



EHN CANADA

SUPPORT NETWORKS/RESOURCES

February 24th, 2022



Agenda

- Mental Health & Addiction
- 3 Major Community Supports
 - SMART Recovery
 - 12 Step Wisdom Tradition
 - Refuge Recovery
- Things to practice
 - Self-care & Self-Compassion
 - Mindfulness
 - Boundaries
- Useful Links



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When do I need help?

Mental Health Continuum Model



- Counselling
- Community supports

- Intensive Outpatient
- Counselling
- Community supports

- Inpatient
- Aftercare
- Counselling
- Community supports

Substance-related & Addictive Disorders



- Behaviour – taking the drug in larger amounts & for longer than intended
- Loss of control – cant stop, despite wanting to or trying to quit
- Negative consequences – physical, psychological, social/relational
- Tolerance – needing more to get the same effect/ less effect with same amount
- Withdrawal – symptoms related to not using the drug/ using to avoid withdrawal

(DSM-5)

Disconnection

Meaning &
Purpose

Physical
Isolation

Loss of structure

Access to healthcare

Violence

Family roles
and
responsibility

Depression

Carry on
& defer

Constantly
changing
guidelines

Kid's education

Conflicting views

Anxiety

COVID

Economic impact

Social media and the
internet

Social
Isolation

Fear

Increased
Aggression

Food
insecurity

Supply chains

Financial loss

Loneliness

Uncertainty



SMART Recovery

- Self-Management And Recovery Training (SMART) is a global community of mutual-support groups.
- A transformative method of moving from addictive substances and negative behaviors to a life of positive self-regard and willingness to change.
- Guided by REBT and the 4-Point Program[®]:
 - coping with urges
 - building/maintaining motivation
 - managing thoughts/feelings/behaviours
 - living a balanced life.
- Families: Craft Therapy



