



CREATING RECOVERY

An experience with logic and
spirituality in the creation of recovery
group curriculum
by Don Fultz



PURPOSE OF PRESENTATION

- Introduce ideas about types of AOD recovery groups
- Introduce ideas about sorting information for recovery education groups
- Introduce ideas about bringing Native influences into recovery education groups
- Offer consultation services for detailed training on curriculum development



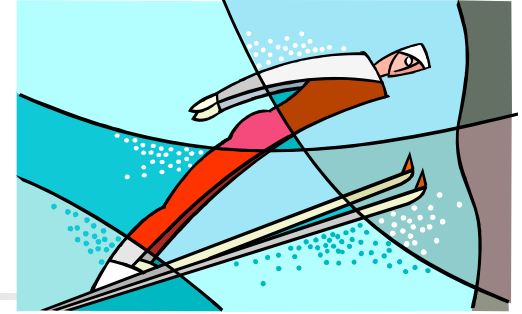
TOPICS

- Challenges
- Solutions
- Results at Feather River Tribal Health





CHALLENGES



- Too much data
- Need for inclusiveness
- Need for open-ended groups makes sequential processes difficult
- Topics that overlap are difficult to separate and organize
- Early recovery groups need to be time limited



TOO MUCH DATA

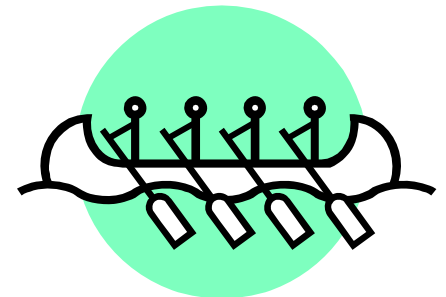
- My ancestors were hunters and gatherers
- My materials were everywhere
- My collection was to the ceiling



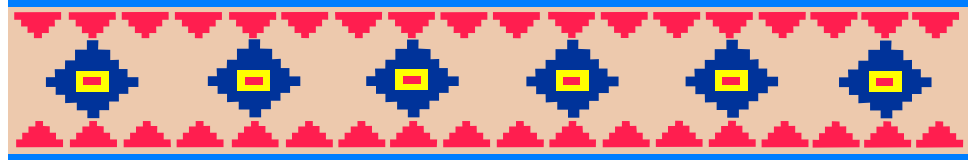


NEED FOR INCLUSIVENESS

- FRTH mission is to serve Native Americans.
- Creator's mission is serve to capacity.
- Exclusive approaches can limit who will benefit.
- Choice is the current catchword in funding.
- Spirituality can be interwoven and inclusive.



NEED FOR OPEN-ENDED GROUPS

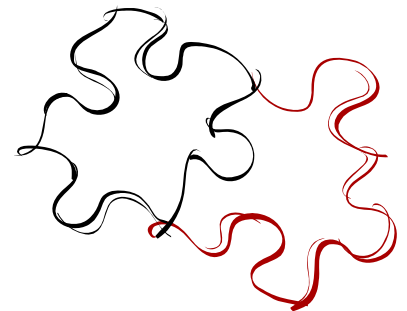


- Effectiveness is enhanced through sequential process.
- Sequential process requires closed groups.
- Closed groups don't work for people in early recovery (target participant).
- You want an early recovery group to cover the relevant topics in six months or less to make room for new clients.



OVERLAPPING TOPICS

- The boundaries between topics is blurry (CRAVING/TRIGGERS)
- You end up with too many topics
- An absence of organization will make the material inaccessible



TIME LIMITATIONS

- Not enough time for delivery of all materials
- Must make room for new clients





SOLUTION: Too much data

- Sort out duplicate and inferior materials
- Consider what group types are needed for recovery
- Sort materials by type of group
- Pick broad topics that are relevant to early recovery addiction education
- Sort materials by topic
- Search for best material to address each topic
- Combine materials to summarize data



SOLUTION: Need for inclusiveness

- Recognize common needs
- Present Native influences with inclusiveness and Native practices with voluntary participation
- Blend spiritual concepts by identifying crossroads of belief



