



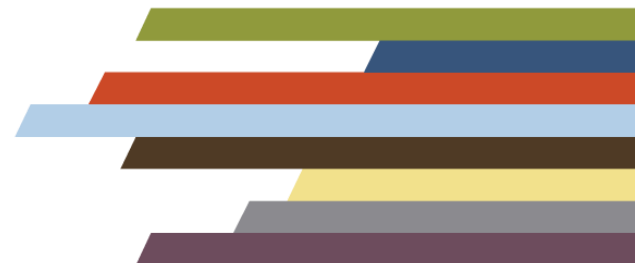
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Funded by Substance Abuse and Mental Health Services Administration

Relapse Prevention for Recovering Counselors/Peer Advocates

Presented by Mary McCarty-Arias, MA
March, 2021



Disclaimer

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The use of affirming language inspires hope and advances recovery.

LANGUAGE MATTERS.

Words have power.



PEOPLE FIRST.



The ATTC Network uses affirming language to promote the promises of recovery by advancing evidence-based and culturally informed practices.

Mary McCarty-Arias, M.A.

More than 25 years experience training in co-occurring disorders, HIV, and vocational rehabilitation.



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Housekeeping

- Hours: 12 – 2:00 (ET)
- If you are sharing a computer, please write your name in the chat box.
- Evaluations/GPRAs – at the end of this session
- A copy of the slides will be sent tomorrow
- Certificates for two CASAC/CPP/CPS renewal hours will be sent within a week



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Guidelines

- Chat box – you can write in questions as I present. Also, I will ask you to answer questions in the chat box.
- Anonymity – All participants will be able to see what you write in the chat. You can also write in questions/comments privately.
- Triggers Warning



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Goals

1. To enhance counselor's/peer's understanding of the dynamics of relapse for themselves
2. Develop tools for self-appraisal and early prevention detection of relapse



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Objectives

1. List special issues for counselors/peer advocates in recovery
2. Define the terms: recovery, relapse, slip
3. List warning signs for relapse biologically, psychologically, socially, and spiritually
4. State the difference between early and late warning signs of relapse
5. List triggers on the job & ways to deal with them

Write In

- How does your job help your recovery?
- How does your job hinder your recovery?



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Special Issues for Counselors/Peers in Recovery

- Consequences – internal/external
- Higher expectation of recovery
- Triggers on the job
- Countertransference as a trigger
- Managing AA/NA as a counselor/peer



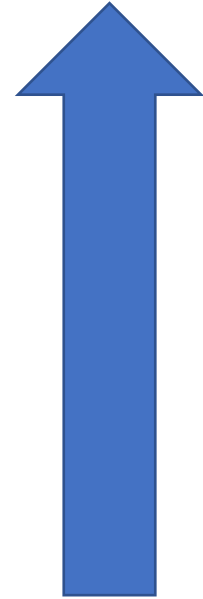
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Relapse Rates 2020

- Influence of COVID-19 on relapse
- What have you heard?
- What has caused this?



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Recovery

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

(SAMHSA, 2010)

