Recovery and the Family

J. Matt Boggs, BA PR
Executive Director
Recovery Point West Virginia
Huntington | Charleston | Bluefield | Parkersburg

Introduction

- Hello my name is

Agenda

1. Brief Introduction/Objectives
2. Substance-Use Disorders
3. Personal Recovery
4. The Family Dynamic
5. Recovery Point Family of Programs
6. Q & A
Working Agreements

2. Say what you mean – mean what you say – don’t say it mean.
3. “It takes all kinds”
4. Listen to learn and learn to listen.
5. If you don’t know, ASK!
6. You never have to work a day in your life if you love what you do.

Part II

Substance Use Disorders

Substance-Use Disorders

Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition (DSM-5)

- Defined mild, moderate, or severe to indicate the level of severity, which is determined by the number of diagnostic criteria met by an individual. Substance use disorders occur when the recurrent use of alcohol and/or drugs causes clinically and functionally significant impairment, such as health problems, disability, and failure to meet major responsibilities at work, school, or home. According to the DSM-5, a diagnosis of substance use disorder is based on evidence of impaired control, social impairment, risky use, and pharmacological criteria.
The effect of addictive substances

1. Dopamine Levels Increase
2. Synapse Activity Decreases
3. Brain Connections are Re-Wired
4. Changes After Long Use

Illustration of the effects

Part III

Personal Recovery
What is Recovery?

Working definition of recovery from mental disorders and/or substance use disorders:

A process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential.

-SAMHSA, 2013

What is Recovery?

• There are many pathways to recovery;
• Recovery is self-directed and empowering;
• Recovery involves a personal recognition of the need for change and transformation;
• Recovery is holistic;
• Recovery has cultural dimensions;
• Recovery exists on a continuum of improved health and wellness;
• Recovery emerges from hope and gratitude;
• Recovery involves a process of healing and self-rediscovery;
• Recovery involves addressing discrimination and transcending shame and stigma;
• Recovery is supported by peers and allies;
• Recovery involves (re)joining and (re)building a life in the community; and
• Recovery is a reality.

Guiding Principles of Recovery

HOPE

Recovery emerges from hope:

The belief that recovery is real provides the essential and motivating message of a better future—that people can and do overcome the internal and external challenges, barriers, and obstacles that confront them. Hope is internalized and can be fostered by peers, families, providers, allies, and others. Hope is the catalyst of the recovery process.
Part IV

The Family Dynamic
Caught in the middle…

Clients w children

- Children VJ
- Children All

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<th>Clients w children</th>
<th>% of Children</th>
<th>Lost Custody</th>
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Effects on the Children - Trauma

- 3 times likelier to abuse their children and 4 times likelier to neglect them than parents who did not abuse these substances.
- Increased risk of accidents, injuries and academic failure. Such children were more likely to suffer conduct disorders, depression or anxiety—conditions that increased the risk children will smoke, drink and use other drugs.

The Family Dynamic

- Scarecrow
- Hero
- Lost Child
- Enabler
- Roles
- Mascot
The Family Dynamic

1. **Enabler** – Their aim is to help the addict. But the reality is that they do things that allow the addicted person to continue their behavior without facing the consequences.

2. **Hero** – This person is usually the oldest child in the family and their role is to overachieve, to be over responsible. They will typically be model students and, later, very career-oriented.

3. **Scapegoat** – In families made dysfunctional by addiction, one of the children will assume the role of the troublesome child. Here is someone whose bad behavior can be acknowledged by family members – unlike that of the addict.

The Family Dynamic

4. **Lost Child** – This role is assumed by the child who has decided that the best way of surviving in the home made unsafe by addiction is to keep a low profile.

5. **Mascot** – Often the youngest child in the family assumes this role. By the time this child comes along, the family dynamic has deteriorated to a serious state of dysfunction. This is the child who is coddled and kidded, who is a source of amusement for family members.

Components of Family Programs

1. Overview of recovery
2. Overview of treatment resources
3. How the family can help
4. Family recovery issues
5. Self-help programs
6. Relapse
Shame and Stigma in the Family

Shame-based Language:
Drunk, Druggie, Lush, Dope-head, Crack-head, Junkie

Person-centered Language:
Illness, Disease, Substance-misuse, Recovery

Recovery Language

- Gratitude, Grateful
- Steps, Program, Rooms
- Fellowship/Support
- Spirituality
- Recovery Structure
- New Life
- Change
- Hopeful
- One Day At A Time

- Power Greater Than Ourselves/Higher Power
- Transformed
- Miracle
- Recovered
- Psychic-Change
- Better
- New Outlook
- God's Grace

Part V

The Recovery Point Family of Programs
On May 22, 2005 four teenagers were shot and killed in front of an apartment in the 1400 block of Charleston Avenue in Huntington, West Virginia. Authorities believed that these senseless killings were somehow tied to drug related activities.

Police believe the recent murders of four teenagers in the small city of Huntington, WV, were linked to crack cocaine dealing the city.

Tragedy In Huntington

On May 22, 2005 four teenagers were shot and killed in front of an apartment in the 1400 block of Charleston Avenue in Huntington, West Virginia. Authorities believed that these senseless killings were somehow tied to drug related activities.

Solutions

- This tragedy motivated residents to begin the process of taking charge of the problems in the tri-state area.
- Residents sought out effective treatment and recovery models and found The Healing Place of Louisville, KY. The Healing Place of Louisville, KY serves individuals while providing them food, clothes, necessary personal items, and housing at NO COST to the client. A large percentage of our operational costs come from private monetary contributions and donated goods and services.
- This model was replicated into Huntington and is now Recovery Point of Huntington (formerly The Healing Place of Huntington).

Recovery Point - $25 per man/per day
Incarceration Costs - $48.65 per man/per day; $60 (plus) for State Incarceration
Traditional Medical Treatment Centers - $500-$1,500 per man/per day

**The Recovery Point Model is represents a cost-savings to taxpayers, families, and various public systems.**
Opened in January 2011, Recovery Point has made a significant impact on the city of Huntington, WV and the addicted population. The peer driven, social-model has implemented a mutual help program as opposed to self-help programs.

The dynamic created: “Giving back”

- Reduces the barrier: “You don’t know what I have been through”
- The long-term recovery center is geared towards principles:
  - Unconditional Love
  - Personal Accountability

The result: “An empowered individual with the tools necessary to sustain personal recovery and to be a productive member of society”.

Implementing Solutions

- Huntington – 100 beds for men
- HER Place – 10 beds for women and peer outreach center
- Charleston – 92 beds for women
- 24 apartments open in November 2017
- Bluefield – 62 beds for men
- Parkersburg – 80 beds for men (opening June 2017)

Expanding HOPE across West Virginia

Questions