Wisconsin Public Psychiatry Network Teleconference (WPPNT)

• This teleconference is brought to you by the Wisconsin Department of Health Services (DHS), Division of Care and Treatment Services, Bureau of Prevention Treatment and Recovery and the University of Wisconsin-Madison, Department of Psychiatry.

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WPPNT Reminders

Call 877-820-7831 before 11:00 a.m.
Enter passcode 107633#, when prompted.

Questions may be asked, if time allows.
To ask a question, press *6 on your phone to un-mute yourself. *6 to remote.
Ask questions for the presenter, about their presentation.
The link to the evaluation for today’s presentation is on the WPPNT webpage, under today's date:
Safeguarding Sobriety and Defending Against Relapse

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Objectives:

• Explore what makes people vulnerable to relapse
• Review coping skills for recovery
• Identify relapse prevention techniques
• Explain the main components for long term recovery
What Providers Need to Know About Recovery Treatment

- Holistic Approach
- Recovery must be person centered and individualized
- Strength and asset based (Focus on positives)
- Recovery is not linear
- There are many pathways to recovery (Not one size fits all)
- Team approach to recovery (Collaboration, Partnerships, Peer Support)
- There must be behavior changes

- Addresses trauma appropriately at different levels of care and considers individuals readiness in the recovery process
- Embrace diversity as part of recovery process: Age, Race, Ethnicity, Gender, LGBTQ, Cultural Background
- Develop a strong recovery and relapse prevention plan
- Include the client/patient every step of the way: They need to be an active participant in their own recovery!

- Hope
What Makes People Vulnerable to Relapse?
The Craving

An Intense, urgent, hunger, passion, desire or longing for something. Cravings can be intensely emotional and physical.
Emotional Vulnerabilities to Relapse

- Mood Swings
- Intense Emotions
- Anger
- Anxiety
- Depression
- Defensiveness

- Anhedonia
- Fatigue
- Isolation
- Boredom
- Stressed or Overwhelmed
- Post Acute Withdrawal Symptoms*
Warning Signs of Emotional Relapse

H - Hungry
A - Angry/Anxious
L - Lonely
T - Tired
Cognitive Vulnerabilities to Relapse

- Fantasizing about using
- Carrying Resentments or blaming others
- Planning a relapse around other peoples schedules
- Glamorizing past use
- Thinking about returning to social use

- Denial or minimizing the problem behavior
- Worrying about others rather than self
- Thinking about old using friends
- Feeling Stuck
- I don’t care attitude...
Behavioral Vulnerabilities to Relapse

• Not Asking For Help
• Poor Sleep and Sleep Habits/ Hygiene
• Poor Eating Habits and Diet
• Consuming large amounts of sugar or caffeine
• Not Attending Therapy or Support Group Meetings
• Poor attendance at work or school
• Not cleaning home, dishes, or laundry
• Poor time management/ procrastination

• Isolation
• Visiting old using places
• Hanging out with old using friends
• Stop taking medications
• Avoiding Behaviors
• Not being honest
• Not exercising
• Behavioral Addictions: gambling, shopping, pornography, eating disordered behaviors
How to Defend Against Relapse

What those in recovery need to know and practice....
Definition of Recovery

“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 Definition of Recovery
Coping Skills...

USE ALL OF THE COPING SKILLS!!!!
What Are Coping Skills?

1. Tools we use to self-calm
2. Ways we regulate our body systems
3. How we avoid or protect against discomfort
4. Ways we create joy and fulfillment in our lives
Positive Coping Skills

1. Enhance or add to one’s life
2. Reduce stress, anxiety, and discomfort
3. Help to create sense of fulfillment
4. Reinforce a positive self-esteem
5. Use creativity
6. Foster connections with others
7. Are sustainable
Examples of positive coping skills:

1. Journaling
2. Mindful breathing
3. Cooking
4. Painting
5. Exercising
6. Going to therapy
7. Becoming a member of a group
8. Spiritual or religious practice
Negative Coping Skills

1. Are often followed by negative consequences
2. Lead to lowered self-esteem
3. Foster a sense of emptiness
4. Increase stress and anxiety
5. Create disconnection from others and loneliness
6. Damage, diminish, impair, or distract from ones life
7. Are difficult to sustain
8. Create feelings of guilt or shame
9. Are often hidden from others
Examples of negative coping skills:

1. Excessive alcohol or drug use
2. Overspending shopping
3. Gambling
4. Fighting
5. Destroying items
6. Self-mutilation/cutting
7. Over working
8. High risk or destructive sexual behaviors
9. Avoiding problems or emotions
Relapse Prevention Techniques

• Create barriers between self and substance use
• Tell People you are in recovery
• Create structure/ schedule
• Share with recovery team how they can recognize substance use behaviors and hiding places
• Create new “healthy” connections with others
• Personal growth through education or creation
• Improve assertive communication
• Create personal boundaries and say “No”
• Medication Maintenance and Medication Assisted Treatment (MAT)
Relapse Prevention Techniques

• Tell someone when you are triggered, or have cravings and urges to use
• Learn how to relax and manage stress (self-care)
• Check in daily with yourself...”How am I doing today”
• Be honest with self and others

• Go to therapy, support groups, meetings, etc.
• Avoid “high risk” people, places, things, associated with substance use
• Ask for help
• Devote time to spiritual or religious practice
WHAT DO I REALLY NEED???
Naming It

WHAT'S YOUR THOUGHT?
Play the Tape Through
Thought Challenging

1. Does this behavior or belief get me what I want?
2. Am I underestimating the chances of a positive outcome?
3. Is this my substance use disorder hijacking my brain?
Tornado Drills
A.K.A. Relapse Prevention Plan

When we are under stress, it becomes difficult to problem solve, and we Default to Autopilot

• “We go to what we know”
Practice What To Do Before A Crisis Happens
What do I do If.............

