

Empowering Youth to Overcome Addiction

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Thank You

 **NARCAN[®]** (naloxone HCl)
NASAL SPRAY 4mg



Why Is This Important?

- ▶ Try to think back to a time when a person in power, a person you respected, trusted you with a responsibility.
- ▶ Visualize what you thought and how you felt knowing that an authority figure in your life gave you a responsibility and also cared enough to follow up on your progress.
- ▶ Think about the difference between when you have been told to do something and when you were taught how to do something.

Why Is This Important?

- ▶ Participation and Examples

Where We Work



- ▶ Summit Academy (Herman, PA)
 - Long-Term Residential Drug & Alcohol Program for Adolescent Males
 - ASAM 3.5 Level-of-Care
 - Clinical Managed Medium Intensity Residential Services, Adolescent Criteria)
 - Court Adjudicated Delinquent (JPO) or Dependent (CYF/CYS)
 - Act 53
 - Licensed through DDAP and CARF Accredited

Who We Are

- ▶ Empower to Overcome
 - Jason Wilson CCS, CADC
 - Lead Clinical Supervisor (Drug & Alcohol)
 - Certified Clinical Supervisor and Certified Alcohol & Drug Counselor
 - Cognitive Behavioral Therapy (CBT), Motivational Interviewing (MI), and 12-Step to Recovery Model
 - Kathryn Flannery M. Ed, NCC, CAADC
 - Lead Therapist (Drug & Alcohol)
 - Masters in Education
 - Nationally Certified Counselor and Certified Advanced Alcohol & Drug Counselor
 - Person-Centered Approach and Wellness in Recovery

Our Message

- ▶ Our hope is that this workshop will be a collaborative process where participation is welcomed and necessary.
- ▶ Our belief is that conflict is healthy and helps us all to learn and be better.
- ▶ We would be grateful of any participation, interruptions, and agreements or disagreements.

Our Message

- ▶ We hope our discussion today fosters a united sense of excitement around the influence that we all have in supporting a person's innate ability to be successful.
- ▶ We hope that after today we are all more mindful of the way we present and deliver corrective action (consequences) as it undoubtedly impacts a person's willingness to satisfy the restrictions.

Our Message

- ▶ We hope to come to an agreement that it is at least as important to both recognize and affirm strengths and progress as it is to provide negative consequences or punishment.
- ▶ While doing so, we must remember that teaching self-accountability is an essential factor of meaningful support.
- ▶ We hope to come to the realization that the addicted mind perceives negative consequences and punishment different than the clear or sober mind.

Our Message

- ▶ We hope to clearly distinguish that empathy and sympathy are not one in the same.
- ▶ We encourage empathy and not sympathy.
 - Empathy is the ability to recognize another person's perspective and then genuinely verbalize that recognition back to them.
 - Sympathy projects pity towards another person's misfortune. It does not empower a person or help them to overcome.

Our Message

- ▶ Although we recognize that change is a personal choice, we encourage personal ownership over the influence that we all have in empowering a person to overcome.
- ▶ If a person is not making responsible choices right now, we should challenge ourselves to look internally and consider what we are missing and how we can better provide effective support.
 - Rehabilitation versus Habilitation

Andrew Boyd

“Compassion hurts. When you feel connected to everything, you are also responsible for everything. And you cannot turn away. Your destiny is bound with the destinies of others. You must either learn to carry the universe or be crushed by it. You must grow strong enough to love the world, yet empty enough to sit down at the same table with its worst horrors.”

Addiction

- ▶ Participation and Poll
 - Is addiction a disease?
 - Is addiction a will-power problem?
 - Can it be both?

Addiction (ASAM Definition)

- ▶ 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 a person pathologically pursuing reward and/or relief by substance use and other behaviors.

Addiction (ASAM Definition)

- ▶ 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
 - 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.

Addiction (Our Definition)

- ▶ Addiction is a demon.
- ▶ Addiction does not play by the rules.
- ▶ Addiction does not even have rules.
- ▶ Addiction hijacks a person's functioning and asserts itself as the primary driving force to their being.
- ▶ Addiction is exhausting.
- ▶ Addiction is a life full of deception, lies, and secrets.
- ▶ Addiction never stops calling.

