

ADDICTION

SUMMIT

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The purpose of this presentation is to convey information. It is not intended to diagnose, treat, or cure your condition.

12 Steps & Keys to Recovery



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- Hazelden Betty Ford
- Addiction & recovery



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“I went to one meeting a week. Every Sunday morning, I went to that meeting that I started out in. And I was doing so well. I was doing better than I ever had in my life. I felt so good that I thought, *I should just skip a meeting. I don't need to go every week.* So I missed one on a Sunday. And on Monday, I was doing cocaine. Just like that.”



“It is an effective way of addressing abstinence long term. It’s not like a treatment program. It’s like a relapse prevention program in my mind.”

A woman with long brown hair is lying in bed, propped up on her elbows. She has her hands on her forehead, looking weary or stressed. The scene is dimly lit, suggesting it's nighttime. A laptop screen is visible in the bottom right corner, casting a glow on her face.

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“Some of the things we do are still based on what we started with because we still find the 12 steps really effective. And the literature supports that. It’s an evidence-based practice as described by the federal government.”

“In our adult settings and in our adult residential settings, over 75% of people show up with a diagnosis of a psychiatric illness before they even came to treatment.”



“Interventions are often used where you bring in an expert to do them and a bunch of other family members. And you confront the individual about what’s going on and often already have a treatment bed ready, and waiting, and all that. And that can be an effective way of getting someone in the door. And it brings the family together.”



“I always think of addiction as a disease of isolation. It’s isolating for the individual with it. The family’s isolated because they don’t want to admit that this is going on. Usually, no one understands it unless they happen to have had some other family member with an addiction.”



“Keeping people engaged
is absolutely essential for
good outcomes.”



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“In theory it’s absolutely correct. But when you look at the high dropout rate early on, that it isn’t totally true, because if it was as simple as that description, then if we gave people buprenorphine, they would all stop using opioids. But half or more stop buprenorphine and go back to opioids right away.”



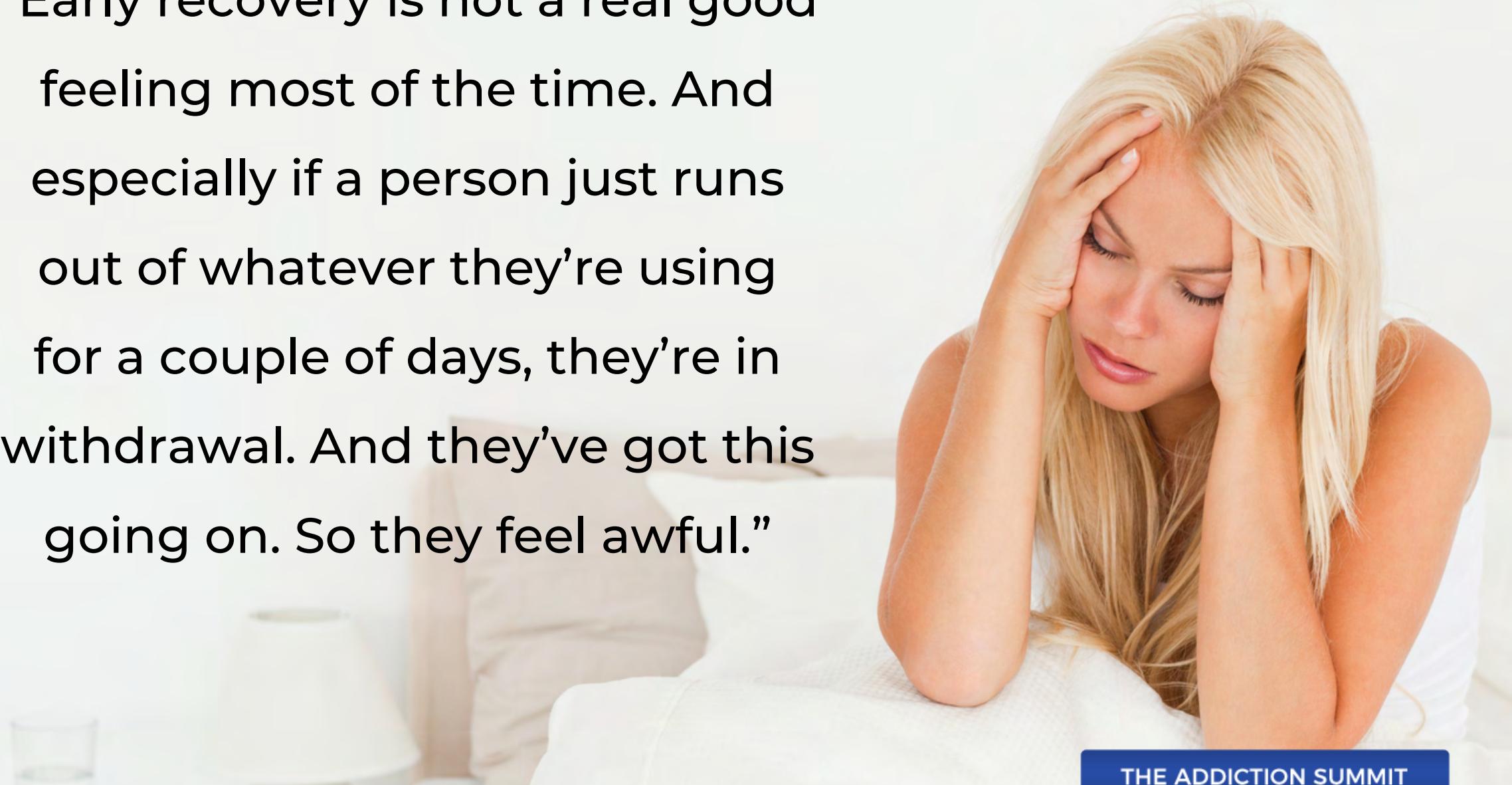
“The way I understand it, and it’s probably not the whole story, but it’s so tightly bound to the receptors—buprenorphine is tightly bound to the receptors in our brain, those opioid receptors—that even when you get down to low doses, it’s still having a major effect.”



