A Day in the Life of Addiction Treatment

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Treatment?

“He/she needs to go to rehab...NOW!
- concerned loved one

“I need to go to rehab...NOW!
- concerned patient

“They tried to make me go to rehab,
but I said no, no no.”
- Amy Winehouse
Before any treatment can occur a full Biopsychosocial assessment must take place. Data is gathered in 6 dimensions to determine the appropriate level of care:

- Dimension 1 – Acute Intoxication and/or Withdrawal Potential
- Dimension 2 – Biomedical Conditions and Complications
- Dimension 3 – Emotional, Behavioral or Cognitive Conditions and Complications
- Dimension 4 – Readiness to Change
- Dimension 5 – Relapse, Continued Use or Continued Problem Potential
- Dimension 6 – Recovery Environment

Is there a DSM – 5 diagnosis based on a thorough assessment?
Example: Alcohol Use Disorder – Mild, Moderate, or Severe

Continuum of Care – patients enter treatment at a level appropriate for their needs and step up for more intense treatment or down for less intense treatment.

- Level 1
  - Outpatient Treatment
  - 1 treatment encounter/week
- Level 2
  - Intensive Outpatient Treatment
  - 3-5 treatment encounters/week
- Level 3
  - Residential/Inpatient
  - 2 weeks to one year

Residential Treatment
- this means you live there!
- may need detox before residential

Focus on:
- Stabilization
- Acceptance
- Skill building
- Becoming relational
- Relapse prevention planning
- Possible housing/job skills
Individual Therapist

- Treatment planning
- Ongoing assessment of needs
- Integration of skills
- Case management
- Coordination with treatment team
- Coordination with family

Groups – Educational vs. Process groups

Education
- Alcohol/Drug education
- Relapse Prevention
- Mindfulness/Stress Reduction
- DBT/CBT
- Neuroscience of Addiction
- Diet/Sleep/Daily living activities
- Co-Occurring MH education
  - Anxiety, Depression, ADD, PTSD, etc.
- Family Education

Group Therapy

- Process driven
- Here and now
- Talking helps
- Decrease isolation
- Identify new problems
- Reality Check

Where addiction thrives: secrecy, shame, isolation, dysfunction, chaos, pain, idle time, cognitive distortions, etc.
Prior to discharge: A clear and specific plan

Relapse Prevention Planning
- Specific skills identified
- Ongoing Support/community meetings
- Identification of triggers/warning signs
- Employment/school, etc.
- Follow-up care
- Self care/relaxation/fun/leisure

The challenge of early recovery:

Life is full of problems.

Addiction creates many more problems.

Early recovery means dealing with ALL of these problems without numbing out.

- Cravings
- Letting go of old friends
- Dealing with emotions
- Physical pain
- Broken relationships
- Financial wreckage
- Boredom
- Anxiety/Depression
- Surrender
- Past Trauma/PTSD...
S.O.B.E.R
Son of a bitch
everything is real...!!!
(not to be confused with...)
Stop-Observe-Breathe-Expand-
Respond
This can help with the former, but we'll get to
that

Intensive Outpatient – Level 2

"What was so painful about Amy’s (Amy Winehouse) death is that I know that there is something I could have done. I could have passed on to her the solution that was freely given to me. Don’t pick up a drink or drug, one day at a time. It sounds so simple; it actually is simple but it isn’t easy; it requires incredible support and fastidious structuring”.

- Russell Brand

Addicted
Recovering
• 3-5 treatment encounters per week
• Group education and process
• Individual counseling and treatment planning
• Integration of recovery efforts with daily life
• Consistent support and structure through changes

Integration of community supports:

AA, NA, MA, CA, CMA, HA, GA, DAA, SAA, SA, SMART, Alcoholics Victorious, Celebrate Recovery, WFS, Refuge Recovery, etc.

Many options – all road tested by others
Outpatient Treatment – Level 1

- 1 treatment encounter per week
- Patients who have more stability
- Group education and process
- Ongoing individual sessions

Mindfulness-Based Relapse Prevention

- Integrates cognitive-behavioral relapse prevention skills with mindfulness meditation practices
- Aftercare group – patients that are stable
- Experiential – direct experience of practice

- Automatic Pilot – engage in reactive behaviors without full awareness
- Accessing the ‘here and now’ of experience – thoughts, feelings, sensations
- Acceptance and skillful action
- Mindfulness in high-risk situations
- Self-care and lifestyle balance
- Home practice
Mindfulness means paying attention in a particular way: on purpose, in the present moment, without judgement.

- Jon Kabat-Zinn

Between stimulus and response, there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom.

- Viktor E. Frankl

Treatment is complete – so now what?
- Continued growth and development
- Balanced lifestyle
- Community Supports
- Maintaining a day to day recovery program
"Every habit he's ever had is still there in his body, lying dormant like flowers in the desert. Given the right conditions, all his old addictions would burst into full and luxuriant bloom."

- Margaret Atwood