

***Healing Streams Conflict Resolution
Services, Inc.***

Reconnecting with Life's Possibilities



***Short-Term Solution Focused Treatment
Options That Work***

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JASIA

JASIA ALTERNATIVE SUBSTANCE ABUSE

SHORT TERM SOLUTION FOCUSED TREATMENT OPTIONS
80% REDUCTION IN RECIDIVISM BECAME CONSISTENT
PROGRAM WON FADAA "BEST PRACTICES" IN 2009
INMATES WITH ADDICTION & MENTAL HEALTH PROBLEMS
ARE SUCCESSFULLY DEFEATING THE FOUR HORSEMAN
OF THE APOCOLYSPE

Mell Williams – Program Director and Creator

Sheriff Susan Benton – a true treatment advocate

Charlie Nelson – Installed the program over 3 ½ years

George Ridenour – Faith Based Teacher & Aftercare Support

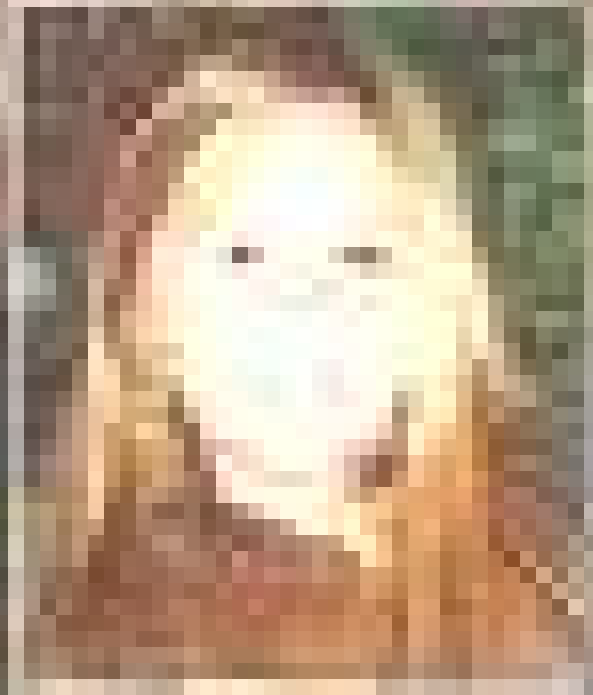


INTEGRITY
QUALITY SERVICE
PROFESSIONALISM



CHANGE
BEGINS HERE





***The Four Horsemen of The
Apocalypse Can Storm Though
Anyone's Life***

ADDICTION

CO-OCCURRING MENTAL DISORDERS

CRIMINAL THINKING

LACK OF TRAINED COUNSELORS



ADDICTION



CHRONIC – PROGRESSIVE - DISEASE

Systemic and Process Causes & Cures

Genetics – Brain Chemistry – Environment
(Bio-psycho-social)



We have this right as we combine 12 step spiritual programs with the latest evidence-based practices, client centered services, & faith-based aftercare volunteers. This combination of treatment modalities offers addicts the best chance of addiction free lives short and long term.

CO-OCCURRING DISORDERS

Often a process of discovering which came first – the chicken or the egg.

Affective, personality, and psychotic disorders result from brain chemistry changes as addicts use their drug of choice

However, the same problems may be the reason for drug use. Addicts self-medicate finding immediate relief for co-occurring disorders, without realizing the long term results of drug use.

MOST COMMON

Anti-Social – Borderline Personality

Clinician will find knowledge of attachment disorders, trauma, & we/they dichotomies invaluable for treatment

Depression or Psychotic Breaks

Medication often needed to stabilize – support from M.D. or Psychiatrist is essential

No one therapy is effective – only bio-psycho-social approaches are effective on the short-term and long term

TREATMENT MODALITIES

***Education – process groups – Modified
Therapeutic Community***

***Combinations of Cognitive Behavioral
Approaches and Stages of Change***

***Motivational Techniques Work Well for this
particular group if the counselor develops
non-threatening confrontation skills. Clients
need to develop non-negotiable values and
matching life-skills to succeed.***

**Understanding some of the newer trauma therapies will also
be useful.**

***This results in three questions
research has investigated for many
decades.***

- 1. What caused this problem?***
- 2. What maintains this problem?***
- 3. What is the best treatment solution/s to
provide long & short term relief?***

***Today we rightly begin with
behavior, and address all three
questions as quickly as possible.***

CRIMINAL THINKING

It is impossible to break the law and/or spend time incarcerated without developing criminal thinking adapting to a criminal culture

1. Manipulative behaviors

2. Defensive stances

What treatment professionals understand as a systemic & complex problem called denial, faith-based volunteers can call spiritual blindness. Security personnel call it criminal behavior. It is the peak of the iceberg!

