

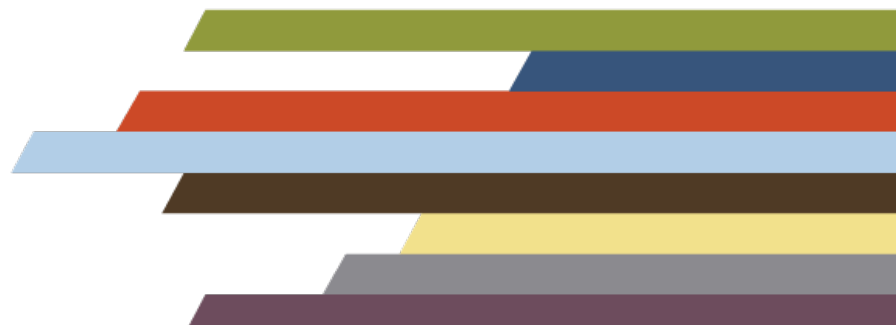
South East ATTC

Presents

Breaking Intergenerational Patterns of Addictions, Trauma and Dark Secrets

Presenter

Mark Sanders, LCSW, CADAC



Trainers' Contact Information

Email

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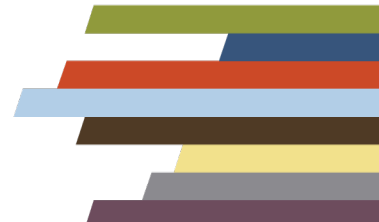
Website

onthemarkconsulting25.com



Every Few Years the U.S.

experiences traumatic catastrophes which can impact the entire country and the world of work. Traumatic catastrophes also impact recovery rates making it necessary for every addiction professional to become trauma specialists. We cannot break intergenerational patterns of addiction without trauma specialists.