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SMART Recovery

A – Activator

B – Belief

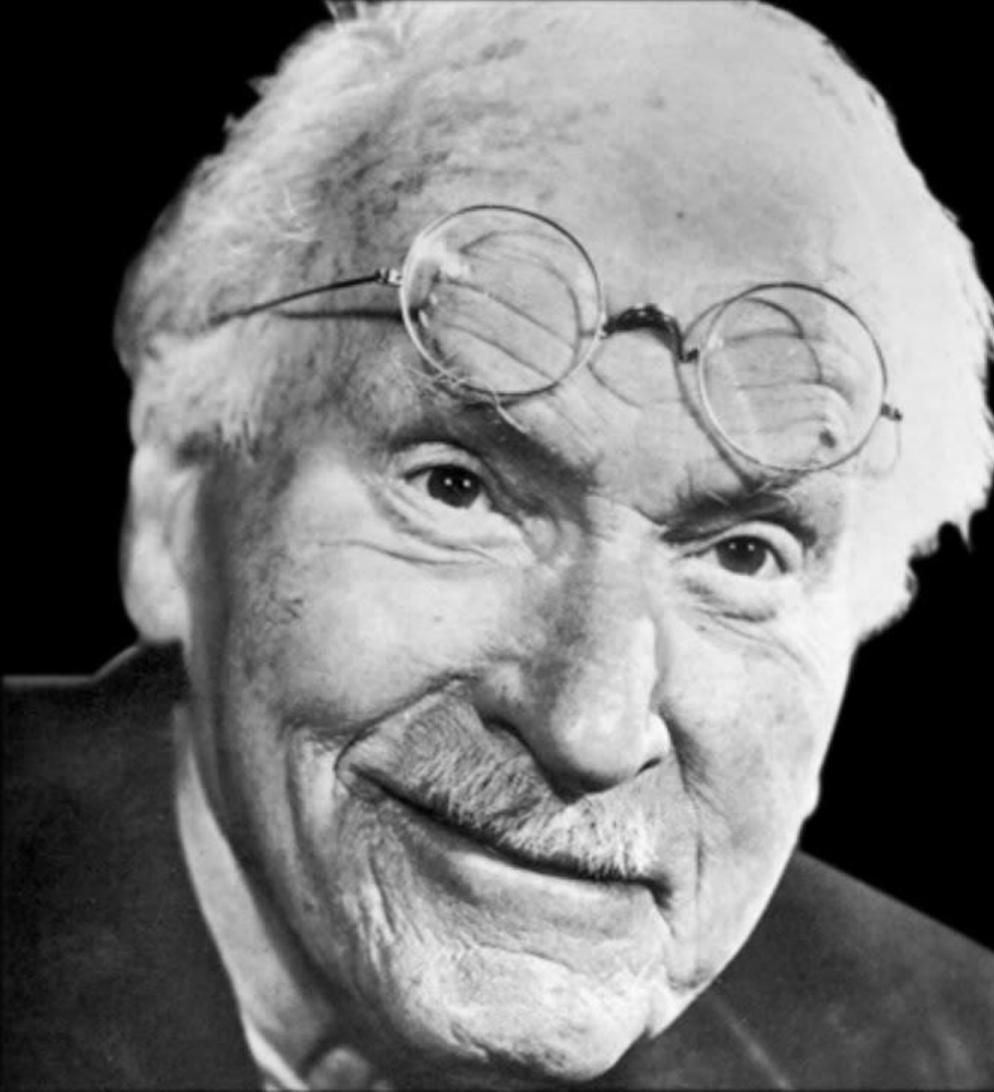
C – Consequence

D – Dispute

E – Effective Belief



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12 Step Wisdom Tradition

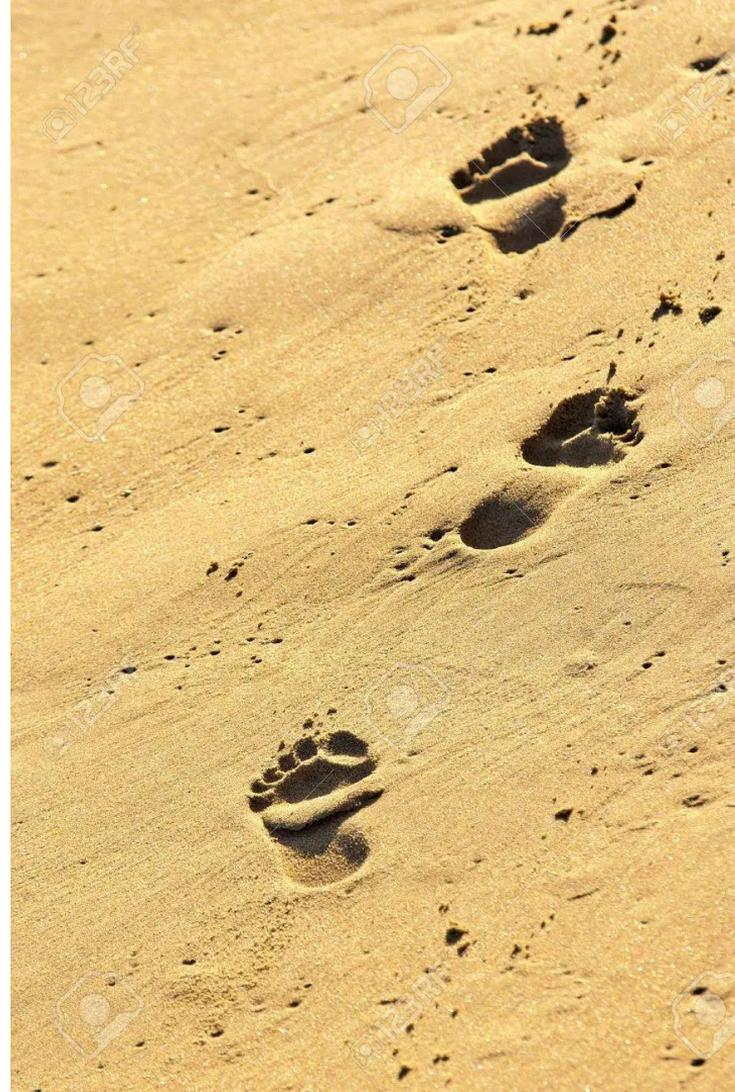
Step 1: Diagnosis of The Problem – Lack of Power

Step 2: Prescription of The Solution – Spiritual Power

Step 3: Over-reliance on Self will block you from the Solution

Steps 4-9: What is blocking Spirit?

