

We Feel Connected... Do You?



Welcome to the Webinar

Working with Survivors and Addiction

Hosted by Washington Coalition of Sexual Assault Programs

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WORKING WITH SURVIVORS AND ADDICTION

Welcome!!!



- Where are we all from?
- What do you want to learn today?
- Here is what I would want to know.....

Outline For The Day



- Identifying the Survivor as Unique
- Addiction as a Coping Strategy
- The interconnection
- Defining the Needs of the Survivor
- Exploring the Role of Addiction
- Evidence Based Practices
- Collaboration and Consultation
- **Success for Survivors**

STATISTICS



- **DISCLAIMER of STATS.....**
- Because online stats you can't tell where the samples come from or what their validity is...
- And due to the underreported stats of those who have either not reported abuse or recanted statistics' should be taken VERY carefully.....they are not stones, but yet moving numbers
- **Problems:**
 - Mostly Women Studied
 - Abuse vs. Dependency
 - Measuring PTSD..not stand alone sexual abuse
 - How someone defines sexual abuse

Sample: Community Mental Health Agency



- THIS MOMENT IN TIME MEASURE....SMALL...SMALL....sample....Randomly chosen.....
- Date of Sample: 11/23/11
- Total Agency Survivors Currently Being Seen: 12
- Total # that deny use: 6
- Total # that are sober: 3
- Total # of youth using: 2
- Total # in recovery and has relapsed several times: 1
- All report: Using as a way to cope with past abuse.
- Percentage of Current Survivors Being served that have a history of current and or past use: 50%

On-Line Statistics



- Women who have been abused are 15 x more likely to abuse alcohol and 9 times more likely to abuse drugs than women who have not been abused
- In 2002 the Department of Justice found that 36% of victims in domestic violence programs also had substance abuse problems
- 51% of DV program directors agree that a woman's use of alcohol can be a barrier to leaving a violent relationship
- The National Center on Addiction and Substance Abuse found that 69% of women in treatment for substance abuse say they were sexually abused as children
- Regular alcohol abuse is one of the leading risk factors for intimate partner violence (PROBLEM w/THIS)
- Alcoholic women are more likely to report a history of childhood physical and emotional abuse than are nonalcoholic women.
- The survey of public child welfare agencies conducted by the National Committee to Prevent Child Abuse found that as many as 80% of child abuse cases are associated with the use of alcohol and other drugs.

On-Line Statistics Continued



- In the National Survey of Adolescents, teens who had experienced physical or sexual abuse/assault were 3x more likely to report past or current substance abuse than those without a history of trauma
- In survey of adolescents receiving treatment for substance abuse, more than 70% of patients had a history of trauma exposure
- Studies indicate that up to 59% of young people with PTSD subsequently develop substance abuse problems.
- Several Studies have found that substance use developed following trauma exposure (25%-76%) or the onset of PTSD (14%-59%) in a high proportion of teens with substance abuse disorders.
- Traumatic stress or PTSD may make it more difficult for adolescents to stop using
- Numerous epidemiological studies have found that, for many adolescents (45%-66%) substance use disorders precede the onset of the trauma exposure.

On-Line Statistics Continued



Posted by; Drug Addiction Support, www.drug-addiction-support.org

- Sadly, nearly two-thirds of people in drug abuse treatment report that they were physically or sexually abused as children.

On-Line Statistics Continued



- 75% of women in treatment programs for drug and alcohol abuse report having been sexually abused (American Journal on Addictions, June 1997)
- Nearly 90% of women who have become dependent upon alcohol suffered “severe violence at the hands of a parent” or were sexually abused during childhood (Journal of Traumatic Stress, December 1999)
- A study of 100 adult patients with polytoxic drug abuse revealed that 70% of the female subjects had been sexually abused prior to the age of 16. (Schizophrenia Research, December 2002)
- STUDY of 1,411 by Dr. Kenneth Kendler
- Childhood sexual abuse more strongly associated with drug or alcohol dependence than with any of the psychiatric disorders(three levels of childhood sex abuse ----- against----- major depression, generalized anxiety disorder, panic disorder, bulimia nervosa, alcohol dependency, and drug dependency)
- Rape Victims are 5.3x more likely than non-victims to have used prescription drugs nonmedically.
- Rape victims are 3.4x more likely to have used marijuana than non-victims.
- Victims of rape are 6x more likely to have used cocaine than are women who were not raped.
- Compared to women who had not been raped, rape victims were 10.1x more likely to have used, “hard drugs” other than cocaine.

On-Line Statistics Continued



- Almost 90% of women and men who sought treatment for substance use disorders reported that they had experienced a sexual and/or physical assault during their lifetime (Dansky et al., 1996)
 - ✦ Article: Working with Addicted Survivors of Sexual Assault, by Wende Hilsenrod, MA and Eileen Kelley, MSSW

NOW PRESCRIPTION drug stats!!!!!!!!!!!!!!!!!!!!!!

