

**HANDBOOK**

**REVIEW**

**SECTIONS 1, 2 & 3**

# SECTION 1

## TREATMENT IS NOT RECOVERY

- Explain the statement; “Treatment is not recovery”.
- Make a distinction between immediate or short-term, medical, bio-medical and physical treatment for addiction.
- What are addiction’s signs and symptoms?
- What are the four main areas or “fields” of addiction?

# Explain the statement; “Treatment is not recovery”.

- **Treatment:** is the prevention, intervention, education or immediate attention required to assist or equip an addict with tools that will help the recovery process. (treatment has a beginning and an end)
- **Recovery:** is an ongoing process that assists an addict in undergoing an entire change in their lifestyle, how they treat their body, express their feelings, how they think & react, how they deal with social problems-relationships, and how they find new spiritual values to live by (a new way of life). (recovery is a life-long process). (continuous healing)

# **Make a distinction between immediate or short-term, medical, bio-medical and physical treatment for addiction.**

- Hospitals and Institutions (short-term) (medical)
- Clinics (immediate) (physical)
- Treatment Facilities (short-term) (bio-medical)
- Detox Units (immediate) (physical)

# What are addiction's signs and symptoms?

The “three cardinal signs and symptoms” that occur with addiction:

- **Denial-** (our thinking)
- **Repressed feelings-** (our emotions)
- **Compulsive behavior-** (driven behavior-doing)

# What are the four main areas or “fields” of addiction treatment?

- **Prevention:**
  - Education
  - Value clarification



# ● **Intervention:**

- E.A.P. (employee assistance programs)
- D.D.P. (drinking driver programs)
- Clinical intervention (Johnson model)



- **Treatment:**

- Hospitals

- Clinics

- Treatment facilities

- Costs Money

- Has an end




# ● Recovery:

- Day by day
- 12-step process
- Higher power
- On going, life long process

## **SECTION 2**

# **FOUR CRITERIA OF RECOVERY**

- State the four criteria, or elements, of recovery and explain each briefly.



**The four criteria which can be said to characterize minimal success, or first stage recovery from addiction, are as follows:**

# #1

- **Abstinence from all mind or mood altering substances for a period of one year.**

**T**his does not just refer to the primary “drug of choice” but to all mood or mind altering substances.

## #2

- **Regular attendance at meetings.**

This means meetings of an ongoing program of recovery, one of growth and development, usually a twelve step meeting.

# #3

- **Is experienced by others to be committed to their recovery.**

This means the person demonstrates a private, and when appropriate, a public commitment to remaining abstinent, one day at a time, for the rest of his/her life.

# #4

- **Values their sobriety.**

The person can be said to hold their sobriety as full fledged value by reason of their free choosing of sobriety on a daily basis, giving public disclosure of their recovery when appropriate, and by being observed to engage in regularly repeated behaviors to ensure ongoing sobriety.

# SECTION 3

## A DEVELOPMENTAL MODEL OF RECOVERY

- **Diagram and explain;  
“A Developmental Model of Recovery”.**

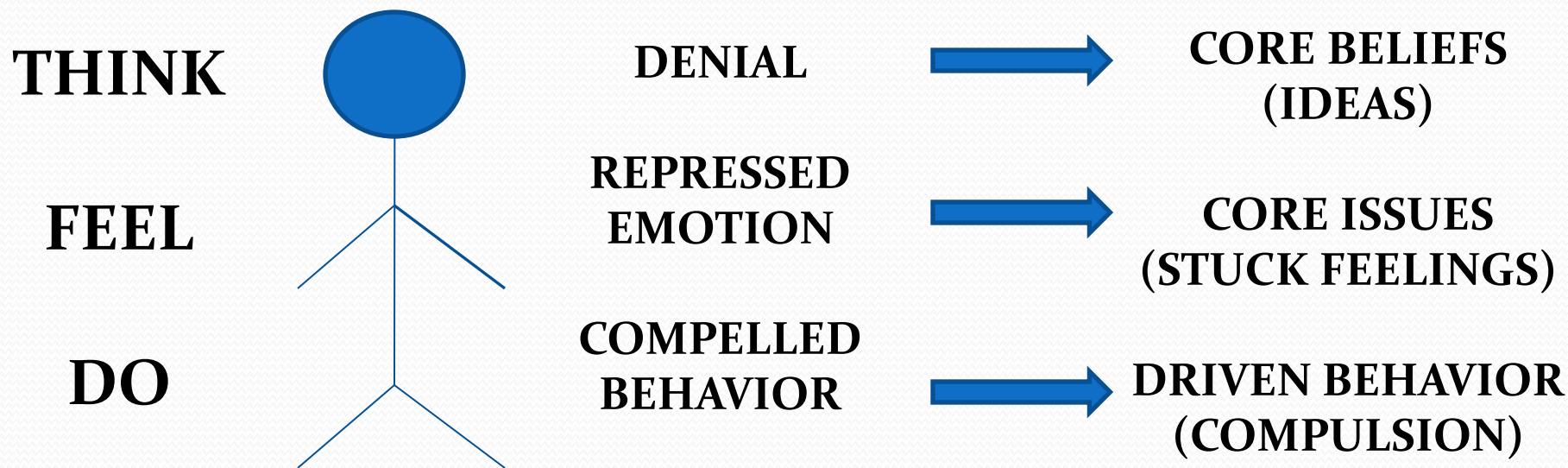


In the first section we discussed viewing a person holistically encompassing: body, mind, emotion and spirit. A “whole person”. The following illustration explains the concept.




If as a result of using any substance, problems begin to occur, or re-occur in any of the major areas of life; body, mind, emotion or spirit, despite repeated attempts or promises to stop and regardless of the ongoing consequences; one is said to have the disease, condition or illness known as chemical dependency /addiction.

**There is a very distinct connection between the cardinal signs and symptoms of addiction and what we think, feel and do as addicts.**



# There is a very specific time-line for an addict entering into recovery, a time-line that addresses certain issues at the appropriate time.

0 days	1 <sup>st</sup> Year	2 <sup>nd</sup> Year	3 <sup>rd</sup> Year	4 <sup>th</sup> Year	5 <sup>th</sup> Year 
<b>DO</b> (behavior)	<b>FEEL</b> (emotions)	<b>THINK</b> (cognitive reconstruction)		<b>Continuing Recovery</b>	

**1<sup>st</sup> year-** is all about stopping the compulsive behavior. “Just don’t booze or use no matter what”. We provide safety, we let them know that the worst is over and it is going to be alright.

**2<sup>nd</sup> & 3<sup>rd</sup> years-** are spent learning first, that we have feelings and then learning how to identify, clarify and express those feelings.

**4<sup>th</sup> & 5<sup>th</sup> years-** are spent on cognitive reconstruction. Changing the way we think, our perceptions, beliefs and ideas.

**After the 5<sup>th</sup> year we are said to have “Continuing Recovery”.**