



SafeHouse
safe and sound at last

You can listen to all SafeHouse Podcasts at:

<https://safehouserehab.com/safehouse-podcasts/>



Season 01. Episode 13

Treatment Doesn't Work, Or Does It?

Hi, and welcome back to Busting addiction and its myths lucky episode #13.

I hope the headline got your attention, which is exactly the point. I'm also going to bring back my young genius friend, producer of this podcast and a recovering man, tony. Welcome back Tony...

Let me start answering the question by going backward just a little, and let us consider this first. Please remember that I intend this podcast to be a friendly tutorial about addiction with the main audience as the family members of the addict or alcoholic who is still using or relapsing, and they are beside themselves as to what now?

Families may be getting advice from all quarters IF they have disclosed what's going on at home, and they also end up entertaining all sorts of myths about the disease, which is why it's important for me to bust them so that *quote* only the truth remains.

So one of these myths is the idea that treatment doesn't work. Really, I hear that often...and one of the reasons is that many of the family members who believe this myth are educated, sophisticated, affluent people that *just like the addict in the family* repeat *just like the addict in the family* begin to mimic the beliefs of the addict, because they put up similar defenses against the known truths about the disease.

Now, of course treatment doesn't work if you don't do the work. Saying treatment doesn't work is like blaming the gym if you're out of shape...they see that a famous actress is back out there again for the umpteenth time or that a singer is saying no no I ain't going back to rehab...the grown up fact is that treatment doesn't do anything *for* you that you are not prepared to do *for* yourself. The first thing treatment does TO YOU is to force you to be honest with yourself...you've been lying to yourself that you are OK or you can handle this on your own, it's time you smashed that myth to pieces.

I am now speaking to the addict if you get that that's how we need to talk to the addict directly.

So this is where I get to bring in Tony's perspective. Tony what do you say to people who say treatment doesn't work? I will also want you to comment on what it takes to maintain a clean and sober life...later on in this episode OK?

Take it way then...T

T: Well, I like the theme that treatment will Not work if you don't do the work....

5 + minutes for Tony

Now this is what happens to people who may never have become addicts were it not for being prescribed opioids for the treatment of post-surgical pain. This is how the lucky ones get to the point of needing treatment. The LUCKY ONES make it into treatment, or have someone they know in a 12-step fellowship introduce them to recovery.

So, if you have a genetic pre-disposition to addiction as many who never become addicts have, you have a *better than one in ten* chance of becoming addicted to opioids that were initially prescribed for post-surgical pain. When that happens it

creates hundreds of thousands of new addicts who might otherwise have escaped the jaws of addiction entirely.

That fact is right in the data from the NIH.

Some so-called patients stretch the post-surgical pain period to complain of back pain post surgery, then decide to switch from the surgeon to the primary care doc so that she would prescribe an opioid as a maintenance drug.

Then also get muscle relaxants into the mix, stronger and stronger opioids like oxycontin or Vicodin, even though they might have started with Tramadol, then that's not enough and they start crushing and snorting oxy's for a more intense high. Then go to heroin which is cheaper than oxy's and now may be laced with fentanyl, 100 times more powerful and way more deadly than heroin itself.

All of this is taking place right under the noses of the loving but now worried family –it is amazing how much addicts can hide because they are such good liars.

Tony, looking back, with all due respect to your family now, how much were you able to hide at first, anyway?

T: 5 +/- minutes

Here's a great story about an accomplished young woman who ended up addicted to opioids which almost killed her. Her name is Jennifer Wysong and you can see her story on gatewayfilm.com. You can also watch the story of a mother who lost her 18 year old son to a heroin overdose which all started with opioids prescribed to treat his sports injury pain.

These stories are vitally instructive, because they show that even among affluent and educated families, the insidious nature of addiction can work its way in, shattering the peaceful balance of healthy family life. That's why I love the Shatterproof organization and what it is trying to do –to transform addiction treatment by educating and galvanizing the public, thereby affecting the passage of new legislation at the national and local level.

Visit shatterproof.org and see how you can, yes you can make a difference in the current environment that is still rich in mis-information and myth.

So, what we are trying to do bottom line is to help families help their loved one addict alcoholic see a counselor, tell the truth for once, and/or get their loved one into a qualified treatment program anywhere. If not with us, then anywhere where they can be properly assessed, taken through the right detox process including meds if called for, and provide the professional counseling including group and one-on-one to address addiction as a primary disorder.

