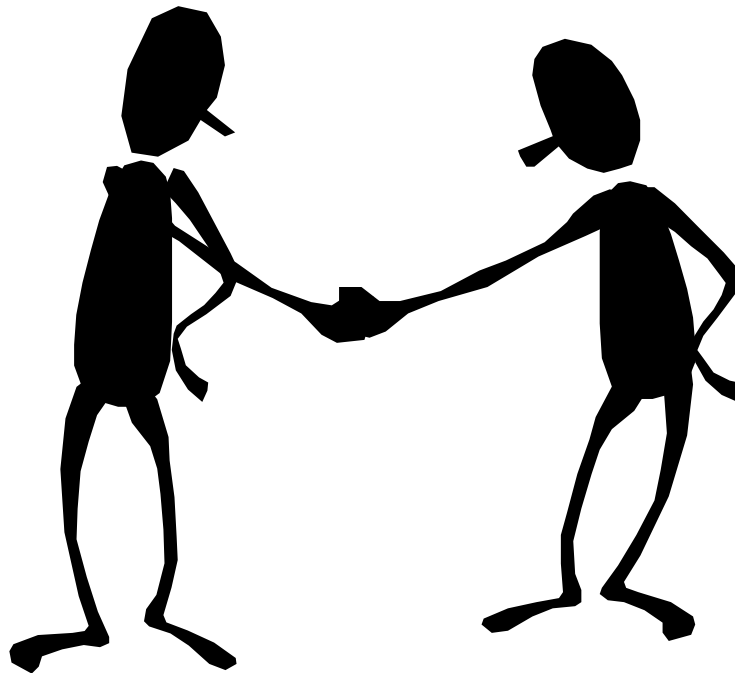


Community Assisted Recovery: Utilizing the Deaf Community for Recovery Support

Training Curriculum

Developed by:
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This curriculum is intended to be used to train members of the Deaf Community to serve as support persons to Deaf people recovering from alcohol and other drug addiction.



Goals and Objectives:

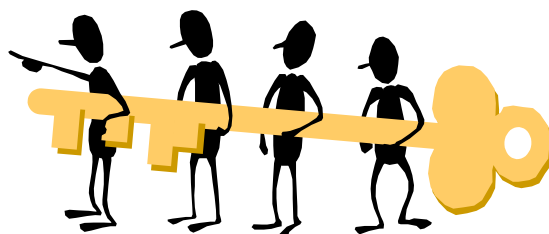
The Community Assisted Recovery Curriculum is designed to accomplish the following goals and objectives:

- *To develop an understanding of the process of addiction.
 - To understand the continuum of alcohol and other drug use from use through misuse to dependency.
 - To understand the physical and psychological characteristics of addiction.
 - To understand the behaviors associated with addiction.

- *To develop an understanding of interventions on addictive use of alcohol and other drugs.
 - To understand various ways people attempt to modify or discontinue the use of mood altering chemicals.
 - To understand the process of addiction treatment.
 - To understand the role of aftercare.
 - To understand concepts of relapse and relapse prevention.

- *To identify and develop strategies to support ongoing recovery.
 - To understand and demonstrate strategies for developing a relationship.
 - To identify and demonstrate strategies for supportive listening and helping.
 - To identify enabling behaviors.
 - To identify and demonstrate appropriate times to ask for additional help/support.

- *To identify the importance of support for mentors.
 - To identify sources of support for mentors.
 - To identify instances when outside support is needed.



Curriculum Contents

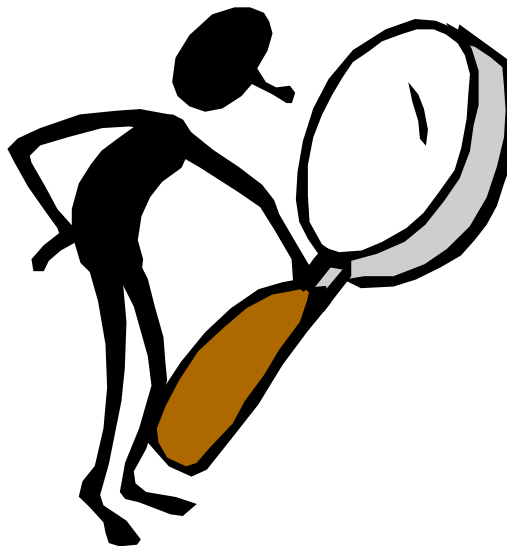
- I. Introduction to Addiction
 - A. Continuum of chemical use
 - 1. Use
 - 2. Abuse
 - 3. Dependency
 - B. When alcohol/other drug use becomes a problem
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 - 3. What happens in treatment?
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Part I

