

MIMH

Presents

*Breaking Intergenerational Patterns of
Addiction, Trauma and Dark Secrets in
Families*

Presenter

Mark Sanders, LCSW, CADC

Risk Factors for Intergenerational Patterns of Addiction

- *Trauma*

Patterns of unresolved trauma can be traced to wars. You cannot break intergenerational patterns of addiction unless trauma is addressed.



September 11 Memorial



Source: flicks
commons



Civil War

Source: flicks
commons

During the Civil War soldiers were given a pint of alcohol per day to deal with the trauma of war.

The National Residue of Our Unresolved Historical Trauma

- *More guns than people*
- *The highest homicide rate in the world*
- *The highest imprisonment rate in the world*
- *Leads the world in cigarette smoking*
- *Leads the world in illicit drug*

Trauma Continued

Because we have never recovered from our historical trauma we have a high tolerance for trauma without taking action

Columbine High School



Sherman School Shooting



Parkland School Shooting

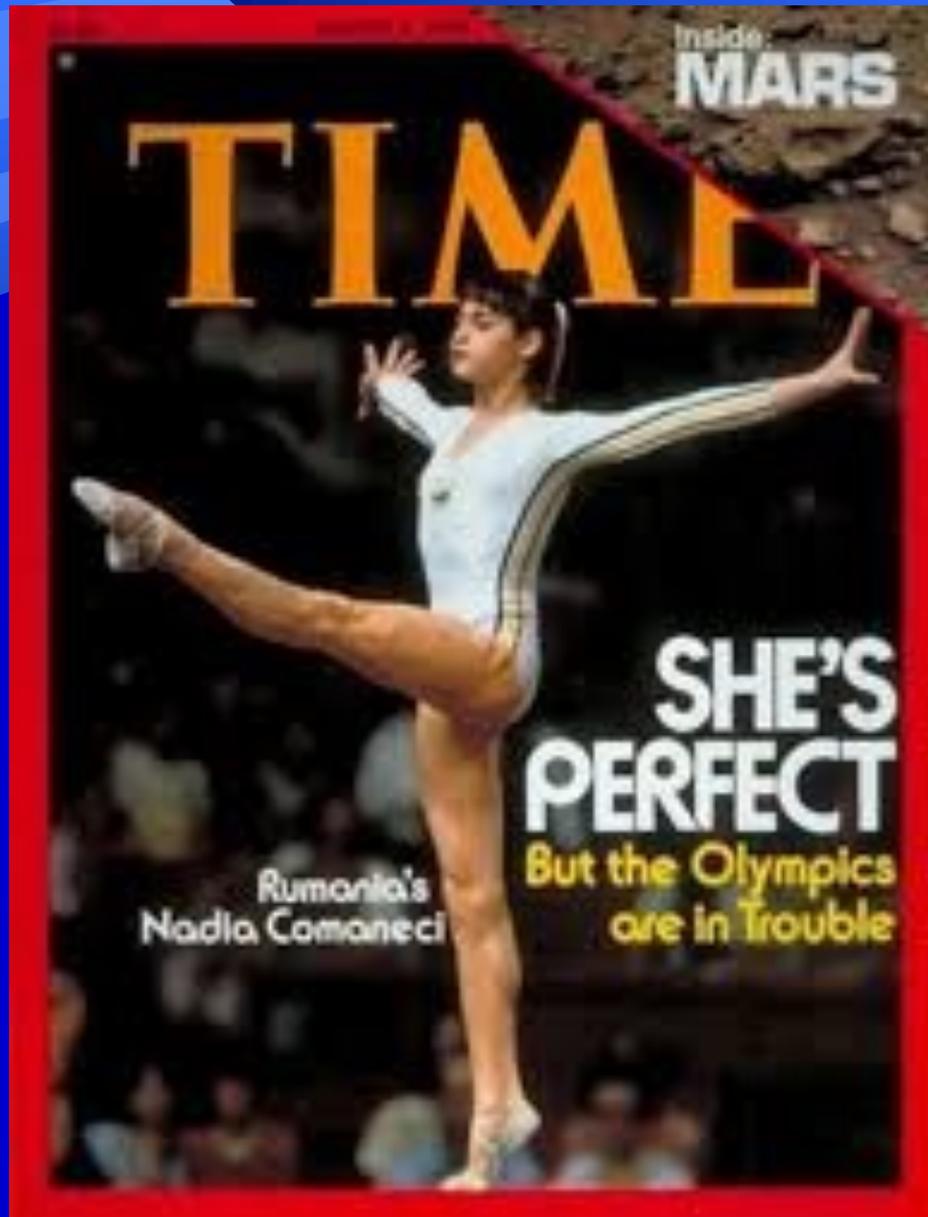


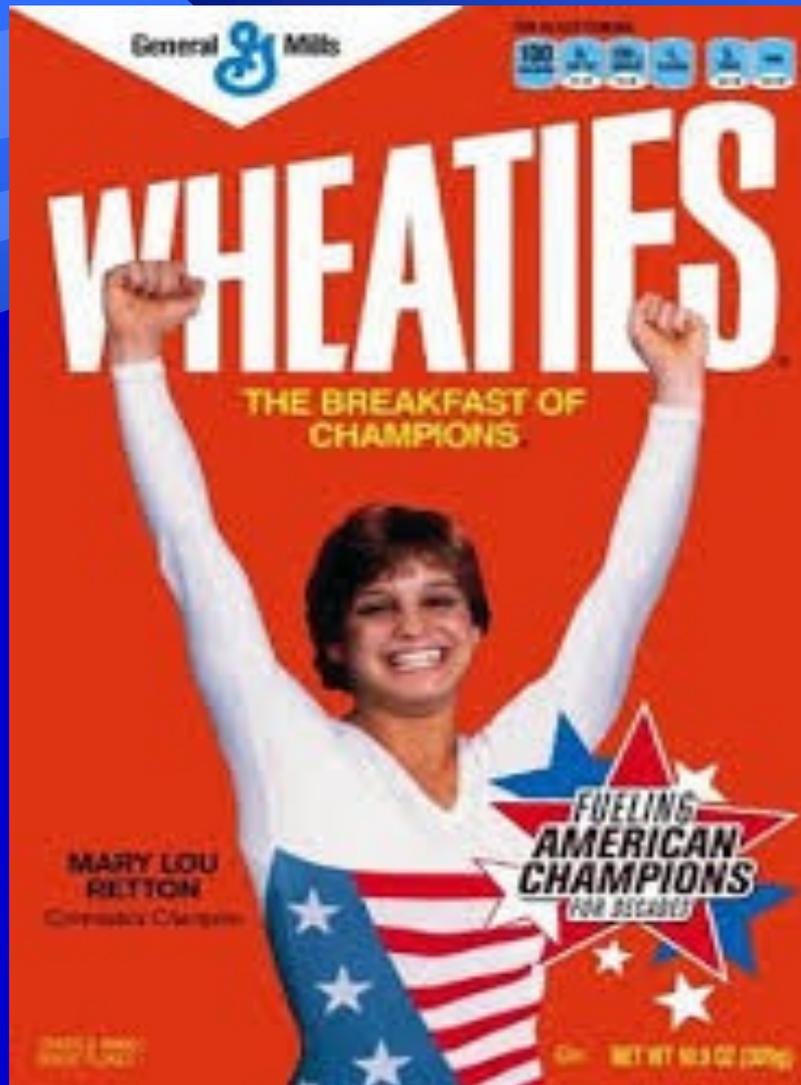
Sandy Hook Elementary School











Mary Lou Retton

You cannot have a trauma recovery movement in America without advocacy.

Judith Herman

Much of the fentanyl coming into the United States comes from China, through the mail and legal points of entry.



Al Capone



Bugs Moran

During the War on Drugs on the 1930's the biggest drug dealers were not gangs, they were government agents who took bribes.

Source: Chasing the Scream



"A bold, creative, and compassionate work."

