

Building Bridges for Patient Success

Recovery Streams

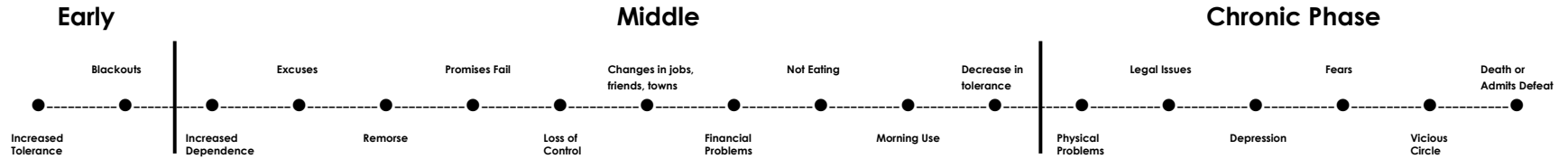
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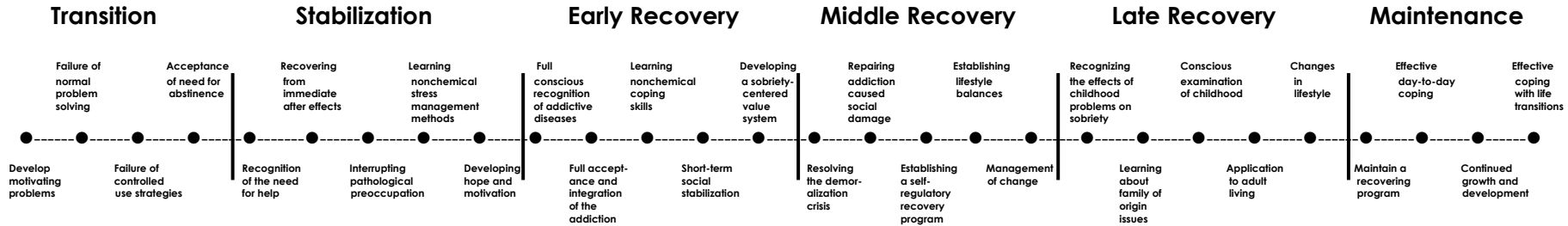
I do not have an affiliation with a pharmaceutical, medical device or communications organization. I do not have any involvement with industry therefore cannot identify any conflict of interest.

THE DEVELOPMENT PROCESS OF:

