

PEOPLE

Recover

EVERYTHING'S
WRONG
NOTHING'S
RIGHT

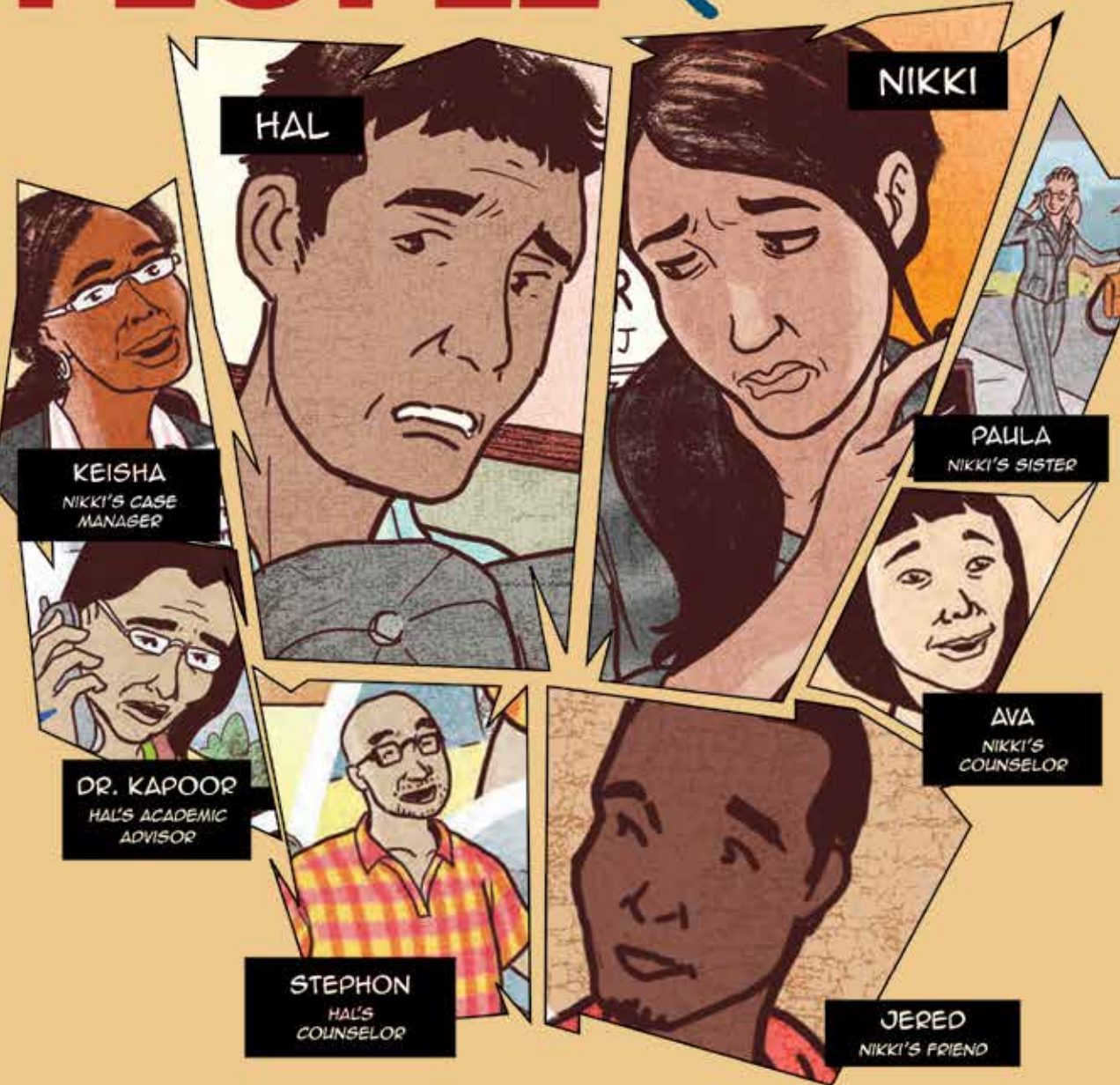
IT'S
OKAY
YOU'RE
DOING
FINE



Substance Abuse and Mental Health Services Administration
SAMHSA

www.samhsa.gov • 1-877-SAMHSA-7 (1-877-726-4727)

PEOPLE Recover



HAL

NIKKI

KEISHA
NIKKI'S CASE
MANAGER

PAULA
NIKKI'S SISTER

DR. KAPOOR
HAL'S ACADEMIC
ADVISOR

AVA
NIKKI'S
COUNSELOR

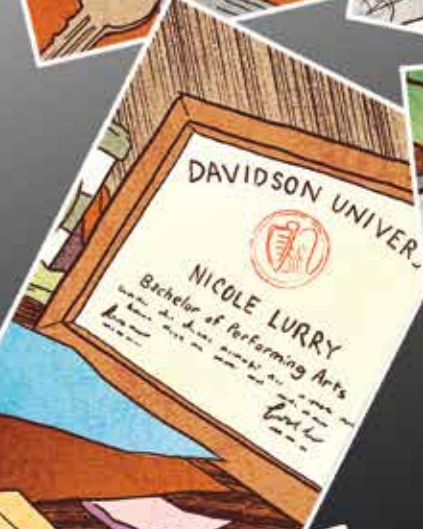
STEPHON
HAL'S
COUNSELOR

JERED
NIKKI'S FRIEND

This publication was developed as a collateral product to Treatment Improvement Protocol (TIP) 42, *Substance Abuse Treatment for Persons With Co-Occurring Disorders*. It was prepared for the Substance Abuse and Mental Health Services Administration (SAMHSA) by the Knowledge Application Program (KAP), a Joint Venture of The CDM Group, Inc., and JBS International, Inc., under contract number 270-09-0307, with SAMHSA, U.S. Department of Health and Human Services (HHS). Christina Currier served as the Contracting Officer's Representative.

