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

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University of Massachusetts Medical School

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FAMILY FOCUSED ADDICTION SUPPORT TRAINING

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YOUR WEBINAR HOST

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NNLM NER, Education & Outreach Coordinator
University of Massachusetts Medical School
Worcester, Massachusetts
GETTING TO KNOW YOU

Name?

Where are you located?

What do you hope to learn?
ABOUT TODAY’S WEBINAR

• Closed captioning is available, click the link in the Chat box.

• This webinar is being recorded. You will receive an email with a link to the recording in about a week.

• You will have an opportunity to ask questions during the last 15 minutes of the webinar. Use the Chat box and chat your questions to “All Participants.”

• Medical librarians can receive 1 CE credit for attending this webinar. Completing an evaluation at the end of this webinar is required to receive CE credit. The webinar evaluation should appear automatically after you leave the Webex session. Use the enrollment code FAM1920 to receive CEs.

• Your feedback matters! Even if you are not receiving CE credit, please complete the evaluation and let us know how we can improve our trainings.
ABOUT NATIONAL LIBRARY OF MEDICINE (NLM)

HTTPS://WWW.NLM.NIH.GOV/

Physical library is Bethesda, MD part of the NIH campus.

Largest biomedical library in the world

One of the federal government’s largest providers of digital content

The library is open to everyone

NLM’s mission

Advance the progress of medicine and improve public health by making biomedical information accessible to everyone.
NLM Carries Out its Mission
Through the National Network of Libraries of Medicine (NNLM)
https://nnlm.gov/

- Nationwide network of health sciences libraries, public libraries & information centers
- Each region has a partnership with a regional medical library
- Outreach provided through
  - Free access to online health & medical resources
  - Free Training & Professional Development
  - Grant funding opportunities available for your community

77,000 people received training from NNLM last year!
NLM ONLINE RESOURCES FOR SUBSTANCE USE DISORDER

https://medlineplus.gov/opioidabuseandaddictiontreatment.html

PILLBOX – NLM’S USEFUL TOOL TO IDENTIFY UNKNOWN PILLS

https://pillbox.nlm.nih.gov/
Looking for Programming Tools Related to Health and Wellness?

Consider borrowing one of our Graphic Medicine Book Club Kits featuring Sobriety: A Graphic Novel!

From the publisher…
“Through rich illustration and narrative, Sobriety: A Graphic Novel offers an inside look into recovery from the perspectives of five Twelve Step group members, each with a unique set of addictions, philosophies, struggles, and successes while working the Steps.”

To Request a Kit: www.nnlm.gov/ner/kits

For Questions or Further Information, Contact Sarah Levin-Lederer at Sarah.LevinLederer@umassmed.edu
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

**RELATED TREATMENT & RECOVERY SUPPORT SERVICES**

<table>
<thead>
<tr>
<th>STAGE</th>
<th>DESCRIPTION</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>PRECONTEMPLATIVE</strong></td>
<td>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.</td>
</tr>
<tr>
<td><strong>CONTEMPLATIVE</strong></td>
<td>People are more aware of the personal consequences of their addiction &amp; spend time thinking about their problem. Although they are able to consider the possibility of changing, they tend to be ambivalent about it.</td>
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<td><strong>PREPARATION</strong></td>
<td>People have made a commitment to make a change. This stage involves information gathering about what they will need to change their behavior.</td>
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<tr>
<td><strong>ACTION</strong></td>
<td>Individuals believe they have the ability to change their behavior &amp; actively take steps to change their behavior.</td>
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<tr>
<td><strong>MAINTENANCE</strong></td>
<td>Individuals maintain their sobriety, successfully avoiding temptations &amp; relapse.</td>
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**HARM REDUCTION**
- Emergency Services (i.e., Narcan)
- Needle Exchanges
- Supervised Injection Sites

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

**CLINICAL INTERVENTION**
- Phases/Levels (e.g., inpatient, residential, outpatient)
- Psychosocial (e.g., Cognitive Behavioral Therapy)
- Medications: Agonists (e.g., Buprenorphine, Methadone) & Antagonists (Naltrexone)

**NON-CLINICAL INTERVENTION**
- Self-Management/Natural Recovery (e.g., self-help books, online resources)
- Mutual Help Organizations (e.g., Alcoholics Anonymous, SMART Recovery, Lifering Secular Recovery)
- Community Support Services (e.g., Recovery Community Centers, Recovery Ministries, Recovery Employment Assistance)

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

**RECOVERY MONITORING (1-5+ yrs)**
- Continued Recovery Management
- Checkups, Telephone Therapy Visits, Primary Care Provider Visits
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
- 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.
FAST: WHAT ABOUT THE FAMILIES?

• 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, it’s treatment and learning the steps to care for yourself is essential if 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!

• If you are planning to receive MLA continuing education credit, you must complete the evaluation for this webinar.

We value your feedback, please help us continue to improve by completing the evaluation.

link to evaluation

enrollment code: Fam1920
UPCOMING WEBINARS

• David Sheff (Author of Beautiful Boy & CLEAN)
  A Myth-Shattering Look at Addiction, Prevention and Treatment, Based on Research
  October 9\textsuperscript{th} 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