—SHARON SALZBERG, *New York Times* bestselling author of *Real Happiness*

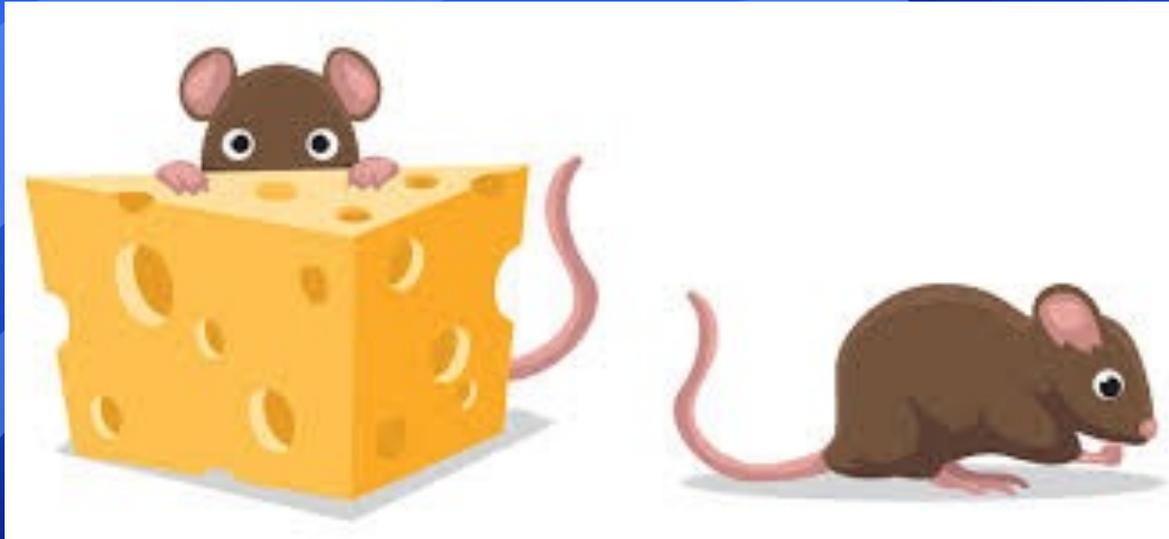
It Didn't Start With You

HOW INHERITED FAMILY TRAUMA
SHAPES WHO WE ARE AND
HOW TO END THE CYCLE

Mark Wolynn



Tuskegee Experiment





GOING FROM THE PROJECTS TO PH.D.

Transcending My Geography



DR. YVETTE L. PYE



Adverse Childhood Experiences

ACE's

Before age 18 (10 ACE's)

- *Abuse (physical, emotional, sexual and/or neglect)*
- *Exposure to parental domestic violence*
- *Parental mental illness or Substance Use Disorder*
- *Parental separation or divorce*
- *Loss of a parent through death, deportation, incarceration*

Results

- *Compared to an ACE's Score of 0, a person with a score of 4 is 8 times more likely to develop a Substance Use Disorder*
- *A score of 5, the person is 10 times more likely to develop a Substance Use Disorder*
- *Life expectancy of a person who scores 6 is age 60 (monitoring)*

Results Continued

- *Each ACE increases Opioid relapse rates by 17%*
- *Each visit to a Trauma Informed program reduces relapses by 2%*

*Dr. Karen Derefinko
University of Tennessee*

Clinical Strategies to Break Intergenerational Transmission of Addiction

- 1. Shift the unit of service from the individual to the family and extended family.*

Clinical Strategies Continued

- 2. Let parents seeking recovery know that their children are at increased risks for developing a Substance Use Disorder and provide education on how parenting styles can impact child and adolescent substance use.*

3 Parenting Styles

- *Autocratic – children have no voice*
- *Democratic – children have a voice*
- *Laissez – faire – anything goes*

4 Important Questions for Clients

- *How can we help you maintain your recovery?*
- *What will your spouse/partner do to take care of self?*
- *What do your children most need to enhance their present and future wellbeing?*
- *How can we help you deal with the trauma of early family recovery?*

Clinical Strategies Continued

- 3. Integrate services for couples, children and families within all addiction treatment programs.*

Clinical Strategies Continued

- 4. When working with adolescents in addictions treatment provide services for their younger siblings.*

Clinical Strategies Continued

- 5. Add evaluation of physical/emotional health, alcohol/drug status, and school performance as a part of programmatic outcome measures for children and adolescents.*

Clinical Strategies Continued

6. Encourage clients in treatment to think about New family memories.



"Son, we shouldn't be comparing arrest stories. We need new memories."

"Let's play AA."



Clinical Strategies Continued

7. Establish child focused goals for clients in treatment

- Parenting time with each child*
- Family rituals and drug free celebrations*
- Drug free cultural celebrations*
- Positive relationship with an aunt or uncle*
- Communicate high expectation and support their dreams*
- Mentorship for each child*

Clinical Strategies Continued

8. Teach healthy boundaries

- Loose- everyone is doing their own thing, no one is aware of what's going on with other family members*
- Enmeshed- family members are too close*
- Healthy- everyone is allowed the 5 freedoms*

The Five Freedoms

- *To think what you think rather than what you should think*
- *To feel what you feel rather than what you should feel*
- *To want what you want rather than what you should want*
- *To see what you see rather than what you should see*
- *To imagine your own self actualization*

Clinical Strategies Continued

9. Address family secrets

*Protective Factors to Prevent the
Intergenerational Transmission of
Addiction*



Family dinners

*Mother Nurture: Life Lessons from
America's Best and Brightest*

by

Stephanie Hirsch

with

Hannah Seligson



Steven Spielberg



Beyonce



Michael Jordan



Danica Patrick



Cindy Crawford



Uma Thurman



J-Lo



Eva Longoria

Children and adolescents who eat dinner with their parents 5 times per week use 3 times fewer drugs than those who eat dinner with their parents twice a week.

