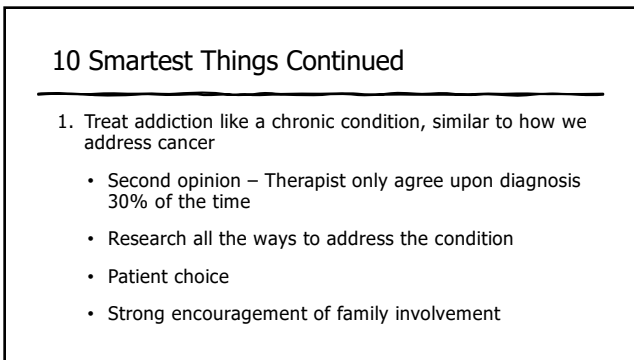


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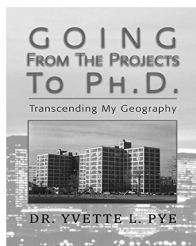


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10 Smartest Things Continued



Source: Amazon Books

4

4

10 Smartest Things Continued



5

5

10 Smartest Things Continued

Addiction treatment similar to how cancer is treated.

- Continuous care vs. aftercare
- 5 years of monitoring
- Recurrence of symptoms vs. relapse
- Stigma reduction in the broader community
- Create a welcoming environment

6

10 Smartest Things Continued

- 2. Create a welcoming environment

7

10 Smartest Things Continued
 To Create A Welcoming Environment We
 Have To Overcome Our History

Our History

- The Moral Model
- Asylums
- 'Drunk tanks'
- Frontal lobes removed
- Ovaries removed
- Lobotomies

8

10 Smartest Things Continued
 Our History Continued

- Heavy confrontation
- Discharge for confirming the diagnosis
- Stigmatizing language
 - Dopefiend
 - Crack head
 - Addict
 - Crack baby
 - Relapse

9

10 Smartest Things Continued Creating a Welcoming Environment Continued

Agency Discussion

1. Describe the best welcome you ever received.
2. If you invited 20 guests to your home, how would you help them all feel welcome?
3. What are we currently doing to help clients feel welcomed?
4. What more could we do to help clients feel welcome?
5. What steps can we take to help staff create a welcoming environment for clients?
6. Do staff feel welcome? If not, how can we help staff feel welcome?
7. What can we do to turn clients into fans of the organization?

10

10 Smartest Things Continued

3. Learn from the best programs
What the best programs do

11

The Best Programs Continued

- Have a licensed and certified staff ("Book Wise and Street Wise")
- High staff morale (Quality supervision, teambuilding, appreciation, learning environment, self care promoted)
- Low staff turnover
- The use of evidence-based practices.
- A good staff to client ratio and multidisciplinary team, staff diversity, gender competence

12

12

The Best Programs Continued

- Believe in the least restrictive alternative
- Address co-occurring conditions
 - Depression and Anxiety
 - Trauma
 - ADD
 - Eating Disorders
 - Self-harming behavior "The Price of Privilege"
 - Process Addictions
 - Personality disorders (Anti-social, Borderline, narcissistic)
- Educational and occupational component

13

13

The Best Programs Continued

- Stress the importance of voice and choice (Including the length and frequency of sessions).
- Recognizes the importance of peers
- Age appropriate services
- Honors multiple pathways and styles of recovery

14

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The Best Programs Continued

Have a strong family component

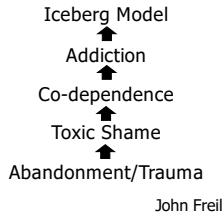
- Treatment team outreach "If we wait for the family to hit rock bottom, they can outwait us" William White, MA

15

15

10 Smartest Things Continued

4. Address the core of addiction



16

10 Smartest Things Continued

Core of addiction shows up as

- Compulsive eating
- Sexual addiction
- Other process addictions
- Addictive relationships
- A return to drug use and rearrests

17

10 Smartest Things Continued

5. Work with families

- You are the best recruiter
- The most enthusiastic workers recruit the best
- Encouraging one family member to attend the intake session helps with recruitment
- Allowing families to talk about their anger, hurt and pain helps with recruitment
- A focus on helping the client helps with recruitment

18

10 Smartest Things Continued

- 6. Address the trauma of early family recovery
 - Resentments
 - More arguments
 - Loss of status
 - Loss of freedom
 - Loss of equilibrium
 - Enmeshment
 - Fear
 - Divorce

19

10 Smartest Things Continued

- 7. Work with couples
- Behavioral Couples Therapy
- 3 Clients
- Person with the SUD
 - Spouse or partner
 - Their relationship

20

10 Smartest Things Continued

- 8. Address trauma



Source: Amazon Books

21

10 Smartest Things Continued

9. Learn from history

The anonymous groups have helped a billion people worldwide

22

Seven horizontal lines for notes.

10 Smartest Things Continued

10. A public health approach

Scott County Indiana

23

Seven horizontal lines for notes.

10 Smartest Things Continued
Scott County Indiana: Where it's Cool to be in Recovery!

In 2015

- Jobs went away
- There were 400 reported cases of HIV diagnosis in a county of 4000 people connected to an increase in injection drug use in the county
- This made headlines worldwide
- Multiple challenges in the rural county: poverty, high unemployment, limited access to medical care, a shortage of addiction treatment facilities

24

24

Seven horizontal lines for notes.

