



New England (HHS Region 1)

---

**ATTC**

Addiction Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration

# Approaching Recovery

Module 3

New England ATTC

**Haner Hernández, Ph.D., CPS, CADCI, LADCI**



New England (HHS Region 1)

---

**ATTC**

Addiction Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration

## Disclosures

The development of these training materials were supported by grant H79 TI080209 (PI: S. Becker) from the Center for Substance Abuse Treatment, Substance Abuse and Mental Health Services Administration, United States Department of Health and Human Services. The views and opinions contained within this document do not necessarily reflect those of the US Department of Health and Human Services, and should not be construed as such.



New England (HHS Region 1)

**ATTC**

Addiction Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration

# Objectives

- Describe concepts related to substance use disorders and recovery.
- Describe and apply counselor's role during the course of recovery.
- Understand challenges Hispanic and Latino populations face sustaining a course of recovery.



New England (HHS Region 1)

**ATTC** Addiction Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration



# The Nature of Substance Use Disorders



- Individuals with substance use disorders (SUD) may be especially difficult to manage because they are likely to be more severely impaired and their lives are probably more disorganized.
- Others may be able to maintain a relatively normal lifestyle perhaps including living with a partner and children, or residing with their family of origin.
- Age, especially being middle aged, is often the best predictor of readiness to change their lives.



New England (HHS Region 1)

**ATTC**

Addiction Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration

# SAMHSA's Strategic Initiative: Recovery Support

Partnering with people in recovery from mental and substance use disorders and family members to guide the behavioral health system and promote individual, program and system level approaches that foster health and resilience; increase permanent housing, employment, education and other necessary supports; and reduce discriminatory barriers.

Source: SAMHSA, 2010



New England (HHS Region 1)

**ATTC**

Addiction Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration

# 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”.

Source: SAMHSA, 2011



New England (HHS Region 1)

**ATTC** Addiction Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration

# Recovery

SAMHSA recommends the following elements:

1. Health
2. Home
3. Purpose
4. Community





# Approaching Recovery

When treating Hispanic and Latino populations, providers must consider issues around access and readiness for treatment, and sustaining a course of recovery.



New England (HHS Region 1)

**ATTC** Addiction Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration



# Stages of Change

1. Pre-contemplation
2. Contemplation
3. Preparation/Determination
4. Action/Willpower
5. Maintenance
6. Recurrence



Prochaska & Di Clemente, 1993

New England (HHS Region 1)



**ATTC** Addiction Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration

# Moving from Pre-Contemplation

- It is a truism that forming the intention to make a change in behavior is the best predictor of actually making it, but what will stimulate this change of intentions?
- It is very important that support for these changes are available, both emotional encouragement and instrumental assistance such as a place to stay or a change of residential location to break the cycle of contact with substance using friends and even romantic partners.



New England (HHS Region 1)

**ATTC**

Addiction Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration

# Counselor's Role in Early Intervention

- Parental reactions and reasoning in cultural terms is critical, even if this reasoning appears flawed, and self-defeating.
- Parents may feel embarrassed by what they perceive as their failure and this must be defused in order to develop effective communication with them.
- Honest dialogue that examines the development of their child's problems will promote progress.



# Counselor's Role in Early Intervention

There are some effective models for improving parental communication with children such as Brief Strategic Interventions that should be considered as Hispanic and Latino culturally preferred interventions.



CSAT, 1999

New England (HHS Region 1)



**ATTC** Addiction Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration

# Missteps in Early Intervention

Early intervention is the most important effective approach to avoid many behavioral consequences that can progressively occur



New England (HHS Region 1)

**ATTC**

Addiction Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration

# Missteps in Early Intervention

There is a strong possibility of parental over-reaction or an inappropriate reaction, which results in the child dropping out of school, and regrettably facilitating further involvement in substance use and more social contact with friends who use substances.



New England (HHS Region 1)

**ATTC** Addiction Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration



# Hispanic and Latino Use of Services

- Hispanic and Latinos do seem to take good advantage of various treatment services once they have entered residential care.
- Hispanic and Latinos who have never used SUD treatment facilities have a higher opinion of its value than Hispanic and Latinos who have already used it.





# Resilience

- Is an inherent quality.
- Does not exist in a vacuum.
- Promotes strength based assessments.

*Resilience*



New England (HHS Region 1)

**ATTC**

Addiction Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration

# Maintenance



- Support networks
- Education
- Vocational training



New England (HHS Region 1)

**ATTC**

Addiction Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration

# Medication Assisted Treatment (MAT)

- MAT is increasingly being used for treating substance use disorders but other than methadone, most are not likely to reach low income Hispanic and Latinos who need them because of excessive cost and current policies.
- Thus, for the most part, methadone clinics and some residential care will be the main resources for Hispanic and Latinos with substance use disorders.



# Spirituality and Religion

Religion can cut both ways



New England (HHS Region 1)

**ATTC** Addiction Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration

# Family Support and Recovery

- If families are available for the person in recovery to supply support, and the environment of the home is forgiving and not hostile, there is an important start point for recovery.
- The values that the family life represents may have very powerful value for the person in recovery.



# Sustaining Recovery

These distinctions are not absolute, but for many Hispanic and Latinos who are in recovery there have been a long series of painful life experiences and they have coped by using substances.