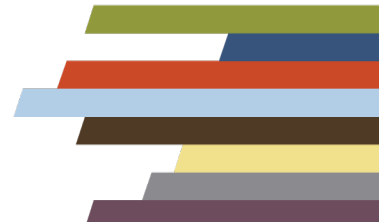
September 11



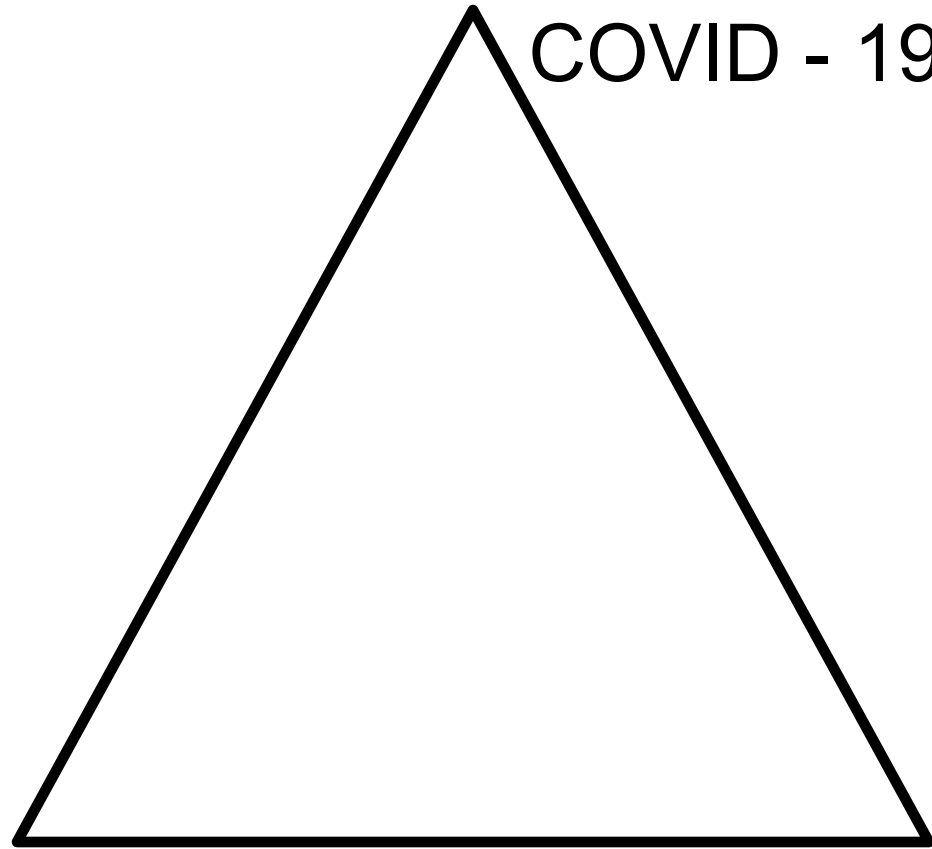
Katrina



Gulf of Mexico



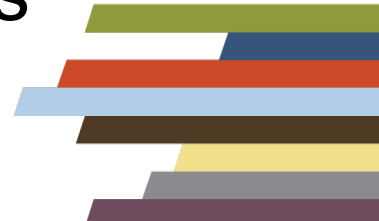
Trifecta



COVID - 19

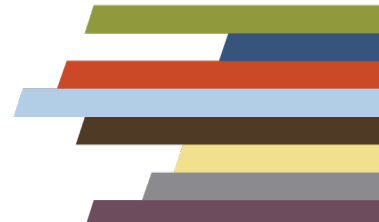
Economic hardship,
Economic uncertainty

Racial conflict,
protests, riots



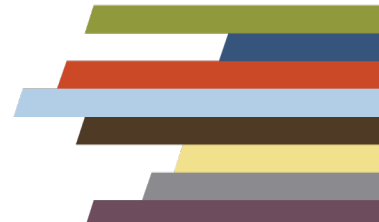
Impact of COVID - 19

- Loneliness
- Anxiety
- Depression
- Traumatic Stress Disorders
- Relapse and drug overdose deaths
- Spousal/partner/child abuse
- Economic Recession
- Anger



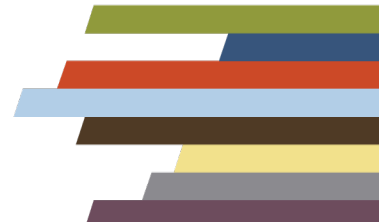
Impact of the Economic Recession

- Anxiety
- Depression
- Relapse and drug overdose deaths
- Child abuse, neglect, spouse partner abuse
- Feeling overwhelmed
- Suicide
- Anger



Impact of Recent Police Killing of Unarmed African Americans

- Traumatic stress symptoms
- Historical trauma ignited
- Feeling unsafe
- Anger
- Rage
- Emotional dysregulation
- Desire for justice
- Protests



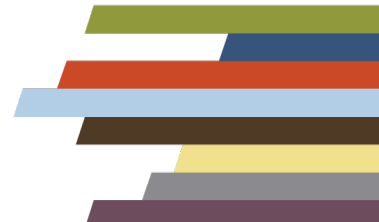
Trifecta

COVID – 19
(Stay quarantined)

It took
all
three

Economic Recession
(Part-time job)

Police killings,
Protests, riots
(3 day protests)



