



The Path to “Recovery”

What is “Recovery?”

A CONSCIOUS, COMPLEX, DYNAMIC & ACTIVE PROCESS ENCOMPASSING ALL THE POSITIVE BENEFITS TO **PHYSICAL, MENTAL, SOCIAL, AND SPIRITUAL** HEALTH THAT HAPPENS WHEN PEOPLE WITH AN ADDICTION OR COMPULSIVE BEHAVIOR GET THE HELP THEY NEED.

Interventions

- THE LAW (DUI, ARREST, ETC.)
 - FAMILY
 - FRIENDS
- JOB (MISSED DAYS, LATE, FIRED)
- FINANCES (UNPAID BILLS, SPEND TOO MUCH)
- HEALTH (ACCIDENTS, OVERDOSE)
 - SELF

Diagnosis

BEFORE THE ADDICT CAN
GET BETTER THE ADDICT
NEEDS TO RECOGNIZE THERE
IS A PROBLEM.

THE ISSUE NEEDS TO BE
DIAGNOSED.



Clinical Diagnosis

VS

Self Diagnosis

Clinical Diagnosis

DSM Criteria

[HTTPS://WWW.VERYWELLMIND.COM/WHAT-ARE-THE-OFFICIAL-CRITERIA-FOR-ADDICTION-22493](https://www.verywellmind.com/what-are-the-official-criteria-for-addiction-22493)

Self Diagnosis

THE ADDICT USUALLY KNOWS/SENSES THERE IS SOME KIND OF ISSUE WITH HIS OR HER DRUG/ALCOHOL USE.



Denial

Don't Even Know I Am Lying

[HTTP://ALCOHOLREHAB.COM/ADDICTION-ARTICLES/ADDICTION-AND-DENIAL/](http://alcoholrehab.com/addiction-articles/addiction-and-denial/)



The Trans-Theoretical Model



Precontemplation

- NOT THINKING ABOUT
CHANGE AND MIGHT NOT EVEN
RECOGNIZE A NEED TO
CHANGE.

Contemplation

THERE COULD BE A
PROBLEM AND IS
BEGINNING TO THINK
ABOUT DOING
SOMETHING ABOUT IT.



Preparation

ACCEPTS A
PROBLEM/ISSUE AND IS
ACTIVELY THINKING
ABOUT AND
CONSIDERING CHANGE.



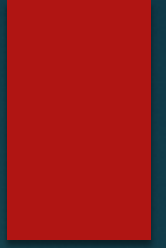
Action

- STOP DRINKING / USING
 - GOING TO DETOX
 - GOING TO REHAB
 - SEEING A THERAPIST
- GOING TO SELF HELP MEETINGS
- IDENTIFY AS BEING IN RECOVERY


Maintenance

- IDENTIFY AS BEING IN RECOVERY
 - REMAINING CLEAN/ SOBER
- CONTINUING TO ATTEND SELF HELP MEETINGS / COUNSELING
- CONTINUE TO “WORK A PROGRAM “
 - PERFORM SERVICE

Detox



Rehab – Inpatient



Intensive Outpatient (IOP) Counseling



Outpatient




Self Help

A.A. & N.A.



Sober Living Half-Way House



Medication Assisted Therapy

METHADONE

SUBOXONE



21 Things to Know

[HTTPS://WWW.THECABINCHIANGMAI.COM/BLOG//INFOSHEET/21-THINGS-YOU-NEED-TO-KNOW-ABOUT-ADDICTION-RECOVERY](https://www.thecabinchiangmai.com/blog//infosheet/21-things-you-need-to-know-about-addiction-recovery)