



SIDAC

Presents

**The Special Sauce: Five Ingredients
For Helping Clients Sustain Recovery**

The CHIME Model

Presenter

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The CHIME Model

The CHIME Model is based upon a mega analysis of 366 studies on factors leading to sustained recovery conducted by Mary Leamy et al.



The Chime Model-The 5 Ingredients for Sustained Recovery

- Connectedness
- Hope and Optimism
- Identity
- Meaning and Purpose
- Empowerment



Connectedness

"The Opposite of Addiction is not Recovery, Its connection."
Johann Hari

Having a good support system in recovery, healthy relationships, connection to others and community.

Helping Clients With Connections in Recovery

- Individual Therapy
- Group Therapy
 - Stories-You are not alone and hope!
 - Safety is more important than cure
- Family Therapy (The work of Thomas Todd)
- Family Recovery Coaching (To deal with the trauma of early family recovery.)



Helping Clients With Connections in Recovery Continued

Peer Based Recovery Support Groups

- 12 Step Facilitation (12 sessions with tasks between each sessions)
- Introduction to multiple pathways of recovery
 - Smart Recovery
 - Celebrate Recovery
 - Refuge Recovery
 - Faith Based Drug Ministries
 - Dual Recovery
 - JACS
 - Reentry Circles



Helping Clients With Connections in Recovery Continued

Healthy Friendships

"When women don't have contact with female friends they can get physically sick."

Dr. Margaret Dahl

"Not having friends can do as much damage to a man's health as smoking a pack of cigarettes a day or drinking a pint of hard liquor per day."

Article In Men's Health

NEW YORK TIMES BESTSELLER

The
Good Life



LESSONS FROM THE WORLD'S LONGEST
SCIENTIFIC STUDY OF HAPPINESS

CREATE A MORE MEANINGFUL
AND SATISFYING LIFE

Robert Waldinger, MD
and Marc Schulz, PhD




My Network Journaling Exercise

1. List 5 friends you currently spend the most time with.
2. Put an A next to each that currently drinks alcohol.
3. Put an OD next to the name of each whom use other drugs besides alcohol.
4. Put a P next to the names of each you think could pass a drug test today.
5. Put an R next to the name of each of them that are currently in recovery
6. If you were incarcerated put the letter V next to each of them would you would expect to visit you in jail or prison or send you a few dollars for commissary.



My Network Journaling Exercise Continued

7. Put a G next to the name of each of them who are currently in a gang.
 8. If you were stopped by the police while driving, put the letter T next to the names of each you are sure with have nothing on their possession which would be a cause for arrest?
 9. If you suffered a loss put a F next to the name of each whom you think would attend the funeral
 10. Put a T next to the names of those you would trust along with your family and your possessions.
 11. Having responded to these questions, what have you learned about your network?
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Helping Clients With Connections in Recovery Continued Friendship Discussion

1. What are the differences between Friends and Associates?
2. Are the people whom you get high with, friends or associates?
3. Are there people whom you got high with that you feel light you need to distance yourself from in recovery? If yes, how would you do that?
4. What qualities do you look for in a friend?
5. Who were your friends prior to addiction and what happened to those relationships?
6. Are any amends in order to prepare those relationships?
7. How do you make new friends in recovery?



Helping Clients
with Connections
in Recovery

Addictive and
Healthy
Relationships



Characteristics of Addictive and Healthy Relationships

1. Both individuals in the relationship are whole
2. Each partner is growing and encouraging the other to grow
3. Each has a separate life outside the relationship.
4. The relationship does not have too much jealousy.
5. The couple is able to argue in the present.
6. The absence of all abuse.
7. Giving without ulterior motives
8. The relationship is primarily based in reality not just romantic fantasies.



Helping Clients
Experience
Hope and
Optimism in
Recovery



Helping Clients
Experience Hope
and optimism in
Recovery
Continued


Increase Recovery
Capital

- Occupational Recovery Capital
- Educational Recovery Capital
- Vocational Recovery Capital
- Social Recovery Capital





Helping Clients Experience Hope and Optimism in Recovery Continued

- Love
 - Small victories!
 - Group Therapy "By watching others get better, you start to believe you can get better too."
 - A deeply held belief in the capacity of individuals to change and grow.
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Helping Clients Develop Positive Identity in Recovery

A Positive Sense of
Self, and Overcome
the Stigma of
Addiction

Women for Sobriety

1. 13 Affirming statements
(Affirmations)
2. "My Name is Susan and I am a
competent Woman!"
3. "I had a drinking from which no
longer has me."
4. A relapse is called "A
temporary setback."



Helping Clients Develop a positive Identity in Recovery Continued

Native American Wellbriety Movement

1. Return to Culture 40-70% recovery rates.
2. The entire Community as The Recovery Center.
3. 4000 Mile Walk run for recovery.



