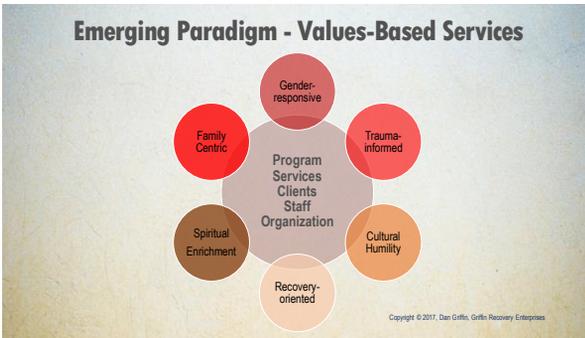




Dan Griffin, MA
 Griffin Recovery Enterprises
 www.dangriffin.com





Recovery from alcohol and other drug problems is a **process of change** through which an individual achieves abstinence and improved health, wellness, and quality of life.

Source: CSAT National Summit on Recovery, 2005



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- 3 to 5 years stabilization
- Acceptance of disease and personal responsibility for self-care
- Psychological
- Behavioral
- Neurological
- Mutual support groups

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- Mutual support or self-help
 - Alcoholics Anonymous; Al-Anon; Narcotics Anonymous, Nar-Anon meetings
 - Online Groups / IntheRooms.com
 - Guide to Mutual Support (found at: www.facesandvoicesofrecovery.org)



Many Paths of Recovery

- Faith-Based
- SMART
- Solo
- Medication-Assisted

Recovery - Psychological

- ▶ Addiction is sometimes referred to as a disease of "perception"
- ▶ The individual's thinking is distorted – *"I've got a thinking problem"*
- ▶ Reframing of past behavior
- ▶ Understanding of cognitive distortion limiting recovery
 - *"Egomaniac with an inferiority complex"*
 - *"It's all about me"*

Recovery - Behavioral

- Like other **chronic diseases**, there cannot be full recovery without behavior change
- Changing one's thinking alone will NEVER lead to a quality recovery
- You can reasonably assess the quality of an individual's behaviors

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Recovery - Neurological

- We know the brain heals
- Medications – particularly during treatment and early sobriety – can help to mitigate the changes to the brain that have taken place



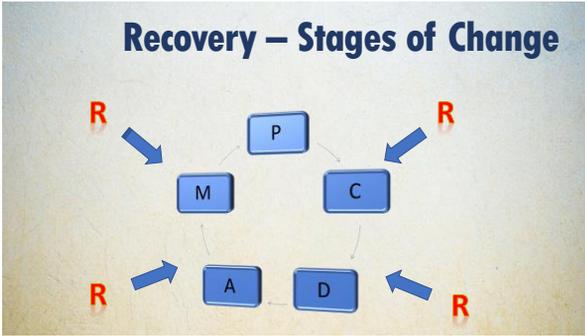
Recovery - Spiritual

- Controversial
- Distinguishing between religion and spirituality → community and creating a world beyond self
- Another tool to address distorted thinking

Recovery - Mutual Support Groups

- Twelve Step groups are the most prevalent, particularly AA
- Recovery CAN happen through other mutual support groups (SMART, SOS, Women for Sobriety)
- Provide excellent forum for dealing with stress (number one cause of relapse)

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Stages of Recovery

Stage 1: Awareness and Early Acknowledgment

- ▶ Pre-recovery stage - growing awareness that there is a problem
- ▶ People are still engaging in addictive behaviors and, in fact, are often pushed into the stage by the concerns of family or friends, or health, financial, work, or legal problems
- ▶ The end of this stage is marked by a shifting of perspective from outright denial to a willingness to consider the possibility of addiction

Stages of Recovery

Stage 2: Consideration and Incubation

- ▶ A precursor to actual recovery
- ▶ Characterized by a willingness to further explore ideas about addiction and recovery
- ▶ The primary movement during this stage involves increasing knowledge about the realities of addiction and the impact it's having on the addict's own life and on the lives of others

Stages of Recovery

Stage 3: Exploring Recovery

- ▶ First clear stage of recovery.
- ▶ A clear resolution to quit the addiction
- ▶ Tasks involve exploring ideas and activities of abstinence, moderation, treatment, and recovery
- ▶ People actively move towards stopping the addiction, and beginning treatment of some kind

Stages of Recovery

Stage 4: Early Recovery and Rehabilitation

- ▶ Entry into full, but early, recovery
- ▶ This stage solidifies recovery
- ▶ People learn the skills, develop the behaviors, adopt the habits, and build the relationships needed to maintain a lifetime of recovery

