RECOVERY BASICS

How to Start Strong and Keep Going

SCOPE AND SEQUENCE

An Educational Video Based on Best Practices in Recovery Management

from

Hazelden Publishing

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April 2016
**What Is Recovery Basics?**

The *Recovery Basics* video was created to address the common issues that clients experience in early recovery and to encourage clients to build a healthy recovery program. The video is a simple tool to explain recovery concepts to clients and to help those clients apply these essential recovery management skills in their lives. Through interviews with a subject matter expert and people who have been successful in recovery, *Recovery Basics* introduces early recovery topics along with discussion questions that prompt clients to participate in self-discovery of how these concepts can help them be more successful as they manage lifelong recovery. This video uses a visual/social learning model. Video is a great way to teach visual and auditory learners. Many clients learn and are motivated by exposure to social stories from peers who are successfully managing recovery, along with expert guidance.

**What Is the Theory Supporting Recovery Basics?**

“Recovery management” describes the shift from acute (one-time) intervention toward education and support for ongoing, lifelong recovery. According to the Substance Abuse and Mental Health Services Administration (SAMHSA), recovery is “a process of change through which individuals improve their health and wellness, live self-directed lives, and strive to reach their full potential.” This process begins when a person enters treatment or starts attending a Twelve Step group, and continues throughout their lifetime.

**Why Do We Need Recovery Management?**

Addiction, or a substance use disorder, is a chronic, relapsing disease—meaning it is a long-lasting condition that can be controlled but not cured. A person with addiction may have symptoms that ebb and flow over an extended period time. This means that addiction requires an extended focus on improving and then sustaining a person’s motivation to work an active recovery program.

Research shows the first three to six months after treatment is the most crucial period in the recovery process. It is during this time that relapse rates are at their highest. The transition from clinical care to self-managed care is a critical point in an individual’s recovery, whether their care be residential treatment, intensive outpatient, or another treatment modality. This *Recovery Basics* video helps smooth that transition by offering a recovery management tool that is easy for providers to use with clients.
The goal of recovery management is to help clients move toward self-management of the disease. We want to help each client achieve his or her optimal long-term outcome: quality and duration of life, achievement of personal goals, and positive impact on family and society.

**Learning Objectives of Recovery Basics**

After viewing the *Recovery Basics* video, the learner will be able to:

- Identify the common issues that will need to be addressed in early recovery
- Understand the core skills and behaviors needed to be successful in early recovery
- Apply the concepts taught in the video to their own lives
- Believe that they can be successful in early recovery

**List of Video Chapters**

The video is divided into six chapters. Each chapter should take approximately 30 minutes to facilitate as part of a dynamic discussion with clients. Each chapter comes with a Quick Start Guide (see Appendix A at the end of this document) that includes suggested discussion questions and key learning points for the facilitator to reinforce with clients. These Quick Start Guides should make discussion of these topics simple for the facilitator. Each chapter also includes a reproducible client fact sheet to deepen the client’s learning on that topic.

The six video chapters listed below are arranged in a recommended progression, but can be used in any order depending on the needs and presenting issues of clients. Each video chapter is approximately 10 to 13 minutes in length.

**Chapter 1: Starting Your Recovery**

- Part 1: Understand Addiction as a Disease
- Part 2: Heal Your World—Choose Recovery
- Part 3: Believe the Promises of Recovery

Client fact sheet: Addiction

**Chapter 2: Preventing Relapse**

- Part 1: Live without Alcohol or Other Drugs
- Part 2: Create a Safe Environment
- Part 3: Understand Relapse

Client fact sheet: Relapse
Chapter 3: Managing Your Day
   Part 1: Plan Each Day
   Part 2: Redefine Fun
   Part 3: Return to School or Work
   Client fact sheet: High-Risk Situations

Chapter 4: Managing Thoughts and Feelings
   Part 1: Understand Emotions
   Part 2: Face Anger, Fear, and Shame
   Part 3: Practice Positive Thinking
   Client fact sheet: Feelings and Addictive Thinking

Chapter 5: Building Healthy Relationships
   Part 1: Utilize Peer Support
   Part 2: Create Healthy Friendships
   Part 3: Improve Family Relationships
   Client fact sheet: Alcoholics Anonymous

Chapter 6: Keeping It Going
   Part 1: Set Goals
   Part 2: Stay Grounded
   Part 3: Inspire Others
   Client fact sheet: Gratitude

How Could This Video Be Used?

