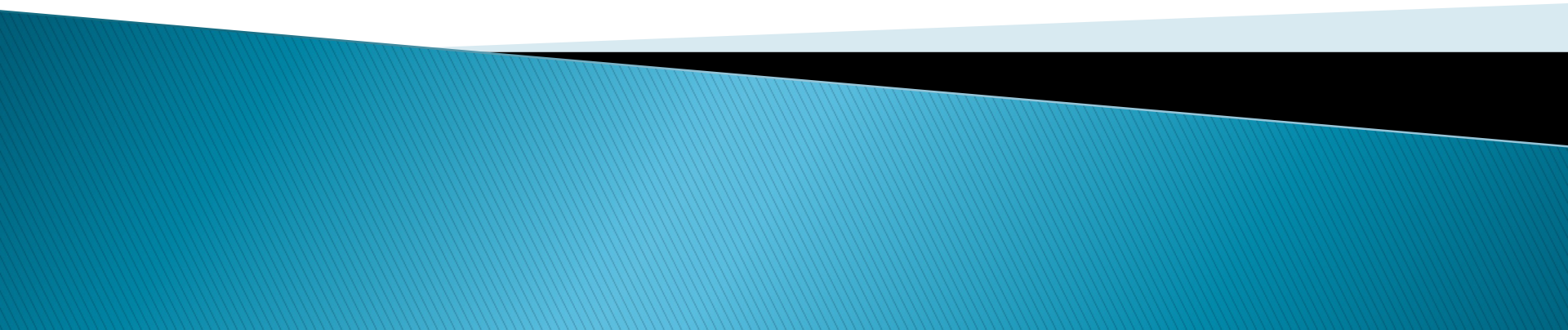
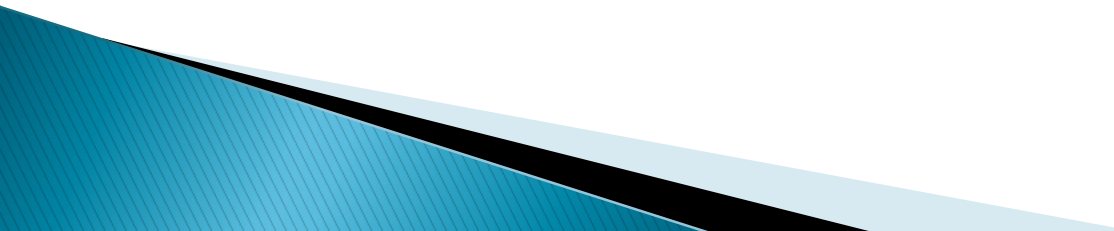


