

"The barn's burnt down...now I can see the moon"

Paying Attention to Social Determinants of Substance Use Disorders: Listening, Practicing, Transforming
 Dr. Rita Avila Lingue, PhD, CPC, CMBP

1

Substance Use Disorder Stats

- In NC, 37,000 Teens ages 12-17 who were surveyed reported non medical use of pain meds (4.9 percent of all adolescents).
- 40,000+ people in NC are in a substance abuse treatment facility at any given time.
- More than 450,000 individuals suffer from alcohol addiction or abuse in NC every year. Almost 40,000 of these people are between the age of 12-17.
- Meth Lab Seizures doubled from 228 to 561 in NC.
- Many more people now die from alcohol and drug overdoses each year than are killed in automobile accidents.
- From 1999 to 2016 more than 12,000 North Carolinians died from opioid-related overdoses. This epidemic is devastating families and communities. It is overwhelming medical providers and is stalling prevention and treatment efforts.
- Over 20 million people in the US have substance use disorders
- 78 people die every day in the US from an opioid overdose and those numbers have nearly quadrupled since 1999.

References: SAMSHA, 2016 Surgeon Generals Report

2

SUD is a public health crisis of epidemic proportions

NC ADDICTION RECOVERY ADVOCACY DAY 2.26.17

3

SUD is a treatable brain disorder, not a moral failing

NC ADDICTION RECOVERY ADVOCACY DAY 2.26.17

1 IN 7 OF US HAVE A SUBSTANCE USE DISORDER

THE SUBSTANCE OVERDOSE EPIDEMIC IS A PUBLIC HEALTH CRISIS

4

Systems of care must provide appropriate treatment for people with SUD

NC ADDICTION RECOVERY ADVOCACY DAY 2.26.17

ONLY 1 IN 10 OF US GET APPROPRIATE SUBSTANCE USE DISORDER TREATMENT

THE SUBSTANCE OVERDOSE EPIDEMIC IS A PUBLIC HEALTH CRISIS

5

There is a solution. We get well, then we get better than well

NC ADDICTION RECOVERY ADVOCACY DAY 2.26.17

23 MILLION OF US THRIVE IN RECOVERY FROM SUBSTANCE USE DISORDER

IT'S OUR RESPONSIBILITY TO SUPPORT AND SUPPORT EACH OTHER THROUGH RECOVERY

6

THE FACTS ABOUT SUBSTANCE USE

Substance use involving drugs, alcohol, or both is associated with a range of destructive social conditions, including family disruptions, financial problems, lost productivity, failure in school, domestic violence, child abuse, and crime.

7

Only 10% of people needing addiction treatment get it and it is often too brief. For them & for those with no treatment, community is the answer.

Please support RCNC now. Recovery is for everyone. Recovery is forever.

RCNC

THANK YOU FOR SUPPORTING RCNC!

8

For a 25 year old who gets 6 months of treatment & lives to 75, treatment is a just a moment in time. **The rest of life is recovery.**

10% in treatment
90% in recovery in the community

RCNC

THANK YOU FOR SUPPORTING RCNC!

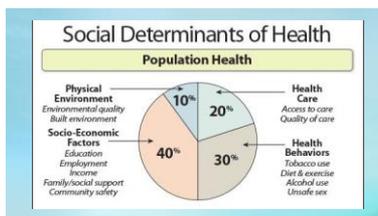
9

Social Attitudes

Social attitudes and legal responses to the consumption of alcohol and illicit drugs make substance use disorder one of the most complex public health issues. Estimates of the total overall costs of substance use in the United States, including lost productivity, health and crime-related costs, exceed \$600 billion annually.



10



11

Take Five Minutes with Your Tablemates....

What are a few of the health consequences that can occur from a substance use disorder?



