

Addiction to Recovery: Supporting Individuals and families Experiencing Mental Health and Addiction

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Caron Treatment Centers



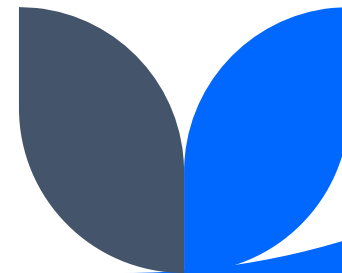
Agenda

Understanding Addiction & Substance Use

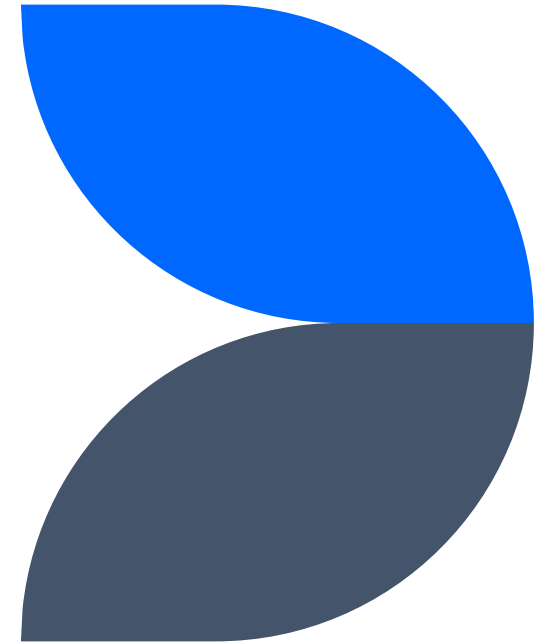
The Importance of Education in Estate Planning

Addictions Impact on Generational Wealth

The Intersection of Treatment and Recovery in Financial Planning



Understanding Addiction & Substance Use



National Impact

- In 2016 the Surgeon General announced substance use disorders, commonly referred as addiction is one of Americas most pressing health concerns.
- A subsequent report identified that nearly 21 now 41 million Americans suffer from substance use disorders while approximately 90 percent of those effected do not seek treatment.
- Over 14 percent of individuals are expected to develop a substance use disorder at some point in their lives.
- Many factors effect access to treatment including: stigmatization, lack of screening for use disorders, fear of shame and discrimination associated with addressing substance use disorders, lack of access to and costs of care, and fragmentation of services.



Substances of Abuse

- Alcohol.
- Marijuana.
- Prescription medicines, such as pain pills, stimulants, or anxiety pills.
- Methamphetamine.
- Cocaine.
- Opiates.
- Hallucinogens.
- Inhalants.

Risk Factors

- Genetic Factors
- Social Factors
- Developmental Factors
- Adverse Childhood Experiences
- Mood and Anxiety Disorders
- Trauma

A Brain Disease



- Limbic System (Survival)
 - the basal ganglia (Reward), the extended amygdala (Fear), and the prefrontal cortex (Decision Making)
- Effects
 - Love, Affirmation, Pleasure, fight/flight, stress systems, judgement
- Creates
 - Behavioral Adaptation

Additional Highlights

- There are now 41 million Americans currently suffering with addiction matching anxiety as the #1 behavioral health concern.
- One-third of adults identify they are being negatively impacted by addiction today.

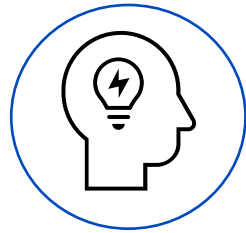
Biopsychosocial Disease



Biology

- Dependence
- Tolerance
- Illness

Craving



Psychological

- Mental Health
- Mood
- Personality Changes

Justification



Social

- Understanding
- Acceptance
- Normalization

Help!

Observations of Concern

Physical Observation

- Cold sweats or have a racing pulse, nausea, vomiting, shaky hands...

Psychological Observation

- Anxiety, depression, hopelessness, personality changes...

Emotional Observation

- Mood regulation, anger, stress tolerance, frustration...

Environmental Observation

- Lateness, unavailable, unproductive, scattered, relational issues...