So.....is it true????

What Makes a Survivor Unique?



- Strengths
 - Experiences in Life
 - Cognitions Learned through out life
 - Past Trauma
 - Coping Skills
 - Desire for change
 - Motivation
- Family Dynamics
 - Their Reason for Addiction

ADDICTION



What are you addicted to?????

Your best friend.....

Someone who is always there for you.....

Makes you feel good.....

Keeps you alive....

When no one else there for you...it is....

BOOK ..ADDICTION

You are about to ask this survivor to GIVE it UP..

Important Points of Addiction



- Addiction allows individuals to be relieved of their responsibilities of ourselves and our lives.
- Life becomes very simple as someone practices their addiction
- Life ceases to be a burden once one turns it over to one's addiction
- Addicts will often, literally die first, before admitting their addictions to themselves and/or seek out help to overcome them
- We stop owning our lives because addiction does

Important Points of Addiction Continued



- We begin to lose the ownership of our lives
- We begin to isolate ourselves and attempt to convince ourselves that we are in control of our own behavior
- We fix things with our addiction because it “feels right” and we become one in which we attempt to “feel right” which seems to be what we are suppose to do in life
- Is addiction a disease????
- When we begin an addiction, the 1st time may be our chose but we begin to lose the chose as addiction sets in
- There is no simple cause of addiction, agree?
- Did you know that getting human beings to become addicted is remarkably easy? Would you agree?
- Idea of becoming one with addiction rather than fighting it
- Raising up the bottom....of hitting bottom

Needs of the Survivor



Physical-----Emotional-----Cognitive

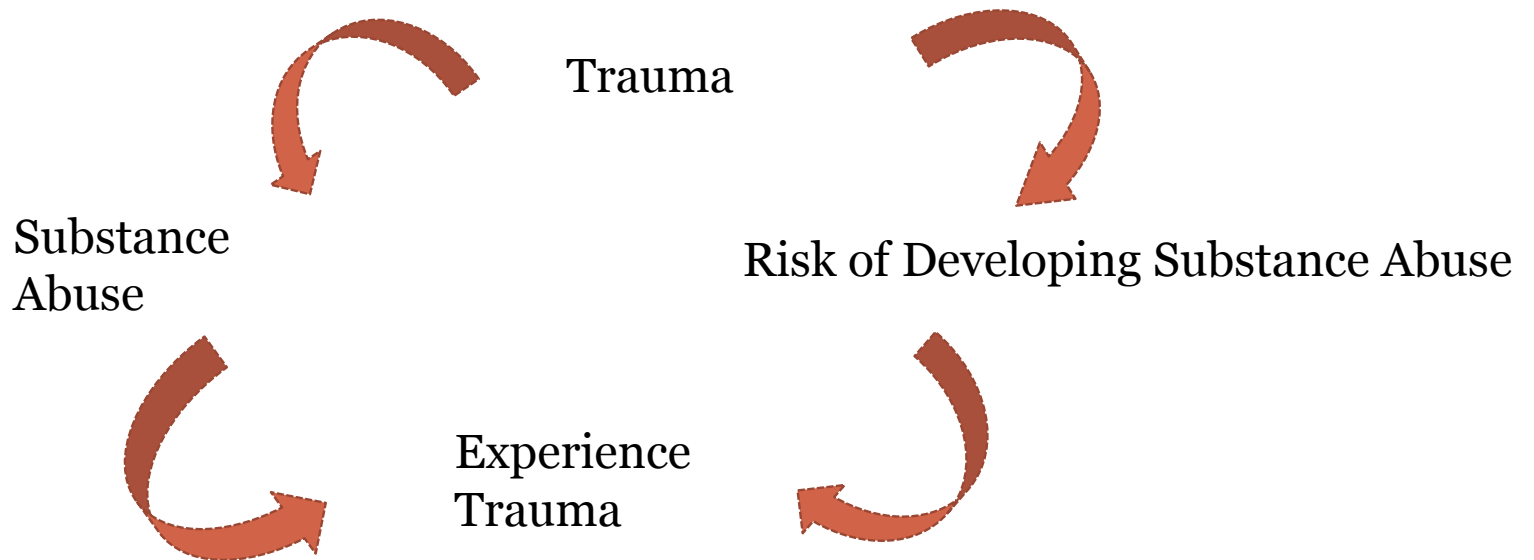


Role of Addiction with the Survivor



- It meets all the needs of the survivor!