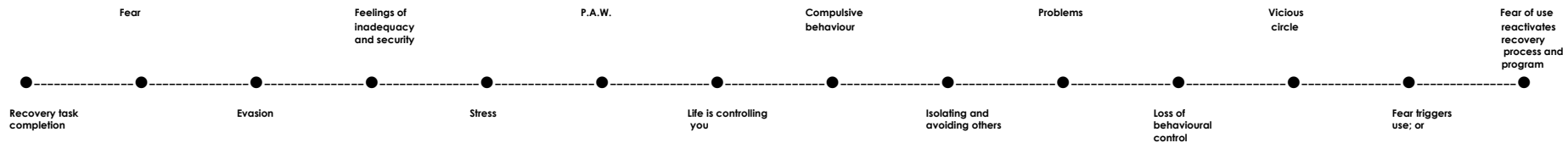
ADDICTION



RECOVERY

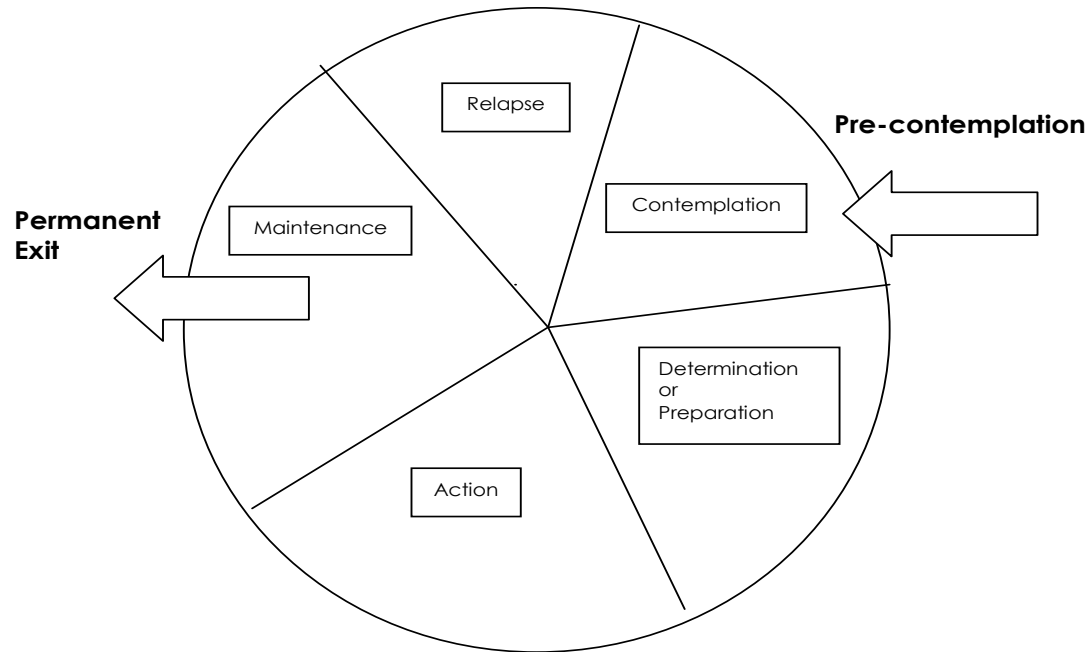


RELAPSE



**The Addiction and Relapse process may be stopped at any time by entering the Recovery Process.
 If a recovering person neglects the recovery plan, they slip into the Relapse dynamic and risk the Addiction cycles.**

A Model of Change



- Change is a process, not an event.
- Change occurs in phases and stages.
- There are different tasks for each phase.
- It is normal for a person to go around the wheel several times before a stable and lasting change occurs.
- Relapses are possible.

What are the Stages of Change?

Precontemplation.....

....the person is not considering changing as there is no perceived need to change. "Get off my back!"

Indicators

- Usually don't believe they have a problem
- May try to change because of others
- Place responsibility for the problem outside themselves ... outside their control

- Four kinds of precontemplators:
 - Resigned
 - Reluctant
 - Rebellious
 - Rationalizer

Things that help:

- Natural consequences
- Experiences that raise doubts
- Information that makes the person aware of the risks

Contemplation.....

.....the person is thinking about making some changes, but feeling ambivalent about changing. "Maybe I should, but then again...."

Indicators

- Ambivalence is the hallmark: "Yeah...but"
- Seriously considering change...just not ready
- May feel helpless or not responsible to change
- May want to change, but believe they can't
- May wish for absolute certainty or the "magic moment"
- Can be stuck at this stage for a long time
- Open to information

Things that help

- Looking at costs and benefits of changing and not changing
- Exploring ambivalence
- Problem solving, critical thinking, developing options
- Taking ownership of problem and process
- Identifying barriers to change
- Appropriate education

Preparation.....

.....the person is becoming determined and preparing to make changes. "I can do this".

Indicators

- The planning stage
- Building commitment to change
- Some small steps taken...rehearsal for action
- Specific goal and actions set
- Person moves to an "I can do it" belief
- Need to acknowledge some tough times ahead

Things that help

- Goal setting and action plans
- Identifying barriers to change and making plans to deal with the barriers
- Encouragement and support
- Remember who's driving the bus
- Skill development
- Focus on success
- Connect with resources

Action.....

.....the person is actively making changes through modifying their behavior or trying out new behaviors. "Well, here I go!"

Indicators

- Commitment to change
- Actually making changes
- Changes are more visible to others
- Action is not necessarily lasting change...only half the battle
- Requires a large commitment of time and energy

Things that help

- Dealing with loss of comfortable old ways
- Step-by-step realistic goals...easy to stop, hard to stay stopped
- Avoiding trigger situations and people
- Establishing new routines
- Positive reinforcement from self and others
- Support, encouragement

Maintenance.....

**.....the person is consistently maintaining changes over a period of time.
"I'm doing it!"**

Indicators

- Less effort is required to maintain the changes
- Less preoccupation with the old troublesome behavior
- The new behaviors are becoming "second nature"
- Danger point...becoming complacent

Things that help

- Continue work done in action stage...goals, plans, relapse prevention planning
- Maintain support system...meetings, family, friends
- Receive support and encouragement for alternative social and recreational activities
- Get help with conflicts arising out of your changes
- Remember that the change process is ongoing...change is like a dimmer switch, not an on-off switch
- Reinforce commitment

Relapse.....

.....when the person falls back to an earlier stage of change. "Whoops...I missed the signs!"

Indicators

- Over-confident attitude "I've got this thing beat"
- Decrease in support system utilization
- Engagement in high risk behaviors
- Mood problems
- Growing isolation and secrecy
- Return to problem behavior

Things that help

- Self-recognition of warning signs
- Pre-arrangement with someone else to point out warning signs
- Getting back into recovery activities quickly...don't turn a lapse into a relapse
- Re-engaging support system
- Back to basics
- Focus on elements of past progress, not present "failure"

What are the services available to clients

Health Regions Services

Community Agencies

Online Services

Published

Health Region Services

- Methadone Assisted Recovery Services (MARS)
- Detox Services
- Outpatient Services
- Inpatient Services
- Outreach Services

Community Services

- Private agencies
- NGO, Non Government Organizations
- Private treatment services
- Self Help groups
- Support groups

Published

- Books
- Articles
- Conferences
- Training sessions
- Information groups

Online

- CAMH www.camh.net Centre for Addiction and Mental Health
- CCSA www.ccsa.ca Canadian Centre on Substance Abuse
- Health Canada
- Sask. Health
- Hazelton