Protective Factors Continued

- *Family celebrations*
- *"A praying grandmother"*
- *Mentorship*
- *A membership*
- *Later onset of substance use*
- *Early treatment of mental illness and trauma*

*Protective factors for children
of addicted parents*

Protective Factors Continued

- *A Matrix (a safe place)*
- *Constant & predictable routines*
- *The ability to get adopted by surrogate families*
- *The behavior to see the consequences of behavior before they engage in it.*
- *Lot of activities*

Protective Factors COA's Continued

- *Address the Fetal Alcohol Spectrum*
- *A belief that they are responsible for managing their own lives*
- *A sense of belonging*
- *Later onset of substance use*
- *Early trauma and attachment based therapy*
- *Insight*

My parent has a disease that is characterized by emotional unavailability, broken promises, and inconsistency. I did not cause this problem. I cannot control it or cure it.

Iceberg Model

Addiction



Co-dependence



Toxic Shame



Abandonment/Trauma

John Freil

Guilt vs. Shame

Guilt

- *Behavior*
- *"I've done wrong"*
- *"I've done bad"*
- *"I made a mistake"*

Shame

- *Your being*
- *"There is something wrong with me"*
- *"I am bad"*
- *"I am a mistake"*

Shame

The belief that I am unlovable and unworthy of belonging.

Bryne Brown, Ph. D.

Iceberg Model

Addiction



Co-dependence



Toxic Shame



Abandonment/Trauma

John Freil

Co-dependence

An over involvement with things outside of us and an underinvolvement with things inside of us. Left untreated codependence can lead to addiction.

