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Family-Focused Addiction Support Training (FFAST): Getting Your Life Back

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University of Massachusetts Medical School

Et al.

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Glad You Are Joining Us!

FAMILY FOCUSED ADDICTION SUPPORT TRAINING



***This Webinar is being recorded.
To view the captions for this event click on the URL in the chat box.***

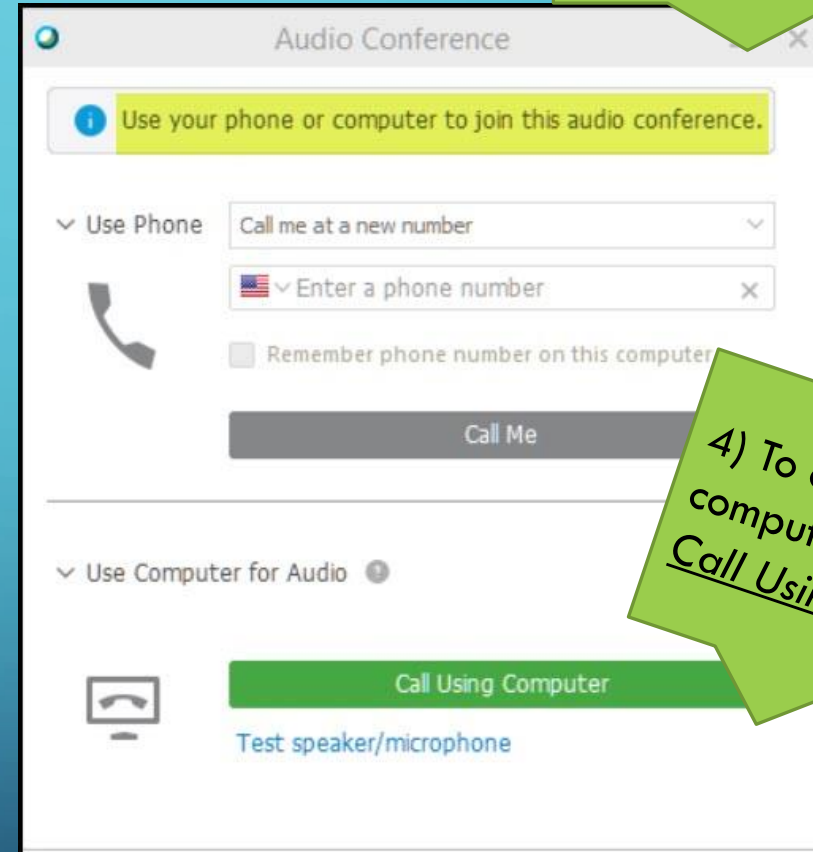
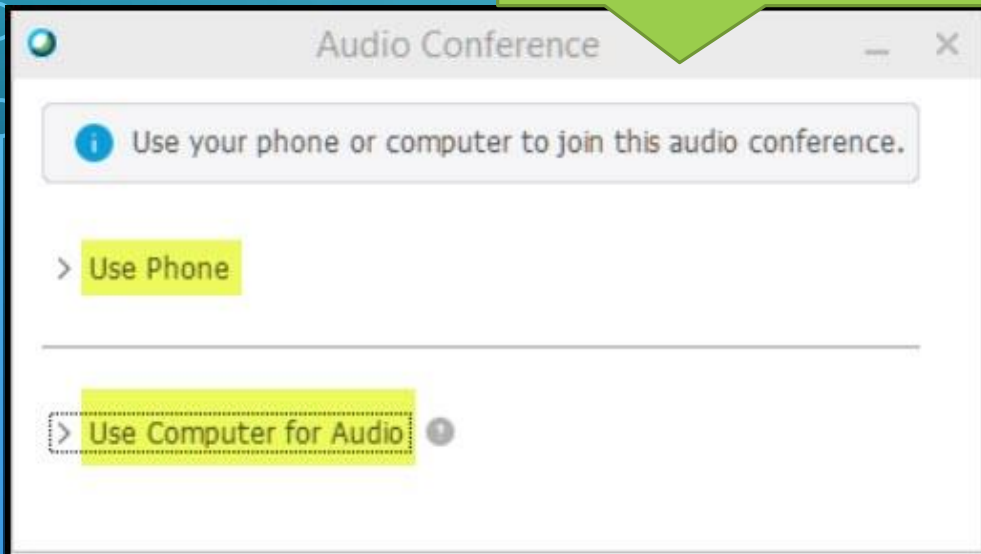
WELCOME TO -- FAMILY FOCUSED ADDICTION TRAINING WEBINAR TO CONNECT TO THE AUDIO

1) Your audio box may look like this when you enter the WebEx session.