Addiction (Our Definition)

- ▶ Addiction is a lot to carry around.
- ▶ Often the person struggling with addiction already feels worse internally, under their ego and false pride, than any negative consequence or punishment that we could ever provide.
- ▶ Until we help the person struggling with addiction to address the function of their addiction to find a sense of meaning and purpose, the unhealthy behavior will continue.

Addiction (Our Definition)

- ▶ The person struggling with addiction is mentally unhealthy.
- ▶ Their mental diet has been comprised and it is our responsibility to provide them with a new meal plan.
- ▶ Whether or not our interactions with the person are supportive and understanding will significantly influence their ability to believe that it is possible to change.

Addiction (Our Definition)

- ▶ Addiction is not defined by a particular substance or drug of choice.
- ▶ A person using one drug as opposed to another drug does not categorize them to be any less addicted.
- ▶ Addiction is characterized by the level of dysfunction it brings into the person's life.
- ▶ ASAM Medical Necessity Criteria is universal for all substances.
- ▶ It is important to recognize any personal biases we may have and not allow that to influence our perception of a person's addiction.

Addiction (Deterrence Theory)

- ▶ People choose to obey or violate the law based on a pros versus cons evaluation.
- ▶ Punishment includes the following factors:
 - Severity
 - Certainty
 - Celerity
 - If punishment is severe, certain, and swift, a rational person will determine that the potential loss is greater than the potential gain.
- ▶ How does addiction present as a barrier to Deterrence Theory?

Addiction (DBT)

- ▶ Using Mind (in active addiction)
- ▶ Sober Mind (abstinent)
- ▶ Clear Mind (in recovery)

Addiction (Russell Brand)

- ▶ Reference source:
 - *"Recovery: Freedom from our Addictions"* by Russell Brand
- ▶ 5-Point Cycle of Addiction:
 1. Pain (the thought that something is missing)
 2. Some external thing or addictive agent to soothe and distract
 3. Temporary relief or numbness
 4. Consequences (Punishment)
 5. Shame and guilt leading to low self-esteem and negative self-image that then re-cycles back to pain

Function of the Behavior

- ▶ Until we help the person struggling with addiction to address the function of their addiction to find a sense of meaning and purpose, the unhealthy behavior will continue.

Function of the Behavior

- ▶ People do not want to be addicted.
- ▶ We purpose that addiction manifests when a person does not posses a healthy means to relieve pain or satisfy a life sustaining need.
- ▶ Therefore, the function of substance use is not to become addicted.
- ▶ The function of substance use is to either fill a void, relieve pain, or to create the false perception of satisfying a need.

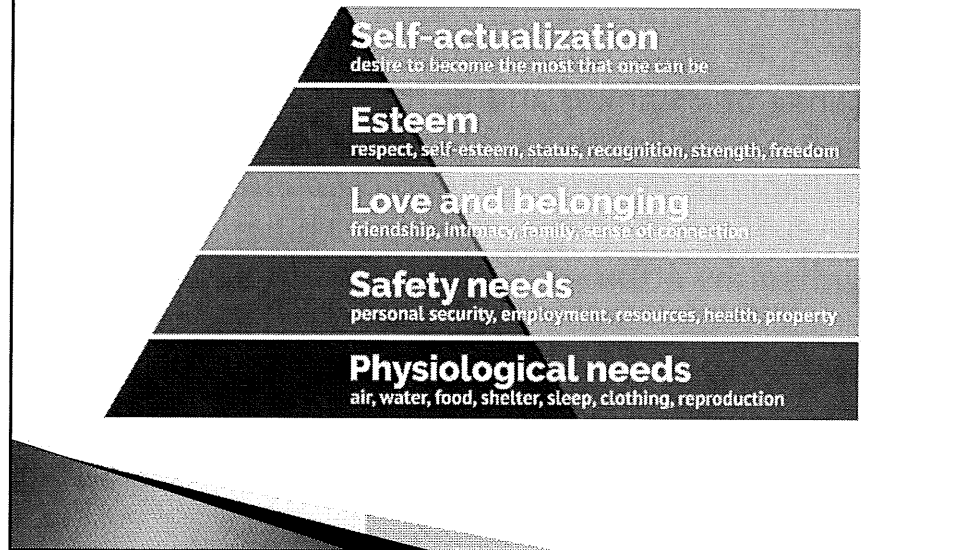
Function of the Behavior

- ▶ Until a person is empowered with positive thought patterns, interests that create a sense of meaning and purpose, and skill sets that help them to satisfy needs, they are unlikely to overcome their addiction.
- ▶ Addiction is not the problem. Addiction is an unhealthy attempt to solve a problem.

