



Texas HHSC Institute
Presents
The Power of Connection and Embracing Change
Presenter
Mark Sanders, LCSW, CADC

1

Outline

- *Lost connections*
- *Impact of lost connections*
- *Re-connecting – the clinical relationship*
- *Family connections*
- *Peer Connections*

2

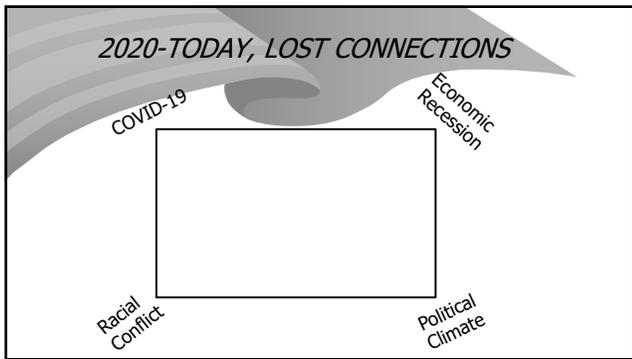
Outline Continued

- *Connecting with your body – movement in recovery*
- *Inner connections*
- *Connecting with friends*
- *Connecting with meaningful work in recovery*
- *Connecting with nature*
- *Community connections and Change. We're in this together*

3



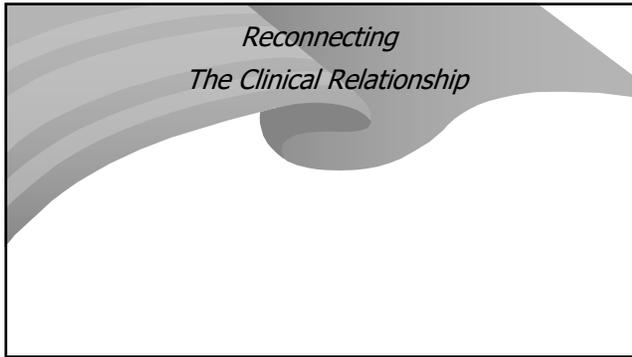
4



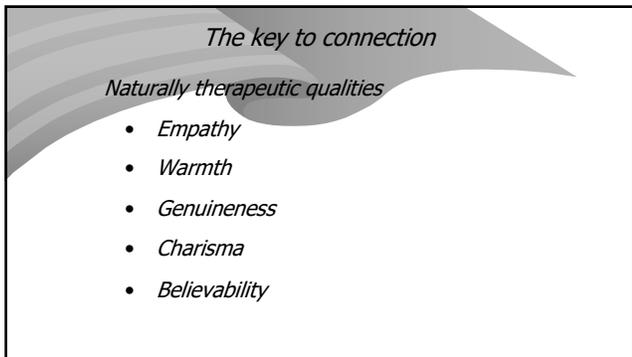
5



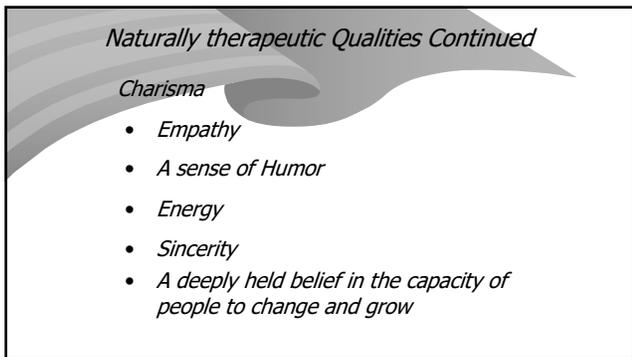
6



7



8



9

Naturally therapeutic Qualities Continued

Believability

- *Techniques alone have no therapeutic value unless the client trusts you*
- *Some clinicians have greater believability than others*
- *Their believe in what's possible serves as a motivator for clients to continue with counseling and transform their life*

Source: Jacqueline Small and Dr. Stephen Bacon

10

Clinical Connections Continued

- *Client Uniqueness*
- *Client strengths*

11

Discover the Client's Uniqueness

- *If you had 3 wishes what would they be?*
- *When are you happiest?*
- *What do you do on a Saturday afternoon?*
- *Who are your heroes?*
- *What is your favorite food?*
- *What kinds of things are funny to you? Do you like to hear jokes or tell jokes?*