2) To connect to webinar audio you must either use your phone or your computer

3) To connect by phone, enter your phone number and the system will call you.

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YOUR WEBINAR HOST



Susan Halpin, M.Ed.

susan.halpin@umassmed.edu

NNLM NER, Education & Outreach Coordinator
University of Massachusetts Medical School
Worcester, Massachusetts

GETTING TO KNOW YOU

Name?

Where are you located?

What do you hope to learn?

ABOUT TODAY'S WEBINAR

- Closed captioning is available, click the link in the Chat box
- This webinar is being recorded. You will receive an email with a link to the recording in about a week
- You will have an opportunity to ask questions during the last 15 minutes of the webinar. Use the **Chat box and chat your questions to “All Participants.”**
- Medical librarians can receive 1 CE credit for attending this webinar. Completing an evaluation at the end of this webinar is required to receive CE credit. The webinar evaluation should appear automatically after you leave the Webex session.
Use the enrollment code FAM1920 to receive CEs.
- Your feedback matters! Even if you are not receiving CE credit, please complete the evaluation and let us know how we can improve our trainings.

ABOUT NATIONAL LIBRARY OF MEDICINE (NLM)

[HTTPS://WWW.NLM.NIH.GOV/](https://www.nlm.nih.gov/)



Physical library is Bethesda, MD part of the NIH campus.

Largest biomedical library in the world

One of the federal government's largest providers of digital content

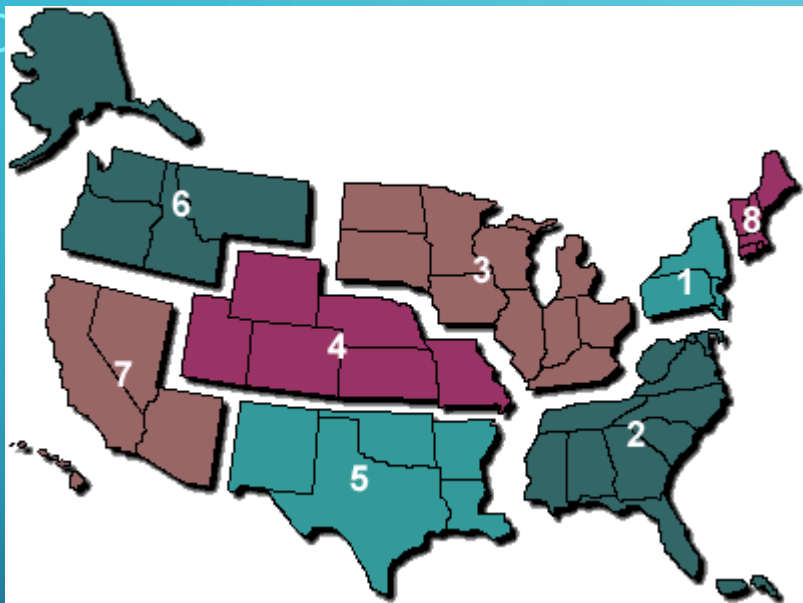
The library is open to everyone

NLM's mission

Advance the progress of medicine and improve public health by making biomedical information accessible to everyone.

NLM Carries Out its Mission Through the National Network of Libraries of Medicine (NNLM)

<https://nnlm.gov/>



- Nationwide network of health sciences libraries, public libraries & information centers
- Each region has a partnership with a regional medical library
- Outreach provided through

Free access to online health & medical resources

Free Training & Professional Development

Grant funding opportunities available for your community

77,000 people received training from NNLM last year!

