Family-Focused Addiction Support Training (FFAST): Getting Your Life Back

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University of Massachusetts Medical School
Worcester, Massachusetts
GETTING TO KNOW YOU

Name?

Where are you located?

What do you hope to learn?
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FAMILY FOCUSED ADDICTION SUPPORT TRAINING (FAST) AND THE PARENT PERSPECTIVE OF ADDICTION.

MAUREEN CAVANAGH, MPA. M.ED

MAUREEN@MAGNOLIACS.COM
MAUREEN CAVANAGH, MPA, M.ED

- Maureen Cavanagh is an author and the founder of Magnolia New Beginnings, a non-profit 501c3 organization that provides access to online support groups for anyone struggling with a loved one’s addiction and provides access to recovery housing in Massachusetts. She is also a CCAR recovery coach and trainer, family recovery coach and interventionist and President of Magnolia Recovery and Consulting Services.

- Maureen’s first book, a gripping memoir, If You Love Me: A Mother’s Journey through Her Daughter’s Opioid Addiction, is a story of a mother who suddenly finds herself on the frontlines of the opioid epidemic as her daughter battles—and ultimately reckons with—substance use disorder. The memoir was published by Henry Holt/MacMillan in 2018. If You Love Me was favorably reviewed by the NY Times, Kirkus, Publishers Weekly, and the audiobook was named a runner up for Amazon/Audibles 2018 Memoir of the Year.

- Maureen holds a B.S. in Communications from Weber State University, an MPA in nonprofit management from Suffolk University, an M.Ed Special Education/ESOL from Salem State University, and speaks nationally on the impact of substance use disorder on the family and the power of hope. Maureen’s unforgettable story, told with love and humor, brings the opioid crisis out of the shadows and into the house next door. Her real-life account is inspiring and harrowing, and ultimately a story of recovery and renewal.

- Maureen lives near Boston, Massachusetts with her partner of many years. She is the mother of four and is enjoying every minute of watching her daughter bloom in recovery. She believes deeply that education, connection to others, and sharing stories of recovery are integral in the midst of this crisis.
WEBINAR LEARNING OBJECTIVES

• Understand positive communication styles, the power of stigma and how blame and shame hinder recovery

• Learn what the “Stages of Change” are and how they are necessary to the recovery process.

• Learn what “recovery” and “recovery capital” are. Understand the multiple pathways that are available to treat the disease of addiction.

• Explore the concept of compassion fatigue and the importance of putting the “oxygen mask’ on yourself to create strategies conducive to your own mental and physical health.
THE FAMILY QUESTION: WHERE DID I GO WRONG?
ROCK BOTTOM AND TOUGH LOVE
ISN’T IT TIME TO STOP USING THESE TERMS?

"The disease might hide the person underneath, but there’s still a person in there who needs your love and attention."

-- Jamie Calandriello
“PEOPLE DO RECOVER; AS DO THEIR FAMILIES. AN ESTIMATED 23.5 MILLION PEOPLE LIVE IN RECOVERY ACROSS THIS COUNTRY, ALONG WITH EVERYONE CONNECTED TO THEM. IT IS POSSIBLE”

MAUREEN CAVANAGH, “IF YOU LOVE ME: A MOTHER’S JOURNEY THROUGH HER DAUGHTER’S OPIOID ADDICTION”

https://www.youtube.com/watch?v=SfD6E3toD3E
if you love me

A MOTHER’S JOURNEY THROUGH HER DAUGHTER’S OPIOID ADDICTION

MAUREEN CAVANAGH
# STAGES OF CHANGE

## Precontemplative
In this stage, individuals are not even thinking about changing their behavior. They do not see their addiction as a problem; they often think others who point out the problem are exaggerating.

### HARM REDUCTION
* Emergency Services (e.g., Narcan)
* Needle Exchanges
* Supervised Injection Sites

### SCREENING & FEEDBACK
* Brief Advice
* Motivational Interventions

### CLINICAL INTERVENTION
* Phases/Levels (e.g., inpatient, residential, outpatient)

### NON-CLINICAL INTERVENTION
* Self-Management/Natural Recovery (e.g., self-help books, online resources)
* Mutual Help Organizations (e.g., Alcoholics Anonymous, SMART Recovery)

## Contemplative
In this stage, people are more aware of the personal consequences of their addiction & spend time thinking about their problem. Although they are able to consider the possibility of changing, they tend to be ambivalent about it.