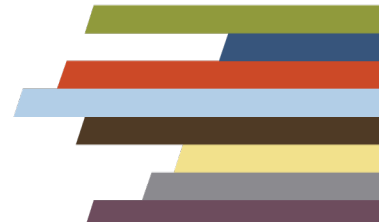
Mathematical Formula

COVID – 19

Recession

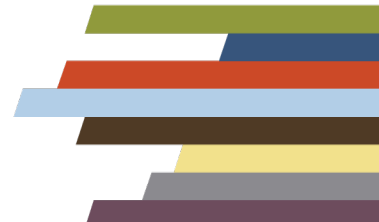
Racial Conflict

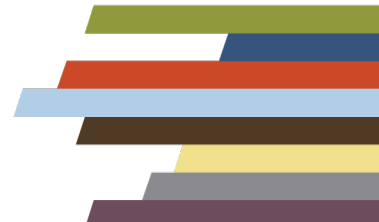
$$1 + 1 + 1 = 100$$

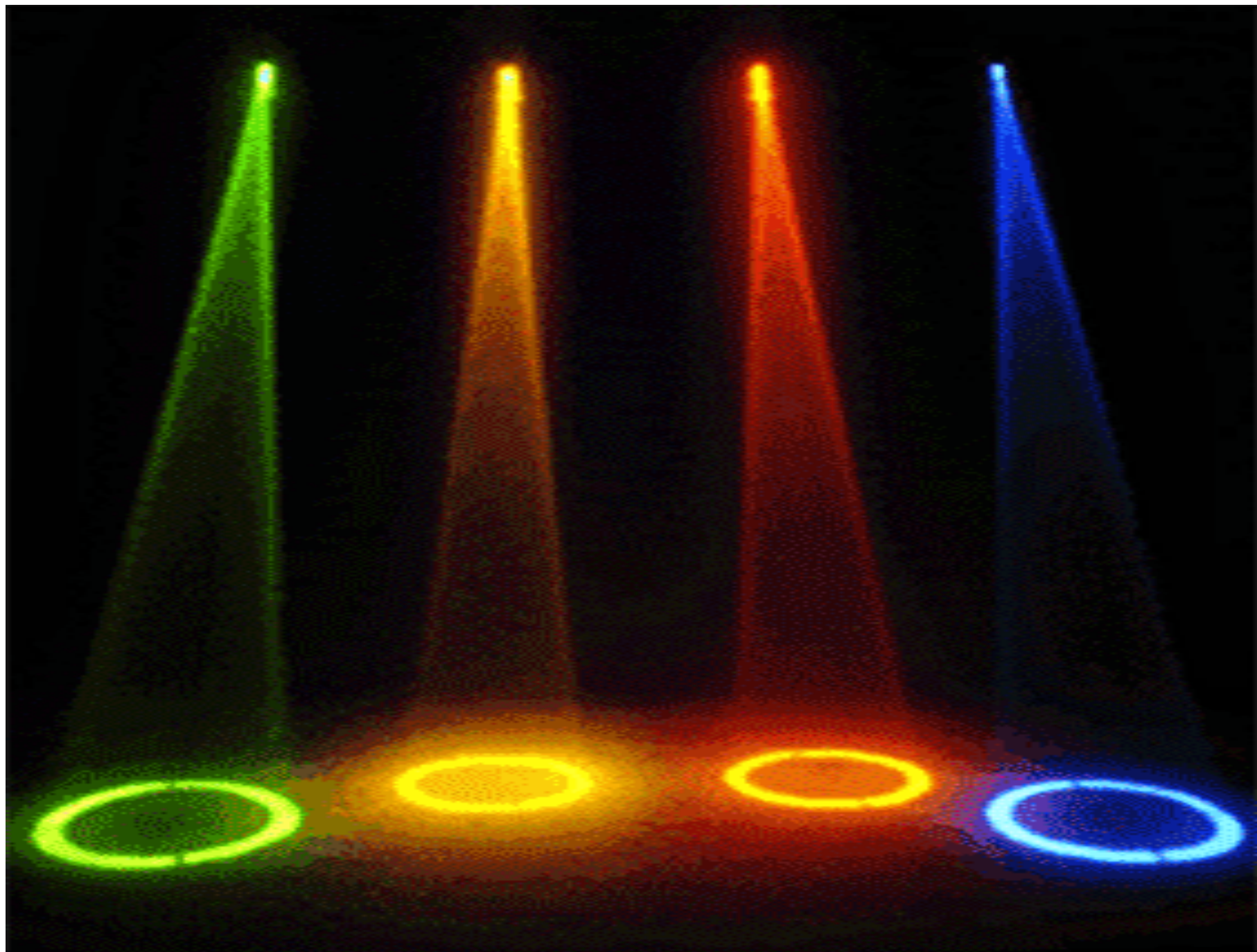




In the past did crisis occur as quickly as they do today back to back? What happened after the turbulent 1960's?







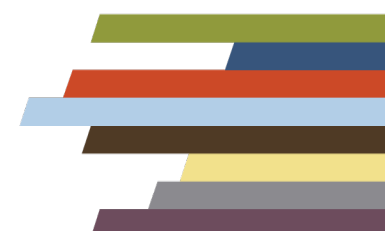
"A bold, creative, and compassionate work."

—SHARON SALZBERG, *New York Times* bestselling author of *Real Happiness*

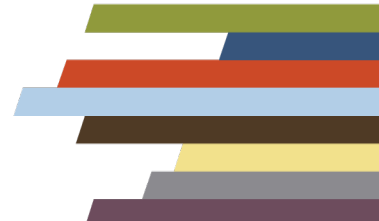
It Didn't Start With You

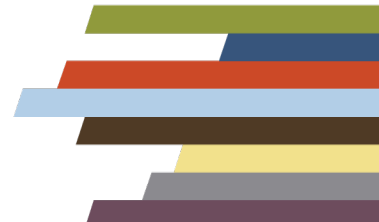
HOW INHERITED FAMILY TRAUMA
SHAPES WHO WE ARE AND
HOW TO END THE CYCLE

Mark Wolynn



Tuskegee Experiment



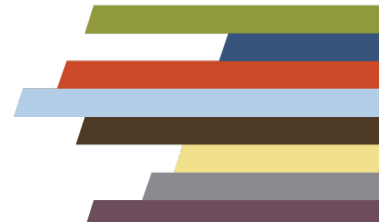


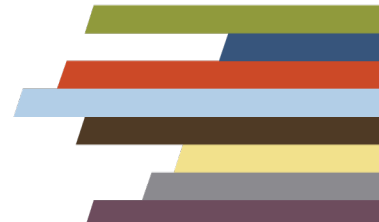
GOING FROM THE PROJECTS TO PH.D.

Transcending My Geography



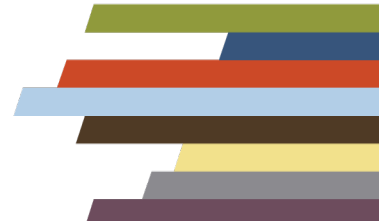
DR. YVETTE L. PYE





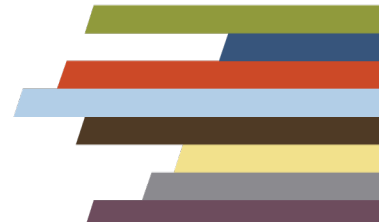
Clinical Strategies to Break Intergenerational Transmission of Addiction

1. Shift the unit of service from the individual to the family and extended family.
 - Counselors are more effective recruiters than clients
 - Thomas Todd “Family Therapy With Drug Abusers”
 - Treatment and prevention simultaneous
 - Reduce shame and self-blame as early as possible



My parent has a disease that is characterized by emotional unavailability, broken promises, and inconsistency. I did not cause this problem. I am not the problem or the solution.