12

Substance use disorders contributes to a number of negative health outcomes and public health problems including:

- Cardiovascular conditions
- Pregnancy complications
- Teenage pregnancy
- Human immunodeficiency virus/acquired immunodeficiency syndrome
- Sexually transmitted diseases (STDs)
- Domestic violence
- Child abuse
- Motor vehicle crashes
- Homicide
- Suicide



13

Health Impact of Substance Use Disorders

- The use of cocaine, MDMA (ecstasy), amphetamines, and steroids have been linked to abnormal cardiovascular functioning, ranging from abnormal heart rate to heart attacks.
- Approximately one-fourth of AIDS cases in the United States have resulted from injection drug use.
- More than half of all people arrested in the United States, including for homicide, assault, and theft, test positive for illicit drugs.
- In 2009, an estimated 10.5 million people age 12 or older reported driving under the influence of illicit drugs in the previous year.5 In 2009, among fatally injured drivers, 13 percent tested positive for at least one drug.
- Prenatal drug exposure can result in premature birth, miscarriage, low birth weights, and a variety of behavioral and cognitive problems.

14

What Are Social Determinants of SUDs

Take 10 minutes talking to your table mates and without "Googling", discuss several social determinants and the ways in which you think they influence the development of substance use disorders!



15

ADDRESSING THE CORE ISSUES

A variety of factors contribute to substance use disorder and other problem outcomes, both individual and environmental. While drug prevention and treatment have traditionally focused on changing individual behaviors, such efforts can have only limited impact when changes are not made to the environment, that is, to the social determinants of substance use. These include the social and cultural environment, the economic environment and the physical environment.



16

SOCIAL DETERMINANTS OF SUDS

Social and economic factors shape risk behavior and the health of those with SUDs. They affect health indirectly by shaping individual substance use behavior; they affect health directly by affecting the availability of resources, access to social welfare systems marginalization, and compliance with medication. Minority groups experience a disproportionately high level of the social factors that adversely affect health factors that contribute to disparities in health among those with SUDs. Public health interventions aimed at improving the health of those with SUDs must address the social factors that accompany and exacerbate the health consequences of illicit substance use.



17

Sociocultural Determinants of Substance Abuse

- Set vs. setting - have a great effect on the behavior of the drug user
- Set = the mental and emotional state of the user
- including expectations, intelligence, personality, feelings, and so on
- Setting = the social and physical environment of the user at the time of use
- immediate surrounding, such as a living room, bar, legal and religious perspective

18

At Your Table...
 Name and discuss 5 Social Determinants of Alcohol Misuse – the risk factors that lead to addiction. You have 7 minutes for this exercise....



19

People and Environment Influence Drinking Behavior

The Big Five

- *Family life and home
- *School and Peers
- *Trauma
- *Mental Health



20

Social Determinants of SUDs

- Several biological, social, environmental, psychological, and genetic factors are associated with substance use disorder.
- These factors can include gender, race and ethnicity, age, income level, educational attainment, and sexual orientation.
- Substance use is also strongly influenced by interpersonal, household, and community dynamics.
- Family, social networks, and peer pressure are key influencers of substance abuse among adolescents. For example, research suggests that marijuana exposure through friends and siblings was a primary determinant of adolescents' current marijuana use.
- Understanding these factors is key to reducing the number of people who develop SUDs and improving the health and safety of all Americans.

21

Human Development and Substance Use

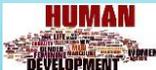
Human development is a complex interplay of individual and environmental factors across the life course. Key concepts in understanding healthy human development include:

STRESS: prolonged stress is detrimental to health and well-being

Essential to positive/healthy human development and the prevention of a range of problems is:

RESILIENCE: Resilient people can have positive outcomes even in adverse conditions.

SELF-REGULATE: The ability to do so is critical.



22

Human Relationships

HUMAN RELATIONSHIPS AND ATTACHMENTS: Parents usually play a crucial role in development. Each stage of life has a set of developmental tasks, the achievement of which is essential for healthy development. The transition from one life stage to the next involves a period of adjustment during which support is needed and the individual is more receptive to assistance than at other times.



23

Risk Factors.....

Substance use behaviors are the result of interaction between the developmental processes and environmental factors. Different risk factors are salient at different times of life and earlier factors influence the development of further risk of drug abuse.