John Friel

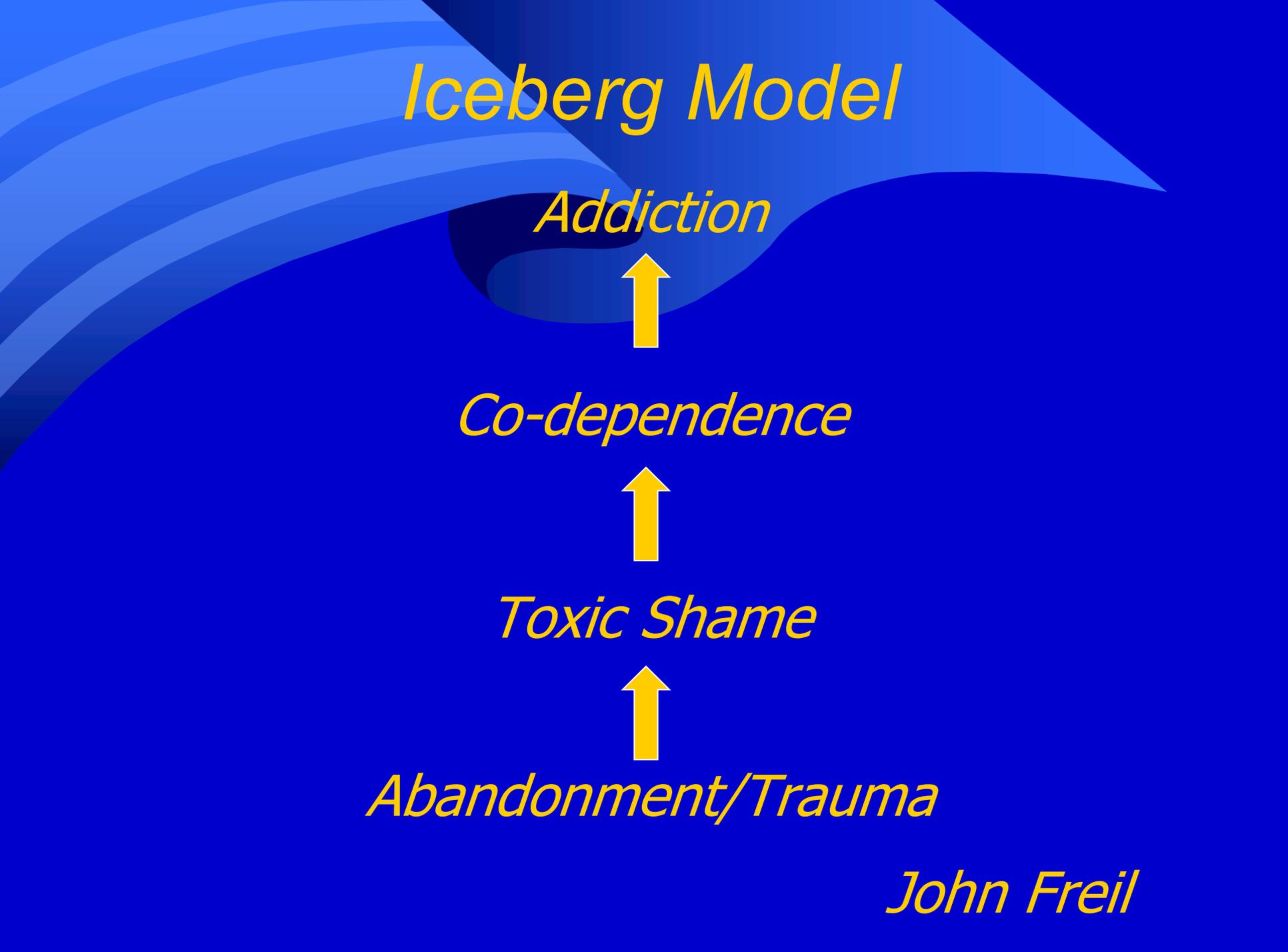


Marilyn Monroe



Billie Holiday

Iceberg Model

The diagram features a blue background with a stylized iceberg. The top part of the iceberg, which is above the water line, is labeled 'Addiction'. The much larger part of the iceberg, which is submerged below the water line, is divided into three horizontal sections. From top to bottom, these sections are labeled 'Co-dependence', 'Toxic Shame', and 'Abandonment/Trauma'. Three yellow arrows point upwards, one between each section, indicating a causal or developmental progression from the bottom-most stage to the top-most stage.

Addiction



Co-dependence



Toxic Shame



Abandonment/Trauma

John Freil

Protective Factors COA's Continued

- *An affirming mirror*
- *An adult who has high expectations*
- *Later onset of substance use*
- *Encourage merit of excellence rather than perfection*
- *The chance to express their feelings*