12

Focus on Strengths

- *What do you do well?*
- *How have you been able to endure so much?*
- *What do you like to do in your leisure time?*
- *What is the best thing you ever made happen?*
- *What are the best 3 moments you can recall in your life?*
- *What is your previous life suffering preparing you to do with the rest of your life?*

13

Focus on Strengths Continued

- *What have you learned from what you have gone through?*
- *What sources of strength did you draw from?*
- *Which of your experiences has taught you the most about your own resilience?*

14

Family Connections

15

Connecting with a peer group

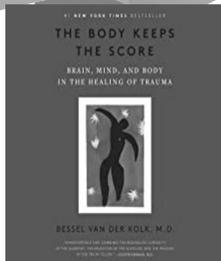
- 12 Step facilitation-tasks following each session
- Virtual
- Sober curious movement
- Multiple Pathways of Recovery-Choice

16

Connecting With Your Body-Movement in Recovery

17

Trauma, movement in recovery



Source: Amazon

18

September 11th Survivors Were Asked What Helped Them Most With Their Trauma

- *Acupuncture*
- *Massage*
- *Yoga*
- *Movement*
- *Dance*

19

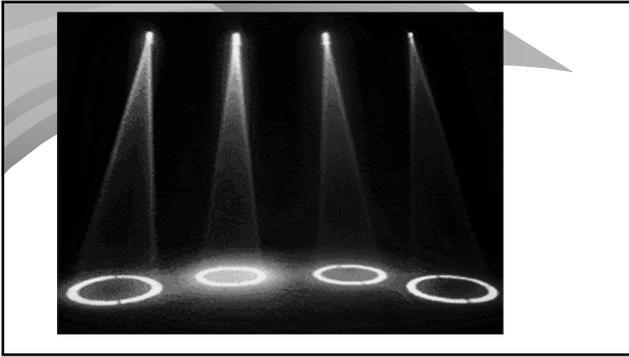
Past Crisis

In the past did crisis occur as quickly as they do today back-to-back? What happened after the Vietnamwar and racial conflict in the 1960's? What did you do in the 1970's?

20



21



22

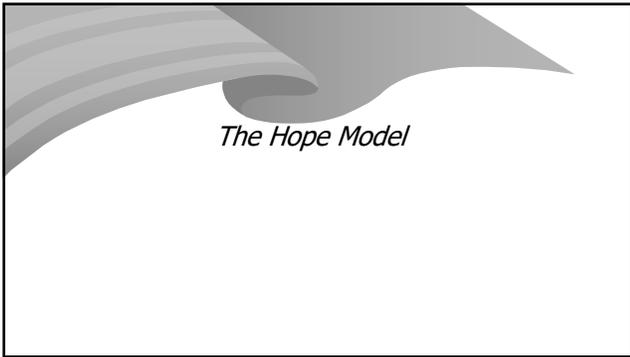


23

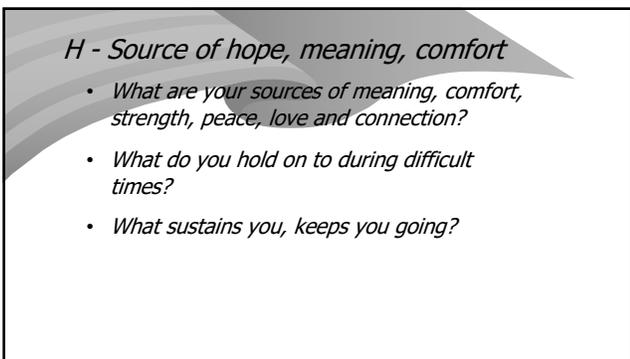
Inner Connections

- *Meditation*
- *Visualization*
- *Forgiveness*
- *Gratitude*
- *Spirituality-Connection*