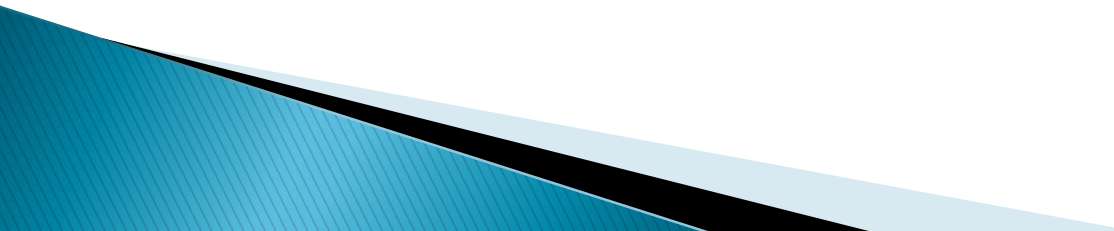
# RECOVERY THROUGH CONNECTION

Shifting Paradigms in the Treatment of  
Substance Use Disorders

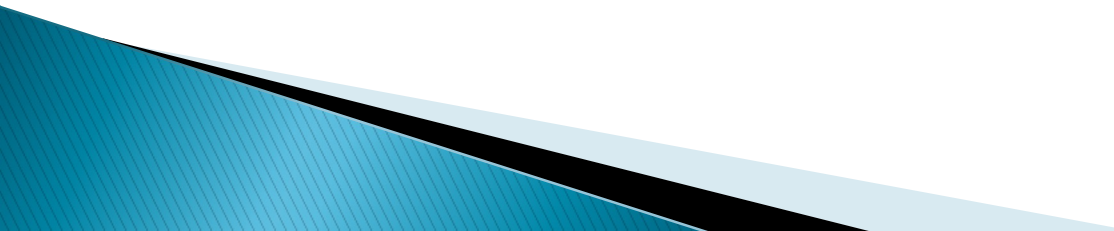


- ▶ **NIGEL B DARVELL, ACSW MSW LCSW**  
**Mid-America Psychiatric Consultants**  
**522 North New Ballas Road**  
**Suite 334**  
**St. Louis, MO 63141**  
**314-989-0542**  
**[ndarvs@sbcglobal.net](mailto:ndarvs@sbcglobal.net)**
- 

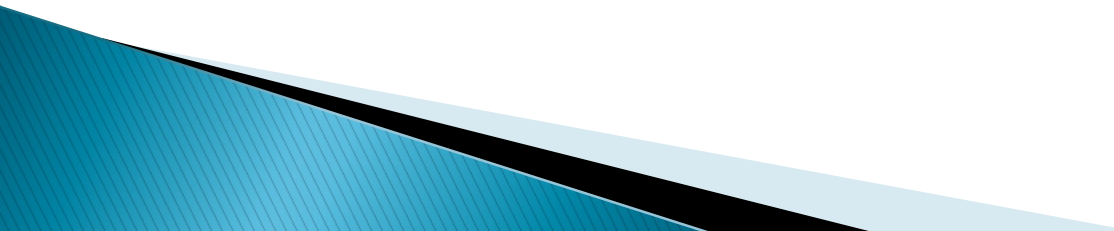
# THE CLIMATE OF DISCONNECTION

- ▶ “We are Alone Together” – Sherry Turkle
  - ▶ The Rise and speed of Technology
  - ▶ Digiphrenia
  - ▶ Information Overload
  - ▶ The cost of Modernity
  - ▶ The Age of Anxiety
  - ▶ Fear and Vulnerability
- 

# SHIFTING PARADIGMS

- ▶ What comes to mind when you think Substance Abuse Treatment?
  - ▶ What is the prevailing opinion of addicts?
  - ▶ How effective have traditional approaches been in treating Substance Use Disorders?
- 

# TRADITIONAL METHODS AND APPROACHES

- ▶ **Abstinence and Sobriety**
  - ▶ **Clean and Dry**
  - ▶ **12 Steps and Sponsorship**
  - ▶ **Detox and Recovery**
  - ▶ **Relapse and Maintenance**
  - ▶ **Self-Help Approaches**
  - ▶ **Bookstore therapy**
- 

# COERCIVE METHODS

- ▶ INTERVENTIONS
- ▶ INCARCERATION
- ▶ TOKEN AND REWARD SYSTEMS
- ▶ LEGAL CONSEQUENCES
- ▶ AVERSIVE PRACTICES

The basic problem in these methods is that they impose external control without teaching internal regulation