New England (HHS Region 1)

**ATTC** Addiction Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration



# Sustainable Recovery Process

Some become very regular 12 step members or join religious groups with very strong structure and expectations about behavior and morality to provide the external support for personal discipline, which may have been missing from their life.



Foto: Tourist-Info Bad Reichenhall



New England (HHS Region 1)

**ATTC** Addiction Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration



# Family and Sustainability of Recovery

- Distrust is to be expected from family members and they will be looking for signs of old behaviors. This is only natural but it is a potential difficulty.
- Overly harsh communication about past behaviors and anguish, and difficulties that resulted can short circuit a recovery process.



# Family and Group Therapy

- It may not be possible to engage the family or the most significant members of the family in treatment if the family is chaotic and dysfunctional.
- Quite often family members with serious mental health and substance use disorders will continue to reside in the household if they have or have never received formal treatment.



# Barriers



- Financial
- Cultural
- Social



New England (HHS Region 1)

**ATTC** Addiction Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration

# Challenges with Hispanic and Latino Adults

- Use of multiple substances is more the rule than the exception including tobacco, alcohol, marijuana, and other substances such as cocaine and heroin.
- As adults Hispanic and Latinos have lived in multi-cultural situations and are adept at role playing for different cultural audiences, and may be very facile at presenting a healthy *persona* in many settings, and may minimize the consequences of substance use in their lives.

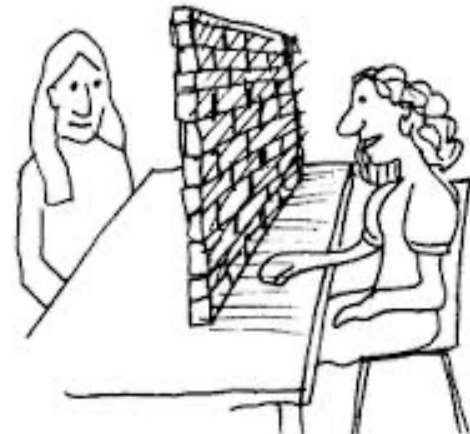


New England (HHS Region 1)

**ATTC** Addiction Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration

# More Challenges

Self-help groups may be filled with ethnically diverse people, but only English is spoken. Spanish speaking self-help programs are often adopted as surrogate families and attended regularly by Hispanic and Latinos who are in recovery.



# Other Difficulties

More likely to have involvement with the justice systems and often when presenting with mental or SUDs end up in the justice system rather than the behavioral health care system.



New England (HHS Region 1)

**ATTC** Addiction Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration



# Recommendations

- Take into account issues, barriers and challenges Hispanics and Latinos face around access and recovery maintenance.
- Understand the client's perspective on these issues.



New England (HHS Region 1)

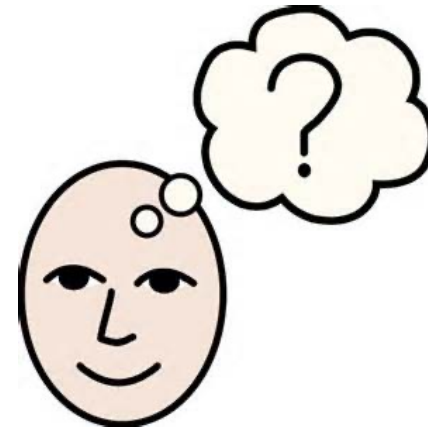
**ATTC**

Addiction Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration



# Think About

- The role of culture and acculturation stress as they have played a role in the development of your client's substance use.
- A Hispanic or Latino client may never have formulated any of their life problems or their unique history of substance use as a “cultural problem” or even been influenced significantly by cultural processes.



# Think About

- Bringing it to light may be one of the most important contributions to assisting them in developing a plan to change their lives for recovery.
- There is no typical “Hispanic or Latino client.” Much of the descriptions given in this work will be very pertinent to some individuals and to others perhaps only a few limited aspects will pertain.
- Use the information as a tool.



# References

- Center for Substance Abuse Treatment. Brief Interventions and Brief Therapies for Substance Abuse. Rockville (MD): Substance Abuse and Mental Health Services Administration (US); 1999. (Treatment Improvement Protocol (TIP) Series, No. 34.) Available from: <http://www.ncbi.nlm.nih.gov/books/NBK64947/>
- National Hispanic and Latino ATTC. (2013). *Cultural elements in treating Hispanic and Latino populations (revision 2013)*. Bayamón, PR: Universidad Central del Caribe.
- Prochaska, J. and DiClemente, C. (1983). Stages and processes of self-change in smoking: toward an integrative model of change. *Journal of Consulting and Clinical Psychology* (5) 390–395
- Prochaska, J.O., & Di Clemente, C.C. (1992). Stages of Change in th modification of problem behaviors. In: Hersen, M.; Eisler, R.M. & Miller, P.M., eds. *Progress in behavior modification*. Sycamore, IL: Sycamore Publishing Company, 184-214.
- Substance Abuse and Mental Health Services Administration. (2011). *SAMHSA announces a working definition of “recovery” from mental disorders and substance use disorders* [Press release]. Retrieved from: [www.samhs.gov/newsroom/advisories1112223420.aspx](http://www.samhs.gov/newsroom/advisories1112223420.aspx)
- Substance Abuse and Mental Health Services Administration, *Leading Change: A Plan for SAMHSA’s Roles and Actions 2011-2014*. HHS Publication No. (SMA) 11-4629. Rockville, MD: Substance Abuse and Mental Health Services Administration, 2011.