INTERCONNECTION



Collaboration and Consultation



You

- You
- You
- You
- You
- You
- You

Others

- Substance Abuse/Dependency Counselor
- Primary Care Physician
- Family
- Support
- The Survivor
- The System (CPS, Law Enforcement)
- Survivor Basic Needs
- AA Support Group-Community On-Call

Balancing Efforts and Roles



BOUNDARIES

LIMITATIONS WITH SUPPORT

EMPOWERMENT VS CODEPENDENCY

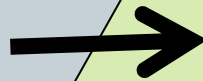
RESPONSIBILITY OF CHANGE

UNDOING TREATMENT THROUGH TOO MUCH HELP

**LESSENING CONTINUED VICTIM ROLE AND
SUPPORTING ADDICTIVE BEHAVIOR**

Layers of our Life Experiences

77 Yrs and Beyond
67-76 Years
56-66 Years
46-55 Years



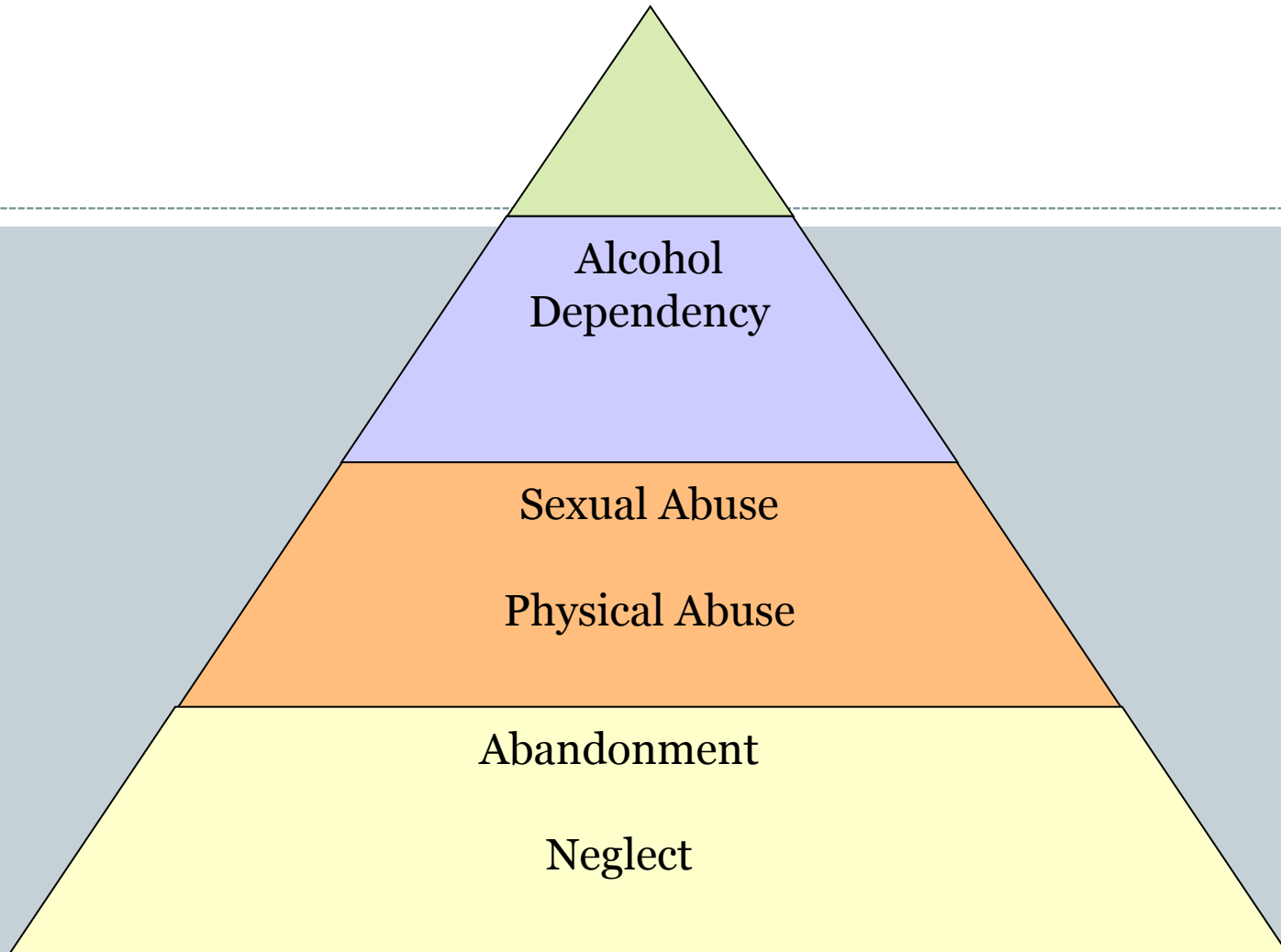
36-45 Years Old
29-35 Years Old
19-28 Years Old

6-18 Years Old---Teenage Yrs
13-16 Years Old---Younger
Teenage Yrs
9-12 Years Old---Childhood to
Tweeners Yrs