This video could be used:
   • With individual clients or in groups
   • In treatment settings
   • In correctional settings
   • In Twelve Step recovery groups
   • In continuing care groups
   • In other therapeutic settings focused on early recovery skills
   • With both adult and young adult clients; the interviews include success stories from clients ages nineteen to sixty.
This video can be used to complement a core treatment or recovery support curriculum that is already part of your programming. You may also use a particular video chapter on its own to create a dynamic discussion session on any of the included core recovery topics. For example, you might use Chapter 3: Managing Your Day in treatment to help clients understand how to apply this skill when they are ready to discharge and return home. You might also use the same chapter in a recovery management program to help clients learn to apply this skill as they actively manage their ongoing recovery.

Why Buy This Video?

This video is an inexpensive, flexible tool that health providers can use to enhance:

- **Treatment Effectiveness**: Help your clients get the most out of their treatment experience by teaching essential concepts of addiction as a disease and an understanding of how to manage lifelong recovery. This is both a great treatment readiness product and a recovery management product.

- **Recovery Management**: Improve your long-term treatment outcomes by teaching clients the core skills they need to manage their ongoing recovery during the most critical time—the first six months after they leave treatment.

- **Client Education, Engagement, and Motivation**: The *Recovery Basics* video offers engaging and motivating real statements from recovering people of all ages who have struggled and succeeded in learning about their disease and how to manage it. An expert in recovery introduces each topic in easy to understand language by explaining essential knowledge and skills from current best practices in the treatment of substance use disorders.

- **Flexible Delivery**: A counselor can facilitate one video chapter in 30 minutes by focusing on that core topic.

- **Ease of Facilitation**: Each video segment comes with a Quick Start Guide with step-by-step instructions on how to show the video and how to guide a dynamic discussion. It includes video discussion questions and key learning points for the facilitator to reinforce with clients. No training or lengthy preparation is required. Open the product and immediately use it.

- **Addition of Rich Learning to Existing Treatment Curricula**: Many people are visual learners and are most motivated when relating to success stories from their peers. The *Recovery Basics* video offers a visual/social learning experience that is the perfect complement to enhance the delivery of core treatment curricula, such as *Living in Balance* (LIB) or *The Matrix Model*. For example: If you are using the
LIB Recovery Management Sessions 1–12, you can show and discuss chapter 1 of *Recovery Basics*, “Starting Your Recovery,” along with delivery of LIB session 1 on addiction Definitions, Terms, and Self-Assessment. In fact, you can use each chapter of the *Recovery Basics* video to support key sessions of LIB and *The Matrix Model* (see the charts provided in Appendix B and Appendix C at the end of this document for pairing suggestions).
Quick Start Guide for Video Chapter 1:
Starting Your Recovery

Materials and Preparation Needed

- Prepare to show the video on a TV or monitor.
- Print the chapter 1 client fact sheet: Addiction for each client.

Step 1: Introduce the Topic (2 minutes)

Tell clients, In this video chapter you will learn to:

- understand addiction (also known as a substance use disorder) as a chronic disease that can be managed but not cured
- recognize the symptoms of addiction
- recognize the difference between addiction and harmful use
- acknowledge the negative effects of drug use as symptoms of addiction
- understand the definition of recovery

Step 2: Play Video Chapter 1: Starting Your Recovery (12 to 13 minutes)

Step 3: Discuss Video Chapter 1: Starting Your Recovery (12 minutes)

Ask: What did you learn about addiction as a lifelong (chronic) disease?

Explain: A substance use disorder, or addiction, is a pattern of compulsive or habitual drug use in which an individual continues to use alcohol or other drugs despite problems caused by that drug use. Symptoms include tolerance (needing more and more of the substance to get the desired effect), and withdrawal symptoms experienced when the person tries to quit using. Addiction is progressive, meaning that if it’s untreated, it gets worse over time and can eventually cause death. Addiction is a chronic disease, meaning that there is no cure. It is a lifelong illness and, similar to diabetes or asthma, the goal is learning to manage it every day.
Ask: Can you relate to people in the video who talked about the problems their drug use caused?

Explain: People with addiction often experience harm in the areas of their health, family, friends, and school or job. People may have blackouts, get a DUI (driving under the influence) violation, get fired from work, get divorced, and become unable to pursue their dreams and goals. Other people may have worsening mental health symptoms, such as isolation and depression. These are all symptoms of addiction. People can improve all of these areas of their lives by practicing abstinence (avoiding use of all mood-altering substances) and working a strong recovery program.

Ask: What does it mean to be “in recovery” from the disease of addiction?