Behavioral Addictions

Sex

Gambling

Internet

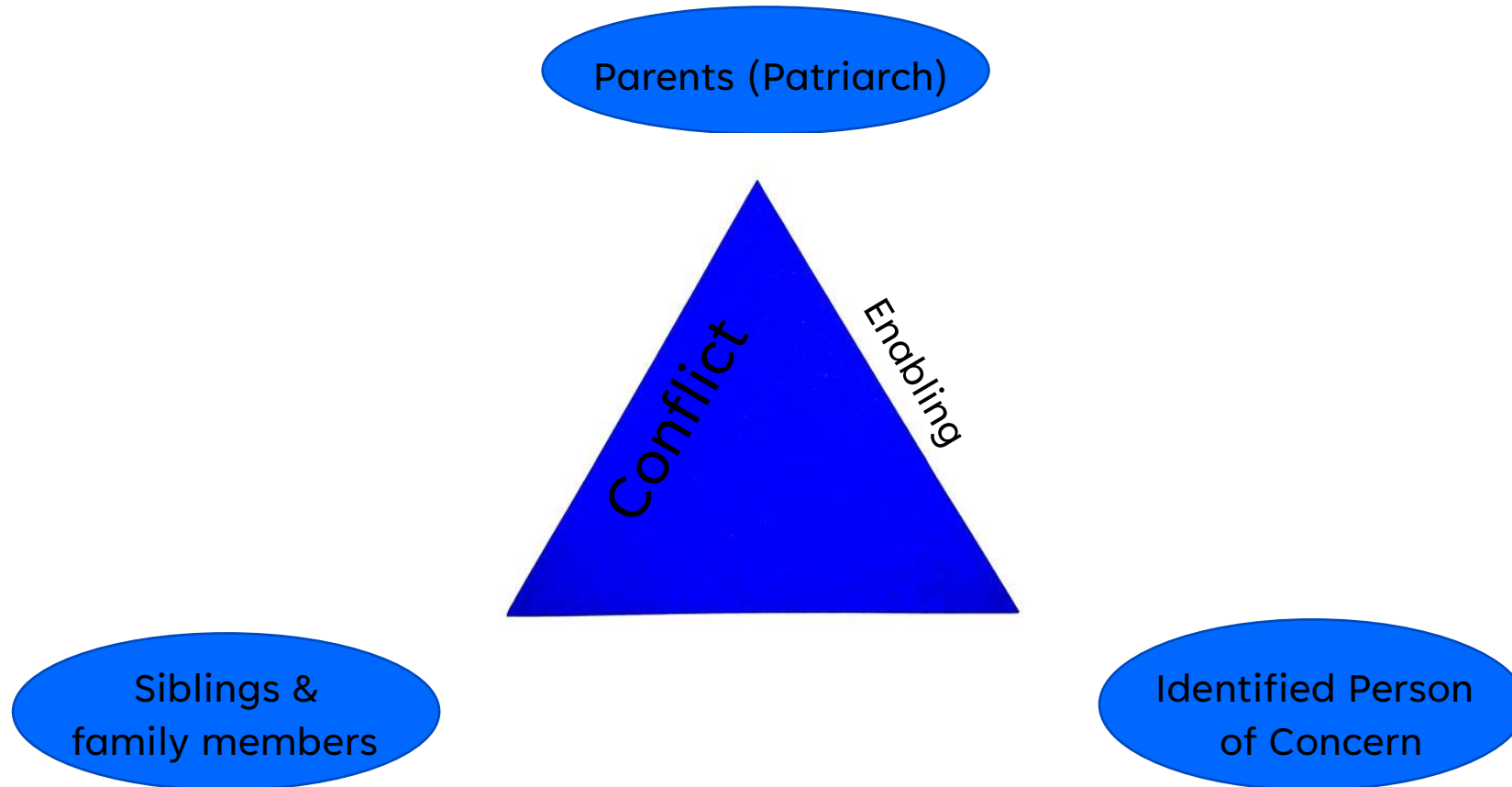
Shopping

Video games

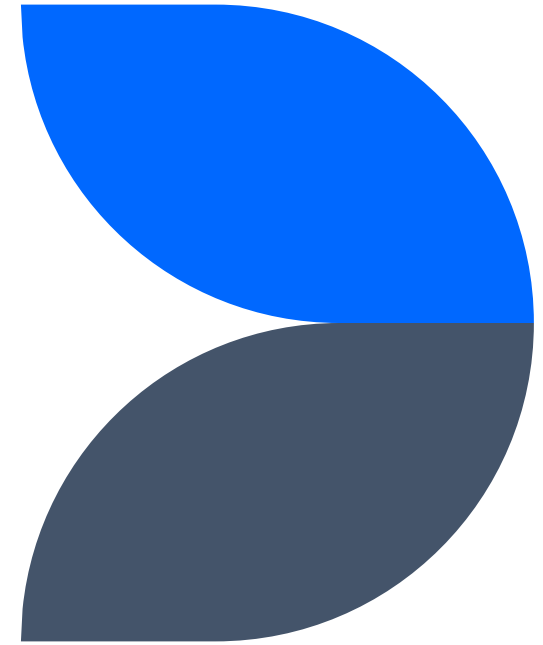
Binge eating/food addiction



Family Example



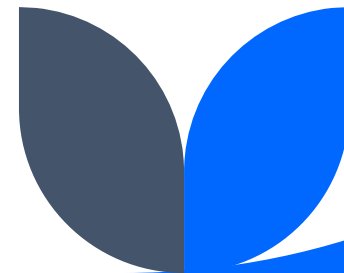
The Importance of Education in Estate Planning



Counselors without Counseling

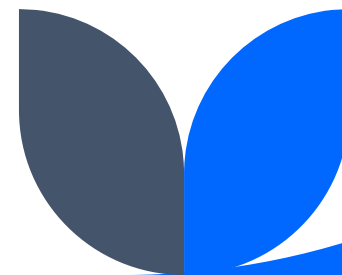
Lawyers Well-being

Estate Lawyers are under a great deal of pressure. They are often thrust into the dynamics present in a family system. They often are looked toward as the one with the answers and that can solve the problems. Dysfunction, trauma, conflict, and substance misuse can be some of the hurdles in estate planning.



Estate Planning

- Trusts
- Medical Directives
- Financial & Medical Powers of Attorney
- Disability and Special Needs
- Wills
- Planning for Minors



Addictions Impact

Plan or problem disposing of the estate:

- Squander inheritance
- Opportunistic friends
- Financial windfalls
