

MISSION RECOVERY

and hope Inc. 501(c)3

JUST RECOVERY PROGRAM

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JUST Recovery

JUST Recovery necessitates from the shortage of available detox beds due to the heroin crisis.

This program is designed to incorporate a wholistic approach to substance use disorders. It is meant to be implemented as an alternative to inpatient services. It can begin at the pivotal point when a person with the disease of addiction makes the admission that they have a problem and need help.

In our community there is an outcry for MORE DETOX BEDS!

THE PUBLICITY LINKED TO THIS ISSUE IS INADVERTANTLY MAKING THE ADDICTION CRISIS WORSE.

Community members, families and addicts have a notion that abstinence from heroin must begin in a medical facility. SCIENTISTS AND DOCTORS AGREE THAT WITHDRAWAL FROM OPIATES IS NOT FATAL. The symptoms consist of nausea, diarrhea, sweating, restless legs, aches and pains- similar to the flu. By insinuating that detox beds are the key ingredient that Rochester is missing, we imply that those who cannot get a “bed” are forced to keep using and are destined to die in the grips of addiction.

Realistically, the chance of achieving long term recovery with ANY conventional treatment plan beginning with inpatient detox is slim. Most programs have a failure rate of 70% to 90%.

JUST Recovery allows the patient to stay at home. This makes access to recovery more expedient than other treatment options.

Criteria for acceptance into program:

Candidate must willingly want to stop using drugs

Candidate must reside in housing deemed safe (drug-free)

Who's who?

1. Home Recovery Aid-

*treatment provider

This caregiver shall be trained in the manner of a nurse's aid and will visit the patient in a 1 to 2 hour timeslot every day for the first five days. They will provide medication to alleviate the symptoms that are common to withdrawal from opiates, such as restless legs, nausea, aches & pains

2. Recovery Guide

*treatment provider

Recovery Guides shall be trained in motivational and therapeutic techniques to reacclimate the patient to a drug free lifestyle. This will include instruction on healthy eating habits, exercise and relaxation . They will also be able to educate the patient on basic life skills such as coping with difficult situations and rebuilding relationships. They will provide peer support for 4 hours per day for 20-30 days. They will be knowledgeable on a variety of recovery resources and have experience with twelve step programs.

3. Client

Receiver of Recovery Services

Three stages of JUST Recovery

Stage One: Physical Withdrawal

(duration 4-5 days)

It is our belief that this stage is experienced by all drug users regardless of drug choice. When the body is suddenly deprived of mood altering substances and the rituals associated with them, a negative response is exhibited.

Stage Two: Developing New Patterns of Behavior

(duration 20 – 30 days)

This is the crucial time in which healthy alternatives to drug use are introduced. This process will include an individualized plan for self-care. Healthy eating and exercise shall be introduced. The recovery guide will build a relationship with the client, introduce the patient to 12 step meetings and a support system. The patient may be exposed to various group recovery artistic activities such as painting, playing music, cooking, photography, etc depending on their personality, likes and dislikes. They will be equipped to reestablish their identity and sense of purpose. By incorporating a variety of wholistic methods the client's quality of life improves.

Stage Three: Maintenance and Healing

(ongoing)

At this point the recovery guide will put a plan in place with cooperation from the patient. It will include schedule of short term and longterm goals. The client will be invited to group activities with recovery squad leaders (recovery guides) bimonthly that will be open to stage two program participants as well. The sharing of experience, strength and hope will allow each participant the opportunity to learn and teach others. Individual accomplishments will be celebrated. Team activities will instill a sense of belonging as well as opportunities to experience fun in recovery.

THE UGLY TRUTH !

RELAPSE IS COMMON AFTER TRADITIONAL INPATIENT TREATMENT- the success rate for long term recovery after traditional treatment programs is very low. Often times, relapse after treatment equals death due to changes in physical tolerance. These failing programs extract people from their natural habitat to introduce them to recovery. They then errantly return them to an everyday life in which they have no practice abstaining from drugs. The lifestyle of abstinence becomes dependent on the sanctitude of the facility. When they are suddenly deprived of the consistency of the program and the change of environment they revert back to drugs.

JUST Recovery begins in the home environment of the client, allowing them to build coping tools pertinent to their natural setting. As the intensity of the program decreases they already have practical positive experience handling day to day life challenges where they are. They also have familiar community resources and peer support close to home.

Evidence Based Therapy Used in JUST Recovery:

1. Cognitive Behavioral Therapy – CBT

Substance use behavioral patterns can be corrected by identifying said behavior and incorporating skills to redirect response. To simplify- anticipate the problem and enhance self-control. For example, have a plan in place when cravings occur, explore consequences of use, recognize and avoid at risk situations. Research shows that CBT is successful and self-sustaining making long term recovery attainable.

2. Community Reinforcement Approach - CRA

This is a reward-based therapy derived from a range of familial, social, vocational and recreational reinforcers. A combination of recovery activities and new relationships are appealing making a drug-free lifestyle preferable.

3. Motivational Enhancement Therapy - MET

This treatment evokes rapid and internally motivated change. Motivational interviewing principles are used to strengthen the client's resolve. Increasing internal motivation makes long term recovery viable.

4. Matrix Model-

Critical issues pertaining to addiction shall be taught to client. Individual direction and support will foster a positive relationship that will reinforce behavioral change. Direct relationships which are nonparental and nonconfrontational will promote self-esteem and reduce the propensity of self-harm.

JUST Recovery is cost effective!

There are no expensive overhead costs for a facility.

JUST Recovery will work!

It is built on the most effective evidence-based theories for behavior change available.

JUST Recovery will lead to long term abstinence!

It allows the client to utilize coping tools that are established in the home environment and practiced daily throughout treatment.

In closing:

JUST Recovery gives participants an intrinsic drive to remain abstinent from drugs long after the treatment has ended. We believe that the extremely high relapse rates that are commonly accepted in other programs are unacceptable. The high rate of overdose deaths after treatment due to differences in tolerance has overwhelmed first responders, medical examiners and families. Death after treatment should not be the norm. RECOVERY IS POSSIBLE!