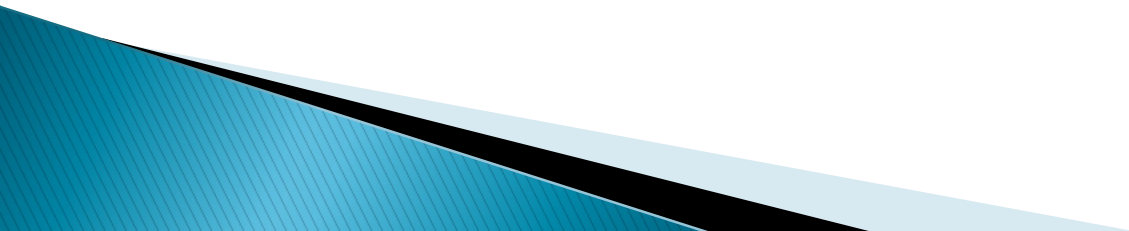


# TED TALK

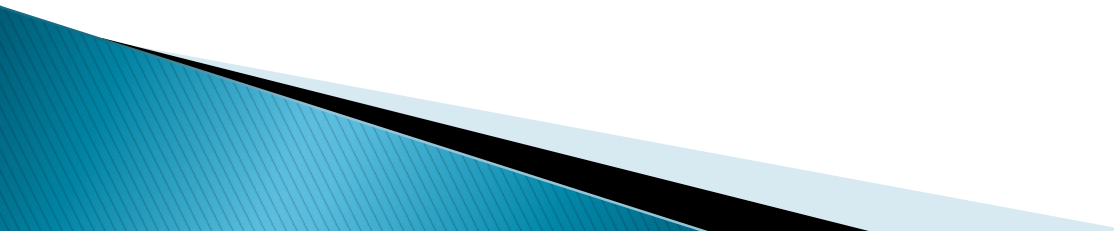
- ▶ **The opposite of Addiction is Connection–  
Chasing the Scream– Johann Hari**

**Vulnerability – Brene Brown**

**The power and value of Connections**



# THE NEW APPROACHES

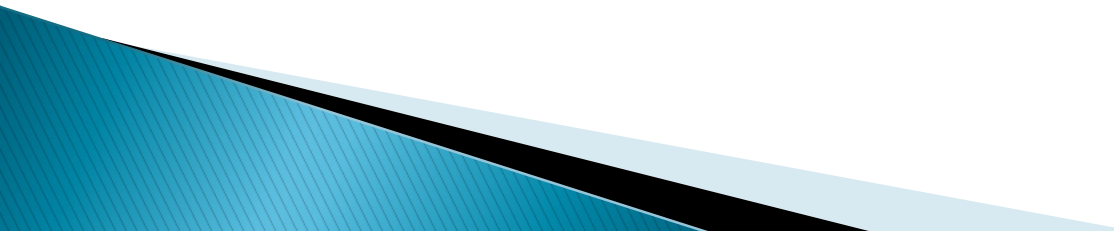
- ▶ SMART PROGRAM
  - ▶ HARM REDUCTION APPROACHES
  - ▶ TEACHING CONNECTION AND VULNERABILITY
  - ▶ EQUIPPING SKILLS FOR THE NOW AND NEXT GENERATION
  - ▶ SOCIAL RECOVERY MODELS
- 



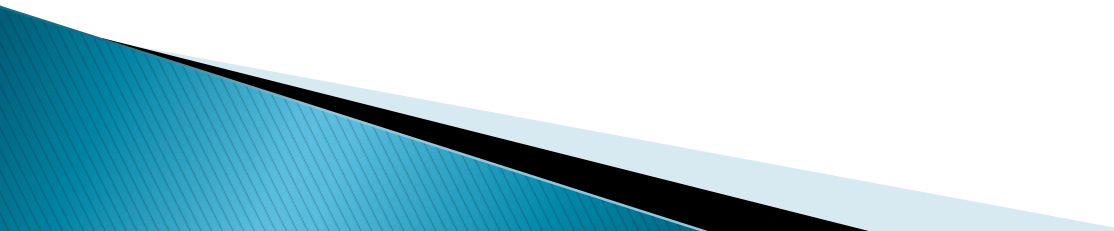
# HARM REDUCTION

- ▶ *(insert harm reduction here template)*

# THE SMART RECOVERY MODEL

- ▶ SMART started in 1994
  - ▶ *Self-Management And Recovery Training*
  - ▶ “Self” – your role in your recovery
  - ▶ Combines CBT and REBT and Motivational Enhancement Therapy Approaches
  - ▶ A Four Point Program
- 