• I get offered a drink
• I run into an old using buddy
• My drug dealer contacts me
• I go to an event where there is substance use
• I break my leg
Consequences do not keep people sober and in long term recovery
What keeps people in long term recovery:

• Having a strong sense of self and positive self-regard
• Connections to other people (Healthy boundaries)
• Personal responsibilities, (Family, work, home, volunteering)
• Meaning, purpose and passion (A reason to get up in the morning, a sense of direction, love and excitement for someone or something)
• Happiness and joy (laughter)
• Hope
Sustained recovery is all about creating a life that you want to be fully present for and actively engaged in
Developed as part of a DHS commitment to support people impacted by Wisconsin’s opioid crisis, the Wisconsin Addiction Recovery Helpline is available to everyone. People can call with questions about addictions to all substances, including alcohol and methamphetamine, whether they are struggling with an addiction themselves, or are concerned for a family member or friend.

Wisconsin Addiction Recovery Helpline specialists listen to the needs of the caller and help them navigate local resources. This includes help understanding what is available under their health insurance or other ways to pay for services and supports. Follow-up services are offered to callers.

DHS contracted with 211 Wisconsin in June to build a database focused on public and private programs providing crisis services, detoxification services, assessment, counseling, day treatment, inpatient services, medication-assisted treatment, residential treatment, outpatient services, and peer supports. This database currently includes information on 1,900 agencies offering 4,700 different services and supports.

<table>
<thead>
<tr>
<th>Organization/Website</th>
<th>Description</th>
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<tbody>
<tr>
<td>Adultchildren.org</td>
<td>For adult children of alcoholics and addicts.</td>
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<tr>
<td>Alcoholics Anonymous (AA)</td>
<td>AA Meeting Locator</td>
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<tr>
<td>Alcoholics Anonymous AA.org</td>
<td>For those with and alcohol use disorder</td>
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<tr>
<td>Al-Anon.org</td>
<td>For family members of alcoholics.</td>
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<tr>
<td>ARC</td>
<td>Recovery Resources/ SMART/AA/NA/ Nar-Anon/ Al-Anon/Online meetings/Alateen</td>
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<tr>
<td>Cocaine Anonymous</td>
<td>Locate Meetings</td>
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<tr>
<td>Coda.org</td>
<td>For co-dependent individuals</td>
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<tr>
<td>Garn-anon.org</td>
<td>For family members of gamblers</td>
</tr>
<tr>
<td>Heroin Anonymous (HA)</td>
<td>Meeting Locator</td>
</tr>
<tr>
<td>Narcotics Anonymous (NA)</td>
<td>Find a meeting</td>
</tr>
<tr>
<td>Nar-anon.org</td>
<td>For family members of addicts.</td>
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<td>IGNITE RECOVERY</td>
<td>Active Lifestyle Community: The core of Ignite Recovery is an active lifestyle community, which creates social connections through physical activity. They provide peer-to-peer support. Ignite Recovery is a grassroots recovery movement, which creates communities that support recovery.</td>
</tr>
<tr>
<td>Madison Area Intergroup Central Office (MAICO)</td>
<td>List of all AA meetings in area, and by type</td>
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<td>SMART Recovery</td>
<td>SMART Recovery’s 4-Point Program helps people recover from all types of addictive behaviors, including: alcoholism, drug abuse, substance abuse, drug addiction, alcohol abuse, gambling addiction, cocaine addiction, and addiction to other substances and activities.</td>
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For more information regarding our upcoming substance use disorder classes and certificate program go to the following link:

https://continuingstudies.wisc.edu/substance-use-disorders

or

go.wisc.edu/SUDS

For a list of all behavioral and mental health classes go to the Behavioral Health Website at:

https://continuingstudies.wisc.edu/behavioral-health
Provider Burnout: Putting Wellness Research into Action
Monday, June 3, 2019 (6 CE hours) Erri Hewitt, PhD

Sleep and Mental Illness
Tuesday, June 4, 2019 (6 CE hours) David Plante, MD, PhD

Management and Treatment of Substance Use and Co-occurring Disorders
Wednesday, June 5, 2019 (6 CE hours) Michael Miller, MD, DLFAPA, DFASAM

Confusing Clusters: Ambiguity in Diagnosis and Treatment in Mental Health Practice
Thursday, June 6, 2019 (6 CE hours) David Mays, MD, PhD

Ethics and Boundaries: Biological Roots and Challenges of the New Genetics
Friday, June 7, 2019 (6 CE hours) David Mays, MD, PhD
“The pain you feel today is the strength you feel tomorrow. For every challenge encountered there is opportunity for growth.”

~ Unknown
Resources


• https://www.dhs.wisconsin.gov/news/releases/102218.htm


• National Institute on Drug Abuse (NIDA) Nida.nih.gov


• Sheets, M. G. (2010). *Out-of-control: A dialectical behavior therapy (DBT) - cognitive behavioral therapy (CBT) workbook for getting control of our emotions and emotion-driven behavior (targeting drug/alcohol abuse, bipolar disorder, borderline personality disorder, depression, anger, cutting, and codependency recovery)*. Big Spring, TX: Recovery Works Publications.


Thank you

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