Introduction to Addiction

Introduction to Addiction

Continuum of chemical use

Use

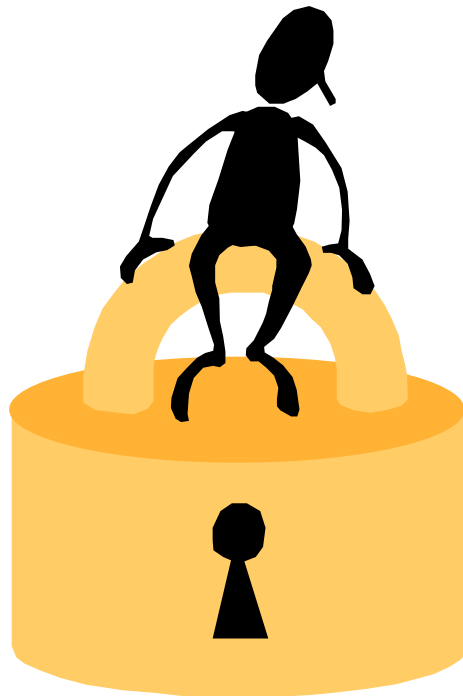
Abuse

Dependency

When alcohol/other drug use becomes a problem

Consequences of alcohol/other drug abuse

Terminology



Introduction to Addiction - The Continuum of Use

Addiction is the process of becoming dependent on something. Addiction means that the person continues a behavior even if the behavior hurts the person. Addiction means the person cannot stop the behavior alone. Another word for addiction is dependency. The person needs help to stop the behavior. In this training, we will talk about addiction to alcohol and other kinds of drugs.

Addiction takes time to develop. A person does not become addicted the first time they drink or use drugs. It is a process. Here is how the process usually works.

USE: A person tries alcohol or another drug for the first time. We say they **use** alcohol or other drugs. The person may continue to use and not have any real problems. Some people are able to use alcohol and never have serious problems. We often say these people use alcohol socially (social use). In social use, people drink alcohol once in a while. They do not drink too much. They do not hurt themselves or other people. They can stop drinking if they want to. They do not have problems when they drink. They do not usually drink alone.

ABUSE: Some people start to have problems when they drink alcohol or use drugs. Some people, who have problems when they drink or use drugs, stop using. Other people who have problems when they drink or use drugs keep drinking or using drugs. **When a person**

continues to drink or use drugs and have problems, we call it abuse. The way this is written is confusing with the description of addiction below. Maybe say "when a person drinks or uses drugs and has problems we call it abuse". It may be less likely to confuse "continues to drink" and "cannot stop". Abuse means that a person uses alcohol or drugs in the wrong way. Abuse means that a person has problems when they use alcohol or drugs. (Abuse is also sometimes called misuse.) If a person drinks too much and gets drunk, that is abuse. If a person drinks alcohol and drives a car, that is abuse. If a person spends rent money or food money or school money for alcohol or drugs, that is abuse. If a person drinks or uses drugs and hurts other people, that is abuse. If a person has problems with alcohol and drugs and keeps using, that is abuse.

Some people who abuse (misuse) alcohol or other drugs, realize it and stop. Sometimes other people will share concerns about the person's drinking or drug use. That helps some people to stop drinking or using drugs. You do not indicate here the option to change back to regular "use" instead of full abstinence.

But, when there are problems, some people do not stop. When someone shares concerns about a person's drinking, sometimes the person does not stop. Sometimes the person tries to stop but cannot. They promise to stop. They try to stop. But, they cannot stop.

When a person cannot stop using alcohol or drugs, even when there are problems, they have dependency or addiction.

Introduction to Addiction – When Drinking or Drug Use Becomes a Problem

Many people use alcohol. Some people also use other drugs. Some people are able to use alcohol or other drugs without having a problem. Some people develop a problem with their use of alcohol and drugs.

It is important to decide when drug and alcohol use becomes a problem.