24

With Your Table Comrades.....
 Take five minutes to discuss some of the Risk Factors caused by substance use behaviors?



25

Risk Factors

Examples of risk factors for the development of substance use across the life course include:

- **conception:** genetic predisposition
- **gestation:** drug use in pregnancy
- **neonatal and infancy:** difficult temperament
- **preschool:** early behavioral and emotional disturbances (for example, oppositional defiant disorder, depression)
- **primary school:** inability to self-regulate emotions and behavior
- **high school:** exposure to drugs and drug-using social contexts. Factors that exacerbate these risk factors include cognitive limitations, poor parenting.
- and **low** family socio-economic status.



26

Factors that increase the likelihood of onset or the speed of development of a substance use disorder

- **Genetics:** Genetic pre-disposition can account for 40-60% of the risk for developing an addiction.
- **Gender:** Males are more likely than females to develop an addiction.
- **Age at First Use:** Starting substance use at an early age.
- **Psychological Factors:** The prevalence of other mental health disorders, such as major depressive disorder, ADHD, or PTSD, as well as personality traits such as a high impulsivity and sensation seeking.
- **Environmental Influences:** Peer substance use, substance availability or access, exposure to traumatic events particularly physical, emotional or sexual abuse, media influences, etc.
- **Family Involvement:** Lack of family involvement, support, or parental supervision, parental substance use.

27

More On Human Development

Human development is shaped by a number of institutions throughout life. Perhaps the most important of these is the family.

Others include the childcare system, the education system and the legal system. The multiple ways in which these systems can affect health and substance use behaviors are numerous...



28

Healthy Human Development

In order to ensure healthy human development there must be infrastructure to support healthy child, youth and adult development throughout the life course (i.e. support for families in raising children, structures for youth development, and support for adolescents and adults in achieving success in education and employment).



29

Be Proactive: Effective Supports Can Combat Social Determinants of SUDs

*Safety nets or early interventions for those who are beginning a potentially negative pathway (for example, the provision of options for youth who are not doing well at school)

*Assistance during challenging transitions, particularly for those who are not doing well (for example, assistance for people coming out of prison and for drug-dependent pregnant women). Social and cultural environment.



30

Drug Specific and Broader Cultural Influences

Drug-specific cultural influences vary with factors such as drug type, setting, group characteristics and historical time. Drug-specific norms and values are shaped by a range of factors, such as the mass media (including entertainment, news and marketing), trends in youth culture (for example, heroin chic) and laws and their enforcement. The broader culture can influence:

Individual risk factors for substance use such as social alienation and social support

Environmental risk factors such as social cohesion and social exclusion.



31

Societal Systems and Institutions

Societal systems and institutions can have an impact. Societal values around individualism can:

- (a) contribute to feelings of and
- (b) reduce social cohesion
- (c) influence the policies that support (or fail to support) families and children (ie. Family friendly workplace policies, provision of childcare, welfare policies).



32

Social Categories...

Social categories such as class, gender and race can influence access to resources, exposure to marginalization, roles and expectations. As a result, health outcomes, substance use and substance use outcomes are influenced by social category.

For example, people from low socio-economic classes have poorer health and are more likely to use tobacco, to drink alcohol in a high-risk manner and to use illicit drugs.



33

Social Policies...

People with ongoing substance use issues are particularly likely to be unemployed and to experience marginalization, both of which can exacerbate their problems and prevent seeking or benefiting from treatment.

Effective Social Policies should:

- address existing social-group inequalities in drug problems;
- address marginalization and social exclusion in society as a preventive measure;
- address marginalization and social exclusion among people with substance use disorders to facilitate achieving and maintaining reductions in substance use and other problems;
- ensure that policies do not exacerbate existing disadvantages experienced by social groups by considering how they impact upon the psychosocial and material conditions faced by disadvantaged people;



34

Social Environment at the Community Level

Research on risk factors for substance use disorders suggests that the availability of social support/networks, social inclusion, social activity, shared (pro-social) norms, feelings of belonging could be protective against substance use problems in the community.

Research Suggests:

- Evidence-based community-building programs should be a priority for disadvantaged communities.
- Policies and programs that negatively affect community resilience be changed.