NLM ONLINE RESOURCES FOR SUBSTANCE USE DISORDER

The screenshot shows the MedlinePlus website interface. At the top, there is a search bar with the text "Search MedlinePlus" and a "GO" button. Below the search bar are navigation links: "About MedlinePlus", "Site Map", "FAQs", and "Customer Support". The main navigation menu includes "Health Topics", "Drugs & Supplements", and "Videos & Tools". The page title is "Opioid Abuse and Addiction Treatment".

On this page

Basics <ul style="list-style-type: none">SummaryStart Here	Learn More <ul style="list-style-type: none">Related IssuesSpecificsGenetics	See, Play and Learn <ul style="list-style-type: none">Videos and Tutorials
Research <ul style="list-style-type: none">Clinical TrialsJournal Articles	Resources <ul style="list-style-type: none">Reference DeskFind an Expert	For You <ul style="list-style-type: none">Patient Handouts

Summary

What are opioids?

Opioids, sometimes called narcotics, are a type of drug. They include strong prescription pain relievers, such as oxycodone, hydrocodone, fentanyl, and tramadol. The illegal drug heroin is also an opioid.

A health care provider may give you a prescription opioid to reduce pain after you have had a major injury or surgery. You may get them if you have severe pain from health conditions like cancer. Some health care providers prescribe them for chronic pain.

Prescription opioids used for pain relief are generally safe when taken for a short time and as prescribed by your health care provider. However, opioid abuse and addiction are still potential risks.

What are opioid abuse and addiction?

Opioid abuse means you are not taking the medicines according to your provider's instructions, you are using them to get high, or you are taking someone else's opioids. Addiction is a chronic brain disease. It causes you to compulsively seek out drugs even though they cause you harm.

What are the treatments for opioid abuse and addiction?

Treatments for opioid abuse and addiction include

- Medicines
- Counseling and behavioral therapies
- Medication-assisted therapy (MAT), which includes medicines, counseling, and behavioral therapies. This offers a "whole patient" approach to treatment, which can increase your chance of a successful recovery.

The screenshot shows the Environmental Health & Toxicology website interface. At the top, there is a search bar with the text "Search TOXNET/Tox Subset" and a "GO" button. Below the search bar are navigation links: "Home", "Search TOXNET/Tox Subset", "Selected Topics", "Guides, Tutorials, Workbooks", "Help", "Search Our Resources", "Additional Resources", and "Mobile Apps". The main navigation menu includes "Home", "Search TOXNET/Tox Subset", "Selected Topics", "Guides, Tutorials, Workbooks", "Help", "Search Our Resources", "Additional Resources", and "Mobile Apps". The page title is "Opioid Addiction and Treatment".

Topics of Interest

- About Us
- Database Descriptions
- Choose the Right Environmental Health and Toxicology Resource
- Search TOXNET® Databases
- Email Updates, News, and Social Media
- TOXNET Manual
- NNLM class schedule

A to Z Index of Resources

A B C D E F
G H I J K L
M N O P Q R
S T U V W X
Y Z

Opioid Addiction and Treatment

Health Information Resources

- Understanding Addiction
- Opioid Overdose
- Opioid Drugs
- Treating Opioid Addiction
- Opioid Prescribing
- Pregnancy, Opioid Use, and Neonatal Abstinence Syndrome
- Recovery
- Data, Trends, & Statistics
- Topic-related Searches of National Library of Medicine Resources
- Selection Guidelines
- Disclaimer

Understanding Addiction

- Definition of Addiction
 - American Society of Addiction Medicine (ASAM)
- Drugs, Brains, and Behavior: The Science of Addiction
 - The National Institute on Drug Abuse (NIDA), National Institutes of Health (NIH)
- East to Read Drug Facts
 - The National Institute on Drug Abuse (NIDA), National Institutes of Health (NIH)
- Facing Addiction in America: The Surgeon General's Report on Alcohol, Drugs, and Health (2016)
 - Office of the Surgeon General of the United States (OSG)
- Office of National Drug Control Policy - President's Commission

