

Part 3:

Helping Our Loved Ones with SUDs: Recovery, Treatment, and Relapse Awareness



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SAMHSA Working Definition of Recovery

(Revised 2012)

Recovery from substance use disorders is a process of change through which individuals improve their health & wellness, live a self-directed life, and strive to reach their full potential”

Recovery Domains

- Physical and Lifestyle
- Psychological/Emotional
- Family
- Social and Interpersonal
- Spiritual
- Financial



Ways to Recover

- Solo
- Treatment Assisted
(+/- medications)
- Peer Assisted Recovery
- Family Recovery
- Other



Influencing Our Loved One

- Communication
- Problem Solving
- Conflict Resolution

- Many ways to be helpful



Best Practices for Treatment

- Evidence Based Practices
- Integrated Treatments
(addiction, psychiatric, medical, social)
- Combined Approaches
(medication, therapy, mutual support)

Best Practices for Treatment

- Therapy
- Mutual Support
- Family Involvement
- Medication Assisted Treatment

Medication Assisted Treatment

- **Functions:**

- Detoxification
- Maintenance: reduce cravings and relapse risk
- Stabilize function, promote engagement

- **Alcohol:**

- Naltrexone (ReVia; injectable Vivitrol), Campral

- **Opioids:**

- Naltrexone, Methadone, Buprenorphine
- Naloxone: reverses opioid overdoses, saves lives!!!

Relapse: Definitions

- A **recurrence of symptoms** of a disease after a period of improvement (Webster)
- A **breakdown or setback** in an attempt to change or modify a target behavior (Marlatt)
- An unfolding **process** in which substance use is the last event in a long series of maladaptive responses to internal or external stressors or stimuli (NIDA)

How to Think about Relapse

- Common with medical, psych, SUD, and life
- Can't always be prevented
- Learning and using recovery skills takes time
- Early recovery is most vulnerable time for relapse (90 days; 180 days; year 1)
- **Not all clients want recovery!**

-Daley & Marlatt, 2006; Hunt, 1971; Marlatt & Donovan, 2005

Causes and Effects of Lapse or Relapse

- Many factors contribute to lapse or relapse
 - Can occur suddenly or gradually
 - Severity and effects of relapse will vary
- Ignoring relapse warning signs
- Not using skills to manage hi-risk situations
- Family, social support, lifestyle issues
- **Nature of addiction**
- **Poor adherence to treatment**

Effects of Relapse

- Vary from therapeutic to fatal
- Effects depend on multiple factors (severity, coping skills, support, etc)
- Relapse affects:
 - Client
 - **Family: worry, upset, angry, etc**
 - Provider
 - Society

Strategies to Reduce Relapse Risk

- Identify/manage high-risk situations
- Identify/manage early warning signs
- Manage negative emotions
- Resist social pressures to use substances
- Build a recovery network
- Work towards wellness/balanced lifestyle
- Know how to stop a lapse or relapse



Recovery or Relapse