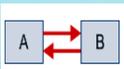


35

Socio-Economic Environment

Evidence suggests that the relationship between low socio-economic status and substance use is bi-directional.

Where low socio-economic status can cause increased drug use and, to a lesser extent, substance use can serve to lower one's socio-economic status. Hence, a self-perpetuating cycle can exist between low socio-economic status and substance use.



36

Helping as if a Flashlight and Not a Shove

"One of the most important qualities as provider, family member, or friend you can share when combating the social determinants struggling clients, family members or friend have to contend with, is the quality of "coach" exhibited by guiding not preaching, supporting and not doing "it" for them. In essence, serving as a flashlight." - Dr. Rosa Arias Singer

PARTNER UP WITH SOMEONE NEW... WE ARE GOING TO EMBARK ON AN EXPERIMENTAL AS COACH AND COACHEE!



46

29 Years Recovered.....



47

28 Years Recovered.....



48

Us.....



49

Our Hearts.....



50

Our Hearts.....



51

I HAVE LEARNED TO HONOR MY PATH

Your path is beautiful and crooked and just as it should be.

52

Our Hearts.....



53

To Coach or Not to Coach....There Really Is No Question!

"Coaching is unlocking a person's potential to maximize their own performance. It's helping them to learn rather than teaching them." - Tim Gallwey, Author of The Inner Game



54

Moving to Stigma TABLE TIME!

At your table, ask yourself the following questions, discuss them and have a scribe write them down:

1. What is Stigma?
2. What is Internalized Stigma?



55

What is Stigma?

Stigma is a degrading and debasing attitude of society that discredits a person or a group because of an attribute...Stigma destroys a person's dignity, marginalizes affected individuals; violates basic human rights; markedly diminishes the chances of a stigmatized person of achieving full potential, and seriously hampers pursuit of happiness and contentment

International Conference on Stigma, November 2005



56

What is Internalized Stigma?

"Internalized" stigma... occurs when a person cognitively or emotionally absorbs stigmatizing assumptions and stereotypes... and comes to believe and apply them to him- or herself.

Drappeau, et al., (2013)

57

Internalized Stigma Outcomes

- Depression
- Decreased Hope
- Worsening Symptoms
- Less likely to seek treatment
- Less likely to self-advocate

58

Public Perception

- Junkies, Lushes, Crack Heads
- Treatment doesn't work
- Self-inflicted



59

Public Perception Becomes Public Policy

- The war on drugs, incarceration in response to a public health crisis.
- Access to treatment/Acute care model
- Lack of enforcement of the Mental Health Parity and Addiction Equity Act of 2008
- The Controlled Substance Reporting System remained optional for physicians for over 10 years as NC experienced an 800% increase in RX opioid death!

60

Stigma Causes a Downward Spiral of Isolation, Blame, Doubt, Frustration



61

Language Matters



"Words are important. If you want to care for something, you call it a 'flower'; if you want to kill something, you call it a 'weed'."

— Don Coyhis

62

Pernicious Labels = Great Danger



- Technically inaccurate
- Morality-based
- Implies choice
- May cause harm

Contributes to the social and professional stigma attached to substance use disorders and may inhibit help-seeking and may negatively impact the rendering of appropriate services.

63

"I have never, ever met an addicted person who wanted to be an addict"



Dr. Nora Volkow, Director of NIDA

64

The Debate is Over

- 1939 *The Doctor's Opinion* Alcohol craving seems to be the manifestation of an allergy in some people. "They are often able, intelligent, friendly people."
- 1956 The AMA Declares Alcoholism an Illness
- 1967 - 2008 *Ten Studies that Shook the Addiction World (Brain slides for days...)*
- 2011 ASAM's definition: "Addiction is a brain disease..." (four years of literature study and consultation with 80 experts...)
- 2013 DSM 5 Current medical terminology - Substance Use Disorder
- 2016 The Surgeon General's Report on Alcohol, Drugs, and Health "Addiction to alcohol or drugs is a chronic but treatable brain disease that requires medical intervention, not moral judgment."