Function of the Behavior

- ▶ Unmet Need:
 - Attachment and Belonging
- ▶ Resulting Pain:
 - Loneliness
- ▶ Unhealthy Method to Satisfy the Need:
 - Substance Use in social settings
- ▶ Function of the Behavior:
 - Perceive interactions to be more meaningful while under the influence
- ▶ The person's need is legitimate.
- ▶ The issue is that the method they are using to satisfy their need is unhealthy.

Maslow's Hierarchy of Needs



Addiction (Paul T.P. Wong)

- ▶ Addiction is more than a disease; it is a societal, economic, and spiritual problem.
- ▶ Two of these root causes of addiction are existential vacuum (meaninglessness) and social dislocation.

Addiction (Paul T.P. Wong)

- ▶ Existential vacuum refers to chronic feelings of meaningless, boredom, and despair.
- ▶ The two related aspects are:
 - The anxieties of boredom, alienation, despair, meaninglessness, stress, suffering, sickness, and fear of death.
 - The frustrations of the quest for meaning, purpose, fulfillment, and personal significance.

Addiction

- ▶ Did your opinion change?
 - Is addiction a disease?
 - Is addiction a will-power problem?
 - Can it be both?

How Do We Empower?

- ▶ Empowerment:
 - The process of becoming stronger and more confident, especially in controlling one's life.

The PURE Strategy (Paul T.P. Wong)

- ▶ The purpose of PURE is to provide a framework to address the key component of meaningful living (motivation, cognition, morality, and emotion). It represents the best practices of building a healthier and happier future.

- ▶ P - Purpose
- ▶ U - Understanding
- ▶ R - Responsible action
- ▶ E - Enjoyment/Evaluation

P – Purpose

- ▶ The motivational component of living a meaningful life (Motivational Interviewing)
 - Helping a person develop goals, clarify values, and specify aspirations
 - Helping a person answer to themselves what matters to them and what they want to do with their life

U – Understanding

- ▶ The cognitive component of living a meaningful life (Cognitive Behavioral Therapy)
 - Helping a person learn how to make sense of situations
 - Helping a person understand their own identify and thought process
 - Helping a person answer to themselves what has happened to them and what it means
 - Adverse Childhood Experiences (ACEs)

R – Responsible Action

- ▶ The moral and behavioral component of living a meaningful life (12-Step to Recovery)
 - Helping a person identify with a faith system and develop a moral compass
 - Helping a person answer to themselves what the right thing is to do and what responsibility they have in their life

E – Enjoyment/Evaluation

- ▶ The affective component of living a meaningful life
 - Helping a person learn how to practice self-accountability and self-reflection
 - Helping a person answer to themselves if they are happy with their life and if they have achieved their goals

Motivational Interviewing (MI)

- ▶ Predictors for Successful Treatment Outcomes
 - Quality of the Therapeutic Alliance
 - Power of the Intervention

Motivational Interviewing (MI)

- ▶ MI is person-centered, directive method of enhancing intrinsic motivation to change by exploring and resolving ambivalence.
- ▶ Ambivalence is the inner conflict a person experiences when making a change.
 - I know I should, but...
- ▶ MI is a collaborative conversation style for strengthening a person's own motivation and commitment to change.

Motivational Interviewing (MI)

- ▶ MI is the difference between dancing and wrestling.
- ▶ MI is the skill of navigating a conversation to help the person hear their own reasons for wanting to make a change.
- ▶ MI keeps the person talking by not combatively engaging resistance.
- ▶ MI requires patience and high quality listening skills.