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Stages of Recovery

Stage 5: Active Recovery and Maintenance

- ▶ This is recovery proper
- ▶ Recovery is viewed as a lifetime process
- ▶ People are actively monitoring themselves, their feelings, thoughts, behaviors, activities, and relationships

Stages of Recovery

Stage 6: Emotional Recovery

- ▶ Could be Stage 5b
- ▶ This is enhanced recovery
- ▶ "Emotional sobriety" – recovery moves from the "head to the heart" → increased self-awareness and congruence between beliefs, feelings, and behaviors
- ▶ The perspective of recovery is focused more on community and relationships than self
- ▶ Recovery is only one aspect of the individual's identity → it no longer defines them
- ▶ Not likely to occur while participant is drug court



Understanding the 12 Step Culture



The Twelve Step Culture

- Distinct culture
- Language, ritual, mores
- Specific roles/committees available to better understand and connect with local offices

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Characteristics Shared by All Twelve Step Groups

- Members share some problem or status
- Groups are organized and facilitated by members themselves
- Abstinence is the foundation of recovery
- Experiential knowledge is the basis of expertise
- All members are "helpers" and "helppees"
- There is no authority
- All groups are self-supporting
- Anyone with a desire to stop drinking/using can be a member → and only they can determine if that is true for them

More Groups ...

- Narcotics Anonymous
- Cocaine Anonymous (Marijuana, Meth, etc.)
- Al-Anon: for family member, friend or loved one of someone with alcohol problems
- Nar-Anon: for family member, friend, loved one of someone with other drug problems
- Double Trouble in Recovery: mental illness and alcohol/drug problems

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How Does it Work?

- Sharing personal stories – "experience, strength and hope"
- Sponsorship (sponsor/sponsee)
- Studying the Twelve Steps, "Big Book," and other core literature
- Service/Helping Others
- Home Group
- "Coming early and leaving late"
- Primary Purpose

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Myths of the Twelve Step Culture

You have to believe
in God

Irresponsibility – “not
responsible for
behavior”

Powerlessness vs.
Victim

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Myths of the Twelve Step Culture

Twelve Steps are
the Only Solution

AA Forces People
to Attend

AA is treatment

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Myths of the Twelve Step Culture

Myth

There is no research
showing that AA/Twelve
Steps work

AA is associated with significantly less drinking when drinking occurs. . . . Frequency of AA meeting attendance was positively and significantly predictive of total abstinence, during treatment and at all follow-ups* at 6/12/18 months

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Myths of the Twelve Step Culture

Myth Busted

There is no research showing that AA/Twelve Steps work: it works...if you work it

"The most significant area of involvement was in reaching out to other members of AA for help and in use of a sponsor . . . The relapsers lacked the ability to use their sponsors and to reach out to other members in the AA program"

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Myths of the Twelve Step Culture

Myth Busted

There is no research showing that AA/Twelve Steps work: Meeting makers make it

"The number of AA meetings . . . predicted remission, lower depression, and higher quality relationships with friends and spouse/partner . . ."

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Recovery Community Organizations

- All over the country
- Specifically for people in recovery (all paths) to provide support services and extra support when transitioning out of other services (i.e., drug court, probation, etc.)
- Staffed by individuals in recovery with most of the work being done by volunteers
- Excellent bridge to the community
- To learn more: www.facesandvoicesofrecovery.org

Returning to the Community

- For many, they either feel as though they have been marginalized or actually have been as a result of their behavior
- Encourage community service projects
- Encourage 8th and 9th step activity before graduation (consider it as requirement)
- Use Restorative Justice as one tool to help participants heal damaged relationships with various members of the community

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The Process of Recovery

ALWAYS REMEMBER: For the majority of your clients, most of their HARD WORK is still AHEAD of them when they graduate.

Resources

- Facing Addiction www.facingaddiction.org
- Faces & Voices of Recovery www.facesandvoicesofrecovery.org
- Guide to Mutual Support Resources at http://facesandvoicesofrecovery.org/resources/support_home.php
- National Addiction Technology Transfer Centers www.nattc.org
- Substance Abuse and Mental Health Services Administration www.samhsa.gov , "An Introduction to Mutual Support Groups for Alcohol and Drug Abuse" is available on their web site.
- American Self Help Clearinghouse Self help Sourcebook online: <http://mentalhelp.net/selfhelp/>.