“Some of those withdrawal symptoms aren’t going to be witnessed in the same manner if you’ve got a whole bunch of people around that are there cheering for you and helping you move forward.”



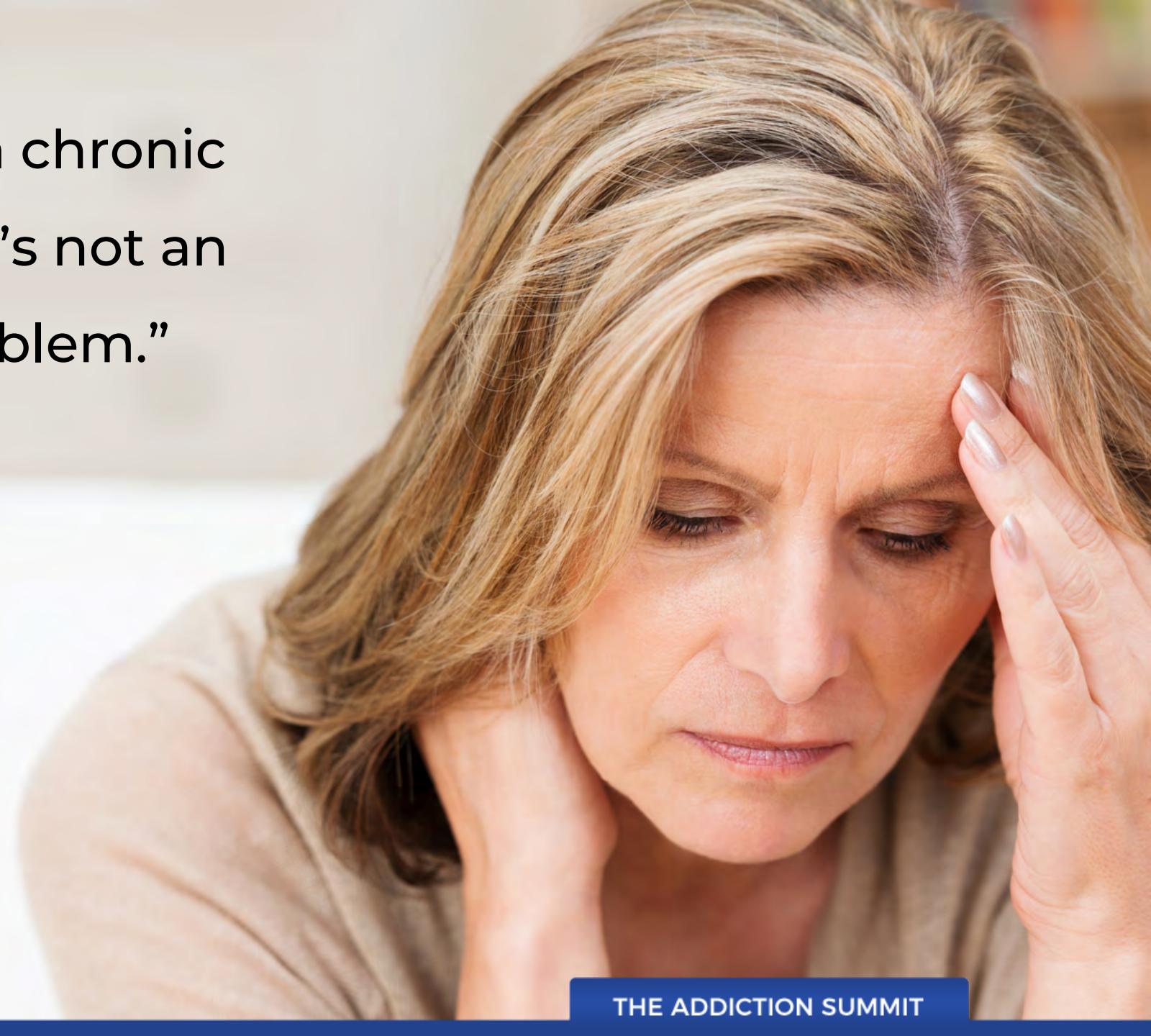
“Early recovery is not a real good feeling most of the time. And especially if a person just runs out of whatever they’re using for a couple of days, they’re in withdrawal. And they’ve got this going on. So they feel awful.”