That's why here at Safehouse Rehab Thailand, we want to help you to make an informed decision about addiction in these modern times when there are so many more options for types of drugs on the one hand and treatment options on the other. We stand ready to answer any we mean any question you could possibly have about your loved one's situation and the options open to you.

Just contact us at info@safehouserehab.com, or visit safehouserehab.com and if you like, call the number that's associated with the country you are calling from. It's a local call for you. Simple. Friendly call.

We at SafeHouse Rehab Thailand offer a life-changing experience in the perfect environment for recovery, and we also offer a \$1,000 airfare allowance to take you that much closer to the treatment you and your loved one deserve.

Tony, see if you agree with me that there are three aspects to recovery from drug or alcohol abuse.

1. The first is the throwing in the towel part...the accepting of help, the feeling the heat, the desperation, the surrender of my old ways of thinking. Ok, this is where I stop using.
2. The second is the beginning of the transformation. This happens in treatment or if not in treatment, in a recovery setting like lots of 12-step meetings. I want to talk about the treatment part now and I want you to comment on the following tips that shatterproof suggests "if you want to get the most out of treatment." So here they are

-Be fully present...get your head into the game, do this one day, one moment at a time

-Be open, be ready to leave your old ideas behind...remember your best thinking got you here

-Create a safety plan...identify your triggers. And find a way to avoid or neutralize them...a trigger might be an emotion like a resentment, a time of day, a conversation about using etc.

-Encourage your friends and family to participate. There's nothing like the emotional support you get from your loved ones' you don't feel alone and isolated any more.

-Let go of your old self-concept...you might have a low opinion of yourself based on the mistaken belief that you had weak willpower...start thinking of yourself as having a disorder that you are now addressing

-Celebrate successes, even if they are small, like 7 days clean and sober, completing an assignment etc.

Tony: I agree with the points you just made, and would also add:

5 +/- minutes

And now on to the third part of recovery...which is the hard part because it requires lifelong dedication since all agree: once an addict, always an addict or alcoholic, as there is no cure, only the arresting of a progressive disease and the recovery of the brain to something approaching normal functioning.

But here is something that a lot of people do not understand: alcoholics/addicts stopped growing emotionally and spiritually once they became addicted. They lived lives of infantile self-gratification and they never learned anything about responsibility or caring for others. That is why AA says: putting the plug in the jug solves only 10% of the problem. It is just the beginning of long-term character development, of growing up and becoming accountable, honest and caring people.

So you recover some of your brain function, but you also learn entirely NEW things that you never knew or practiced before. That's why the term recovery doesn't tell the whole story.

The secret to long term clean and sober and JOYFUL living is in the ongoing practice of WE BELIEVE: prayer and meditation, abstinence from ALL mind-altering substances, dedication to kindness, honesty, giving back, good self-care, and continuing growth as authentic and loving people.

These principals are all contained in the 12 steps, and what's brilliant about AA is that it is a huge tent, and the co-founder Bill Wilson also claims that we in AA do not have all the answers...that there are other ways that people do get and stay sober, and your welcome to try them. All we can do here is tell you what it was like, what happened and what life is like today as a result of our acceptance of simple principles of growth.

You might hear some crazy things about AA, but if you visit aa.org and check out the fact that we are 2 million members worldwide, and a registered 501C3 not for profit with open books and a head office in New York where we were first located in 1935, that should make you feel better about this amazing fellowship who has done so much good for so many suffering people.

So what have we learned in this episode?

1. My guest Tony and I bust the myth that some people believe in, that is that treatment doesn't work. That is true if you don't do the work and if you aren't honest with yourself, and you aren't willing to surrender your old ways of thinking.
2. Many affluent, educated people end up addicted to opioids who might not have otherwise become addicted were it not for being prescribed opioid pain killers post-surgery. The odds are that better than one in ten patients will become addicted, and even higher if they are genetically pre-disposed to addiction.
3. Families can educate themselves on ways to help arrest and treat addiction, and how they can join a community of caring people who want to help our society and support each other in the campaign against opioid abuse. Just visit shatterproof.org to learn more.
4. An addict seeking recovery will get the most out of treatment by throwing himself fully into the process one day at a time.
5. Long term recovery is less about recovering normal brain function and more about learning things that addicts never learned while living in a self-imposed closed system. Addicts need to outgrow their self-centeredness in order to become responsible, caring and authentic human beings.
6. One more shout out to the miracles that happen in AA, and an invitation to contact us at info@safehouserehab.com and to visit us at

safehouserehab.com where we stand by 24/7 to help families who are desperate for answers.

You can listen to all SafeHouse Podcasts at:

<https://safehouserehab.com/safehouse-podcasts/>