Helping Clients Develop A positive Identity in Recovery Continued Stigma Reduction

- The disease Concept
- The use of non-stigmatizing language (person first!)
- Comparison with other chronic illnesses like cancer and diabetes
- Laughter
- Become part of the fiber of the community in Recover
- Recovery Month Marches, rallies and celebrations













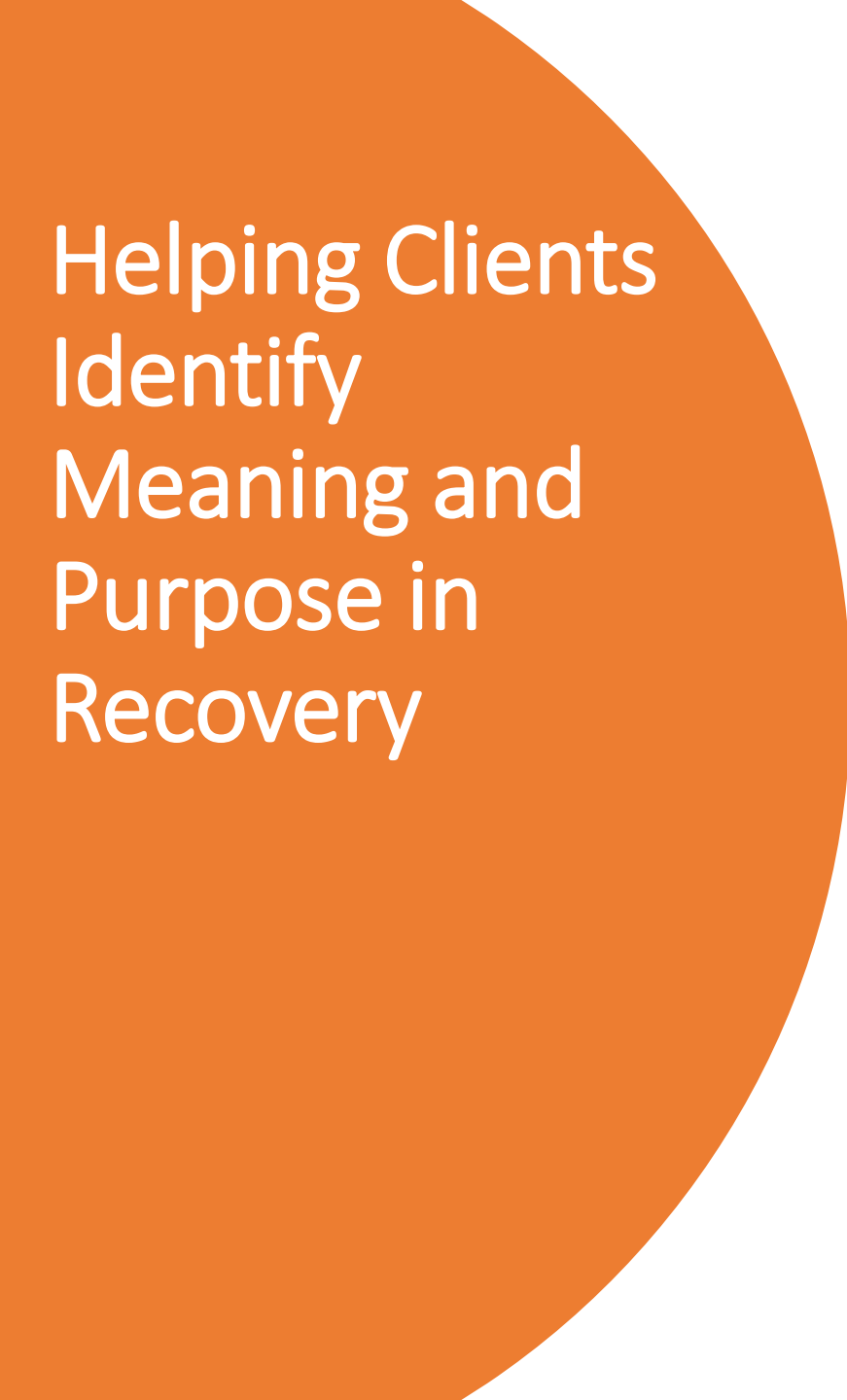












Helping Clients Identify Meaning and Purpose in Recovery



Logo Therapy

Definitions

A form of psychotherapy than emphasis meaning/purpose. The approach was Developed by renowned Psychiatrist and Holocaust Survivor Viktor Frankl

A therapy that helps clients discover their purpose. It is derived from the Greek work “logos,” which means “purpose.”



Statue of Liberty



Source: flickr commons



Developer – Viktor Frankl

“You can take everything away from a person except for one thing: the freedom to choose how they will respond to whatever horrible circumstance they find themselves in.”