<https://envirotoxinfo.nlm.nih.gov/opiate-addiction-and-human-health.html>

<https://medlineplus.gov/opioidabuseandaddictiontreatment.html>

PILLBOX – NLM'S USEFUL TOOL TO IDENTIFY UNKNOWN PILLS

The screenshot displays the Pillbox website interface. At the top, the logo 'PILLBOX' is on the left, and a navigation menu includes 'Home', 'About Pillbox', 'Developers', 'Statistics, Data & Images', 'Contact', and 'Old Pillbox'. The main heading reads 'Identify or search for a pill'. Below this, a prompt says 'Start by selecting characteristics of the pill you want to identify:'. There are five dropdown menus for 'Name or Ingredient', 'Imprint', 'Shape', 'Color', and 'Inactive Ingredient'. To the right of these are 'CLEAR ALL' and 'Advanced Search >' links. A large black 'SEARCH' button is centered below the dropdowns. The bottom section, titled 'Pillbox', features four columns with icons and text: 'About Pillbox' (building icon), 'Developers' (code icon), 'Contact Us' (people icon), and 'Statistics, Data & Images' (chart icon).

<https://pillbox.nlm.nih.gov/>

Looking for Programming Tools Related to Health and Wellness?

Consider borrowing one of our Graphic Medicine Book Club Kits featuring *Sobriety: A Graphic Novel!*

To Request a Kit:

www.nlm.gov/ner/kits

For Questions or Further Information, Contact

Sarah Levin-Lederer at

Sarah.LevinLederer@umassmed.edu

Graphic Medicine Book Club Kit

NIH NLM NNLN nlm.gov/ner/kits

Graphic medicine is the combination of comics and healthcare. Comics help with understanding illness and health.

These kits are available to any organization in New England for free.

How kits work

1. Pick a health comic



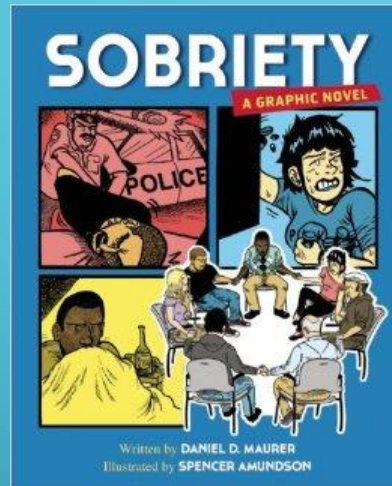

Addiction - AIDS - Aging - Cancer - Epilepsy - Grief - LGBTQ - Mental Health - OCD - Veterans

2. You receive a kit in the mail

Kits include:

- 6 Graphic Novels
- Discussion guides with questions
- Valuable NLM resources on the selected topic

3. Read and learn together!



From the publisher...

“Through rich illustration and narrative, *Sobriety: A Graphic Novel* offers an inside look into recovery from the perspectives of five Twelve Step group members, each with a unique set of addictions, philosophies, struggles, and successes while working the Steps.”



FAMILY FOCUSED ADDICTION SUPPORT TRAINING (FAST) AND THE PARENT PERSPECTIVE OF ADDICTION.

MAUREEN CAVANAGH, MPA. M.ED

MAUREEN@MAGNOLIACS.COM

MAUREEN CAVANAGH, MPA, M.ED

- Maureen Cavanagh is an author and the founder of Magnolia New Beginnings, a non-profit 501c3 organization that provides access to online support groups for anyone struggling with a loved one's addiction and provides access to recovery housing in Massachusetts. She is also a CCAR recovery coach and trainer, family recovery coach and interventionist and President of Magnolia Recovery and Consulting Services.
- Maureen's first book, a gripping memoir, *If You Love Me: A Mother's Journey through Her Daughter's Opioid Addiction*, is a story of a mother who suddenly finds herself on the frontlines of the opioid epidemic as her daughter battles—and ultimately reckons with—substance use disorder. The memoir was published by Henry Holt/MacMillan in 2018. *If You Love Me* was favorably reviewed by the NY Times, Kirkus, Publishers Weekly, and the audiobook was named a runner up for Amazon/Audibles 2018 Memoir of the Year.
- Maureen holds a B.S. in Communications from Weber State University, an MPA in nonprofit management from Suffolk University, an M.Ed Special Education/ESOL from Salem State University, and speaks nationally on the impact of substance use disorder on the family and the power of hope. Maureen's unforgettable story, told with love and humor, brings the opioid crisis out of the shadows and into the house next door. Her real-life account is inspiring and harrowing, and ultimately a story of recovery and renewal.
- Maureen lives near Boston, Massachusetts with her partner of many years. She is the mother of four and is enjoying every minute of watching her daughter bloom in recovery. She believes deeply that education, connection to others, and sharing stories of recovery are integral in the midst of this crisis.