Claudia Black, PH.D.



Iceberg Model

Addiction



Co-dependence

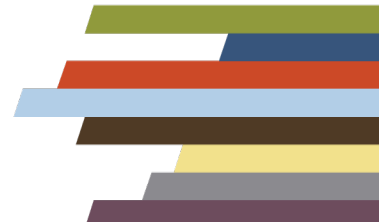


Toxic Shame



Abandonment/Trauma

John Freil



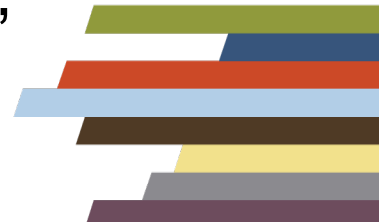
Guilt vs. Shame

Guilt

- Behavior
- “I’ve done wrong”
- “I’ve done bad”
- “I made a mistake”

Shame

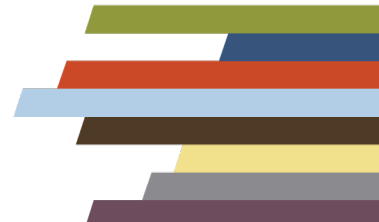
- Your being
- “There is something wrong with me”
- “I am bad”
- “I am a mistake”



Shame

The belief that I am unlovable and unworthy of belonging.

Brene Brown, Ph. D.



Iceberg Model

Addiction



Co-dependence

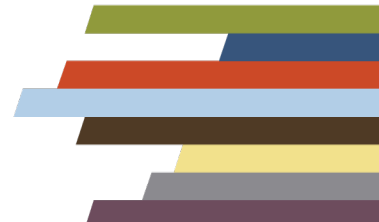


Toxic Shame



Abandonment/Trauma

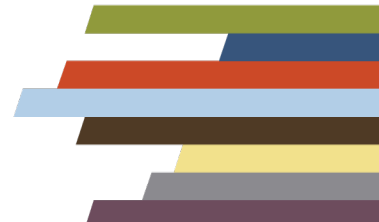
John Freil



Co-dependence

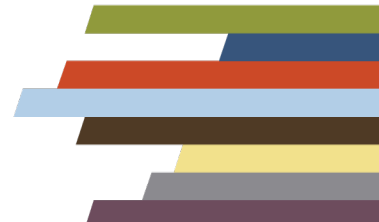
An over involvement with things outside of us and an underinvolvement with things inside of us. Left untreated codependence can lead to addiction.

John Friel





Marilyn Monroe



Iceberg Model

Addiction



Co-dependence

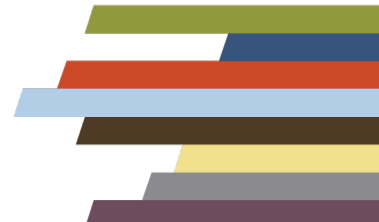


Toxic Shame



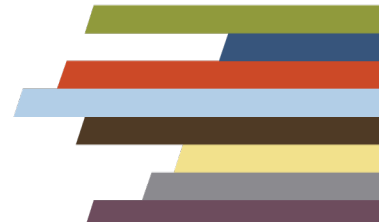
Abandonment/Trauma

John Freil



Shift the Unit of Service Continued

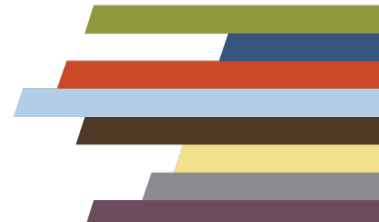
- Children of parents with Substance Use Disorders need to know that they're not alone. Many go on to achieve a great deal of success.





Drew Barrymore

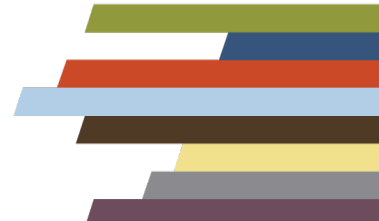
Her father was an alcoholic who threw her against the wall at age 3 and left the family when she went to the alcohol rehab at age 13.





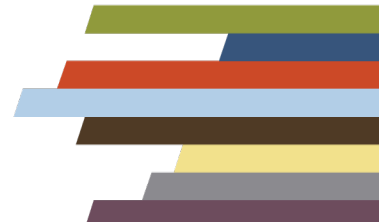
Charlize Theron

When Charlize was 15, her mother went to prison for killing her dad who often physically abused her mom when he was under the influence.





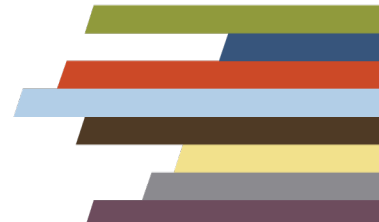
Kelly Osbourne





Halle Berry

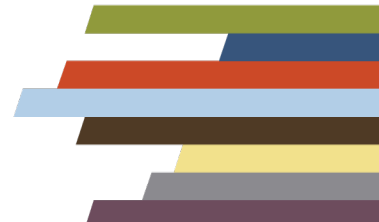
Her father was an alcoholic who physically abused her mother and sister.