Some people think how much a person uses helps decide if there is a problem. Some people think how often a person uses helps decide if there is a problem. This is **NOT** how we decide if a person has a problem. Some people who have one drink everyday, do not have a dependency or addiction problem. Some people who have several drinks once in a while, do not have a dependency or addiction problem.

We decide about addiction or dependency by looking at the person's whole life. If a person drinks or uses drugs and has problems related to their use, they may have an abuse problem. **If the person continues to use even though there are problems, they may be** dependent or addicted. **This is another section that may be confusing with the definition of "abuse" above.**

Problems with alcohol and other drug use happen in many different areas of a person's life. They happen with a person's health (body), money, the law, family, work/school and the social part of a person's life.

Things that happen because a person drinks or uses drugs are called consequences. In the next part, you will learn about some things that are often a consequence of using alcohol or other drugs.

Consequences of Alcohol and Other Drug Use

People who are dependent or addicted have problems in different parts of their lives. They experience problems in their families, with friends, with the law, with money, with job or school and even with their health.

Here are some examples of problems in these different life areas:

Physical Health (Body)

Hangovers
Accidents
Fights

Financial Problems

overdue bills
Poor credit
Bounced checks

Legal

DWI/DUI charges
Probation
Court dates
Legal fines

Family

Arguments
Fights
Loss of trust
Divorce/separation

Work/School

Late
Missing work/school
Poor performance
Problems with peers

Social

Friends who use
Loss of friends
Loss of trust
Socializing around use

Terminology

Here is a list of some of the terms that are helpful to know and their meanings.

Abstinence	Not using alcohol or other drugs.
Abuse	To use alcohol or other drugs in an inappropriate or harmful way. Maybe a better definition for "abuse" above.
Addiction	Continuing to use alcohol and/or other drugs even though it causes problems; not able to stop using without help.
Addict	A person who is addicted (has an addiction).
Alcoholic	A person who is addicted to alcohol.
Binge	Drinking or using a lot of alcohol or other drugs in a short time.
Black out	A time of not remembering due to alcohol use. During a black out, the person appears to be awake but does not remember later.
Consequences	Things that happen as a result of drinking or using drugs.

Craving	A strong desire to use alcohol or other drugs.
Detox	Short for detoxification; process of getting alcohol and drugs out of the body.
Dependent (Dependency)	Needing alcohol or other drugs to be able to function. The same as addicted (addiction). It may be confusing to assimilate physical dependency (needing to function) with addiction without explaining you do not have to be dependent to be addicted.
Drugs	Alcohol or other chemicals that cause a change in feelings, behaviors and/or thinking.
Drunk	The result of drinking too much alcohol. A person who is drunk may have difficulty walking, driving, talking, signing or doing other activities.
Hangover	The sick feeling that is caused by drinking too much alcohol. A hangover may include headache, dizziness, nausea, vomiting and other symptoms.

High	The result of using alcohol or other drugs, similar to being drunk with alcohol.
Intoxicated	The same as "drunk".
Pass out	To lose consciousness as the result of drinking too much alcohol.
Relapse	Going back to drinking or drug using behaviors after a time of being sober.
Tolerance	A person needs more alcohol or drugs to get the same effect.
Treatment	A program of counseling and education to help a person learn to be sober.
Twelve Steps	A program of recovery used by Alcoholics Anonymous and other self-help groups. May want define this term too.
Withdrawal	Things that happen as a result of stopping alcohol or other drug use. Examples of withdrawal symptoms include: increased blood pressure, headache, body aches, increased heart rate, etc.

Part II

Interventions on Alcohol & Other Drug Use



Interventions on Alcohol/Other Drug Use
Quitting on your own
Forced Abstinence
Treatment for Chemical Dependency
Treatment Resources
How do People Get to Treatment
What Happens in Treatment
Planning for After Treatment

Quitting On Your Own

Some people notice that their alcohol or drug use is causing problems. Sometimes they notice because family or friends talk to them about problems. Sometimes they notice because their boss or co-workers talk to them. Sometimes they notice because of money or health problems. Sometimes they notice because of legal problems.

Some people may stop using alcohol or other drugs on their own---without going to treatment. Many times, even people who "quit on their own" get some kind of help or support. This help or support might come from a counselor. Help might come from a friend or family member. Help might come from a support group.