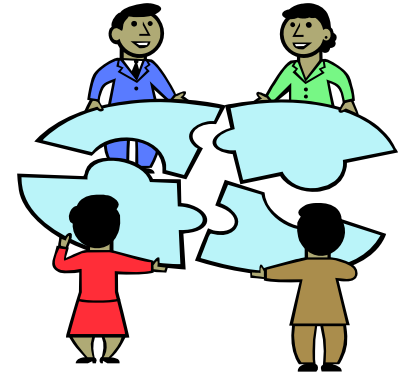
SOLUTION: Need for open ended groups

- Materials by design do not have essential prerequisites of understanding or development
- Curriculum book presented upon entry
- Limit sequential material to two or three consecutive lessons



SOLUTION: Topics overlap

- Sort by type of group
 - Early recovery education
 - Life skills
 - Personal transformation
- Organize materials with a challenge/solution orientation
- Topics should make it easy for clients to access materials applicable to a specific problem, even when they are stressed.



SOLUTION: Time limitations

- The book is theirs beyond program completion
- Topics are limited to most relevant



RESULTS AT FEATHER RIVER TRIBAL HEALTH

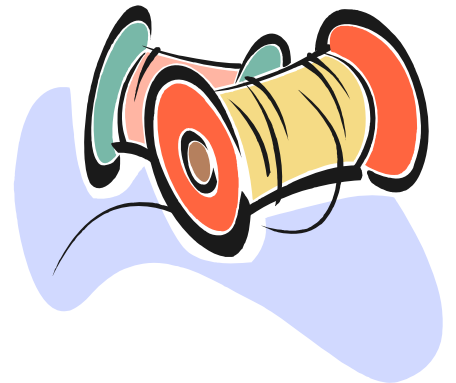
- Early recovery education group
- Topics are relevant to coping with the challenges of early recovery and creating a new life to replace the old one.
 - Ambivalence
 - Tracking success
 - Relapse prevention
 - Triggers
 - Craving
 - Coping
 - Social support
 - Psychological defense
 - Dual disorders



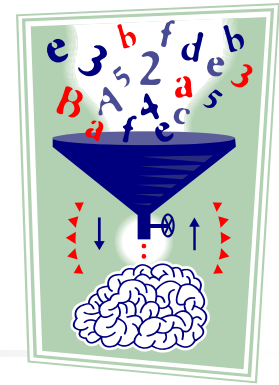


NATIVE FABRIC

- Smudging, food, prayer
- Inner wolf story
- Why it's perfect for addiction
- Carrying it through the curriculum



EGO AND SPIRIT

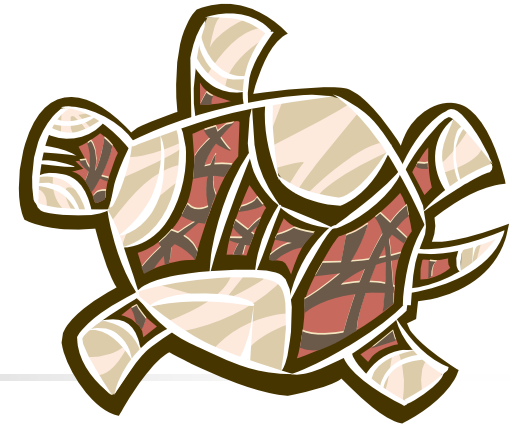


- The names I have given to the inner wolves
- The ego can be understood as a temporary information based being
 - I am what I think
 - Challenging what I think feels like a death threat
- The spirit can be understood as a permanent truth based being
 - I am more than my thoughts
 - I need to challenge my thoughts





YOU



- The ego and spirit influence us, but they are not us
 - We are potential = the ability to move in a chosen direction
 - We are values = each of us decides what will be important
 - We are preferences = we like some things and not others
 - We are choices = and the biggest one is whether we choose to let our potential, values and preferences be influenced by our information based self, or our truth based self.



COVERING TOPICS:



- About the topic
- The ego and spirit on the topic
- You and the topic
- Assignment variety
- Ease of access to information
- Comprehensiveness

TOPICS: Triggers; an example of topic coverage

- 27 pages
- About triggers
- The ego and spirit on triggers
- Internal and external triggers
- The trigger plan
- What would your ego or spirit do



CONSCIOUSNESS DISSEMINATION:

- CONSULTING BUSINESS
- TRAININGS
- WORKBOOKS
- “WAVE of COMPASSION” and “JUST ASK” movies.