Adele

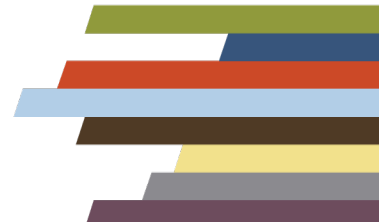
Her father was an alcoholic. He left the family when Adele was 3.





Demi Moore

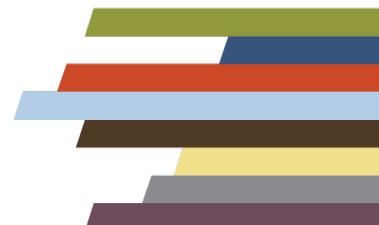
Her mother and step father were both alcoholic. Demi grew up with domestic violence.





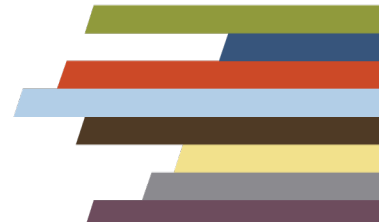
Tupac Shakur

Tupac Shakur's mother was addicted to crack cocaine.



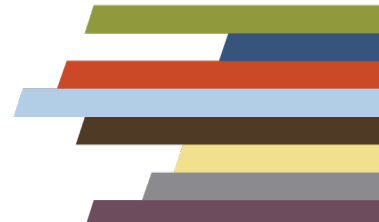


Eminem





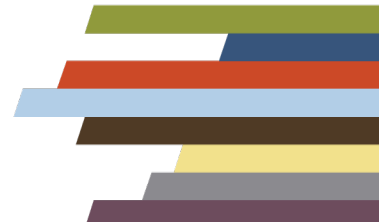
Jay Z





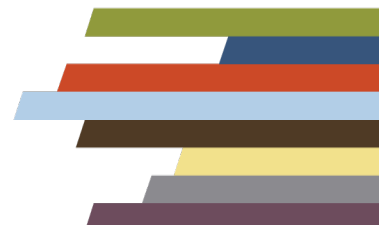
Nicki Minaj

Her father was addicted to alcohol and other drugs.



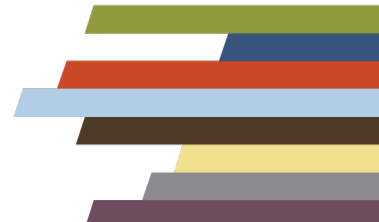


Rihanna's father is addicted to crack cocaine and alcohol.



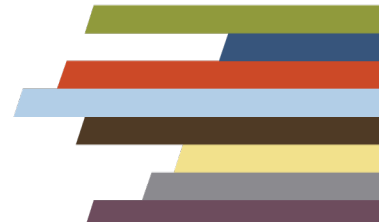


President Barack Obama



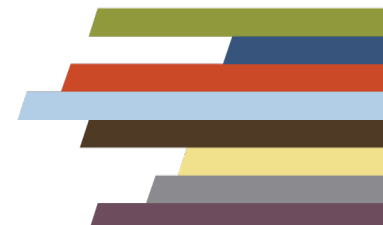


President Bill Clinton



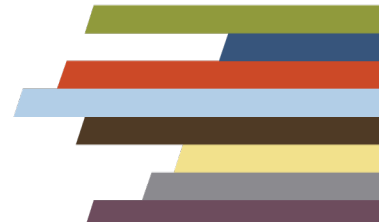


President Ronald Reagan



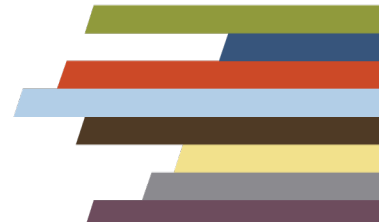
Clinical Strategies Continued

2. Let parents seeking recovery know that their children are at increased risks for developing a Substance Use Disorder and provide education on how parenting styles can impact child and adolescent substance use.



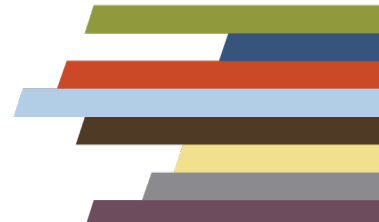
3 Parenting Styles

- Autocratic – children have no voice
- Democratic – children have a voice
- Laissez – faire – anything goes



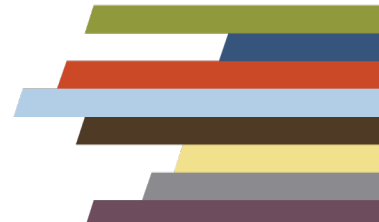
3 Important Questions for Clients

- How can we help you maintain your recovery?
- What will your spouse/partner do to take care of self?
- What do your children most need to enhance their present and future wellbeing?