65

Addiction as a Chronic Illness

- Should addiction be considered a chronic illness, similar to hypertension or diabetes?

66

Causes	Alcohol Related Problems	Asthma	Diabetes	High Blood Pressure
Controllable Risk Factors	Yes Limit drinking	Yes Limit exposure to allergens	Yes Limit food intake Exercise regularly	Yes Limit fat & salt intake/Diet Exercise regularly
Uncontrollable Risk Factors	Yes	Yes	Yes	Yes
Estimated Genetic Influence	50% - 60%	36% - 70%	30% - 55% Type I 80% Type II	25% - 50%

67

Treatment	Alcohol Related Problems	Asthma	Diabetes	High Blood Pressure
Cure	No	No	No	No
Clear Diagnostic Criteria	Yes	Yes	Yes	Yes
Research Based Treatment Guidelines and Protocols	Yes	Yes	Yes	Yes
Effective Patient and Family Education	Yes	Yes	Yes	Yes
% Who Follow Treatment Regimens Faithfully	40% - 60%	30%	30%	30%
% Who Relapse Within a Year	40% - 60%	50% - 70%	30% - 50%	30% - 70%

68

Addiction as a Chronic Illness

- Historically, treatment of severe and persistent AOD problems has resembled interventions for acute health conditions (e.g., traumatic injuries, bacterial infections)

69

Implications

For persons with hypertension & diabetes

- A recurrence of symptoms (relapse) following treatment cessation is considered evidence of treatment effectiveness
- This is used to justify devoting resources to continue treatment

70

Implications

For persons with alcoholism and addiction

- A recurrence of symptoms (relapse) following treatment cessation is considered evidence of treatment failure
- This is used to justify not investing further resources into treatment
- Treatment needs to shift from an acute care model to recovery oriented systems of care

71

Are we on the same page?

- SUD is a treatable brain disorder not a moral failing or the result of a weak will... this is no longer up for debate
- SUD is a chronic disorder, strikingly similar to hypertension, diabetes & asthma
- For decades we have been treating SUD like a broken bone... a self-inflicted broken bone

72

Eradicating Stigma

Stigma makes it difficult to move forward in recovery...

Self-fulfilling prophecy
Depression and other mental health issues can become all consuming

Brain function shifts and changes... Cortisol increases, limbic system goes haywire, behavior and ability to self-regulate becomes problematic

"I am what they say I am, why fight it?"



73

Eradicating Stigma

All of our voices count! Those who seek recovery, those in recovery and those who are allies and family members... We must educate ourselves to help eradicate stigma... it's happening as we speak, there is a movement.

Anonymity serves an important purpose and is a personal choice. However, using your voice to tell your story is a priceless way to get those without knowledge or understanding of addiction to buy-in to why stigma is dangerous and perpetuates stereotypes and hopelessness.

Only 1 in 10 of those struggling with substance use disorders (SUDs) get the appropriate treatments and services, while 1 in 7 suffer from an SUD.

See the importance of joining together?

74

WHAT?

CAN WE DO

75

Change Your Language



Michael Botticelli, Former Director of the White House Office of National Drug Control Policy

"By using accurate, non-stigmatizing language, we can help break the stigma surrounding this disease so people can more easily access treatment, reach recovery, and live healthier lives."

76

Reducing Stigma by Knowing What to Say!

For friends and family members of a person in Recovery

Addiction is not a character flaw – It is a chronic malady that we must approach with the same skill and compassion with which we approach heart disease, diabetes and cancer.

Understand what people think when they hear the word recovery

Supporting Multiple Pathways to Recovery

Definition of Recovery

How to Approach the Discussion of Addiction as a Disease or Health Problem

Stay on Message

Opportunities to use this message



77

Recovery Allies, Your Voices Count!



Ana Buck, HI, Sheriff of Carteret County

"I want to get people the help they need instead of arresting them. But where am I going to send them?"

Co-Chaired the addiction workgroup of The Governor's Task Force on Mental Health and Substance Use, recommending more resources for treating addiction.