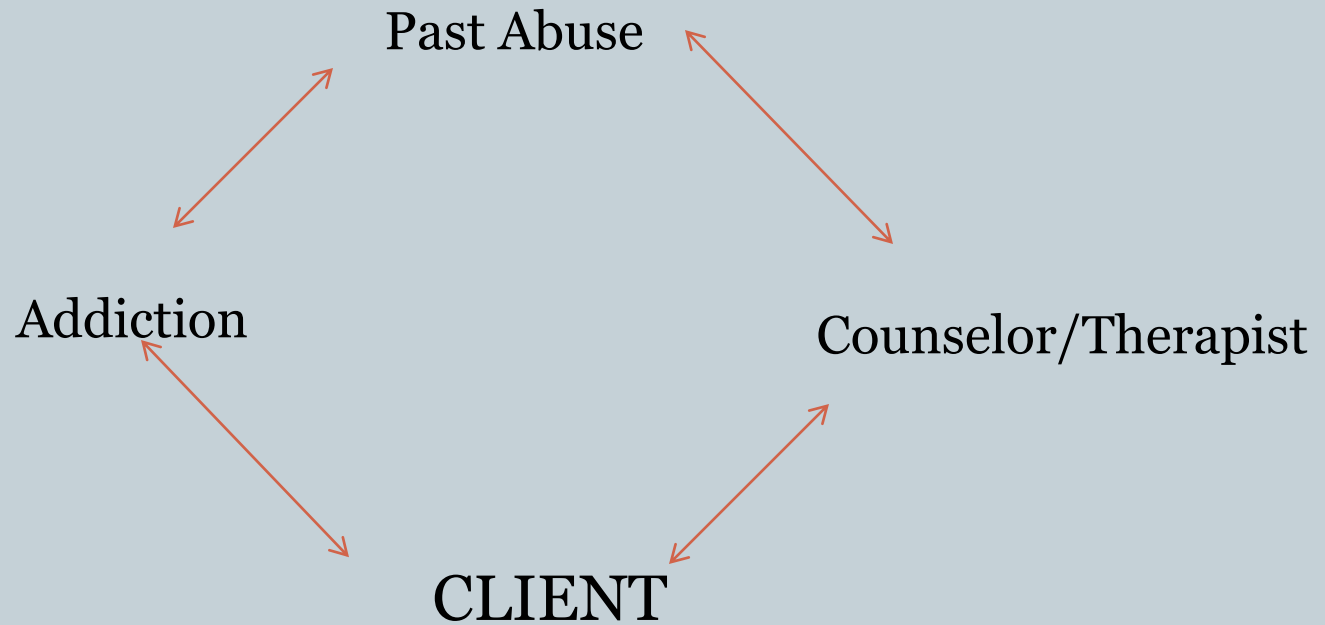
4-8 Years Old---Younger to later childhood
0-3 Years Old---Infant to early childhood



Layers of Our Life Experience



The Roles and Dynamics of Treatment



Evidence Based Practices



TF-CBT/CPT

- Psycho-Education
- Coping Skills
- Affect Regulation
- Cognitions/Stuck Points
- Behaviors
- Relaxation
- Trauma Narrative

EMDR

- Targeting Memories
- Targeting Problems/Issues
- Reprocessing
- Future Templates

Another RESOURCE



- **Working with Addicted Survivors of Sexual Assault (A Manual)**

by: Wende Hilsenrod, MA and Eileen Kelley, MSSW

- ✦ It matched very well!!!---Unique person, collaboration visually educating, power and control, unique toolbox, collaboration, memory storage, layers of PTSD, motivation to change, safety planning, ask them what works best in treatment, best practices, don't over empathize, strengths
- ✦ Listen better and dig deeper to uncover what their individual coping mechanisms are
- ✦ Dynamics of Sexual Assault and Chemical Dependency: Power and Control
- ✦ Having a therapist toolbox that his unique for every client you see that is unique!
- ✦ Remember we must train ourselves on who our client is and become an expert in their issues
- ✦ Customized Treatment Plan
- ✦ Pinpointing signs of relapse
- ✦ Safety
- ✦ Quick fixes: Isn't it nice to have them?---EMDR????

Another Resource Continued



- What needs they identify of a client
 - ✦ Exercise
 - ✦ Fluids
 - ✦ Verbalization
 - ✦ Writing
 - ✦ Nutrition
 - CONSIDERATIONS
 - Personality
 - Support System
 - Existing Life Problems
 - Prior Sexual Victimization

BRINGING THEIR **CULTURE** INTO EVERYTHING!!!!

Keys to Success



- Your relationship....psycho babble
- Trust
- No judgment....no bias
- Your energy
- Your motivation.....contagiosity
- Creating the environment accepting of change
- Confrontation with Ease and Genuiness
- Who is ultimately responsible for change?
- Every day is a possible day for success

Wrap Up



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Thanks for joining us!