10 Smartest Things Continued
Scott County Indiana Continued

- Tom Cox a lifelong Indiana resident of Scott County mobilized the community to work together to address the crisis using a public health approach.

25

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10 Smartest Things Continued
Results in Scott County

- Recovery support groups in the county increased from 30 people attending 1 recovery support group per week to 330 people attending 18 weekly meetings at 9 locations. An increase in 1000% of individuals making long term recovery efforts
- 37 Recovery Coaches trained and hired to help support recovery throughout the county including hospital emergency rooms
- The syringe service program referred 75% of the participants to drug treatment
- New cases of HIV reduced from 154 in 2015 to 8 in 2017

26

26

Additional Smart Things

27

27

10 Smartest Things Continued

- 11. Anchor recovery in the natural environment by creating a healing forest

28

10 Smartest Things Continued

The Healing Forest



Don Coyhis
www.whitebison.org

Source: Flickr Commons

29

29

10 Smartest Things Continued



Source: Flickr Commons

30

10 Smartest Things Continued

"Suppose you have 100 acres full of sick trees who want to get well. If each sick tree leaves the forest to find wellness and then returns to the forest, they get sick again from the infection of the rest of the trees. The Elders taught us that to treat the sick trees, you must treat the whole forest. You must create a healing forest. If not, the trees will just keep getting sick again. The community forest is now filled with alcoholic trees, drug-addicted trees, co-dependency trees, domestic violence trees, and trees with mental illness. The soil in which those trees are growing is missing the ceremonies, the songs, the stories, the language and the wisdom of our Elders."



Don Coyhis
White Bison

Source: Flickr Commons

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10 Smartest Things Continued

Leonard Noble, Chicago helped 3000 people seeking recovery start careers in the construction industry



Source: Flickr Commons

32

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10 Smartest Things Continued

The Healing Forest The Community as the Treatment Center

- Families
- Treatment centers
- Faith based organizations
- Other social service organizations
- Persons in long term recovery
- The formerly incarcerated
- Employers
- Concerned citizens

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10 Smartest Things Continued

12. Utilize peers

- Pre-treatment 75%
- In-treatment 50%
- Post-treatment 80% of relapses occur within the first 90 days of leaving treatment

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10 Smartest Things Continued

13. Honor multiple pathways of recovery

- Treatment assisted
- Peer assisted
- Medication assisted
- One drug at a time
- Partial recovery
- Gender style
- Faith based
- Dual recovery
- Cultural pathways
- Drift

35

10 Smartest Things Continued

14. Recognition that harm reduction can save lives

36

10 Smartest Things Continued

15. Create models which integrate culture

37

10 Smartest Things Continued

24 -7 – 365 Terror

38

10 Smartest Things Continued
Trauma Informed CBT

A here-and-now Evidence Based Practice which integrates Trauma Informed Care with cognitive behavioral therapies. This approach has been proven to be effective with clients diagnosed with Traumatic Stress Disorders.

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10 Smartest Things Continued
An Existential Concern

How long do African American and Latino males live?

40

10 Smartest Things Continued
Dispelling the Myth

- 500 – 500 murders annually
- 40,000 annual births in Chicago
- 2.7 million residents

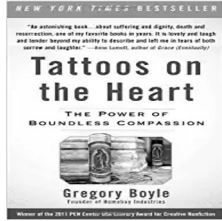
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10 Smartest Things Continued
Dispelling the Myth Continued

- 9 million residents of Cook County
- 112 murders in Englewood over last 20 years
- 73 thousand residents of Englewood
- Life expectancy of African American men in Chicago is age 70. Hispanic Latino males age 73

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10 Smartest Things Continued



- Employment
- A belief that it's possible to live a long life.
- Reasons to want to live.
- Culturally responsive curriculum

Source: Amazon Books

43

10 Smartest Things Continued

Trauma Informed CBT with Young Men of Color Who Are Most at Risk for Gun Violence

Dehumanizing experiences + Ignored Losses =
 Rage (which can lead to heavy substance use which increases the risk of violence)

44

10 Smartest Things Continued

Dehumanizing Experiences

- Stop and Frisk
- Police Brutality
- Police murder
- Shot in the back
- Left in the streets dead with the community looking on
- Paramedics refusing to offer services
- Your partner leaves you for a 'rival'
- Gang humiliation
- Poor customer service
- No service
- Being followed while shopping
- Social media humiliation

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10 Smartest Things Continued
The Impact of Repeated Dehumanizing Experiences

Dehumanization = Death
Source: Dr. Kenneth Hardy

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10 Smartest Things Continued
Ignored Losses

- Father Hunger
- Mother Hunger
- Parents deported
- Death of friends
- Expelled from school
- Friends murdered
- Loss of significant relationships

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10 Smartest Things Continued
Culturally Influenced Treatment
Address Rage

- Outlets
- Meditation, somatic trauma therapy and mindfulness practices
- Discuss dehumanizing experiences, losses and create rituals to acknowledge ignored losses
- Assess and address substance use disorders
- Create Clinical models

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