Appropriate Response to the Feelings

"I believe you."

Normalization of the feelings

Reflection of feeling

"I could see how you would feel that way."

"You are not alone."



Drew Barrymore

Her father was an alcoholic who threw her against the wall at age 3 and left the family when she went to the alcohol rehab at age 13.



Charlize Theron

When Charlize was 15, her mother went to prison for killing her dad who often physically abused her mom when he was under the influence.



Kelly Osbourne

A recovering addict whose famous father, Ozzy is also addicted to drugs.



Halle Berry

Her father was an alcoholic who physically abused her mother and sister.



Adele

Her father was an alcoholic. He left the family when Adele was 3.



Mario
His mother is addicted to heroin.



Keysia Cole
Her mother is addicted to alcohol.



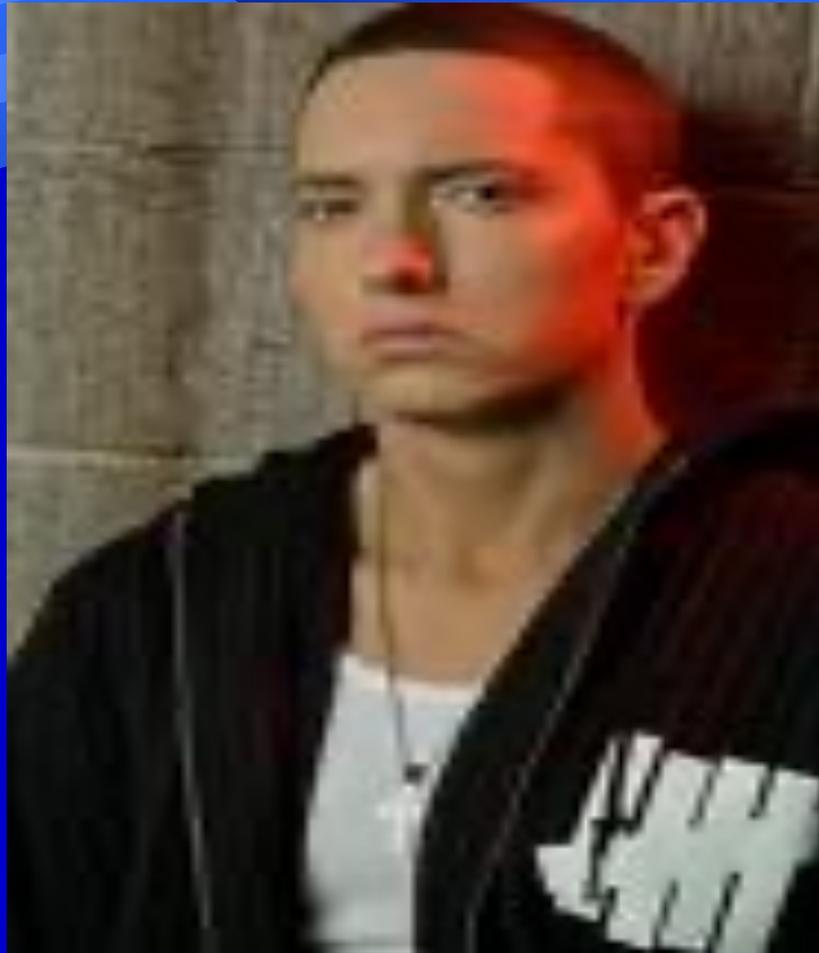
Demi Moore

Her mother and step father were both alcoholic.
Demi grew up with domestic violence.