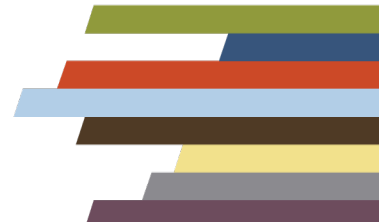
Clinical Strategies Continued

3. Integrate services for couples, children and families within all addiction treatment programs.



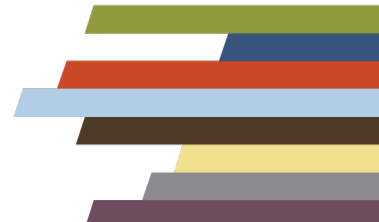
Clinical Strategies Continued

4. When working with adolescents in addictions treatment provide services for their younger siblings.



Clinical Strategies Continued

5. Encourage clients in treatment to think about New family memories.
 - Drug free celebrations
 - Cultural celebrations
 - Recovery celebrations
 - Family dinners



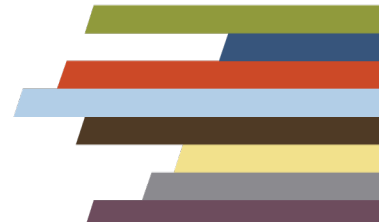
Mother Nurture: Life Lessons from America's Best and Brightest

by

Stephanie Hirsch

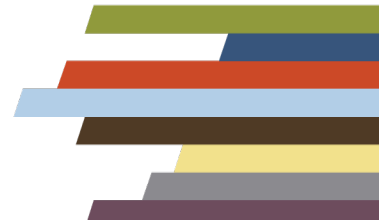
with

Hannah Seligson



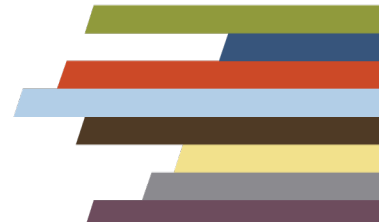


Steven Spielberg



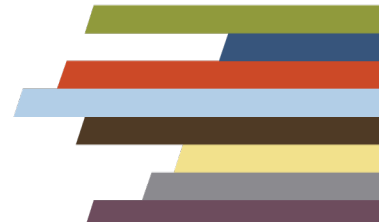


Beyonce



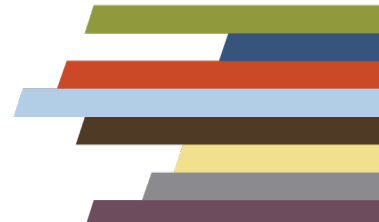


Michael Jordan



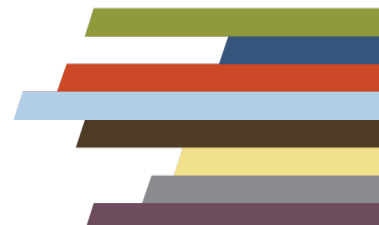


Danica Patrick



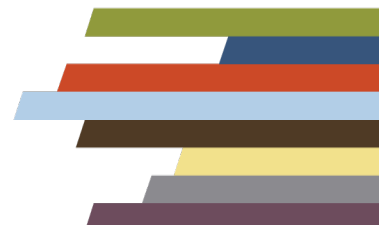


Cindy Crawford



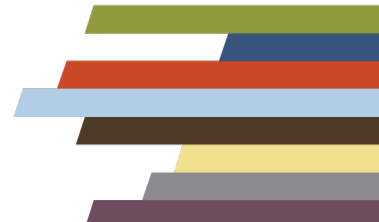


Uma Thurman



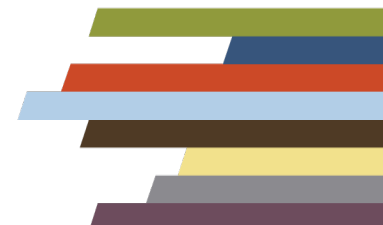


J-Lo

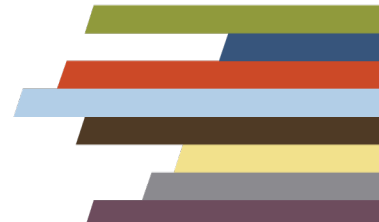




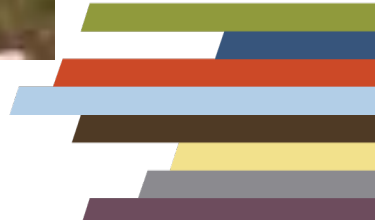
Eva Longoria



Children and adolescents who eat dinner with their parents 5 times per week use 3 times fewer drugs than those who eat dinner with their parents twice a week.