People who "quit on their own" also often get help from Twelve Step groups like Alcoholics Anonymous (AA), Narcotics Anonymous (NA), Cocaine Anonymous (CA) and others.

Many people, especially people who are addicted or chemically dependent, are not able to quit on their own. They may have tried many times to quit. They are NOT weak. They are NOT lazy. They are NOT bad people. They ARE people who have a disease. They are people who need help with their disease.

Forced Abstinence

Sometimes people stop using alcohol or other drugs (abstinence) because they do NOT have a choice. This is **forced abstinence**. People stop using alcohol and/or other drugs because they are **forced** to stop.

What are some examples of forced abstinence? Here are some examples:

- ✓ A person stops using because she/he is in jail.
- ✓ A person stops using because she/he is in the hospital.
- ✓ A person stops using because friends or family prevent (stop) them from using.

When a person is forced to stop using alcohol or drugs, they often have a hard time. Even though they are not using alcohol or other drugs, they may have a hard time changing their behaviors. They may have a hard time dealing with feelings. They may have a hard time in their relationships with other people. They may have a hard time with their health and may feel sick. Often, when they have a chance, the person starts to use alcohol or drugs again.....especially if the person is addicted.

Treatment for Chemical Dependency: Treatment Resources

Most towns and communities have resources for chemical dependency or addiction treatment. They have different kinds of programs for different needs. Some communities have special programs for people of a particular race or ethnicity. Some communities have special programs for people who are gay or lesbian. Communities often have choices of inpatient or outpatient programs. People even have choices about the time of day they come for treatment.....daytime programs and evening programs.

But, many programs do not provide access for deaf people. They do not have staff that is fluent in sign language or know about Deaf Culture. They do not have interpreters. They do not have money in their budget to provide interpreters. Many deaf people are frustrated trying to get help from these programs.

A few programs are set up especially to serve deaf people. These programs have staff who are fluent in sign language and know about Deaf Culture. They have treatment materials that are developed for deaf people. They provide full access to treatment services.....individual counseling, groups, education and support.

Because there are only a few programs in the country that are set up especially for deaf people, many deaf people have to travel to other places to get treatment. This makes it harder for many deaf people to get help

for alcohol and drug problems. Even when they can go to one of these special treatment programs for help, they still struggle with getting support when they come home.

Some resources for treatment are listed below:

- Minnesota Chemical Dependency Program for Deaf and Hard of Hearing Individuals Minneapolis, MN. 800-282-3323 V/TTY
- Addiction Recovery of the Deaf Chicago, IL 773-549-0271 TTY
- John Norris Clinic Rochester, NY 716-461-041
- Signs of Recovery Santa Monica, CA 310-450-4181 V; 310-450-4164 TTY
- Awakenings Downey, CA 562-947-3835 V
- Signs of Life California 619-562-7993
- Northwest Deaf Addiction Center Vancouver, WA 360-693-2243 V; 360-993-2320 TTY

Treatment for Chemical Dependency: How Do People Get to Treatment?

People get to treatment in a variety of ways. Here are some of the most common ways that people go to treatment.

- ◆ Families become concerned and encourage a family member to go to treatment.
- ◆ Some people "volunteer" to go to treatment. They decide they have had enough problems with their alcohol and drug use. They contact a treatment program and make arrangements to go to treatment.
- ◆ Some people are "court ordered" to treatment. This means they have gone to court for some legal reason and the court requires the person to go to treatment. Sometimes, a person has the choice of going to treatment or going to jail.
- ◆ Friends may also become concerned and encourage someone to go to treatment.
- ◆ Vocational rehabilitation (VR) counselors or someone from a person's job may require the person to go to treatment to keep a job or keep a VR case open.
- ◆ A counselor or therapist may encourage a person to get additional help by going to treatment.

What Happens in Treatment?

What happens when a person goes to treatment? The details of treatment are different in each program. But, there are basic things that are the same in all treatment programs. Here are some important parts of all treatment programs.

Detoxification/Withdrawal Management: Some people come to treatment and need help with with detoxification and/or withdrawal. Sometimes this requires medical attention and medication. Other times, support and education are needed. Some treatment programs provide detox; others do not and require clients to go to detox before coming to the program.

Education: Treatment programs provide people with education and information about a lot of topics related to alcohol and other drugs use. They often provide education about the following topics: effects of alcohol and other drugs; withdrawal symptoms, feelings, the Twelve Steps, nutrition, healthcare, relationships, other addictions, relapse and many others.