WEBINAR LEARNING OBJECTIVES

- Understand positive communication styles, the power of stigma and how blame and shame hinder recovery
- Learn what the “Stages of Change” are and how they are necessary to the recovery process.
- Learn what “recovery” and “recovery capital” are. Understand the multiple pathways that are available to treat the disease of addiction.
- Explore the concept of compassion fatigue and the importance of putting the “oxygen mask” on yourself to create strategies conducive to your own mental and physical health.

THE FAMILY QUESTION: WHERE DID I GO WRONG?



ROCK BOTTOM AND TOUGH LOVE ISN'T IT TIME TO STOP USING THESE TERMS?

"The disease
might hide the
person underneath,
but there's still
a person in there
who needs your
love and attention."

-- Jamie Calandriello

the
MIGHTY

“PEOPLE DO RECOVER; AS DO THEIR FAMILIES. AN ESTIMATED 23.5 MILLION PEOPLE LIVE IN RECOVERY ACROSS THIS COUNTRY, ALONG WITH EVERYONE CONNECTED TO THEM. IT IS POSSIBLE”

MAUREEN CAVANAGH, “IF YOU LOVE ME: A MOTHER’S JOURNEY THROUGH HER DAUGHTER’S OPIOID ADDICTION”



<https://www.youtube.com/watch?v=SfD6E3toD3E>

OUR STORY

if you love me



**A MOTHER'S JOURNEY
THROUGH HER DAUGHTER'S
OPIOID ADDICTION**

MAUREEN CAVANAGH

if you love me

**WITH A NEW
AFTERWORD**

**A MOTHER'S JOURNEY THROUGH
HER DAUGHTER'S ADDICTION AND RECOVERY**





MAUREEN CAVANAGH

STAGES OF CHANGE



STAGES OF CHANGE

RELATED TREATMENT & RECOVERY SUPPORT SERVICES

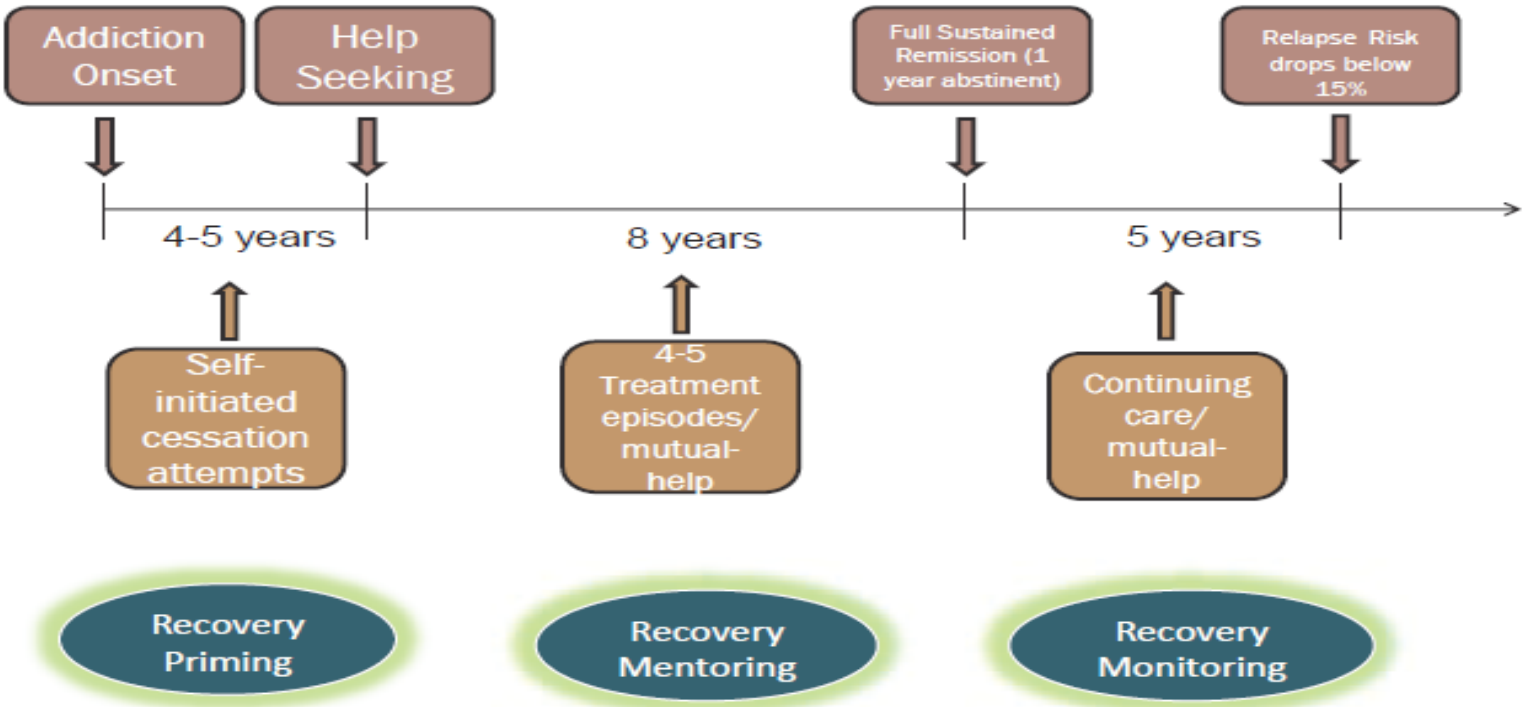
PRECONTEMPLATIVE	CONTEMPLATIVE	PREPARATION	ACTION	MAINTENANCE
<p>In this stage, individuals are not even thinking about changing their behavior. They do not see their addiction as a problem; they often think others who point out the problem are exaggerating.</p>	<p>In this stage people are more aware of the personal consequences of their addiction & spend time thinking about their problem. Although they are able to consider the possibility of changing, they tend to be ambivalent about it.