Motivational Interviewing (MI)

- ▶ MI is:
 - Collaborative and requires a high level of listening skills
 - Pays specific attention to the person's language
 - Elicits and strengthens the person's own unique motivating factors
 - Elicits and explores the person's own unique reasons for change
 - Occurs within the context of acceptance, compassion, and accurate empathy

Motivational Interviewing (MI)

- ▶ Acceptance:
 - Affirmation of the person's autonomy, interests, and worth
 - Recognize strengths and understand that everyone has a choice
- ▶ Evocation:
 - The person has the answers to solve their problem
 - Our job is to focus our efforts on eliciting and then expanding on the motivation that the person already has to change

Motivational Interviewing

- ▶ Compassion/Empathy:
 - Promote the person's welfare and prioritize their needs
 - Empathy is genuinely attempting to relate to the person's worth and experience (not sympathy)
 - Projecting that it is OK to NOT be OK
 - Being comfortable with just being present
 - You do not need to fix it right now, you just need to make a connection
- ▶ Partnership:
 - Power With instead of Power Over

Core MI Skills – OARS

- ▶ Open-Ended Questions
- ▶ Affirmations
- ▶ Reflective Listening
- ▶ Summaries

Open-Ended Questions

- ▶ Your goal is to keep the person talking and for the person to do most of the talking
- ▶ Questions that encourage more than a simple yes or no response (What, How, When, Where, and Why)
- ▶ Examples:
 - Why don't you? (open)
 - Are you going to group? (closed)
 - What needs to happen for you to get to group tonight? (open)
 - Have you ever offended your mother? (closed)
 - Why would your mother think that you offended her? (open)
 - How are you going to? (open)
 - What would that look like to you? (open)
 - What does this sound like to you? (open)

Open-Ended Statements

- ▶ Tell me more about...
- ▶ Talk to me about...
- ▶ Help me understand why this is important to you...
- ▶ Share with me what you think about this plan...
- ▶ Explain this back to me...

Affirmations

- ▶ Genuine compliments or statements of appreciation and understanding
- ▶ Notice and appropriately affirm the person's strengths and efforts
- ▶ Genuine recognition - include the detail
 - Good job in school today. (weak)
 - I am really impressed with how hard you are trying to limit your aggression towards staff when you are upset. (meaningful)

Affirmations

- ▶ Even Negative Ned needs to be affirmed
 - You have had a lot to deal with lately and you are still going
 - The use of AND instead of BUT
- ▶ It is possible to over-affirm
 - A little salt adds flavor but too much is hard to swallow
 - Keep it genuine

Reflective Listening

- ▶ Active listening in an attempt to genuinely understand what the person is going through or trying to say
- ▶ Looking for the deeper meaning - reflect back what you think you heard
- ▶ The intention is to communicate back to the person that you heard them and to help guide the conversation (focus on the good)

Reflective Listening

▶ Simple Reflection:

- Re-stating what the person said without adding anything additional

- I do not have anything to say.
 - There is nothing else you want to talk about.
- She is driving me crazy and trying to get me to quit.
 - She is doing a lot to upset you.

Reflective Listening

▶ Complex Reflection:

- Adding something important to what the person said (emotion, direction, meaning)

- I am ready to give up.
 - You are feeling discouraged.
- I can not do this without you.
 - Change is difficult and you need support.

Reflective Listening

- ▶ Double-Sided Reflection:
 - Capturing both sides of a person's ambivalence by reflecting both the pro's and con's of change

 - It would stink to have to lose my job because I have been drinking too much, but no way do I want to quit drinking with my friends.
 - Even though you enjoy drinking with your friends, your job allows you to live comfortably.
 - They end of the CON of change, you end on the PRO of change

Summaries

- ▶ Periodic summaries that are utilized to reinforce what is being said, to show that you have been listening carefully, and to prepare the person to elaborate further
- ▶ The menu list

How Do We Empower?

- ▶ Group activity
 - Responding to vignettes
 - Practicing PURE and Motivational Interviewing

Practical Application

- ▶ Wellness Handbook
- ▶ Art Projects/Talent Shows
- ▶ Everyday Interactions (MI)
- ▶ Incentivizing Programs to be Better
- ▶ Clubs
- ▶ Resume Building/Interview Training

Closing

▸ Thank you!

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#TeamTreatment