Counseling: Treatment programs usually provide at least two kinds of counseling. **Individual counseling** means counseling with the person and a counselor or therapist. **Group counseling** involves several people with one or more counselors. In counseling, people have an opportunity to talk about problems, look for solutions, express their feelings and get support.

There are two basic kinds of programs, inpatient and outpatient. In an **inpatient program**, a person stays at the program and lives there during treatment. In an **outpatient program**, the person continues to live at home and comes to the program for treatment during the day or the evening.

In treatment, people have a structured schedule of activities where they must participate. In a day of treatment, the person may participate in a lecture, a group, some individual counseling and a Twelve Step meeting. The person may have study time or time to work on treatment assignments. Treatment programs use counselors and other people to provide lectures. They may use videotapes or group activities for education. Treatment assignments help people to learn about their problems and develop skills to stay sober.

In addition to counselors, some programs also have medical staff members such as doctors or nurses. Programs that provide services to deaf people may bring in freelance interpreters or have interpreters on staff.

In treatment, people begin to learn new information and new ways of living their lives. People can build new skills to deal with problems, express their feelings, develop relationships and handle stress.

Planning for After Treatment

Through the treatment program, people are encouraged to begin planning for their lives after treatment. Recovery is hard work and requires planning to maintain sobriety after treatment. Some people do well in treatment but do not make plans for the time after treatment. These people are often surprised that it is hard to stay sober after treatment. If they do not have a safe place to live and good support, they often go back to using alcohol or other drugs.

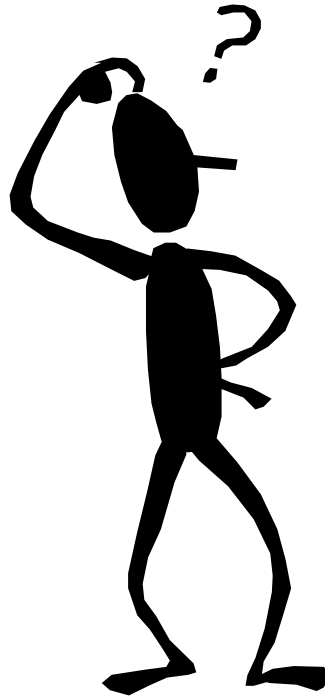
Research tells us that several things are important to continue sobriety. The things that are important are the same for hearing people and deaf people. These things are:

- 4Involvement in school, volunteer work or paid work.
- 4People to talk to about recovery.
- 4Involvement in AA, NA, CA or some other kind of support for recovery.

In treatment, people are encouraged to begin making plans to set up these things to support their recovery. They identify places that are safe and people who are supportive and helpful. They find meetings they can attend and may look for a sponsor. They make plans for a safe, sober place to live. They practice asking for and accepting help.

Part III

After treatment, then what?



After treatment, then what?
Aftercare recommendations
Safe housing
Counseling
Twelve Step Support
What contributes to ongoing sobriety

Aftercare Recommendations

When a person completes treatment, staff at the treatment program makes recommendations for to support the person's continued recovery.

Recommendations are developed to meet each individual person's needs. Here are some recommendations that are often make when people complete treatment.

Safe Housing: People in recovery need a safe, sober place to live. People who live in a place that is not safe have a hard time staying sober. People who live where someone uses alcohol or other drugs will often be tempted to start using again. A safe place to live without alcohol or other drugs is an important part of staying sober.

Counseling: Counseling is usually recommended to help people continue to learn about how to deal with problems. Counseling can help a person continue to learn and practice expressing feelings. Counseling can provide support and encouragement in recovery. Special counseling may be recommended for family problems, marriage problems, depression, anger management, other addictions or other problems.

Twelve Step Support: Twelve Step programs like Alcoholics Anonymous (AA), Narcotics Anonymous (NA), Cocaine Anonymous (CA) and others are self help groups that provide support for recovery. Meetings include people who want to be sober and support other

sober people. The meetings use the Twelve Steps as a guide to staying sober. Most treatment programs recommend attending Twelve Step meetings as a way to help people stay sober. Deaf people often have a hard time with Twelve Step groups because of communication. Paying for an interpreter for Twelve Step meetings is often a problem. But, different communities have found ways to pay for interpreters so deaf people can get support from Twelve Step meetings.