- Self destructive behavior



Beneficiary & Fiduciary or Trustee

- Disinheritance
- Safeguards
- Restrictions
- Built in protections
- Safety net & incentives



Mitigate Conflict

- Further eroding relationships
- Infighting
- Sabotage
- Battlegrounds
- Picking sides
- Shareholder disputes

Rules, Laws & Legal Precedent

Act 63 of
1972

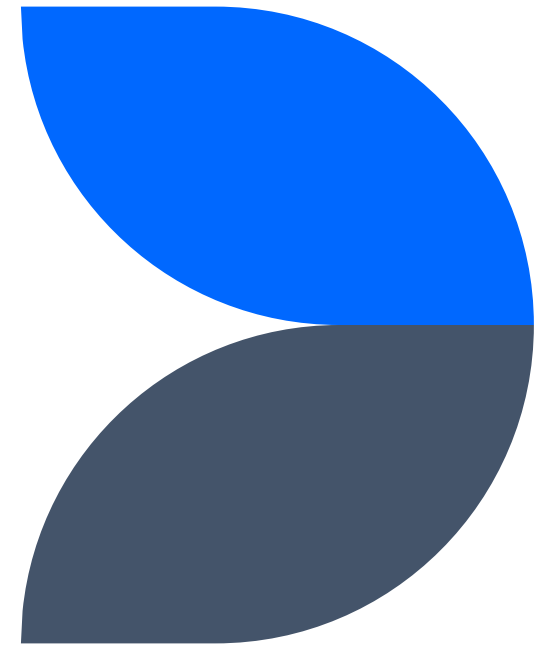
HIPPA
Laws

42 CFR

Chapter
255 law

Consent

**Addictions
Impact on
Generational
Wealth**



The Price of Affluence

- Money can't buy you happiness.
- Higher rates of internalized emotions, substance misuse, and environmental support for use.
- Rates increase as teens age into young adults and eventually into adulthood.
- Protected from consequence, less resilient, feelings of separation, stress, pressures to achieve, emotional isolation

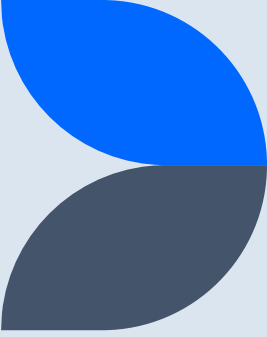


Percentages

The first generation creates the wealth, the second stewards it and the third consumes it.