Thomas Bashore, Nashville Chief of Police

"Everything changed when I started meeting the parents. I know I had to do something."

Started the Town of Nashville Hope Initiative, allowing people to receive help without fear of incarceration.

78

Become the Voice of Recovery



NC Addiction Recovery Advocacy Day

79



80

Take Aways!

- Stigma drives public perception of addiction and recovery
- Public perception drives public policy around addiction treatment and recovery supports
- Changing our language and speaking up can be helpful, particularly if we allow the word "abuse" to die

81

The Absence of Hope!

"Hope is important because it can make the present moment less difficult to bear." - Buddha
"Now faith is the substance of things hoped for, the evidence of things not seen." Hebrew 11:1 - KJV



82

The Absence of Hope



"...my traditional training had led me to the belief that motivation for recovery was a pain quotient, that recovery was ignited when the pain of continued drug use surpassed the pain of severing the cherished drug relationship." - William White

83

YOU are Prepared to Help YOU!

- Subconscious has a beautiful role in nurturing hope and is often engaged in dreams supported by hope...
- Hope is our best friend
- Some tips to help re-establish connection with hope!



84

Empower, Build Up - Don't Throw Away!

Words are important. If you want to care for something, you call it a "flower", if you want to kill something, you call it a weed." Don Coyles



85

Moms ROCK!

When you are alive with joy, gratitude, and genuine interest in others, you are your most beautiful. Remember that. Now go stun the world.

MELISSA BUCHHEIT
AUTHOR OF LIFE'S GREATEST SECRET

86

I MATTER MORE THAN I KNOW

"Nothing is impossible, the word itself says 'I'm possible!'"



AUDREY HEPBURN

87



"Don't give up your dream, and you will find a thousand ways to your ideal yet unobtainable."
Henry D. Thoreau

88

THE LEMON IMAGERY



89

Respect Your Journey...Slow Down!

The number one reason why people give up so fast is because they tend to look at how far they still have to go, instead of how far they have gotten



90

Surrender.....

91

About Stress
 Negative stressors may come about when our perception of situations and events do not meet our expectations.

92

What is Mindful Coaching? (Event or Experience)
 It is the understanding that being *mindful* while coaching yourself or others is about being in harmony and in synchronicity, creating a peaceful existence for self and others no matter what condition our internal or external environment happens to be at the moment.

93

Our Life is made up of.....

94

Reducing negative stress responses, automatic thoughts and behaviors (when they are unproductive), and freeing cognitive resources to engage in new ways takes some training in facilitating a non judgement practice.

95

Learning to Let Go of Judging Through Mindful Awareness Practice

- Mindful Awareness goes beyond focusing attention in the present
- Assists in creating an attitude of non judging toward self, experiences and our clients
- Helps with calming the parts of our brain that want to routinely judge and categorize our experiences (mental heuristics)

Non-Judging

96

Breathe in and Breathe out, Letting go of judgement....Gently and Without being Harsh

97

Think of some judgements you've found yourself making regarding your self...How does that influence your attention?

With your mindful hat on, how do you think you might work with self-judgement in the moment to better focus your attention on yourself and others in your coaching relationship.

98

Now **IMAGINE** that you are able to let the self-judgement go...what would that feel like?

99

REMEMBER TO ALWAYS GO BACK TO THE BREATH
"Judging and mindful breathing don't work well together"
 - R. Linger



100

The Self-Regulated Person (SPM)
 As one seeks to gain mindful self-awareness and control over emotions in order to reduce stress, the ability to develop a sense of self-regulation is a fundamental process to healthy internalization.



101

Perception, Awareness, Emotions and Self-Regulation in Coaching

"What we know about perception is that it can be thought of as an 'attitude' and its understanding is based on what is thought and observed. It is usually based on the senses and similar in concept with awareness, sensibility, opinion, insight, and acuity. Thus, it appears that perceptions are somewhat filtered through the emotional history and experiences of the individual including the process of mental heuristics" (Linger, 2014).