### SCREENING, BRIEF INTERVENTION, & REFERRAL TO TREATMENT (SBIRT)

### CLINICAL INTERVENTION
* Psychosocial (e.g., Cognitive Behavioral Therapy)
* Medications: Agonists (e.g., Buprenorphine, Methadone) & Antagonists (Naltrexone)

## Preparation
In this stage, people have made a commitment to make a change. This stage involves information gathering about what they will need to change their behavior.

### CONTINUING CARE (3m-1 year)
- Recovery Management
- Checkups, Telephone Counseling, Mobile Applications, Text Message Interventions

## Action
In this stage, individuals believe they have the ability to change their behavior & actively take steps to change their behavior.

### RECOVERY MONITORING (1-5+ yrs)
- Continued Recovery Management
- Checkups, therapy visits, Primary Care Provider Visits

## Maintenance
In this stage, individuals maintain their sobriety, successfully avoiding temptations & relapse.
BOUNDARIES ARE JUST CHOICES

My weapon of choice: Boundaries
The clinical course of addiction and achievement of stable recovery can take a long time ...

- Addiction Onset
- Help Seeking
- Full Sustained Remission (1 year abstinent)
- Relapse Risk drops below 15%

- 4-5 years
- 8 years
- 5 years

Self-initiated cessation attempts
4-5 Treatment episodes/mutual-help
Continuing care/mutual-help

Recovery Priming
Recovery Mentoring
Recovery Monitoring
MULTIPLE PATHS TO RECOVERY

There are many paths of recovery. People will choose their recovery pathway based on cultural values, socio-economic status, psychological and behavioral needs, and the nature of their substance use disorder. With such a personal and varied stake it is impossible to categorize every single type of recovery. However, there are several large areas that recovery falls into. Types of Recovery Paths:

• Natural Recovery
• Recovery Mutual Aid Groups
• Medication-Assisted Recovery
• Peer-Based Recovery Supports
• Technology-Based Recovery
• Alternative Recovery Supports
COMPASSION FATIGUE

“What fresh hell is this?”

-DOROTHY PARKER
WHAT IS A FAMILY RECOVERY COACH?

- A family recovery coach is not a therapist, they are instead a knowledgeable and trained practitioner on family interventions and strengthening the family system and improving communication. They can assist to:
  - Gain perspective on the impact of addiction/recovery in the life of a loved one
  - Explore how relationships impact recovery
  - Define and increase fluency in the language of recovery
  - Build capacity to understand and support a loved one in his or her recovery
  - Practice specific skill sets key to supporting recovery
  - Create a learning community to advance the recognition, acceptance and support of recovery
  - Learn mindfulness techniques and discover support for your own healing and recovery
  - Do your homework and ask questions about training and beliefs when interviewing a coach.
• **F.A.S.T.** is a family-focused intervention designed to define and increase fluency in the language of recovery, educate on substance use disorder and provide resources for self-care for those affected by another’s drug or alcohol misuse. If you are a parent, sibling, a member of the extended family or even a professional working in a setting with individuals experiencing the effects of a substance use disorder, education on the disease, its treatment and learning the steps to care for yourself is essential if you want to be a healthy, empathetic and effective supporter to your loved one, patient or student.
HEALING AND GIVING BACK

@PeacefulMindPeacefulLife

The final stage of healing is using what happens to you to help other people.

— GLORIA STEINEM
CONTACT INFO AND RESOURCES:

• Family Recovery Coaching, Interventions & FAST Training and CEU’s: Magnolia Recovery and Consulting Services: Magnolia Recovery

• Presentations on the Family Perspective MaureenCavanagh.net

• Free Family Peer Support: MagnoliaNewBeginnings.org

• Collateral Damage Podcast CDPodcast.com

“If you Love Me: A mother’s Journey Through Her Daughter’s Opioid Addiction”
QUESTIONS?

PLEASE TYPE YOUR QUESTIONS IN THE CHAT BOX

Chat your questions “To All Participants”
THANK YOU MAUREEN!

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[link to evaluation]

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UPCOMING WEBINARS

• David Sheff (Author of Beautiful Boy & CLEAN)
  A Myth-Shattering Look at Addiction, Prevention and Treatment, Based on Research
  October 9th 3-4PM (EST)

• Fred Muench, President of the Partnership for Drug-Free Kids
  Engaging Parents and Caregivers in Substance Use Disorder Prevention and Recovery
  December 5, 3-4PM

• Louie Diaz, Documentary film “Beyond the Wall”, Struggles and Strategies for Survival Beyond the Walls of Jail,
  January 30, 2020, 3-4PM

Register here: https://nnlm.gov/classes/substance-use-disorder-celebrity-webinar-series