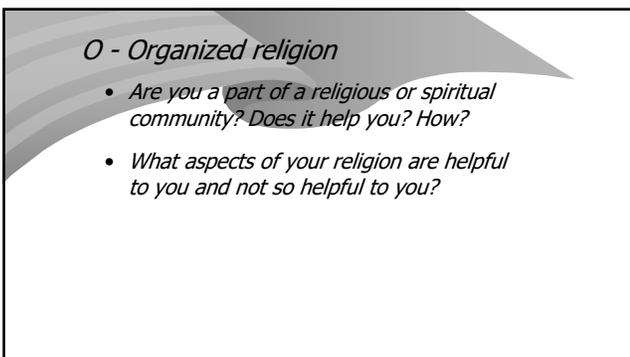
24



25



26



27

P - Personal spirituality and practices

- *Do you have any personal spiritual beliefs that are independent of organized religion?*
- *What aspects of your spirituality practices do you find most helpful to you personally?*

28

E - Effects of the presenting problem

- *Have the challenges you are addressing in counseling affected your ability to do things that usually help you spiritually?*
- *As a counselor, is there anything I can do to help you access the resources that usually help you?*

29

Connecting With Friends in Recovery

30

Men and Friendship

When men don't have contact with male friends it can do as much damage to our health as smoking a pack of cigarettes per day or drinking a pint of alcohol per day.

31

Women and friendship

Women friendship and stress

Every woman needs

- *A friend that you're very comfortable with*
- *An older wise woman*
- *A do you remember when friend . . .*
- *A confidant – "She knows where the body is buried."*
- *A good listener*
- *A friend you can count on in crisis*
- *A friend in the same situation as you*

32

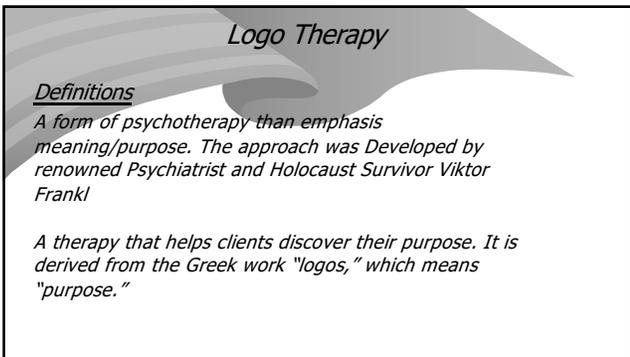
Establishing Friendship in Recovery

- *Decide the qualities you look for in a friend*
- *Amends*
- *Establish bonds with old friends*
- *Establish new friendships in recovery*

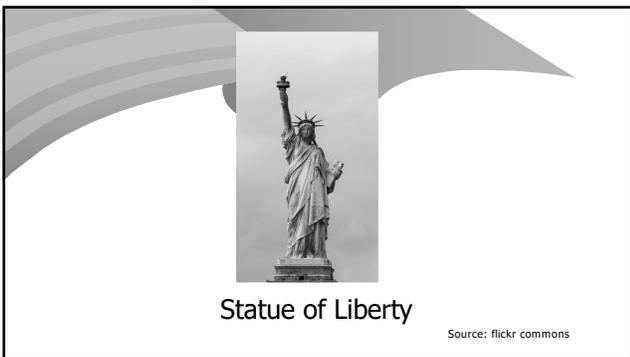
33



34



35



36

Developer – Viktor Frankl
 "You can take everything away from a person except for one thing: the freedom to choose how they will respond to whatever horrible circumstance they find themselves in."
 Viktor Frankl – Third Viennese School of Psychotherapy