Tupac Shakur

Tupac Shakur's mother was addicted to crack cocaine.



Eminem



Jay Z



Nicki Minaj

Her father was addicted to alcohol and other drugs.



Rihanna's father is addicted to crack cocaine and alcohol.



Ashley and Winona Judd's mother is addicted to drugs.



President Barack Obama



President Bill Clinton



President Ronald Reagan

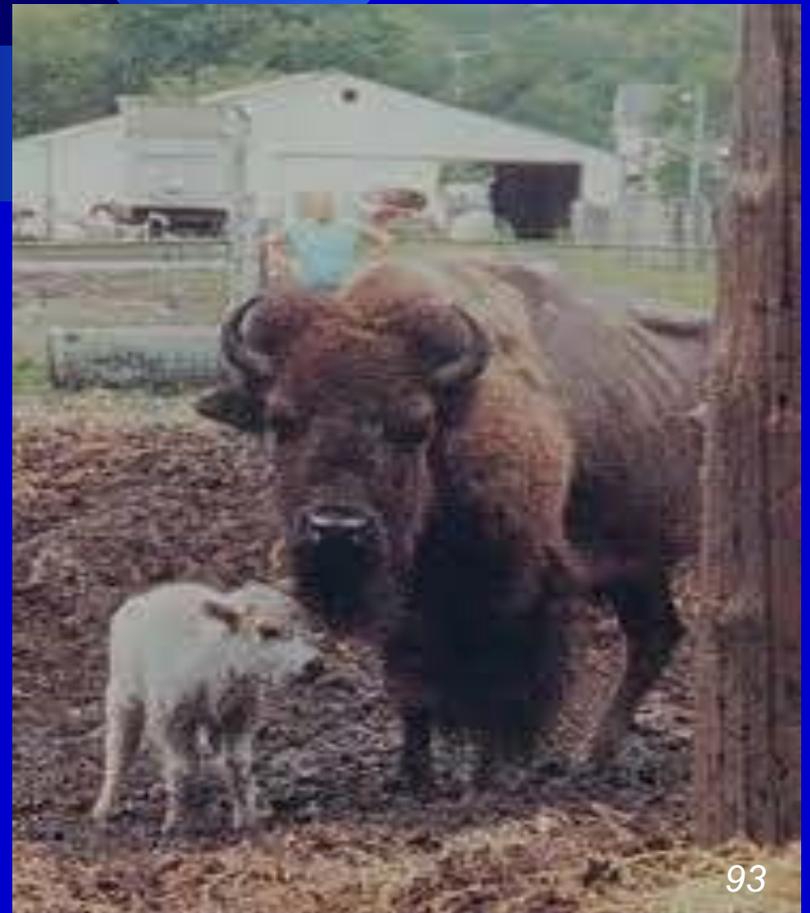


President George W. Bush

The Healing Forest



Don Coyhis



“Suppose you have 100 acres full of sick trees who want to get well. If each sick tree leaves the forest to find wellness and then returns to the forest, they get sick again from the infection of the rest of the trees. The Elders taught us that to treat the sick trees, you must treat the whole forest. You must create a healing forest. If not, the trees will just keep getting sick again. The community forest is now filled with alcoholic trees, drug-addicted trees, co-dependency trees, domestic violence trees, and trees with mental illness. The soil in which those trees are growing is missing the ceremonies, the songs, the stories, the language and the wisdom of our Elders.”



***Don Coyhis
White Bison***

What hidden resources exist within the community that can be a part of a healing forest to support recovery and help break intergenerational patterns?

The Healing Forest

The Community as the Treatment Center

- *Families*
- *Treatment centers*
- *Faith based organizations*
- *Other social service organizations*
- *Persons in long term recovery*
- *The formerly incarcerated*
- *Employers-we can learn a lot from Portugal*
- *Concerned citizens*
- *Trauma specialist (current and historical)*

Examples of Healing Forest

Scott County Indiana: Where it's Cool to be in Recovery!