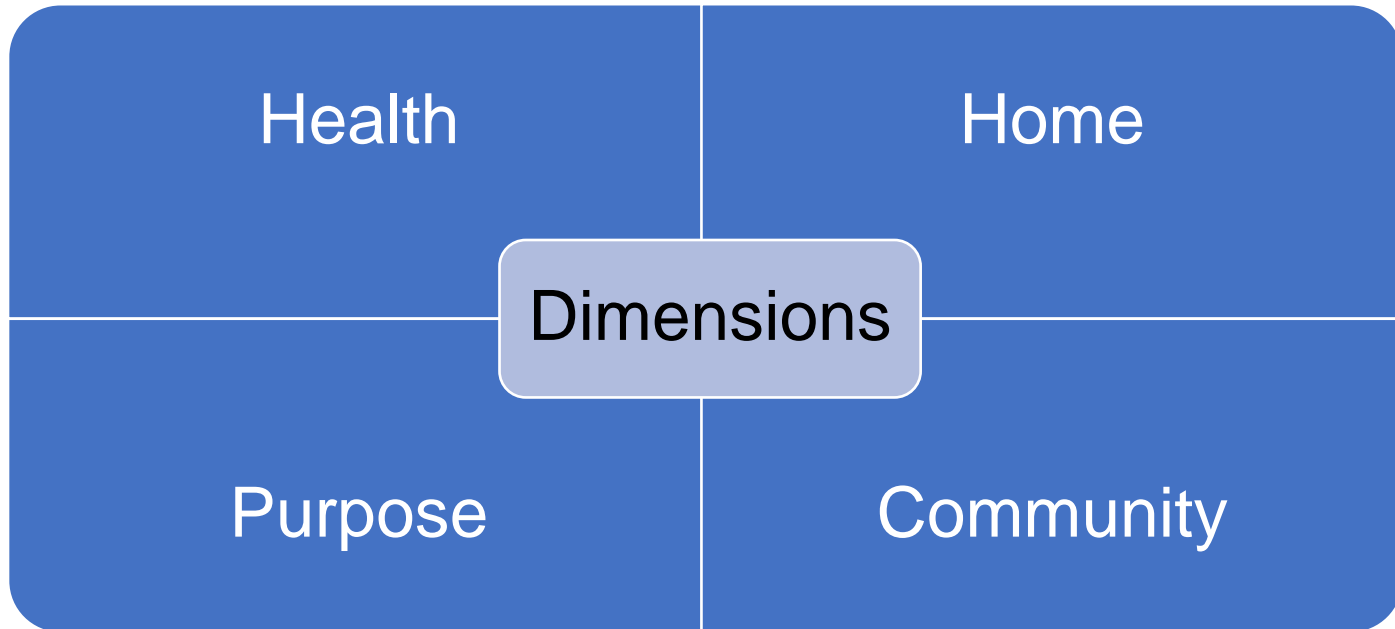


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Dimensions of Recovery



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Relapse or “Return to Use”

- An unfolding process in which the resumption of substance use is the last event
- Long series of maladaptive responses to internal or external stressors or stimuli
- Abstinence Violation Effect – occurs when an individual has a lapse that results in excessive guilt/shame

(Marlatt, 2005; Kerns, Jen (2020) encyclopedia.com)



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Lapse/Slip

Isolated incident of substance use or isolated episodes of behavior change not immediately resulting in return to old using patterns.



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Relapse Prevention

A set of strategies aimed at meeting the challenges people in recovery face in maintaining their recovery.



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Antecedents to Relapse (Return to Use)

- Negative emotional states
- Social pressure to use
- Interpersonal conflict
- *What might you add?*

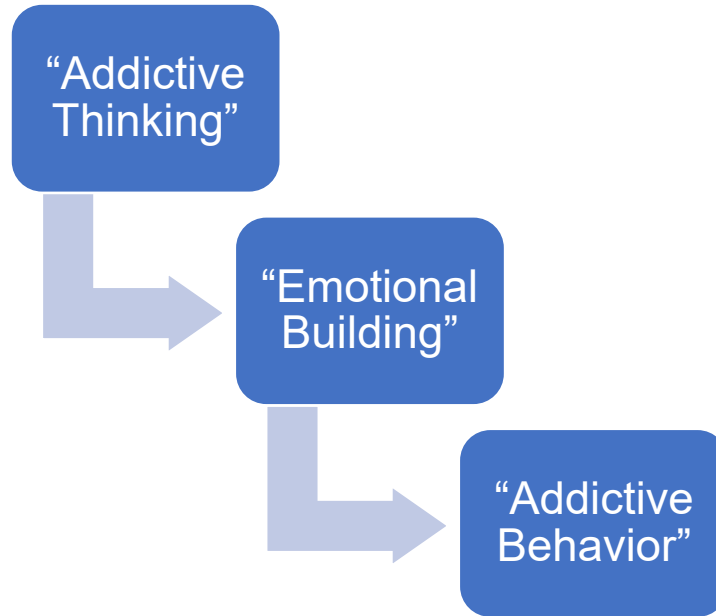


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Early vs. Late Warning Signs



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Triggers

A stimulus that has been repeatedly associated with:

- Preparation for the use of alcohol or other drugs
- Anticipation of the use of alcohol or other drugs

Often called “persons, places, or things”

(NIDA, 2019, Cues give clues. <https://www.drugabuse.gov/news>)



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General Triggers on the Job

- Pay day
- Active drinking/drugging by other employees
- Required business meetings
- Too much pressure on the job
- Inability to get along with supervisor
- Too little supervision



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(Lipton, N. & McCarty-Arias, M. at Gracie Square Hospital)

Additional Triggers on the Job

- Working excessive overtime
- Accessibility of petty cash
- Boredom
- Job dissatisfaction
- Working a rotating shift, or graveyard shift

(Lipton, N. & McCarty-Arias ,M. at Gracie Square Hospital)



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Triggers for Counselors/Peer Advocates

What triggers at work would you add for counselors/peer advocates?

Please write in...



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Cue Extinction Tools

- Deep relaxation
- Delay plus behavioral alternatives
- Negative/positive consequences
- Negative/positive imagery
- Cognitive interventions



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Guidelines for Self-Care

- Take care of your own needs
- Do good things for your spirit
- Exercise daily
- Balance work & play
- *What has changed for you as a result of COVID-19?*



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Tools

- Am I hungry, angry, lonely, or tired?
- How's my thinking? Am I happy to “go” to work? Am I unhappy about “going” to work?
- How's my connection to my Higher Power?



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Sources of Support

- Counseling
- Self-Help Programs including Al-Anon
- Using a sponsor
- Clinical supervision
- Finding a mentor
- Spiritual or religion supports
- *What would you add?*

Questions?



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HOPE



Thank you!

Contact Information: Mary McCarty-Arias, M.A.
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If you are sharing a computer with others, please type your names in the chat box.

Please fill out your evaluation forms – it will only take a couple of minutes! Just scan the code with the camera on your smart phone, click on the link in your chat box, or type this link into your browser: <https://ttc-gpra.org/P?s=382420>

Don't worry if you can't – an email with the link will be sent to you tomorrow, along with a copy of the slides.

Remember to complete the Survey Monkey questions following the evaluation!



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