102

Perception, Awareness, Emotions and Regulation

Managing emotions is:
 less about controlling emotions
 more to do with REPLACING control with WILLINGNESS so that one can "feel/better, as opposed to feel better".
 Willingness to be open to emotions as they arise promotes:
 acceptance of uninvited experiences, including any unwanted internal events.

"I have found personally and through my work with human beings, that there is great value in becoming comfortable with the state of discomfort. When that is achieved perceptions begin to shift and emotions can be effectively regulated" (Linger, 2014).

103

Perception, Awareness, Emotions and Regulation

"I have found personally and through my work with human beings seeking recovery or who are recovered that there is great value in becoming comfortable with the state of discomfort. When that state is achieved perceptions begin to shift and emotions can be effectively regulated" (Linger, 2014).



104



105

What Do We Do About It?



Mind Full, or Mindful?

"Anything and everything can become our teacher if the student, reminding us of the possibility of being fully present: the gentle caress of air on our skin, the play of light, the look on someone's face, a passing contraction in the body, a fleeting thought in the mind. Anything. Everything. If it is met in awareness." (Kabat-Zinn, 2012)

106

Mindfulness Practice can Help Develop Qualities of Acceptance and Compassion

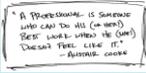
- Acceptance and compassion can help us to experience ourselves, clients and situations as they truly are, and to remain non-critical.
- We learn that much of what we see as reality are just events of the mind
- Seeing myself through lenses of acceptance and compassion helps me see others that way
- Stress is decreased when acceptance and compassion are present



as much as possible, be often as possible.

107

Perception, Awareness and Emotions and Regulation (Event vs. Experience)



"Mindfulness practice has been shown to assist with the shift from the desire to control emotions to a willingness to experience them. If an individual can learn to be mindful while coaching (which concerns itself with paying attention, on purpose, in the present moment), ... he or she can "reclaim another domain of the mind that will help that person become more aware and thus willing" (Kabat-Zinn, 2012, Linger 2014).

108

Autonomic Nervous System Branches

Sympathetic and Parasympathetic



109

Reactivity and Practicing Meanness

Reactivity is:
our automatic, reflexive, knee-jerk, often deeply habitual reactions triggered by our lack of awareness.

Can take the form of:
thoughts, feelings, behaviors that are learned and have become ingrained over our lifetimes.

Science has shown that reacting automatically to life and stress in particular can result in stress-related illnesses including heart disease, high blood pressure, disease of immune function, depression anxiety, etc.



110

Making the Shifts

How do we get from here to there?



111

Coaching Mindfully Building Awareness and Heightened Sense of Wellbeing



All human beings have the capacity for accurate, non-judging awareness in the present moment. One name for this awareness is mindfulness. Mindfulness can be defined as an awareness that is non-judging, friendly, and allowing of what it reflects.

Mindfulness arises when you pay attention on purpose, without judgment in a way that is friendly and non-interfering. This awareness happens only in the present moment. It is possible to develop and to bring mindfulness into all activities of daily life, both external and internal.

112

AWARE AND PRESENT

What is the order of experience?

Aware and Present with Trigger
Aware and Present with Onset of Stress Reactivity
Activate the Calming Grounding Response – Breath and relax the body
Clear Insightful Thinking
Kind, Open-Hearted Feeling
Wise, Skillful Compassionate Responding



113

Building Awareness and Heightened Sense of Wellbeing



Research suggests that people with higher levels of mindfulness are better able to regulate their sense of wellbeing by virtue of greater emotional awareness, understanding, acceptance and the ability to correct or repair unpleasant mood states (Baer et al., 2008).

The ability to skillfully regulate one's internal emotional experience in the present moment may translate into good mental health long-term (Linger, 2012).

114

Heightened Awareness

"Yep, I'm not sure how that is happening, but I'm even noticing how sad my boss looks and his awkwardness when he tries to defend himself or make a point. I've never noticed that before, but am now, I have noticed how much my mind and my emotional space that the boss takes up. Through the process of mindfulness practice I am realizing this.