In 2015

- *Jobs went away*
- *There were 200 reported cases of HIV diagnosis in a county of 4000 people connected to an increase in injection drug use in the county*
- *This made headlines worldwide*
- *Multiple challenges in the rural county: poverty, high unemployment, limited access to medical care, a shortage of addiction treatment facilities*

Creation of a Healing Forest in Scott County Indiana

- *Tom Cox a lifelong Indiana resident formed a Recovery Oriented System of Care (ROSC). He mobilized the entire community*
- *The goal of the Scott County ROSC is to see that all of Scott County embraces a culture of recovery through a coordinated network of community based services and supports*

Results in Scott County

- *Recovery support groups in the county increased from 30 people attending 1 recovery support group per week to 330 people attending 18 weekly meetings at 9 locations. An increase in 1000% of individuals making long term recovery efforts*
- *37 Recovery Coaches trained and hired to help support recovery throughout the county including hospital emergency rooms*
- *The syringe service program referred 75% of the participants to drug treatment*
- *New cases of HIV reduced from 154 in 2015 to 8 in 2017*

*Alkali Lake Tribal Band
British Columbia, Canada*

From 100% alcoholism to 95% recovery

- *One recovery at a time*
- *Alcoholics Anonymous*
- *Treatment*
- *Community development*

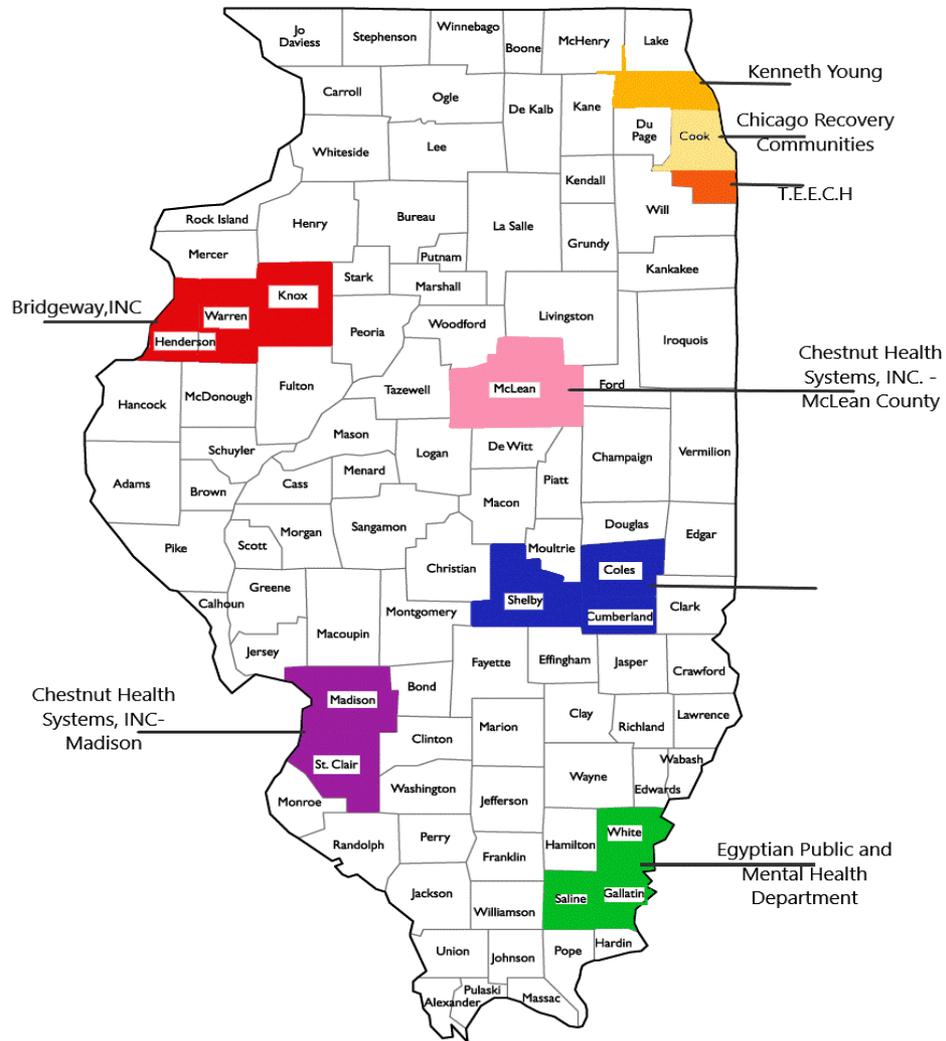
Alkali Lake Continued

- *Return to tribal religion and cultural practices*
- *Reinstitution of the chief and tribal council*
- *Improvement of schools*
- *Prevention and treatment simultaneously*
- *Personal growth seminars*
- *Spreading the approach to other indigenous communities*