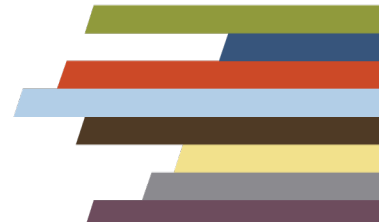


“Let’s play AA.”



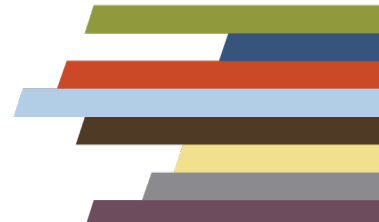
Clinical Strategies Continued

6. Establish child focused goals for clients in treatment
 - Parenting time with each child
 - Positive relationship with an aunt or uncle
 - Communicate high expectation and support their dreams
 - Mentorship and membership for each child



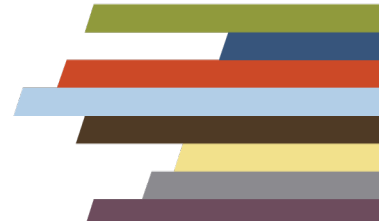
Clinical Strategies Continued

7. Address family secrets

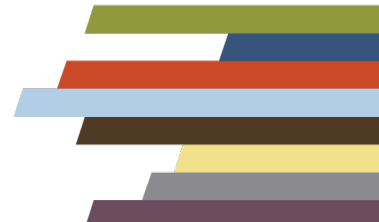


Good Family Secrets

- Santa Claus
- The tooth fairy
- Surprise birthday party
- How you feel about people as people

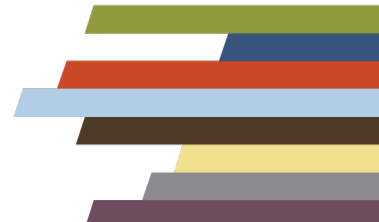


Dark Secrets



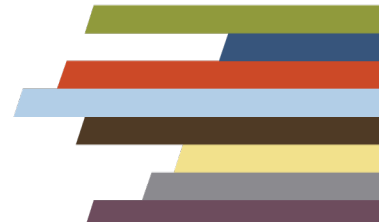
Level I Dark Secrets

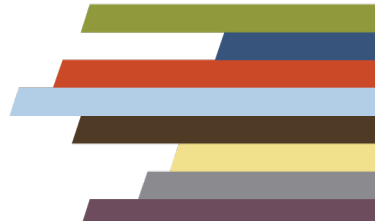
- Phobias
- The intimate details of an affair



Level II Dark Secrets

- Your real ethnicity
- Adoption status
- Who your parents really are

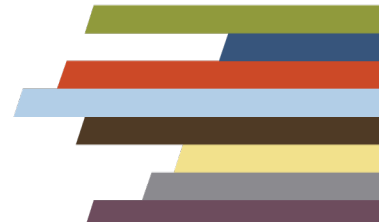




Secrets Theory

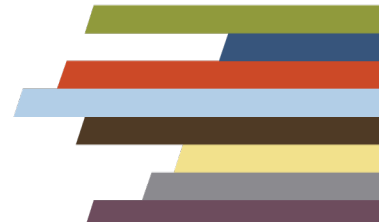
Everyone in the family knows the secret.
They will repeat the secret across
generations until the secret is openly
dealt with.

Source: Family Secrets



Level III Dark Secrets

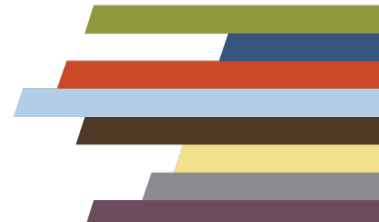
- Addictions
- Living with addictions



Level IV Dark Secrets

These secrets cause the most damage if not discussed

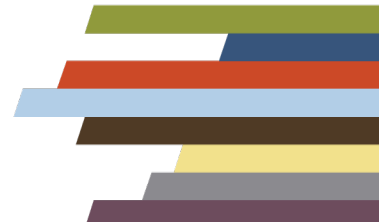
- Incest
- Childhood sexual abuse
- Sexual assault
- Torture
- Witnessing extreme violence
- “The secret that you only tell once”



Clinical Strategies Continued

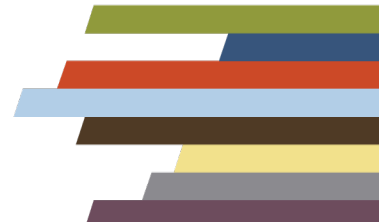
7. Teach healthy boundaries

- Loose- everyone is doing their own thing, no one is aware of what's going on with other family members
- Enmeshed- family members are too close
- Healthy- everyone is allowed the 5 freedoms



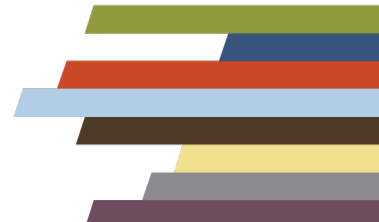
The Five Freedoms

- To think what you think rather than what you should think
- To feel what you feel rather than what you should feel
- To want what you want rather than what you should want
- To see what you see rather than what you should see
- To imagine your own self actualization



Healing Trauma

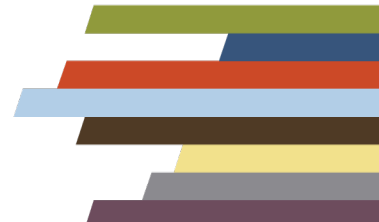
Native Americans have been able to break intergenerational patterns of addiction by focusing on the healing of current and historical trauma.