USEFUL WAYS TO COMMUNICATE THE PROBLEM & SOLUTION

- 1. Iceberg** Behavior shows above the surface – but behavior is driven by cognitive / emotive habits – which in turn are determined by basic values / belief's / attitudes – all under the surface stuff
- 2. Crucible** Addiction and Recovery involves dynamic chemical changes taking place in a container capable of withstanding those changes

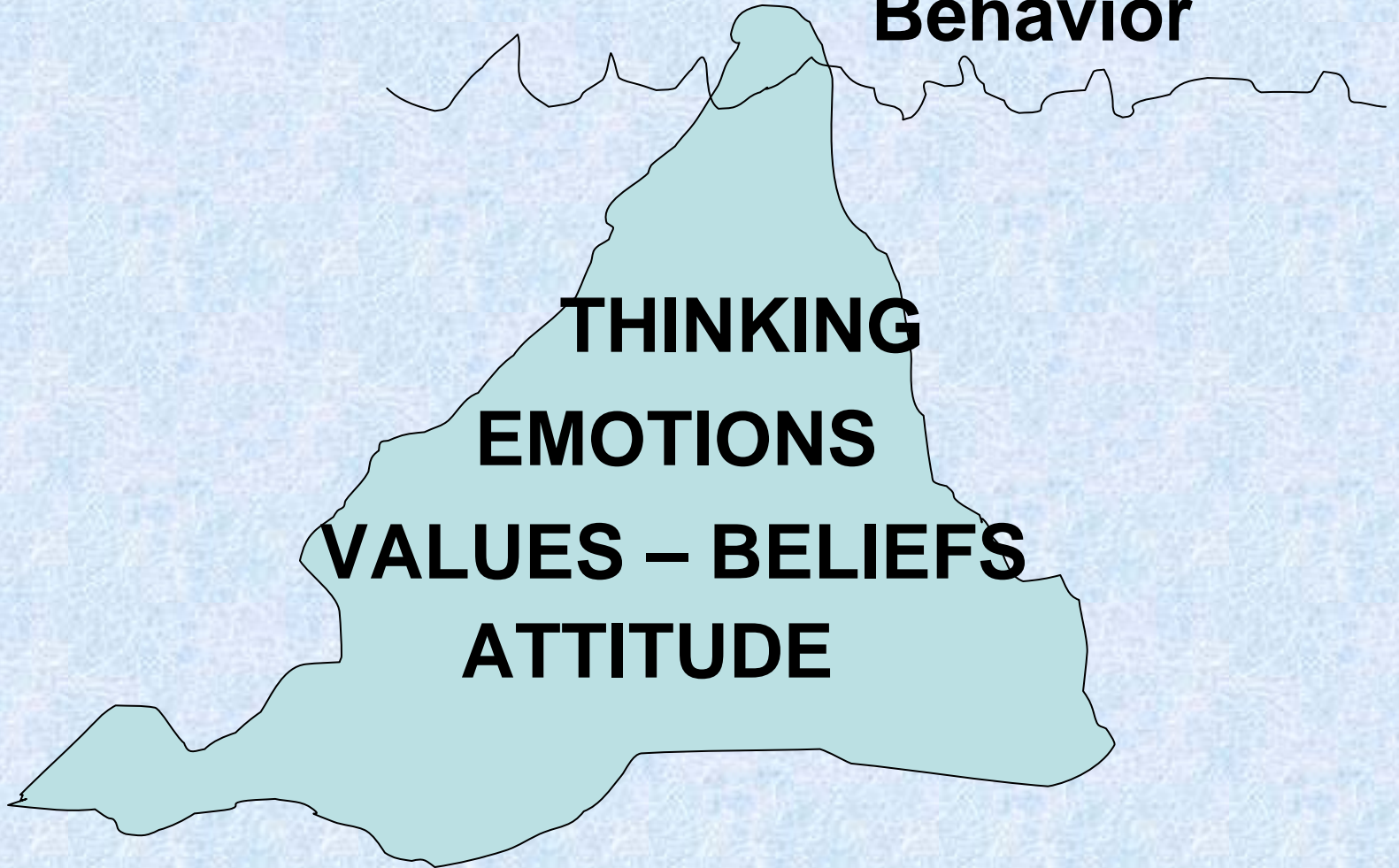
Behavior

THINKING

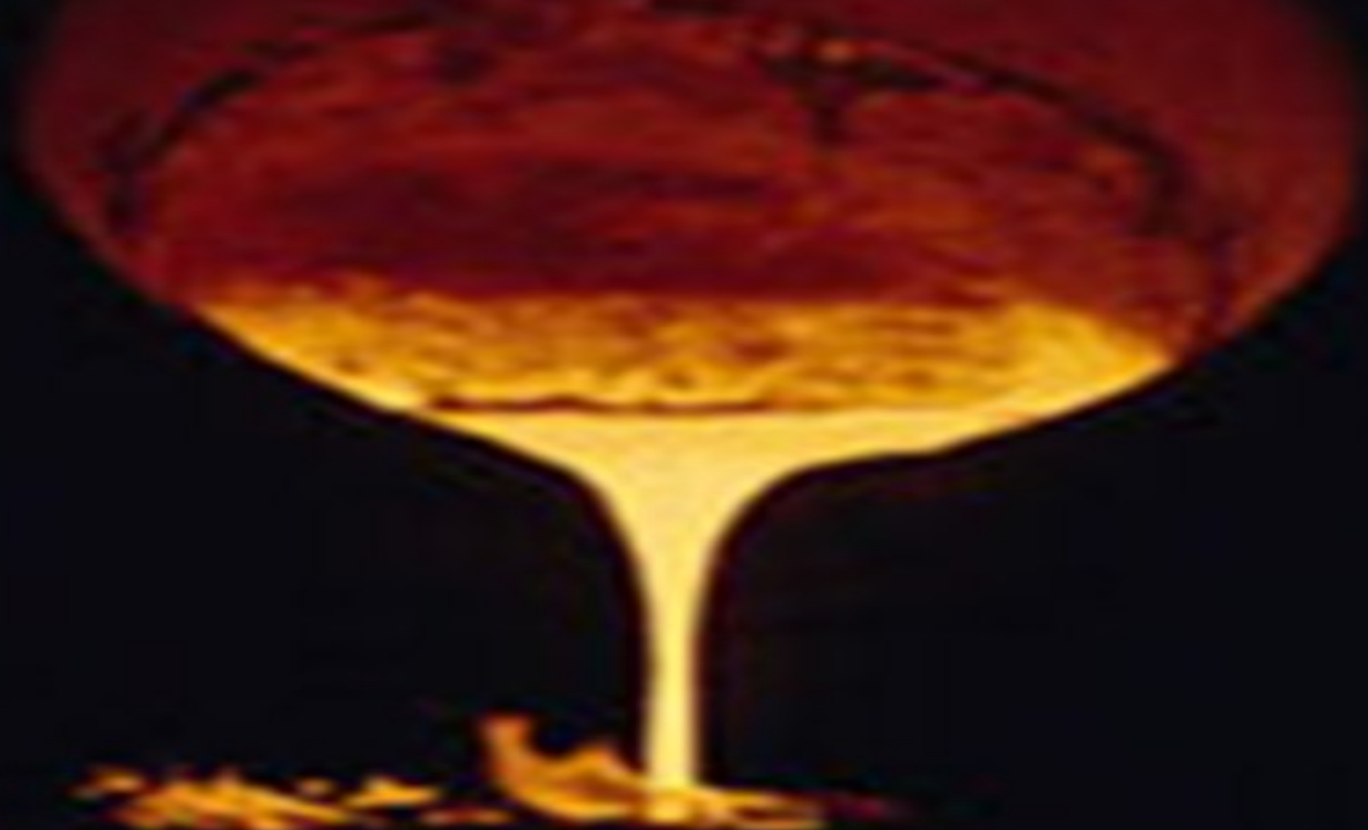
EMOTIONS

VALUES – BELIEFS

ATTITUDE



The key to a crucible is that it must be tough enough to withstand the dynamic chemical changes taking place within it.



Resilience is a modern Counseling equivalent

Defensive Stances

- 1. Blaming others (It's not my fault!!!)***
- 2. Minimizing (I only hit her once!!!)***
- 3. Justifying / Rationalization (Finding just & rational reasons for insane behavior)***
- 4. Glorifying (Biggest crook – Best thief)***
- 5. Ignorance (I didn't understand – or – no one understands me)***

“These aren't my pants!!!”

MANIPULATIVE TACTICS

- 1. Back Peddling – attempts to rewrite history***
- 2. Side Stepping – Talking about anything except the subject***
- 3. We/They Dichotomies***

***Values change from compassion for victims
to “don’t snitch”***

***Inmates new to drug charges develop the
same criminal thinking in jail (Valuable
survival skills)***

Key Concepts for Treatment

1. Personal Responsibility

We are not responsible for our disease – we are responsible for our recovery and any damage we have done to others

2. Accountability to others

This is a surrender of our rights to others who know the program – sponsors – counselors – and peers who are sharing recovery with us.

