

## From Addiction to Treatment: Understanding the Recovery Process

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### Objectives

- Develop increased insight in regard to the addiction and recovery process.
- Develop increased insight in regard to the impact trauma has on the addiction process.
- Differentiate between the various types of treatment and levels of care.
- Discuss various ways the family and loved ones are impacted by the disease of addiction and ways to support the family in their recovery process.

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### ASAM Definition of Addiction

- Addiction is a primary, **chronic disease of brain** reward, motivation, memory and related circuitry. Dysfunction in these circuits leads to characteristic biological, psychological, social and spiritual manifestations. This is reflected in an individual pathologically pursuing reward and/or relief by substance use and other behaviors.
- Addiction is characterized by inability to consistently abstain, impairment in behavioral control, craving, diminished recognition of significant problems with one's behaviors and interpersonal relationships, and a dysfunctional emotional response. 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.

American Society of Addiction Medicine

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### Simply Stated

“A chronic neglect of self, in favor of something or someone else”

Stephanie Covington

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### Shame, Stigma, Guilt



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### SAMSHA'S SIX KEY PRINCIPLES TO A TRAUMA INFORMED APPROACH

- Safety
- Trustworthiness and transparency
- Peer Support
- Collaboration and Mutuality
- Empowerment, voice and choice
- Cultural, historical and gender issues

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### Assessing for Substance Use

- Presenting Problem
- What is motivating them to seek treatment?
- Ask everyone about their history of substance use
- Ask about various substances
  - Onset
  - Route
  - Frequency in the past 30 days
  - Last use

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### Assessing for Substance Use

- Its also important to ask:
  - Have you ever stopped using on your own?
  - What is the connection between your substance use and mental health?
- Information gathered gives us necessary information to identify level of care based on ASAM (American Society of Addiction Medication) criteria.
  - Outpatient, IOP, Residential Half-Way House, Short Term Residential

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### Level of Care

<ul style="list-style-type: none"> <li>• 1:1 Individual Therapy</li> <li>• Intensive Outpatient Program (IOP)</li> <li>• Residential (28-60 days)</li> <li>• Extended Care/Halfway House</li> </ul>	<ul style="list-style-type: none"> <li>• Sober living</li> <li>• Recovery Community               <ul style="list-style-type: none"> <li>○ 12 Step Programs</li> </ul> </li> <li>• Psychiatric Services</li> <li>• Medication Assisted Treatment</li> <li>• Family therapy/ education and support</li> </ul>
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## Gender Responsive Considerations

- Historically, addiction treatment was a single focused approach that was developed by men.
- Important to consider the importance of gender in the development of addiction, its course and recovery.
- Biology also plays a significant role.

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## Gender Responsive Considerations

### Women

- Women get drunk faster, become addicted to alcohol sooner and develop alcohol related diseases more rapidly than men.
- Women are up to 48% more likely to be prescribed a potentially addictive medication.
- Women report a greater incidence of family substance use.
- The rate of physical and sexual abuse is higher for women.
- Women are at more risk in relationships from the person saying "I love you."

### Men

- Treatment programs need to address their history of trauma and abuse.
- Treatment needs to focus on the abuse they experience and perpetrate.
- Men with SUD may demonstrate grandiose, false selves. Must be careful with confrontational models of the past. Shame based.
- Men have tendency to externalize the effects of trauma, may "act out."
- Greatest risk is from people who dislike them or are strangers.

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## Fostering a Corrective Experience

- **Importance of healthy relationships**
  - Treatment providers and other supports have an important role in this.
- **Addiction treatment is co-occurring treatment**
  - Mental health needs to be evaluated and treated.
  - Treatment providers need to be trauma informed and trauma sensitive.
- **Incorporating family work in treatment is a must**
  - If not family, are there healthy supports to support recovery.

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### Impact on Children and Families

- **This is a family disease**
  - Scapegoat, Enabler, Mascot, Lost Child, Hero, Addict
- **These roles may continue into adulthood**
- **Impact of parental substance use can result in:**
  - Low self esteem, poor sense of self, guilt, shame, anxiety, depression, parentified child, challenges with healthy attachment, chronic sense of fear and unknown.
- **Maternal substance use may result in:**
  - Substance exposed infants may demonstrate a range of developmental disorders, FASD, NAS
  - This may result in additional stigma, shame and guilt.

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### Involving Families

- **Inform client and family that family engagement is part of the treatment process.**
- **To best help the client, family outreach and involvement in treatment is ideal.**
- **Ask the client, "Who do you want involved in your treatment?"**
- **Provide family members with additional resources for support.**

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### Family Engagement

- **Goals of family engagement**
  - Improved communication
  - Decreased stress
  - Improved problem solving
  - Healthier boundary setting
  - Development of healthy supports
    - Introduction to 12 step programs
  - Psychoeducation of the addiction and recovery process
  - Work towards forgiveness

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