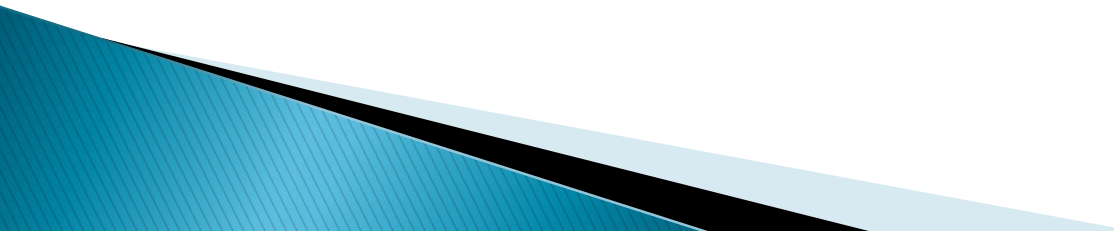
# SMART

- ▶ 1. Building and Maintaining Motivation
  - ▶ 2. Coping with Urges
  - ▶ 3. Managing Thoughts, Feelings and Behaviors
  - ▶ 4. Living a balanced and Connected Life
- 

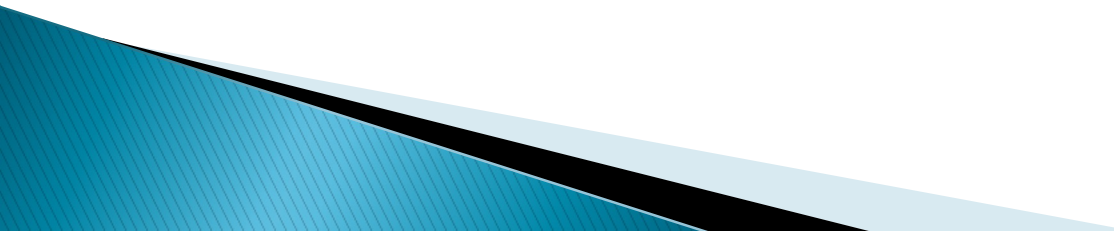
# REBT

- ▶ Rational– How We Think, which influences...
- ▶ Emotive– How we feel, which influences....
- ▶ Behavior– How we Act.
- ▶ Therapy. The training to help us learn how to change our thinking to feel and behave in healthier more connected ways

# THE STAGES OF CHANGE MODEL

- ▶ **Precontemplation**
  - ▶ **Contemplation**
  - ▶ **Preparation**
  - ▶ **Action**
  - ▶ **Maintenance**
  - ▶ **Exit**
- 

# SMART

- ▶ Hierarchy of Values
  - ▶ The Three Questions
  - ▶ Change Plan Worksheet
  - ▶ Cost–Benefit Analysis
  - ▶ Coping with Urges
  - ▶ Identifying Triggers
- 