Sponsorship: In Twelve Step programs, each person is encouraged to find a sponsor. A sponsor is a person with several years of sobriety. A sponsor can provide information, friendship and support to help someone stay sober. A sponsor is a person who can help when someone is tempted to use alcohol and drugs again. Sponsors also help in other ways like going to meetings with the person, and helping to find other resources. Many deaf people have a difficult time finding a deaf sponsor or a hearing sponsor who can sign.

Other Support: Is other kinds of support helpful to deaf people trying to stay sober? Yes! Family members, church communities, social groups, work peers and other can all be helpful. Part of the reason for encouraging Community Assisted Recovery is because many people can be helpful. These people can help by encouraging sobriety, encouraging sober activities and by being supportive in everyday ways.

What Contributes to on-going Sobriety?

Recovery or sobriety is difficult. It means changing old behaviors. It means learning new ways to live. It means changing old attitudes and ways of thinking. Some things seem to help people in the struggle to stay sober. Here are some things that seem to help many people stay sober.

Daily Living Skills: Having good daily living skills helps to avoid problems and stress. Avoiding problems and stress helps to avoid temptations to use alcohol and other drugs. Daily living skills can include the following skills: ability to solve problems, ability to have healthy relationships, ability to make decisions, and the ability to take care of yourself.

Supportive People: People who are supportive of sobriety can be very helpful. People can support sobriety in many ways. Here are some of the ways people can be supportive:

Don't drink or use in front of the recovering person.

Notice and compliment positive changes the recovering person makes.

Be knowledgeable about the person's need for going to meetings, counseling, etc.

Give honest feedback.

Include them in activities that are enjoyable and do not lead them to drinking or using drugs.

Productive Use of Time: One thing we know about recovery is that people who keep busy with activities usually do better in their sobriety. One way to keep busy is to work. Another way to keep busy is to go to school or training. Another way to keep busy is to volunteer to help other people. All of these ways of keeping busy can help the recovering person use their time and feel good about themselves.

Safe Environment: A safe, sober environment is very important for staying sober. Recovering people see alcohol and other drugs in their environment all the time. They see advertising for alcohol on TV. Sometimes people use in front of the recovering person. The recovering person cannot change the world. But, the recovering person should have a safe, sober place to live. That means the person should live in a place with no alcohol or other drugs. That means the person's home can be a safe place.

Part IV

The Process of Relapse

What is relapse/Why is it a process?

Relapse Triggers

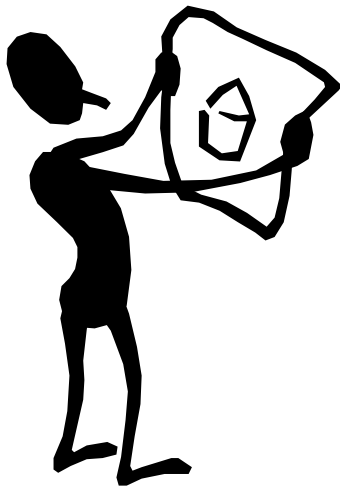
Relapse Interventions

Support

Contracts

Counseling

What if a person drinks/uses again?



What is Relapse? Why is it a process?

Relapse is the process of going back to drinking or drug use behaviors after a time of being sober. Relapse does not happen overnight. Just like it is a process to get sober, relapse is something that happens a little bit at a time. The relapse process involves changes in behaviors that can happen slowly. The process usually begins with changes in attitude, changes in thinking, changes in feelings and changes in behaviors and ends with drinking or using drugs again.

Relapse is a process because it develops over time.....days, weeks, months or years. Relapse may begin with a change in the way a person thinks. Then the person's attitude may change. Then the person's behaviors may change. Other people may wonder if the person is using alcohol or other drugs again. Even if the person has not started using alcohol or other drugs again, the thinking, attitudes and behaviors might look like the person is using alcohol or other drugs again. If nothing interrupts this process, the person may start to use alcohol and other drugs again.

Sometimes, this process seems to happen very quickly over several days. Other times, the process seems to happen slowly over weeks or months. Relapse can happen anytime. Relapse can happen when a person is sober a short time. Relapse can happen when a person has been sober a long time.

