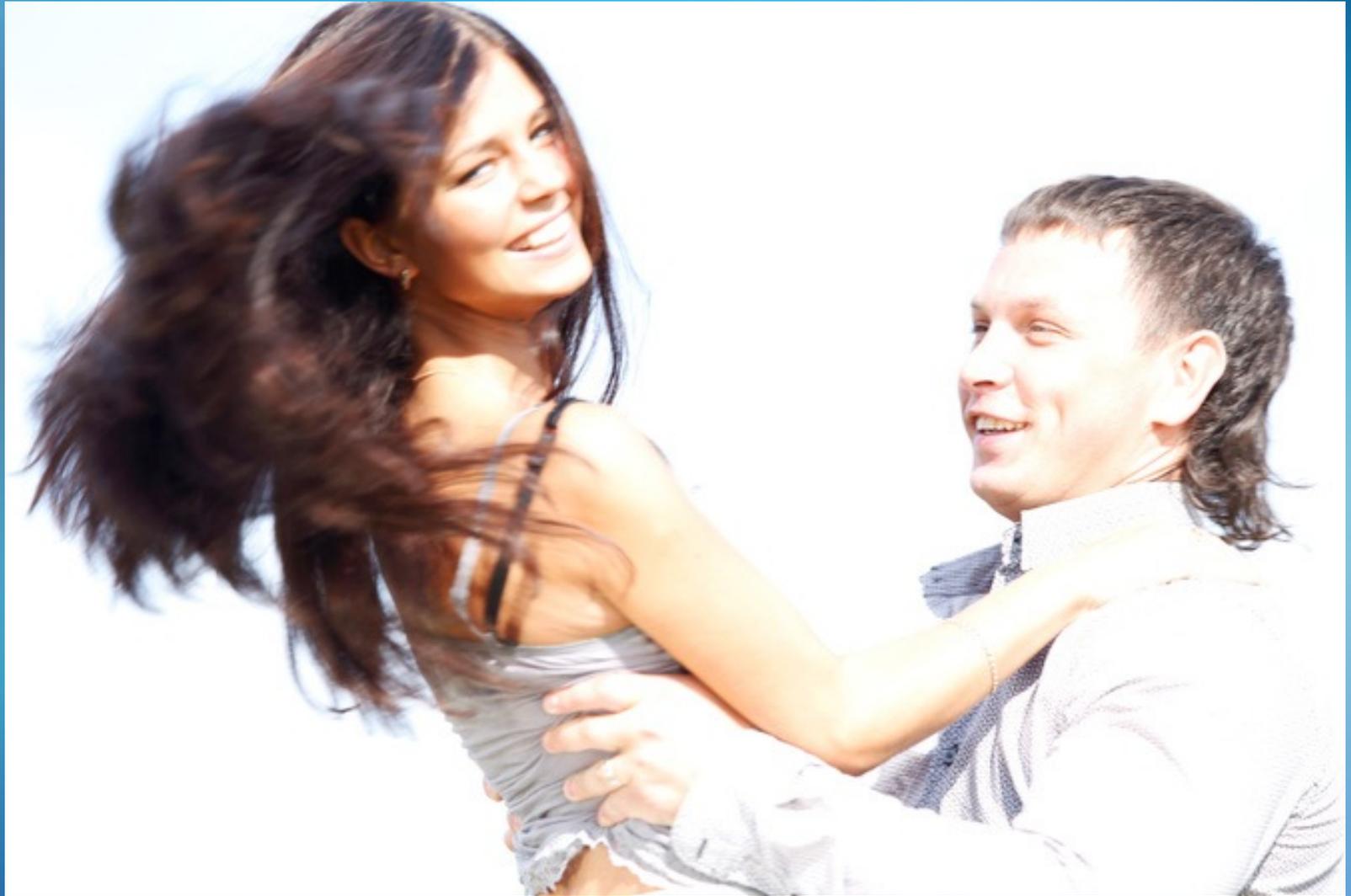








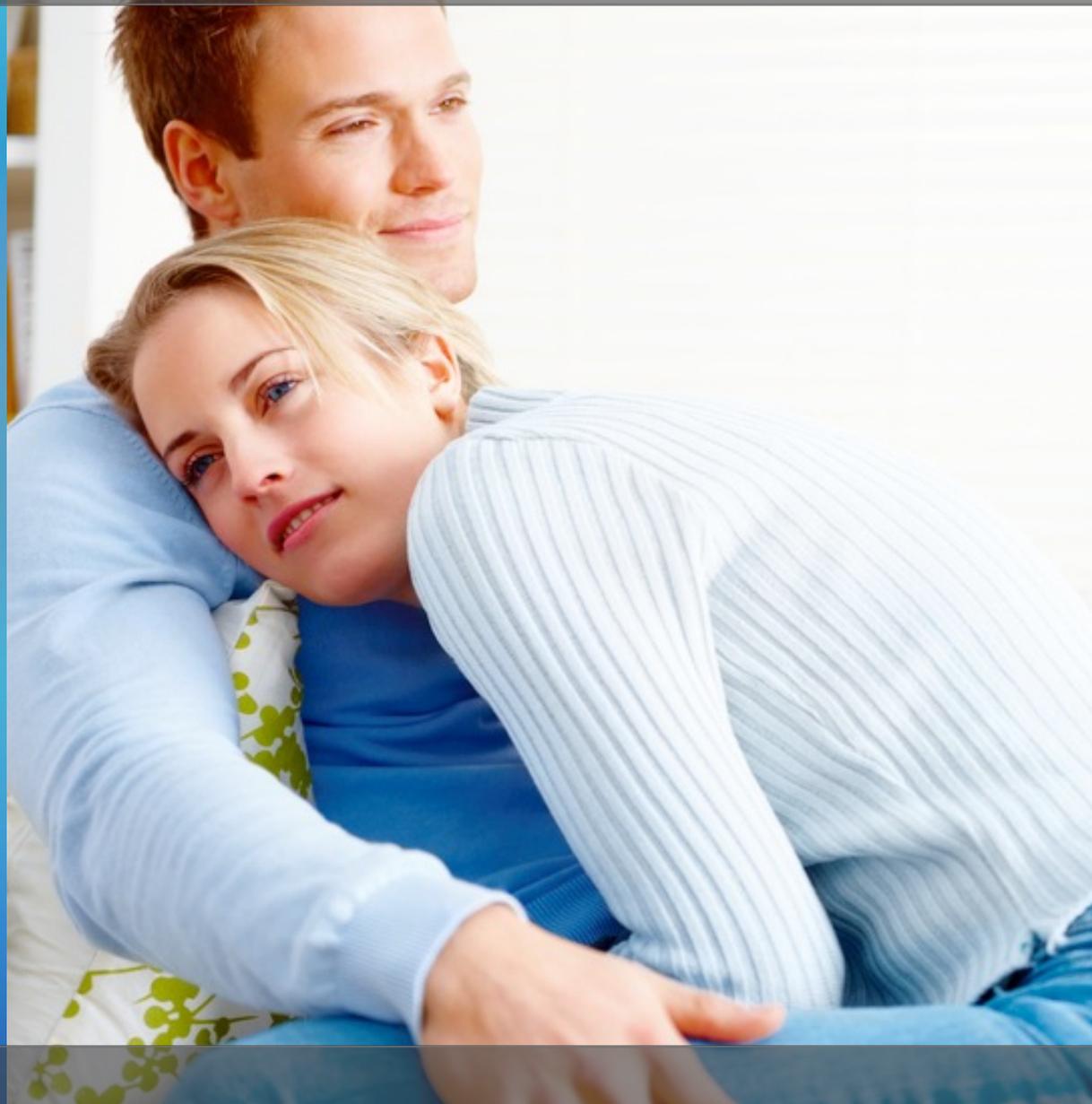












“The earth is crammed  
with heaven.”

-Elizabeth Barrett Browning