# SHAME SHIELDS

- ▶ SHAME SHIELDS
- ▶ UNCONDITIONAL LIFE ACCEPTANCE (ULA)
- ▶ THE ABC MODEL FOR UPSETS
- ▶ DANGER ZONES : *Isolation*

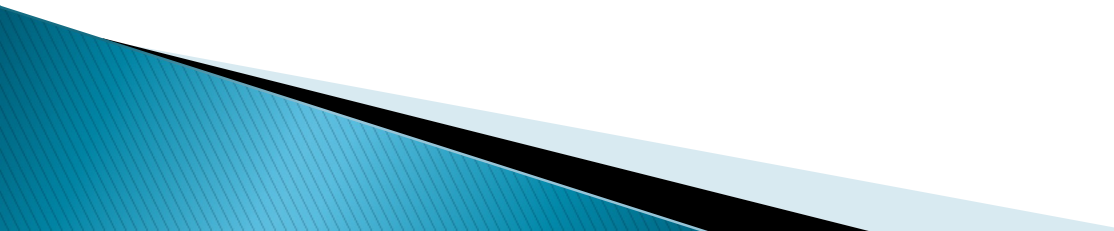
*Boredom*

*Fantasy*

*Opportunity*

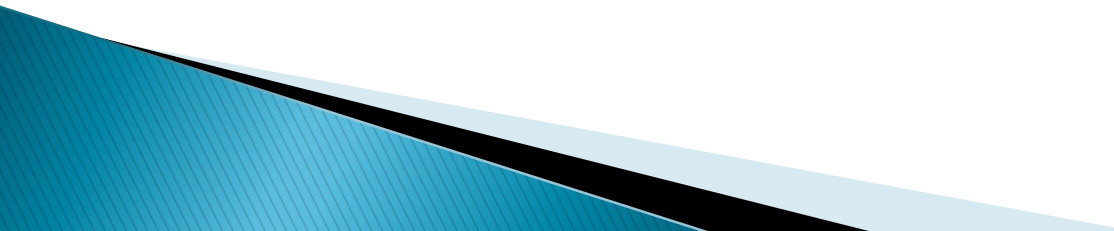
*Anger*

# TREATMENT PLANS

- ▶ Sobriety and Abstinence should not be the first requirement
  - ▶ Social recovery is emphasized
  - ▶ Creating a social support network
  - ▶ Structure and Schedule
  - ▶ Vocational and Educational
  - ▶ Comprehensive Support emphasizing skills and equipping
- 



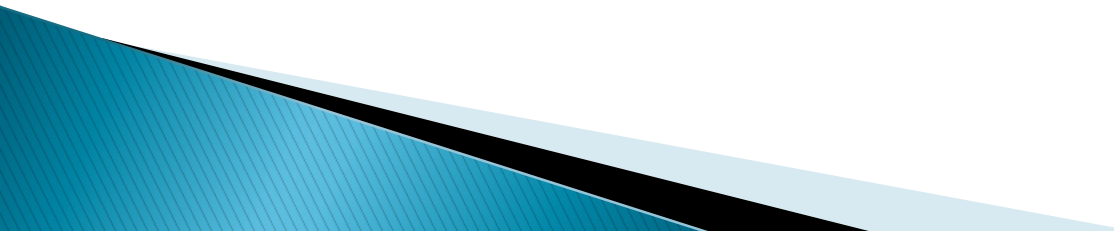
# TREATMENT PLANS

- ▶ Shame and Grief Work
  - ▶ Teaching the Skills of Vulnerability
  - ▶ Utilizing Medication Community Support
  - ▶ Maintenance Group Care not just “aftercare”
  - ▶ Weekly and Monthly calls and Follow up
  - ▶ Developing Care Teams for the Recovering
- 

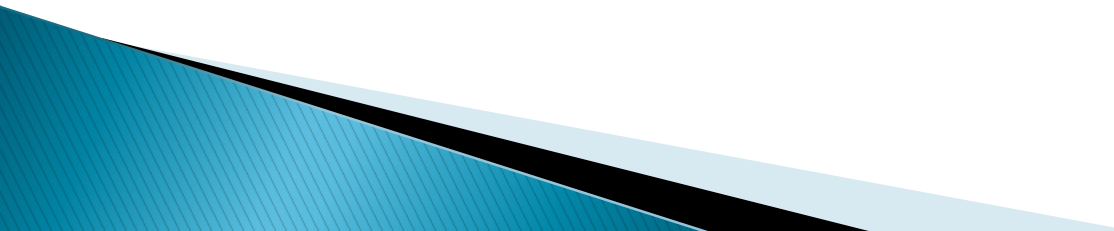
# LESSONS IN VULNERABILITY

- ▶ Teach about Connections
  - ▶ Focus on building Social Recovery
  - ▶ Change Shame to Workable Guilt
  - ▶ Share stories of Courage and Bravery
  - ▶ Develop Love Maps(See Handout)
  - ▶ Work on Relational Connection
- 
- ▶ “Power of Vulnerability” Study Guide(Handout)

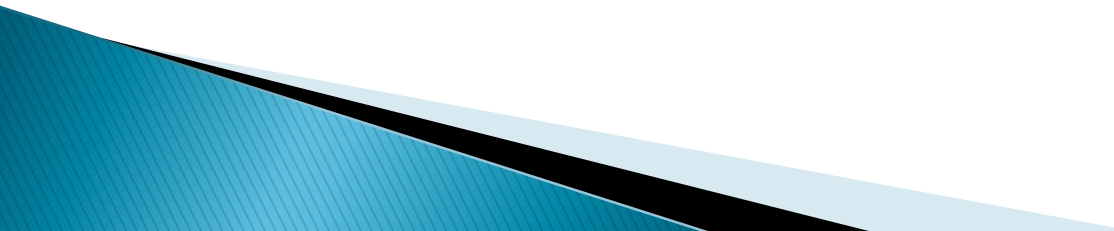
# PRO-ACTIVE RELAPSE MODELS

- ▶ Teaching REBT and CBT
  - ▶ *Watch your thinking*
  - ▶ *Checking in with self*
  - ▶ *Stress Reduction Applications*
  - ▶ *Teaching Acceptance Strategies and Mindfulness*
  - ▶ *Living the Balance Life*
  - ▶ *Focusing on What Matters and Living your Values*
- 