Relapse Triggers

Some people, places or things may **make** relapse more likely to happen. These people, places or things may be called "triggers" for relapse. It is important for a recovering person to know what his or her relapse triggers are. A recovering person will want to avoid these relapse triggers if possible. Here are some common relapse triggers:

Changes in Thinking:

When a person begins the process of relapse, their thinking often changes first. A person who is relapsing begins to think differently. The person may think that alcohol or other drugs were really not such a big problem. The person may begin to think about drinking or using drugs again, especially social drinking. Sometimes, the person begins to think that they cannot use the drug that caused them the most problems, but maybe they can drink a little bit or use a different drug. This kind of thinking can be a relapse trigger. It may signal the beginning of a relapse.

Changes in Feelings or Moods:

Many people who are addicts or alcoholics are not used to strong feelings. They are used to covering up or dealing with feelings by drinking or using drugs. Strong feelings may be difficult for the newly sober person to handle. The newly sober person may also experience feelings or depression. Sometimes their body has **not** adjusted to the alcohol or other drugs being gone. Sometimes it is easy to get discouraged or

depressed about how hard it is to stay sober. The person may also have feelings of anger...anger at people who are still using, anger at herself or himself for problems, anger that they cannot use socially like other people. Some people feel bored with their life without alcohol or other drugs. All of these feelings can be triggers for relapse.

Changes in Attitude:

Attitude changes can also be a trigger for relapse or a sign that a person is in relapse. Some common relapse attitudes are: not caring about sobriety; not seeing the importance of support; becoming very negative about life; not taking responsibility for recovery.

Changes in Behavior:

Behavior changes are also important signs of a relapse. Even if a person is not drinking or using drugs, their behavior may be similar to when they were drinking or using drugs. Some common behavior changes in relapse are the following: decreasing or stopping AA meetings or other kinds of support; going to a bar to socialize (even if the person does not actually drink alcohol); not taking care of oneself (getting too tired, working too hard, not eating or sleeping properly); lying or being evasive.

Each person will have their own experience with relapse. It is important to know what people, places or things are triggers or temptations for relapse. Noticing changes in thinking, feeling, attitude and/or behavior is an important way to handle relapse.

Relapse Interventions

Remember that relapse is a process. This is an important concept. It is an important concept because it means we can learn to recognize the process when it is happening. If we can recognize the process, we can interrupt the process and prevent a return to drinking and/or using other drugs.

Knowing about relapse triggers means knowing the things that lead to or signal a relapse. By knowing the triggers, the person can recognize the danger of relapse and do something about it.

Support:

Getting support is one way of preventing or interrupting relapse. Support can come from members of Alcoholics Anonymous and other Twelve Step groups. Support can come from family members or friends, especially if they understand about addiction and relapse. Support can come from other people who are working on recovery. Support means helping, giving feedback and caring about someone.

Contracts:

Some people in recovery get help in preventing relapse by having a contract. They can have a contract with a sponsor or family member or friends. The contract can help the person agree to get feedback about changes in their thinking, feelings, attitudes or behavior. The contract can help the recovering person and the helper know how to respond to relapse signs.

Counseling:

Counseling is helpful to people in recovery. Counseling can be especially helpful when a person is struggling with relapse signs or triggers. It is helpful to look for a counselor or therapist who knows about addiction and recovery. A counselor can help the recovering person work on other problems that affect the recovery.

What if a person drinks or uses again?

Sometimes a recovering person will relapse and will begin to drink or use drugs again. Many times, the recovering person will use this as a reason to give up trying to be sober. But, it is important to know that drinking or using drugs is not the end. A person who drinks or uses drugs again can learn from the experience. The person can stop using and begin to do things that will support recovery again. This usually means getting support, getting counseling and avoiding things that lead to relapse. Counseling and other support can help the recovering person look back at their relapse and find out where the problems were. Learning about what happened in the relapse can help to prevent another relapse.

Sometimes, people think if they relapse, they must go back to treatment. Many times, the person does not need to go back to treatment. They can get help and support in other ways. But, if the person is still not able to stay sober, the person may choose to go back to treatment. Going to treatment, getting sober and experiencing relapse are all learning opportunities and chances to grow and have a better life.

Part V

Mentorship

Basic Skill Development



Developing and Negotiating a Relationship
Basics of Listening
Helping and Enabling
When to Seek Outside Help
Resources for Support

Developing and Negotiating a Relationship