

3 Says it is clear that Addiction is Not a Choice

4 in Addiction - Huge Gulf between clinical practice and research findings.

4) Fields Reliance on Miracle Cures & Horror Stories

5) Addicts should get

9) All Human Cultures use Psychoactive Drugs - often in ways central to their cultural & religious celebratory rituals

24/25 Caffeine - 47% drink coffee daily - so half the pop. is addicted to caffeine.

36 Relative dangers of Drugs - Truth Telling Chart.

38 Alcoholism is between 73-84% Genetic - Twin Studies

39 Gene influenced factors in Alcoholics

40 - in 90 days a new habit can be developed by repeating an activity

25 It takes my child to raze a village - ADHD with opposition

26 Addiction is Continued Use despite Negative Consequences
Rule 5: stimulants - minus the pleasure of the hunt

27 What List of Symptoms of Opiate Withdrawal removed by Narcan

Withdrawal from opiates Not TOO horrible - And not life threatening
as from alcohol, valium, or barbiturates. (So it's for those)
(Because fatal seizures may develop) CANVAS for research

too Opiates don't damage liver or organs

Naloxone - Antidote to opiate poisoning - Stop Overdose
if given in time. NARCAN Trade Name

28 Kill a lotta people - even though it is relatively benign at controlled moderate doses

Vast majority of O.D.s are Mixing Opiates/Bacis with Alcohol

29 MUST 1) Deal with the reasons someone uses
2) Provide healthier way of coping with problems

MORAL Perspective - There is NO scientific evidence that addicts are more selfish, dishonest, or immoral

46 - "Slavery" to the substance argument Effectiveness

49 Moderation based programs are the same as Abstinence

53 - This is bio psychosocial perspective

54 Compared to other chronic illness, Addiction care has an excellent record - Most people relapse - but it works

Most effective treatments - are hardest to find and least well known - lowly ones available

55 1st Treatment - best research based success (10%) are Cognitive-Behavioral systems - focused on learning

55 - People given a choice of treatment do better

56 - Best Antidotes to Addiction are joy and competence.

53) Praise for Recovery Options: The Complete Guide

IF addiction is learned Then recovery also an educational process.

"Finally! A no-nonsense, state-of-the-art guide that one can hand to anybody who is having trouble with drugs, alcohol, tobacco, or foods of various kinds. What a gift Volpicelli and Szalavitz have given us: A stupendous, practical way to help the colleagues and loved ones in our lives who are struggling with chemical dependency."

Therapist ability to relate to - Laurie Garrett, author of The Coming Plague

to empathize with - Newly Emerging Diseases in a World Out of Balance

The client is a predictor of outcomes 6 mo. later

so - personality and infantilization often hinders change

Confrontation - Comprehensive, illuminating, easy to read... this book points out the diverse paths to the ultimate goal - recovery from alcohol and other drug abuse.

80 You have to use using Treatments that are appropriate

"Stages of Change" Vice President of Public Affairs, Hazelden Foundation

6 Stages of Change 1) Pre Contemplation 2) Contemplation 3) Preparation 4) Action

"At last a sensible, clear guide for consumers who are facing the tough choice of seeking treatment for addictive behaviors. In a field long driven by emotion and minimal scientific evidence, Volpicelli and Szalavitz impartially review the options and explain them in clear language. In addition, they take some of the hysteria out of the issues facing substance users and their loved ones by providing a coherent summary of what we really know about alcohol and other drugs. A must read. Bravo!"

62 - 15 Million Alcoholics in this country - 10% in treatment at any one time

63 Alcoholics who were tested had liver damage

Did take action were 50% less likely to die.

"Wise, accurate, responsible, accessible, well written. I'm assigning it for my course in drug policy."

Mark Kleiman, Professor of Policy Studies at UCLA and author of Against Excess: Drug Policy for Results

64 NO Don't have to admit you are an addict

Research - Better if you have NOT lost everything.

71 Only 20% of Addicts in the Action Stage

Only 20% of Addicts succeed in first try at abstinence

75 Don't get Police Involved

Decent employment one of Best Anti Relapse Tools

Sex can be spectacular without pot, but if you had the choice, why would you go without?

80) Try to become conscious of what you fear about recovery.

81) Empathetic Counselor - Reduces Relapse Risk.

- 161 - Can be advantage to getting sober in the same environment where you used.
- 168 Therapeutic Communities can have sadistic staff.
- 170 Abusive Treatment is C.W. Culture War
- 172 No research on the Negative effects of Coerced Treatment
- 174 Most dropout of TCs, small fraction graduates.
- TCs do work - more for graduates, also for dropouts
- 185 Empathetic, Supportive, counselors did good, rough counselors worse than NO counseling.
- 186 Harm Reduction - Aim to keep Person alive and as healthy as possible During drug use.
- Believe - Drug Use will always be with us - but we can reduce the harm
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Published by John Wiley & Sons, Inc. They will be more likely to recover.
Published simultaneously in Canada.

only harm Reduction can reach addicts in the early stages of change

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- Thoroughly studied - Positive Results.
- 200 Methadone - a good treatment nearly wrecked by over regulation, prejudice, misinformation
- Problem is America's paternalistic attitude about drugs

CW

- Reduces the Death Rate.
- 206 - Methadone reduces Drug Use and Crime. Do They Care?
- 212 - No such thing as T.H.I.Q. (not made in brains of "normal" drinkers - NOT 50 (L-glutamine) will reduce craving)
- 213 Nutrition
- 217 - a shot of NARCAN - will stop opiate overdose.
- TEEN treatment - Put a pot smoking binge drinker in
- Get a guy out - determined to get crack & Heroin
- 225 What to do (Article) if Kid smokes pot a lecture
- 226 What is the message to Children of drug testing them with no grounds for suspicion. Don't do it!
- 227 Teens - Must use Cognitive & Behavioral Therapies
- 228 - Do best who choose their own counselor
- Include Family Therapy with Teens
- Don't make teens take the identity of an addict -
- 231 Article - Turn Kids in to the Police Back Idea
- 232 - Abuse Education - More likely to outgrow drug problems
- 237 RECAPSE - one of Biggest Contributors to serious relapse is the perception that it is the end of recovery - great personal failure.
- Distinction between a slip and a relapse
- Causes relapse if you believe that after the first drink you lose control.
- If you lapse - stop as soon as you can.
- 239 - How to Fight better - Stick to "I feel" statements less viscious?
- 246 - Cocaine makes HIV reproduce 20 times as fast?
- 248 - More than half of people who come in for Addiction Treatment have emotional distress significant enough to warrant a diagnosis.
- People use Alcohol to Sleep - (could use Cannabinoids)
- 250 - Using anti-depressants could get you in good enough shape to do cognitive/behavioral work.
- 253 ANGER - For Those whose Anger Relates to injustice
- There is Nothing like Activism.
- Just expressing your anger increases rather than diminishes it.
- 253 Do Cog. Therapy dealing w/ Particular Situations NOW
- 254 - The More Control you can give people under stress the better they will do.

265 Be Optimistic! To the Voice of Self hate
and blame you can say "Thank you for sharing,
now shut up."

Quitting Drugs Leaves a big hole in your life - you
(substitution) must find something equally big to fill it.

266 - Addicts who recaptured thanked a higher
power

long term success usually coupled with success at
making new loving relationships

294 I am Methadone is the best treat-
ment for Heroin addiction.