Explain: It is important to know the difference between sobriety and recovery. Sobriety is simply quitting use of alcohol or other drugs without learning healthy ways of coping with life. Recovery means working to become physically, mentally, and spiritually healthier. It involves rebuilding trust with family and friends, and forming new, healthy daily habits. Because of this physical, spiritual, and emotional growth, people in recovery often find themselves doing better at school or work, and return to the hobbies and things they were passionate about before addiction took over and use became their priority. People in recovery often find a greater sense of meaning and purpose in their lives, which leads to an increased sense of self-worth.

Ask a follow up question:

What are some ways you want your life to improve by working on recovery?

Step 4: Give Each Client the Chapter 1 Client Fact Sheet: Addiction (3 minutes)

Take Home: Urge the client(s) to take the Addiction client fact sheet with them and be prepared to discuss it in the next session.

In Group: If time allows, have clients take turns reading sections of the Addiction fact sheet aloud and discuss any questions that arise.

Note: This may add 10 additional minutes to your planned session time.
### Appendix B:
**How to Use *Recovery Basics* with *Living in Balance* Sessions and Mini-Tracks**

<table>
<thead>
<tr>
<th>Pair this <em>Recovery Basics</em> chapter...</th>
<th>with these <em>Living in Balance</em> sessions</th>
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</thead>
</table>
| Chapter 1: Starting Your Day           | • Session 1: Definitions, Terms, and Self-Assessment  
                                         • Session 6: Spirituality  
                                         • Session 30: Addiction and Loss |
| Chapter 2: Preventing Relapse          | • Session 3: Triggers, Cravings, and Avoiding Relapse  
                                         • Session 12: Relapse Prevention Basics  
                                         • Session 33: Advanced Relapse Prevention |
| Chapter 3: Managing Your Day           | • Session 4: Planning for Sobriety  
                                         • Session 12: Relapse Prevention Basics |
| Chapter 4: Managing Thoughts and Feelings | • Mini-Track 1: Anger and Emotional Management  
                                         • Session 10: Negative Emotions  
                                         • Session 11: Anger and Communication  
                                         • Session 20: Attitudes and Beliefs |
| Chapter 5: Building Healthy Relationships | • Mini-Track 3: Promoting Mutual Support and Twelve Step Participation  
                                         • Session 13: Intro to Self-Help Groups |
| Chapter 6: Keeping It Going            | • Session 25: Educational and Vocational Goals |
Appendix C:
How to Use *Recovery Basics* with *The Matrix Model Sessions*

<table>
<thead>
<tr>
<th>Pair this <em>Recovery Basics</em> chapter...</th>
<th>with these sessions of <em>The Matrix Model</em></th>
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</thead>
</table>
| Chapter 1: Starting Your Day            | • Individual and Conjoint Session 1: Orientation  
• Early Recovery Session 5: Your Body Chemistry in Recovery  
• Relapse Prevention Session 9  
• Relapse Prevention Session 13  
• Relapse Prevention Session 24  
• Relapse Prevention Session 32 |
| Chapter 2: Preventing Relapse           | • Individual and Conjoint Session 6: Relapse Prevention  
• Early Recovery Session 1: Stop the Cycle  
• Early Recovery Session 2: Identifying External Triggers  
• Early Recovery Session 3: Identifying Internal Triggers  
• Relapse Prevention Session 3  
• Relapse Prevention Session 11  
• Relapse Prevention Session 16 |
| Chapter 3: Managing Your Day            | • Individual and Conjoint Session 4: Making Changes  
• Early Recovery Scheduling Session  
• Relapse Prevention Session 2  
• Relapse Prevention Session 4  
• Relapse Prevention Session 6  
• Relapse Prevention Session 17  
• Relapse Prevention Session 31 |
| Chapter 4: Managing Thoughts and Feelings | • Individual and Conjoint Session 9: Heartfelt Matters  
• Early Recovery Session 7: Thinking, Feeling, and Doing  
• Relapse Prevention Session 5  
• Relapse Prevention Session 18  
• Relapse Prevention Session 23 |
| Chapter 5: Building Healthy Relationships | • Individual and Conjoint Session 2: The First Family Contract  
• Early Recovery Session 4: Twelve Step or Other Community Support Introduction  
• Relapse Prevention Session 12  
• Relapse Prevention Session 25  
• Relapse Prevention Session 26  
• Relapse Prevention Session 30 |
| Chapter 6: Keeping It Going | • Individual and Conjoint Session 10: Setting Goals  
• Early Recovery Session 8: Keep It Simple, Silly (KISS)  
• Relapse Prevention Session 7 |