</p>	<p>In this stage, people have made a commitment to make a change. This stage involves information gathering about what they will need to change their behavior.</p>	<p>In this stage, individuals believe they have the ability to change their behavior & actively take steps to change their behavior.</p>	<p>In this stage, individuals maintain their sobriety, successfully avoiding temptations & relapse.</p>
				
<p>HARM REDUCTION</p> <ul style="list-style-type: none"> * Emergency Services (i.e. Narcan) * Needle Exchanges * Supervised Injection Sites <p>SCREENING & FEEDBACK</p> <ul style="list-style-type: none"> * Brief Advice * Motivational Interventions <p>SCREENING, BRIEF INTERVENTION, & REFERRAL TO TREATMENT (SBIRT)</p>		<p>CLINICAL INTERVENTION</p> <ul style="list-style-type: none"> * Phases/Levels (e.g., inpatient, residential, outpatient) * Intervention Types <ul style="list-style-type: none"> - Psychosocial (e.g. Cognitive Behavioral Therapy) - Medications: Agonists (e.g. Buprenorphine, Methadone) & Antagonists (Naltrexone) 		<p>CONTINUING CARE (3m- 1 year)</p> <p>Recovery Management Checkups, Telephone Counseling, Mobile Applications, Text Message Interventions</p>
		<p>NON-CLINICAL INTERVENTION</p> <ul style="list-style-type: none"> * Self-Management/Natural Recovery (e.g. self-help books, online resources) * Mutual Help Organizations (e.g. Alcoholics Anonymous, SMART Recovery, Lifering Secular Recovery) * Community Support Services (e.g. Recovery Community Centers, Recovery Ministries, Recovery Employment Assistance) 		<p>RECOVERY MONITORING (1-5+ yrs)</p> <p>Continued Recovery Management Checkups, therapy visits, Primary Care Provider Visits</p>

BOUNDARIES ARE JUST CHOICES

My weapon
of choice:
Boundaries

THE CLINICAL COURSE OF RECOVERY

The clinical course of addiction and achievement of stable recovery can take a long time ...