- 90% of businesses are family owned
- 70% of family's loss their wealth by the second generation
- 90% by the third generation

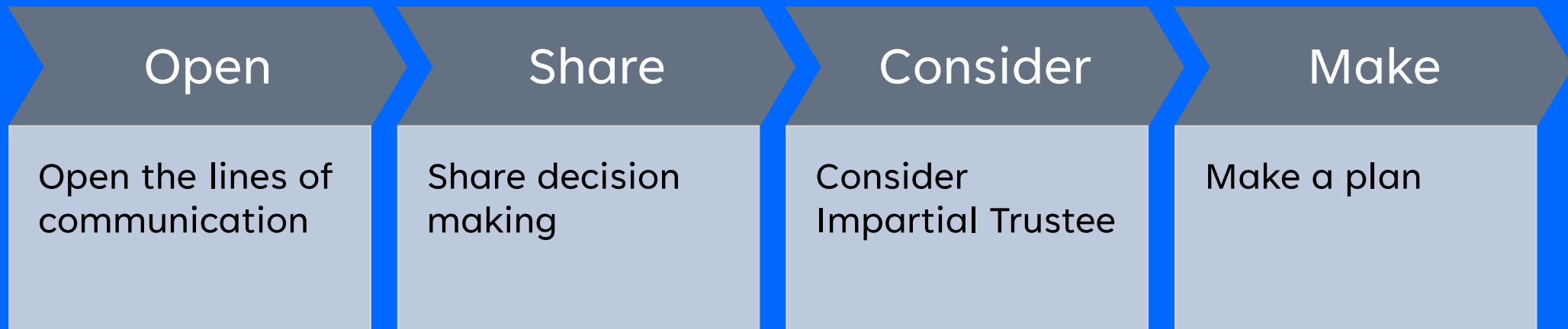




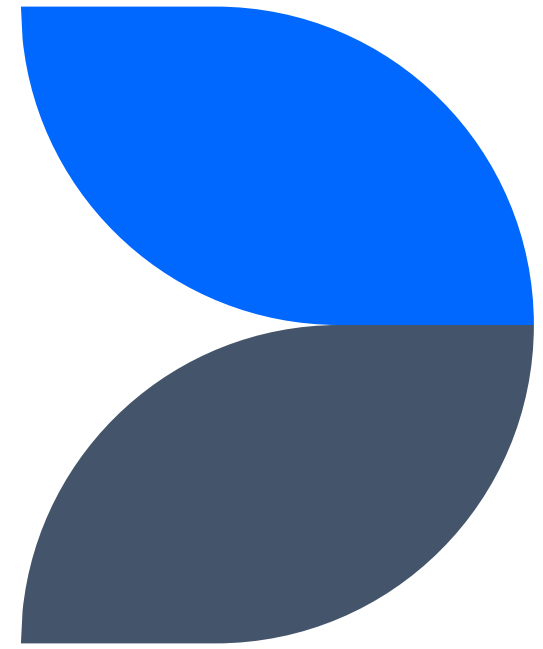
How We are Taught

- How the family system is constructed; the rules and roles
- Let's not talk about it (money)
- Worried about entitlements and the next generation becoming lazy
- No clue about the value or how to handle money

Counseling or Succeeding



The Intersection of Treatment and Recovery in Financial Planning



What should I do if I need to get
someone into treatment that
refuses to go?

Consultation



Seek a reputable treatment provider, therapist, doctor that can provide you resources.



Do not go at it alone, you are not the expert and duty to your client would be to consult with a professional.



The family or those affected by addiction can receive help without the identified patient receiving treatment.



Find ways to motivate for change; What leverage is available?

Illness vs Impairment

Illness

- The existence of a disease
- Exists on a continuum (mild to severe)
- Can lead to impairment
- Early recognition and treatment can prevent impairment

Impairment

- Inability to perform specific activities
- Might be caused by an illness
- In those cases, treatment of the illness can resolve the impairment
- Impairment is a safety concern



Treatment Options

Treatment Options:

»»» Self Help Groups

»»» Outpatient Programs

»»» PHP and Intensive Outpatient Programs

»»» Inpatient or Residential Programs

Treatment Evaluation

AT A GLANCE: THE SIX DIMENSIONS OF MULTIDIMENSIONAL ASSESSMENT

ASAM's Criteria uses six dimensions to create a holistic, biopsychosocial assessment of an individual to be used for service planning and treatment across all services and levels of care. The six dimensions are:



DIMENSION 1

Acute Intoxication and/or Withdrawal Potential

Exploring an individual's past and current experiences of substance use and withdrawal