The Healing of Historical Trauma

- Collective mobilization, openly discussing what happened to us and grieving together
- Forgiving the Unforgivable
- Return to culture
- Redefining addiction and inter-group trauma as a pathological response to our oppression and is not a part of our culture

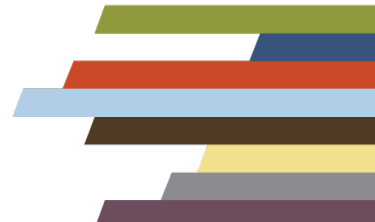
White and Coyhis



The Healing Forest



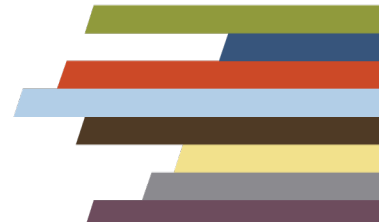
Don Coyhis



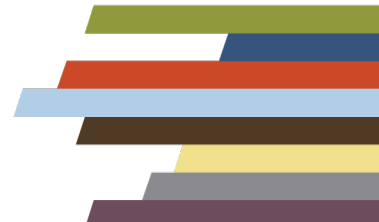
“Suppose you have 100 acres full of sick trees who want to get well. If each sick tree leaves the forest to find wellness and then returns to the forest, they get sick again from the infection of the rest of the trees. The Elders taught us that to treat the sick trees, you must treat the whole forest. You must create a healing forest. If not, the trees will just keep getting sick again. The community forest is now filled with alcoholic trees, drug-addicted trees, co-dependency trees, domestic violence trees, and trees with mental illness. The soil in which those trees are growing is missing the ceremonies, the songs, the stories, the language and the wisdom of our Elders.”



**Don Coyhis
White Bison**



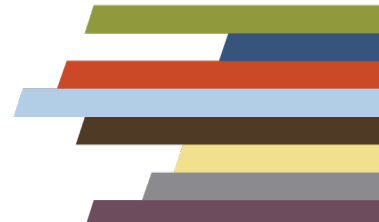
What hidden resources exist within the community that can be a part of a healing forest to support recovery and help break intergenerational patterns?



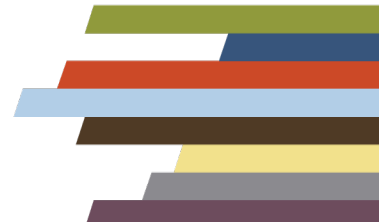
The Healing Forest

The Community as the Treatment Center

- Families
- Treatment centers
- Faith based organizations
- Other social service organizations
- Persons in long term recovery
- The formerly incarcerated
- Employers-we can learn a lot from Portugal
- Concerned citizens
- Trauma specialist (current and historical)



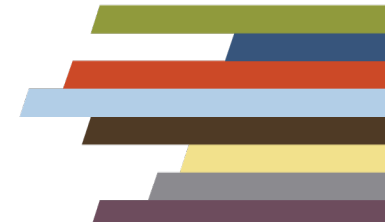
Examples of Healing Forest



Scott County Indiana: Where it's Cool to be in Recovery!

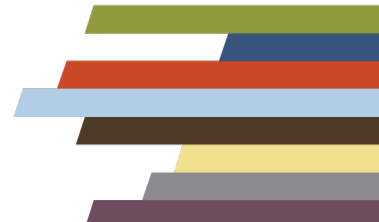
In 2015

- Jobs went away
- There were 200 reported cases of HIV diagnosis in a county of 4000 people connected to an increase in injection drug use in the county
- This made headlines worldwide
- Multiple challenges in the rural county: poverty, high unemployment, limited access to medical care, a shortage of addiction treatment facilities



Creation of a Healing Forest in Scott County Indiana

- Tom Cox a lifelong Indiana resident formed a Recovery Oriented System of Care (ROSC). He mobilized the entire community
- The goal of the Scott County ROSC is to see that all of Scott County embraces a culture of recovery through a coordinated network of community based services and supports



Results in Scott County

- Recovery support groups in the county increased from 30 people attending 1 recovery support group per week to 330 people attending 18 weekly meetings at 9 locations. An increase in 1000% of individuals making long term recovery efforts
- 37 Recovery Coaches trained and hired to help support recovery throughout the county including hospital emergency rooms
- The syringe service program referred 75% of the participants to drug treatment
- New cases of HIV reduced from 154 in 2015 to 8 in 2017