Steps 10 - 12: Suggestions to STAY unblocked



Refuge Recovery

- A process, a set of tools, a path to healing addiction and the suffering caused by addiction.
- The teachings of Siddhartha, a radical psychologist and a spiritual revolutionary who came to be known as Buddha. He referred to the root cause of suffering as “uncontrollable thirst or repetitive craving.”
- This “thirst” tends to arise in relation to pleasure, but it may also arise as a craving for unpleasant experiences to go away, or as an addiction to people, places, things, or experiences.
- This is the same thirst of the alcoholic, the same craving as the addict, and the same attachment as the codependent.
- The Refuge Recovery program has adapted the core teachings of the Buddha as a treatment of addiction, a practice and process that includes meditation, wise actions, and compassion.



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Refuge Recovery: Four Noble Truths

- **1st Truth:** Addiction Creates Suffering
 - Take stock of all the suffering we have experienced and caused.
- **2nd Truth:** The Cause of Addiction Is Repetitive Craving
 - Investigate the causes/conditions that lead to addiction; begin the letting go.
- **3rd Truth:** Recovery is possible
 - Come to take refuge in the path that leads to the end of addiction.
- **4th Truth:** The path to recovery is available
 - Engage in the Eightfold Path that leads to recovery: Understanding; Intentions; Speech/community; Actions; Livelihood/service; Effort; Mindfulness; Concentration



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Therapeutic Modality or Spiritual Wisdom?

“Spiritual work and psychological work are both necessary to reclaim our true nature. Without psychological strength, spiritual practice can easily become another addictive distraction from reality.

Conversely, shorn of a spiritual perspective we are prone to stay stuck in the limited realm of the grasping ego, even if it’s a healthier and more balanced ego. Our soul needs for meaning and connection remain unsatisfied.

Therapy strives to make the deficient self stronger by uncovering the sources of a person’s emotional pain and releasing the rigid defensive patterns built against it.

Spiritual exploration ploughs the same ground but is less concerned with “fixing” or improving things than with rediscovering what is whole and has not been absent, just obscured.”

(Gabor Mate)



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Self-Care

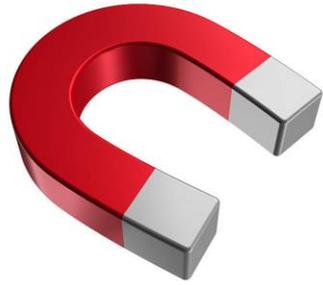
- Self-care is an attitude. It's about caring enough about you to take care of yourself.
- Self-care is also about how you let yourself be treated by other people including home life, friends, and workplace.
- Human beings do not have endless reserves of everything to give and will find themselves running on empty if they don't replenish.



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Mindfulness

Switch from controlling things 'out there' . .
.. to understanding things 'in here'.



Activated Energy
Strong pull

Sustained Attention
severs the link



(Sacred Pause)
LET GO



Keep a clear seat
Simply Watch



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Boundaries

“A boundary is the edge of one of our root beliefs about ourselves and the world. We are like computers, and our beliefs are software with which we’ve been programmed.

They control our decisions, perspectives, feelings, and interactions, so they determine our destiny.

There is nothing more important than unearthing what we really believe to be true about ourselves and our world.”

Glennon Doyle, Untamed.



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Boundaries Roadmap

1. Bill of Rights
2. Identify Emotions
3. Set Limits
4. Assert Needs
5. Defend Boundaries
6. Listen to Instincts
7. Maintain Boundaries



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Loving Kindness Meditation

May I be safe.

May I be peaceful.

May I be kind to myself.

May I accept myself as I am / May I accept my life as it is.



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Helpful Resources

- <https://al-anon.org/>
- <https://www.smartrecovery.org/family/>
- <https://www.refugerecovery.org/>
- <https://www.farcanada.org/family-support/support-yourself/>
- <https://www.camh.ca/en/your-care/programs-and-services/family-resource-centre>
- <https://ontario.cmha.ca/documents/support-for-families-and-caregivers/>

Questions





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