MULTIPLE PATHS TO RECOVERY

There are many paths of recovery. People will choose their recovery pathway based on cultural values, socio-economic status, psychological and behavioral needs, and the nature of their substance use disorder. With such a personal and varied stake it is impossible to categorize every single type of recovery. However, there are several large areas that recovery falls into. Types of Recovery Paths:

- Natural Recovery
- Recovery Mutual Aid Groups
- Medication-Assisted Recovery
- Peer-Based Recovery Supports
- Technology-Based Recovery
- Alternative Recovery Supports

COMPASSION FATIGUE

“What fresh hell is this?”

-DOROTHY PARKER

WHAT IS A FAMILY RECOVERY COACH?

- **A family recovery coach is not a therapist, they are instead a knowledgeable and trained practitioner on family interventions and strengthening the family system and improving communication. They can assist to:**
- Gain perspective on the impact of addiction/recovery in the life of a loved one
- Explore how relationships impact recovery
- Define and increase fluency in the language of recovery
- Build capacity to understand and support a loved one in his or her recovery
- Practice specific skill sets key to supporting recovery
- Create a learning community to advance the recognition, acceptance and support of recovery
- Learn mindfulness techniques and discover support for your own healing and recovery
- **Do your homework and ask questions about training and beliefs when interviewing a coach.**

FAST: WHAT ABOUT THE FAMILIES?

- **F.A.S.T.** . is a family-focused intervention designed to define and increase fluency in the language of recovery, educate on substance use disorder and provide resources for self-care for those affected by a another's drug or alcohol misuse. If you are a parent, sibling, a member of the extended family or even a professional working in a setting with individuals experiencing the effects of a substance use disorder, education on the disease, it's treatment and learning the steps to care for yourself is essential if want to be a healthy, empathetic and effective supporter to your loved one, patient or student.

HEALING AND GIVING BACK

@PeacefulMindPeacefulLife

The final stage of
healing is using what
happens to you to
help other people.

—GLORIA STEINEM

RECOVERY CAPITAL



JOIN THE DISCUSSION
LISTEN & SUBSCRIBE
COLLATERAL DAMAGE PODCAST

Collateral Damage Podcast
Michael Wilson & Maureen Cavanagh

AVAILABLE ACROSS ALL LISTENING FORMATS



M
MAGNOLIA
NEW BEGINNINGS



**Magnolia Consulting Services**
Engage , Inspire, Educate

CONTACT INFO AND RESOURCES:

- Family Recovery Coaching, Interventions & FAST Training and CEU's: Magnolia Recovery and Consulting Services: [Magnolia Recovery](#)
- Presentations on the Family Perspective [MaureenCavanagh.net](#)
- Free Family Peer Support: [MagnoliaNewBeginnings.org](#)
- Collateral Damage Podcast [CDPodcast.com](#)

["If you Love Me: A mother's Journey Through Her Daughter's Opioid Addiction"](#)



QUESTIONS?

PLEASE TYPE YOUR QUESTIONS IN THE CHAT BOX

Chat your questions “To All Participants”



THANK YOU MAUREEN!



- If you are planning to receive MLA continuing education credit, you must complete the evaluation for this webinar.

We value your feedback, please help us continue to improve by completing the evaluation.

[link to evaluation](#)

enrollment code: Fam1920

UPCOMING WEBINARS

- David Sheff (Author of Beautiful Boy & CLEAN)
A Myth-Shattering Look at Addiction, Prevention and Treatment, Based on Research
October 9th 3-4PM (EST)
- Fred Muench, President of the Partnership for Drug-Free Kids
Engaging Parents and Caregivers in Substance Use Disorder Prevention and Recovery
December 5, 3-4PM
- Louie Diaz , Documentary film “Beyond the Wall”, Struggles and Strategies for Survival Beyond the Walls of Jail,
January 30, 2020 , 3-4PM

Register here: <https://nnlm.gov/classes/substance-use-disorder-celebrity-webinar-series>