Viktor Frankl – Third Viennese School of
Psychotherapy



Things That Give Life Meaning



Things That Give Life Meaning Continued

1. The attitude that one takes toward unavoidable suffering



Things That Give Life Meaning Continued

2. Meaningful work

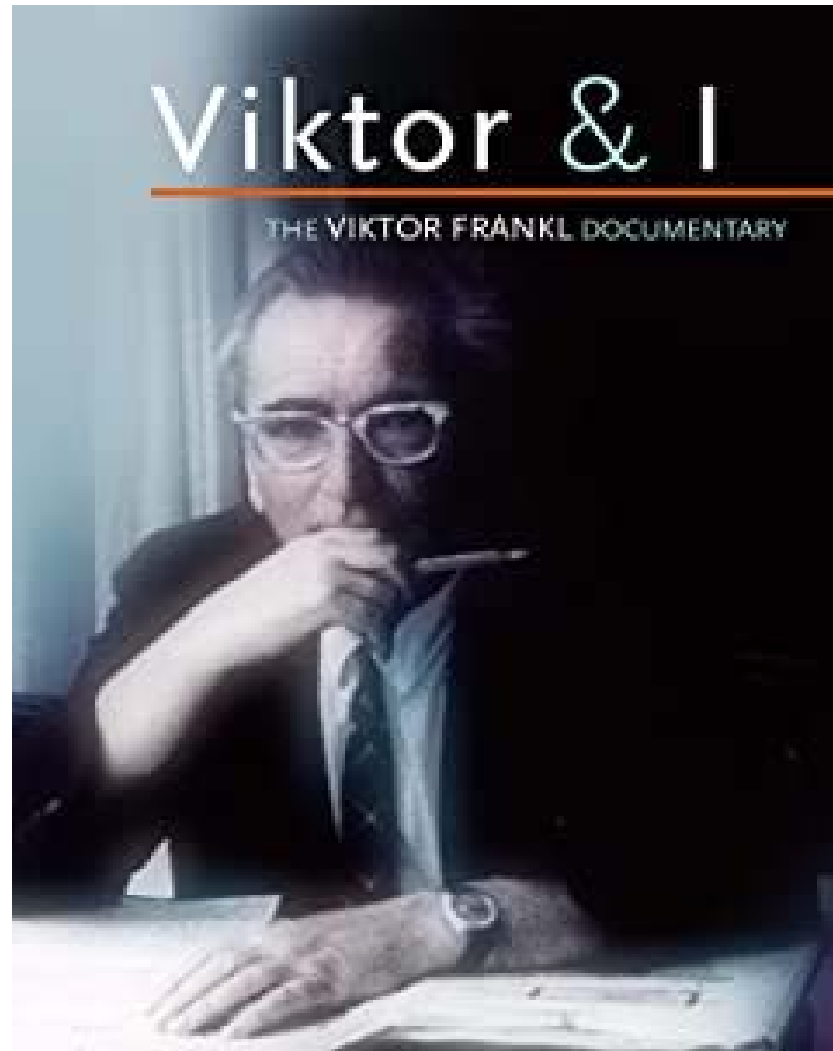


Stem



Viktor Frankl's Grandson





Alexander Vesely,
Grandson of Viktor Frankl

Source: Amzon.com



11 Things That Give Life Meaning Continued

3. Love



Impact of Life-Lacking Meaning

- Aimlessness
- Inertia
- Boredom
- “Living for the Lottery”



Impact of Life-Lacking Meaning Continued

- Destructive pleasure seeking
- Psychiatric de-compensation
- Physical deterioration and aging
- Overwhelming guilt
- Anger, rage, and the desire to punish the world



Impact of Life-Lacking Meaning Continued

- Depression
- Suicide attempts
- Suicide
- Addiction



Impact of Life-Lacking Meaning Continued

- Feelings of uselessness
- Relapse
- Death



Logo Therapy Techniques

- Visualization
- Helping clients find purpose in the midst of unavoidable suffering



Socratic Questions

- What do you do well?
- If you knew you had one hour to live and you were asked to leave a message to the world, what would you say?
- What would you do with your life if you knew you could not fail?
- What is your previous life suffering preparing you to do with the rest of your life?



Socratic Questions Continued

- If money were not an issue, what would you do with your life?
- When you die, what do you want your headstone to read?
- What is your life purpose?



Socratic Questions Continued

- Written exercises
 - Purpose
 - Short and long-term goals



Socratic Questions Continued


- Life plan exercises
 - Treatment plan
 - Relapse prevention plan
 - Wellness plan
 - Happiness plan
 - Life plan



Life Plan

- Unfinished business that you intend to complete
- Relationships you plan to nurture
- Life purpose
- Happiness plan
- 10 things you want to learn
- 10 places you want to go
- 10 things you want to possess
- 10 people you want to meet
- Who you want to become





“There is an advantage in every disadvantage and a gift in every problem.”

John H. Johnson



Helping With Client Empowerment in Recovery



The Whole Person Model by Sharon Wegsheider Cruse, Ph.d.

- Spiritual beings
- Mental beings
- Emotional beings
- Physical beings
- Social beings
- Volitional beings (the power to make our own choices and decisions, having a will of our own, determining our destiny).



Helping With Client Empowerment in Recovery Continued

- A voice in your treatment and recovery plan
- Choose your own pathway of recovery
- Focus on client strengths in recovery
- Define recovery for yourself
"You are in recovery when you say you are."