“It’s all about survival. What keeps us alive? Food, nutrition, sex for the survival of the species. And human reaction also releases dopamine. All those things, those natural reenforcers, release way less dopamine than the drugs of abuse.”



“This is a disease. It’s a chronic disease of the brain. It’s not an ethical or moral problem.”



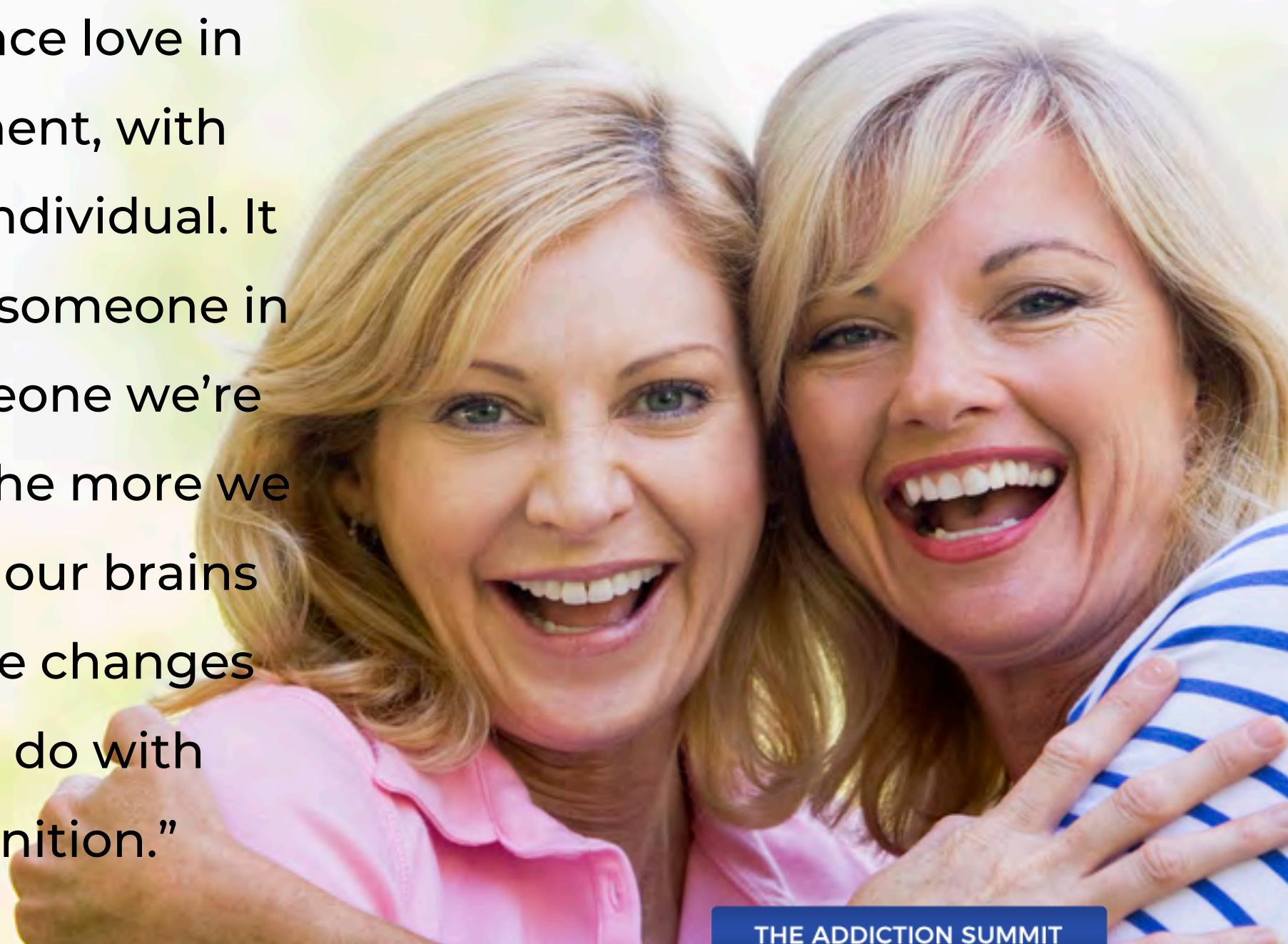
“An alternative obsession or compulsion was one of them. And some people say that people attend 12-step meetings too often. And that can be an alternative thing.”



“You need to have something that you’re passionate about that you can replace that energy that you were just drowning in your addiction. And then just being connected. You’ve got to be connected. And you’ve got to be following something passionate and having healthy relationships that come in there.”



“We can experience love in almost any moment, with almost any other individual. It doesn’t have to be someone in our family or someone we’re close to. And that the more we do that, the more our brains change. And those changes actually have to do with improving cognition.”



“It’s innate to us, as humans, to love one another.”



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