I am noticing that my mind is shifting back to my boss periodically, but I am becoming okay with this. It seems as if my senses are heightened, and I am becoming aware of everything, internally and externally. Noticing without judging is really bringing a certain quality of wellbeing to my day. I am able to take the feeling of wellbeing into the next day. I am not blaming myself as much as I have for everything." (MOC4, session)

115

Freedom from Negative Perceptions and Emotions is in Our Hands



Freedom is man's capacity to take a hand in his own development. It is the capacity to mold ourselves. Freedom is the other side of consciousness of self: if we were not able to be aware of ourselves, we would be pushed along by instinct or the automatic march of history, like bees or mastodons. (Rollo May, "Man's Search for Himself", 1953).

116

Remember

Cultivating acceptance, self kindness and equanimity through recognizing and letting go of judgements is important.



"A flower does not exist apart from the soil, a man exists in the world, hence freedom can be realized only when a man's awareness is still attached." - Rumi

117

Practice Loving-Kindness Toward Self and Your Coaching of Others Will Reflect Your Personal Practice



118

Recovery Communities of North Carolina (RCNC)

Our mission is to promote addiction recovery, wellness and citizenship through advocacy, education and support.

OUR VISION:

North Carolina promotes a culture that supports addiction recovery for individuals, families and communities.

North Carolinians seeking addiction recovery have access to the highest quality care, services, and support

North Carolinians in addiction recovery are equal and valued members of our State

North Carolinians in addiction recovery have opportunities to achieve their fullest educational, occupational and civic potential

Recovery from addiction is a celebrated reality

119

RCNC

If you have found recovery, consider giving the community your story as an instrument of hope and healing. If you have been blessed by resources that helped you find and sustain recovery, then join the fight to expand resources for those still suffering. – William L. White

We are a statewide repository for recovery supports.

A critical recovery nutrient for any community is a safe and supportive recovery environment that offers a variety of recovery supports. A Recovery Community Center (RCC) is a place free from stigma that offers peer recovery support to the entire Recovery Community, regardless of pathway.

Types of support fall within four categories: emotional, informational, instrumental, and affiliation. That means we have space to provide everything from Recovery Coaching & peer support one on one, intervention and groups, to workforce development, job readiness training & professional education. We have Care Coordinators, ATR Services, Family and Individual Support Groups, Training, Technical Assistance to emerging RCCs.

We have an amazing and knowledgeable team!

120

RCNC

Recovery Vision: We focus on the reality of long term recovery from addiction to alcohol and other drugs.

- We work to enhance the quality and quantity of support available to people seeking and experiencing long-term recovery from addiction. Including peer and family support and overall recovery support.

- Active in Federal, State, Local Policy Development which will one day impact the care and needs of those seeking recovery and their family systems.

- We work to ensure that the voice of the recovery community is heard...we educate and empower leaders on all levels to understand addiction recovery and the power of the voice of those seeking and experiencing long term recovery in order to change the landscape of stigma and false information about addiction.

121

References

Catherine Spooner and Kate Hetherington, Social Determinants of Drug Use, Technical Report, 208, 2004
Dr. Rita Anita Linger, Substance Use Disorder, Health Determinants and Impact on Families, H&M Journal, 2016

Suzette Galus, MD, MPH, David Volinn, PhD, Social Determinants and the Health of Drug Users

Benedict J. Truman, MD, Kay Smith, Med J et al, Rationale for Regular Reporting on Health Disparities and Inequalities – United States

Recovery Communities of North Carolina (2016) Recovery Community Center. Posted at <https://rcnc.org/recovery-supports/recovery-community-center/>

Wilman B. Nemesi, M. Grotzer, The social factors, social determinants of health, 2nd ed., Copenhagen: Centre for Urban Health, World Health Organization, 2007. / Social Exclusion Unit. Tackling social exclusion

future: emerging findings, London, UK: Office of the Deputy Prime Minister, 2004. 73.

Thinking about how social inequalities relate to alcohol and drug use problems. Paper presented at the 1st International Summer School on Inequalities and Addictions, 2014 Adelaide, 25 Feb, 2014. Unpublished.

122

QUESTIONS



123