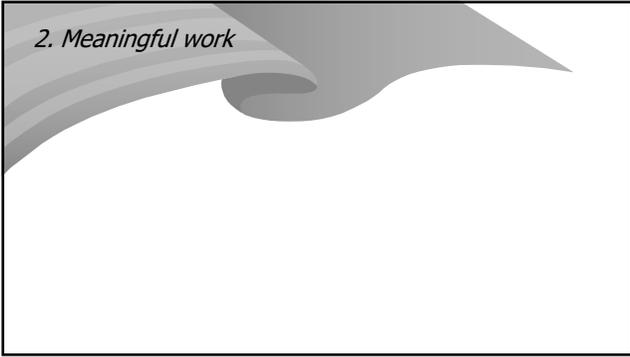
37

Things That Give Life Meaning

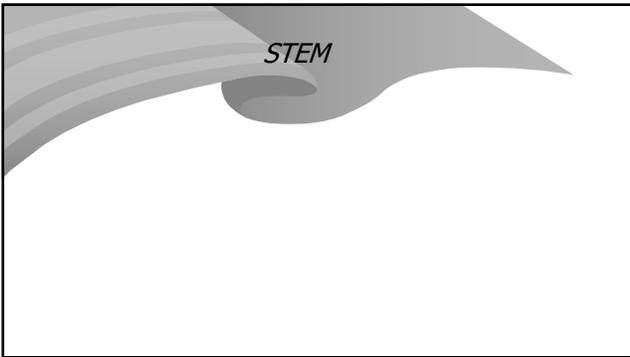
38

1. *The attitude that one takes toward unavoidable suffering*

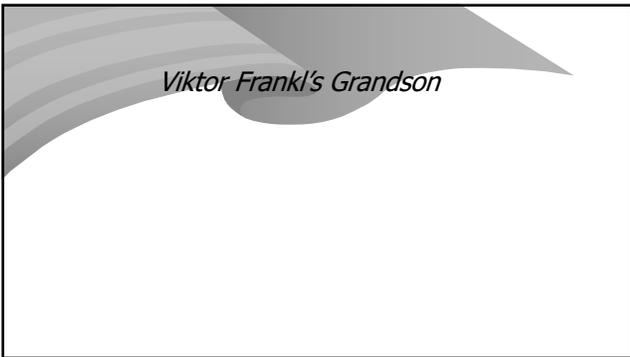
39



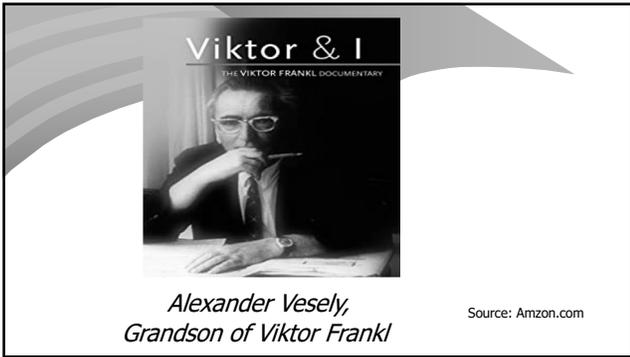
40



41



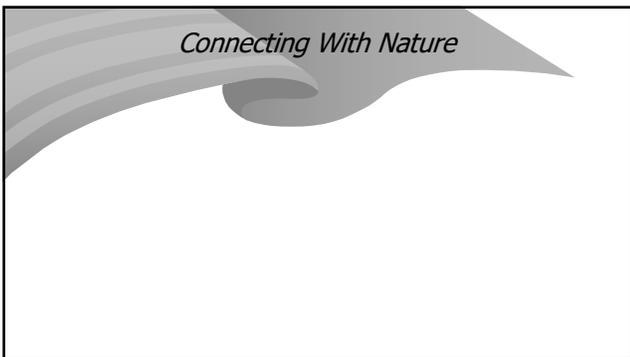
42



43



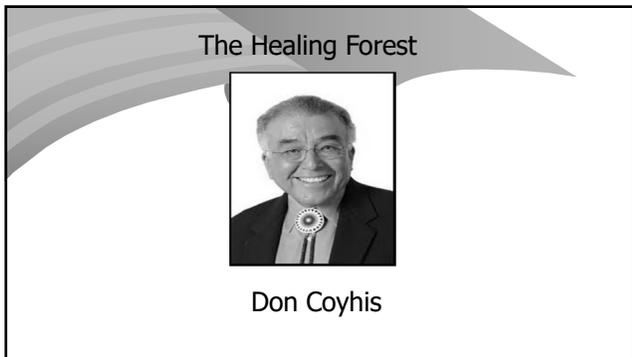
44



45



46



47



48

"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

49

What hidden resources exist within the community that can be a part of a healing forest?

50

*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)

51

Examples of Healing Forest

52

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

In 2015

- *Jobs went away*
- *There were 400 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*

53

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*

54

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*

55

*Alkali Lake First Nation Tribe
British Columbia, Canada*

From 100% alcoholism to 95% recovery

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

56

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*

57

Trainers' Contact Information

Email
Mark Sanders
onthemark25@aol.com

Website
onthemarkconsulting25.com



58



That's all Folks!

59