COMPETENT COUNSELORS

- 1. Can I trust you???***
- 2. Do you care about me???***
- 3. Are you competent???***

Most people cannot vocalize these questions, but will not respond well until they know the answers. The questions are listed in order of importance to most people.

The same questions are important for any relationship.

Treatment for The Four Horsemen of the Apocalypse

Physiology of Addiction

Self-Esteem & Self Image

Emotional Management & Resolution

Values, Belief's, and Attitude (Spirituality)

Relapse Prevention & Aftercare

All driven by bio-psycho-social events & processes few addicts understand

PHYSIOLOGY OF ADDICTION

WHAT ARE THE THREE THINGS THAT WILL STOP THE INCREDIBLE INCREASES IN HEALTH COSTS OVER THE NEXT 20 YEARS???

- 1. Balanced Diet**
- 2. Adequate Rest**
- 3. Lots of exercise**

WHAT AFFECT DOES SUBSTANCE ABUSE AND MENTAL HEALTH PROBLEMS HAVE ON THESE THREE DISCIPLINES???

RELIGIOUS MYTHS

- 1. A religious experience will end my struggle with addiction & mental health problems***
 - a. Emphasis on event rather than process***
 - b. Emphasis on doctrine rather than systemic relationships in process***
 - c. Emphasis on vertical / rather than horizontal and inner***
 - d. De-emphasis of bio-psycho-social systemic dynamics involved***
- 2. Spiritual gifts or entire sanctification are examples of “final events”***

Just as gravity works for sinners and saints alike, so does any inner-change bio-psycho-social dynamics of inner change.

Science, for the evangelical Christian (or any other fundamentalist group) is the study and use of God's creation. If He is the Creator, it all works the way he created it. It is all part of His purpose and plan.

DSM IV is useful to counselors – it can become deficiency language for addicts (another excuse to resist change)

COMMON REALITIES

- 1. If you are caught using – you go to jail!***
- 2. You can stay clean and sober living in a box on the corner – circumstances will always provide excuse to use!!!***
- 3. You cannot fool the disease***
 - a. Whatever we put in our bodies affects our brain chemistry – for good or bad***
 - b. Rest is essential to good health***
 - c. Exercise is essential to good health***

Finding Common Values

Job/Career

family

God

freedom

Food, Clothing, Shelter

Health

The Circle of My Life

What do I value???

The key questions are:

- 1. How long does it take to develop the circle of my life and the things I value?***
- 2. How long does it take to loose the things in the circle of my life? One incarceration!***

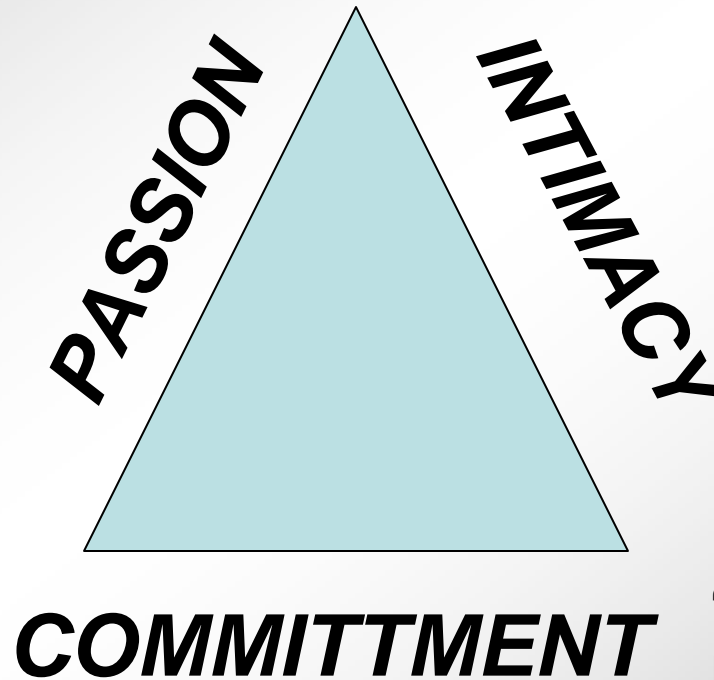
Trust is long won & quickly lost. Sobriety does not depend on who trusts you!!!

“Selfishness – self-centeredness! That we think is the root of our troubles. Driven by a hundred forms of fear, self-delusion, self-seeking, and self-pity, we step on the toes of our fellows and they retaliate.”