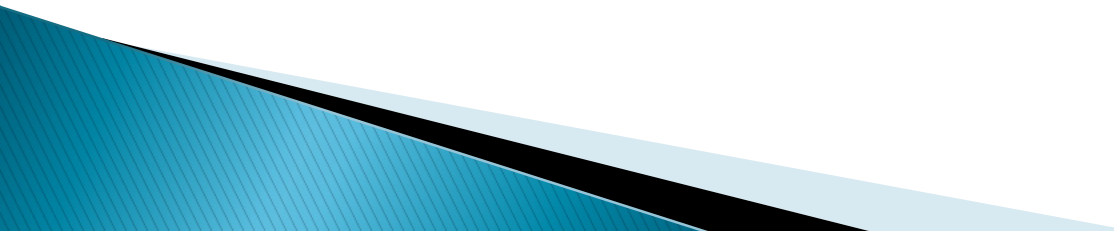
# WORTHINESS AND BELONGING

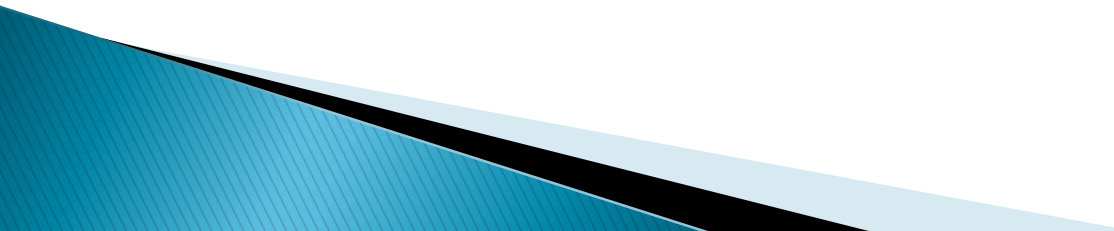
- ▶ Teaching Vulnerability and the value of Connection
  - ▶ Reducing the Hold of Shame and Unresolved Grief
  - ▶ Addressing Anger and Wounds
  - ▶ Healing or Hurting– Choose one Only
  - ▶ Teaching Belonging Versus Fitting In
- 

# WORTHINESS AND BELONGING

- ▶ Understanding is not a pre requisite for Love and Acceptance
  - ▶ Worthiness and Support is not earned or deserved (think children)
  - ▶ Working Hard will not always get you what you want –Success is not always in the outcome you wanted.
  - ▶ Success is that you got in the ring and fought and competed
- 

# CLOSING THOUGHTS

- ▶ Paradigm shifts are never easy and seldom fast
  - ▶ Be kind and Compassionate to self
  - ▶ Constantly Challenge the way you are doing things with your clients
  - ▶ Are you willing to embrace your own vulnerability
  - ▶ Meet the client where they are at
- 

- ▶ **Practice unconditional acceptance**
  - ▶ **Know your community and the abundant resources that are untapped**
  - ▶ **Practice your own emotional regulation needs**
  - ▶ **Know your value and that you matter**
- 

# REFERNCES/WORKS CITED

- ▶ Hari, Johann. “Chasing the Scream”. Bloomsbury. (2015)
  - ▶ Davis et al. The Relaxation and Stress Reduction Workbook. New Harbinger. 2008
  - ▶ Brown, Brene. Braving the Wilderness.
  - ▶ Harris, Russ. ACT made Simple. New Harbinger. 2009
  - ▶ [www.smartrecovery.org](http://www.smartrecovery.org)
  - ▶ [www.mindtools.com](http://www.mindtools.com)
- 