DIMENSION 2

Biomedical Conditions and Complications

Exploring an individual's health history and current physical health needs



DIMENSION 3

Emotional, Behavioral, or Cognitive Conditions and Complications

Exploring an individual's mental health history and current cognitive and mental health needs



DIMENSION 4

Readiness to Change

Exploring an individual's readiness for and interest in changing



DIMENSION 5

Relapse, Continued Use or Continued Problem Potential

Exploring an individual's unique needs that influence their risk for relapse or continued use



DIMENSION 6

Recovering/Living Environment

Exploring an individual's recovery or living situation, and the people and places that can support or hinder their recovery

**Reputable Facility/Practitioner
Multidimensional View
Get Recommendations**





Addiction & Recovery

Substance Use Disorders

(Over 40 Million)

Recovering from SUD's

(Over 20 Million)



What is Recovery

We use the term when identifying someone who has mental health or substance use disorders who has experienced a process of change in which individuals improve their health and wellness, live a self-directed life, and strive to meet their full potential.

By entering a recovery lifestyle for someone who has dealt with mental health or substance abuse this might mean to abstain from certain substances, improve life balance, increase awareness, expand relationships, and place an emphasis on health, both physical and mental.

THE TWELVE STEPS OF ALCOHOLICS ANONYMOUS

1. We admitted we were powerless over alcohol—that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God *as we understood him*.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed, and became willing to make amends to them all.
9. Made direct amends to such people whenever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God *as we understood Him*, praying only for knowledge of His will for us and the power to carry that out.
12. Having had a spiritual awakening as a result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.

Addiction Resources

Books:

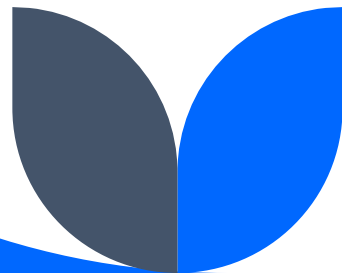
- Pleasures Unwoven: A Personal Journey About Addiction
- Codependent No More: How to Stop Controlling Others and Start Caring for Yourself
- Beyond Addiction: How Science and Kindness Help Change People

Digital Learning:

- Impact of Substance Use Disorder on the Family: Hope for Recovery
- PREP: Substance Use Disorder Prevention Resources & Education for Parents & Caregivers
- What You Need to Know About Substance Use

Multimedia

- YouTube
- Educational Series
- Presenters
- Blogs
- Podcasts



Resources

[Shatterproof | Reversing the Addiction Crisis in the U.S.](#)

[Parent Podcast Series - Caron Treatment Centers](#)

[Partnership to End Addiction | Where Families Find Answers - Partnership to End Addiction \(drugfree.org\)](#)

[Parent and Family Support Groups - Caron Treatment Centers](#)

[Home - Be a Part of the Conversation](#)

[Digital Learning Program - Caron Treatment Centers](#)

Addiction Treatment

Wernersville, PA



Wyomissing, PA

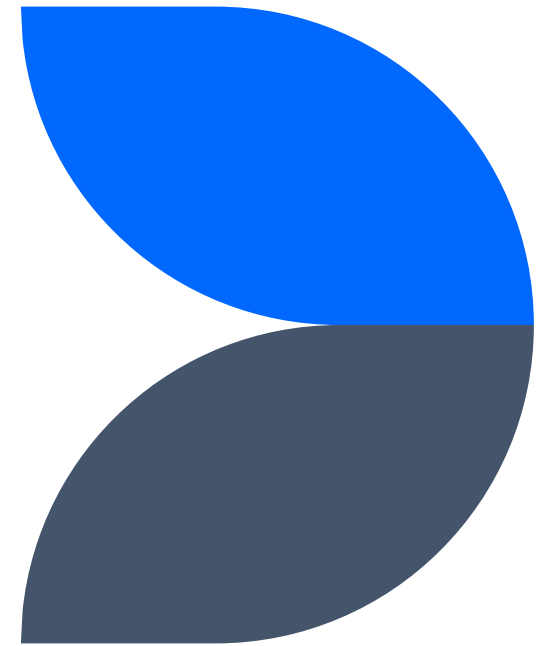


Delray Beach, FL



Think About...

There are over 40 million individuals suffering with a substance use disorder in America at any given time. There are also more than 20 million Americans in recovery from a substance use disorder at any given time. It is documented that over 75% of those suffering with a substance use disorder will recovery at some point in their lives if they engage treatment at some point. There is no time like the present to help those around us start to live a more fulfilled and joy-filled life.





Thank you

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