DEFEATING FEAR, INSECURITY, AND CO-DEPENDENCY

SUBSTITUTES

(Pornography & Meth)



TRUST

CARING

COMPETENCE

“Half measures availed us
nothing”

THE TRIANGLE LOVE THEORY

Dr. John Sternberg

ANGER MANAGEMENT & RESOLUTION

Management – dealing with anger as it comes

***Resolution – resolving past anger and
resentment once and for all***

***Management involves pausing, re-evaluating,
breathing, and beginning to ask open-ended
questions.***

***Resolution involves reframing old hurts
and anger, considering the life of the offender,
& deciding if this is really that important.***

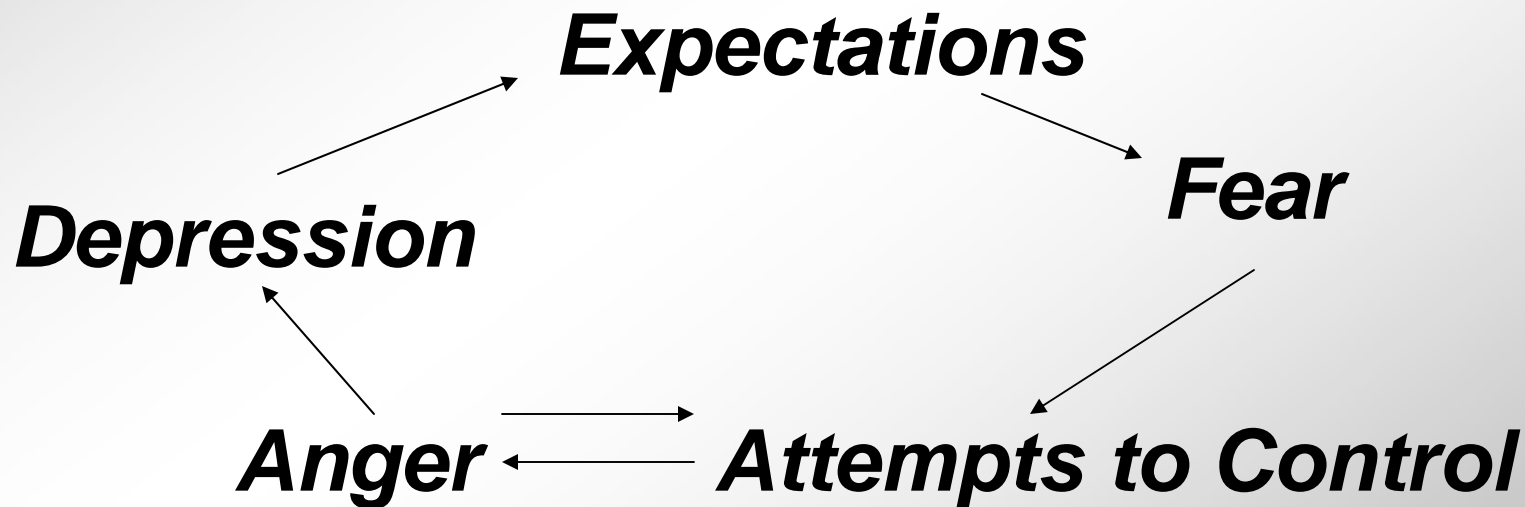
I am not as interested in what a person is angry about as what he/she is afraid of!!! Anger is a defense mechanism against fear & insecurity.

FEAR (ANGER) INVENTORY

- 1. What am I afraid I will not get? Or, What am I afraid I will lose?***
- 2. What is the worst that can happen if I lose or don't get what I want?***
- 3. What is the appropriate response? (let it go- forgive – mediate – sue)***

***People who treat me cruelly or
unfairly do not deserve my
unforgiveness!***

WORK THROUGH THE ANXIETY CYCLE



***A COMBINATION OF SIMPLE
MODELS FOR EDUCATION – AN
EMPHASIS ON PERSONAL
RESPONSIBILITY – & NEW SKILLS
OF ACCOUNTABILITY TO OTHERS
PROVIDES CLIENTS WITH THE
INNER-CHANGE PRINCIPLES
NECESSARY FOR CHANGE.***



Thank you for letting me share. I hope you enjoyed our time together as much as I did.

There is a lot to do, and I am privileged to be a part Florida's treatment community.

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Family Intervention specialist/Tri-County Human Services (www.tchsonline.com)

Board Member/Drug Free Highlands (www.drugfreehighlands.org)

USEFUL WEBSITES AND PHONE NUMBERS

Jail Alternative to Substance Abuse (JASA)

Contact Mell Williams at 863-446-7407

Drug Free Highlands – Debra Lees

www.drugfreehighlands.org

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