Illinois ROSC Councils

- *RFP sent to providers*
- *8 providers selected*
- *Partnership with Great Lakes ATTC to provide technical assistance*

Illinois Department of Human Services/Division of Substance Use Prevention and Recovery
 Recovery Oriented Systems of Care (ROSC) Coalitions



Illinois ROSC Councils Continued

- *The 8 lead agencies recruited key stakeholders of the community to join the council*
 - *Use of social media*
 - *Monthly meetings*
 - *Educating the council about ROSC*
 - *Education about stigmatization and de-stigmatizing language*
- *Creation of a name, mission and vision statement together as a council along with a five year strategic plan*

Illinois ROSC Councils Continued

- *Each council consisted of 30 to 150 members*
- *One lead agency helped develop ROSC councils in each of the 6 counties served*
- *One council opened a Recovery Drop In-center*
- *Stigma reduction, education and community mobilization*
- *Each council recruited people with lived experience to be involved*
- *Lead agencies started partnering with each other*
- *Expansion of peer based Mutual Aid options*

Styles of Recovery Continued

The use of technology

- *Virtual recovery*
- *Telephonic recovery support*
- *Text messaging*
- *Online 12 Step group meetings*
- *Recovery apps*

Styles of Recovery Continued

Cultural Styles

- *whitebison.org*
- *JACS*
- *Women for Sobriety*
 - "My name is Susan, I'm a competent woman."*
- *Celebrate recovery*

Styles of Recovery Continued Wellness/Sports

- *Recovery Basketball*
- *Recovery track and field*
- *Yoga*
- *Meditation (Refugee Recovery)*
- *Ignite Hope (health club membership for young adults in recovery)*



Styles of Recovery Continued

Medication Assisted Recovery

- *Methadone*
- *Suboxone*
- *Naltrexone*
- *Narcan*

Styles of Recovery Continued

Harm reduction

- *Never mixing drugs with alcohol*
- *Watch your drink*
- *Stay out of cars with strangers*
- *Don't share needles*
- *Snort instead of inject*

Styles of Recovery Continued

- *Smart recovery*
- *Shifting allegiance*
- *Dual recovery*
- *Disengaged style*
- *Unaffiliated/unlabeled style*

Styles of Recovery Continued

Recovery Residence

- *Recovery Homes*
- *Halfway Houses*
- *Recovery High Schools*
- *Recovery Dorms*
- *Recovery Fraternities*

The Role of Employers in the Healing Forest

- *Portugal*
- *Vocational schools*
- *Community colleges*

*Leonard Noble, Chicago helped
3000 people seeking recovery start
careers in construction industry*



Southwestern Illinois Correctional Center Recovery Coaching Program



Kentucky Fried Chicken





← The Felony Frank

FELONY FRANKS® HOT DOGS

| | | |
|----------------------|--------------------|--------|
| Felony Frank | "Jumbo Hot Dog" | \$3.75 |
| Misdemeanor Weiner | "Regular Hot Dog" | \$2.35 |
| Cell Mate Dog | "Double Dog" | \$3.45 |
| Custody Dog | "Cheese Dog" | \$2.85 |
| Chain Gang Chili Dog | "For Chili Lovers" | \$2.85 |
| Pardon Polish | "Polish Sausage" | \$3.65 |

Mustard, grilled onions, sports peppers

All dogs are served with Fries, and choice of mustard, onions, relish, tomato, sport peppers and celery salt.

Ketchup upon request

All ¼ lb. Burgers

PROBATION BURGERS

| | | | |
|----------------------------|--------|---------------------------|--------|
| Hamburger | \$3.25 | Double Hamburger | \$4.25 |
| Cheeseburger | \$3.75 | Bacon Cheeseburger | \$4.50 |
| Double Cheeseburger | \$4.75 | Double Bacon Cheeseburger | \$5.50 |
| The WARDEN Special: | \$5.95 | | |

Chopped Steak, choice of cheese, on garlic bread with grilled onions

All burgers include ketchup, onions, pickles, mustard

Choice of Cheese include American, Swiss, or Mozzarella

Miracle Village – Gary, Indiana

- *Incentives*
- *Outreach*
- *Removal of barriers*
- *Easy access to treatment*
- *Help with housing and employment*
- *Partnership among treatment, mental health, and child welfare*

Trainers' Contact Information

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A 3D rendered word "thanks" in colorful, blocky letters. The letters are: 't' (green), 'h' (blue), 'a' (purple), 'n' (yellow), 'k' (red), and 's' (green). The letters are set against a dark background with a subtle glow and reflection effect.