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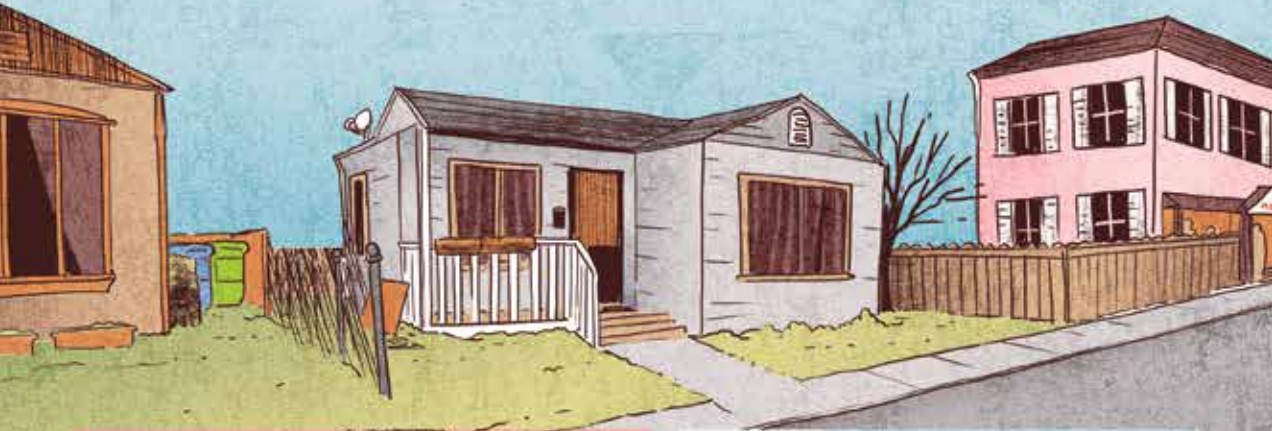


PEOPLE Recover













I ordered penne pasta, but this is tortellini.

Miss, can we PLEASE get our check?



Nikki!

I thought you already clocked out and went home.

Just gimme a couple minutes...



You need more than that.

You need help.

Leave me alone, Jered, I'm fine.

How come every time you get messed up you say, "I'm fine"?



Okay, I'm not fine...

I'm pregnant!

Congrats. But that's all the more reason to clean up your act.

I'm taking you for coffee to clear your head.



... I'm okay, really ...

No, you're coming with me. Otherwise you'll just go home and get stupid again with Hal.



Four o'clock!

I've got to get back to the university.

YOU BETTER STAY HERE WITH ME



I can't make our meeting, Dr. Kapoor.

I think I got the flu.



How will you be ready for your dissertation defense if you keep postponing our meetings?

And what happened this morning, anyway?



Hal, you're the brightest student I've had in years.



But something's wrong and you've got to pull it together.

Hal? Are you still there?

CLICK!



How can I pull it together when I'm freakin' out?

Why didn't Nikki come home?



Why doesn't she answer?



I need something to calm me down.



It's been a long while since I came here, Jered.

Yeah, you really dropped away, Nikki.

When you didn't even come to tryouts everybody wondered.



But that's okay. The new play opens next week, and I hear it's going to be great.

How can you be so upbeat all the time?



Nikki, life hasn't always been this good.

Not so long ago, my life was messed up.



You, messed up?

Yeah. Lucky for me I got arrested.



Huh?

I ended up in treatment, not in jail.



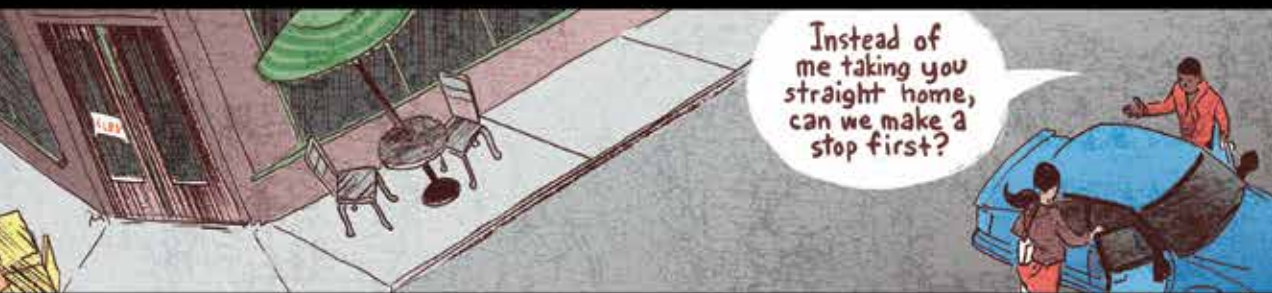
What about you, Nikki?

Where are you going to end up?



Oh, Jered. I should be mad at you for saying that.

But I'm too worn out.



Instead of me taking you straight home, can we make a stop first?

I think I need to go sleep this off.

And then what?



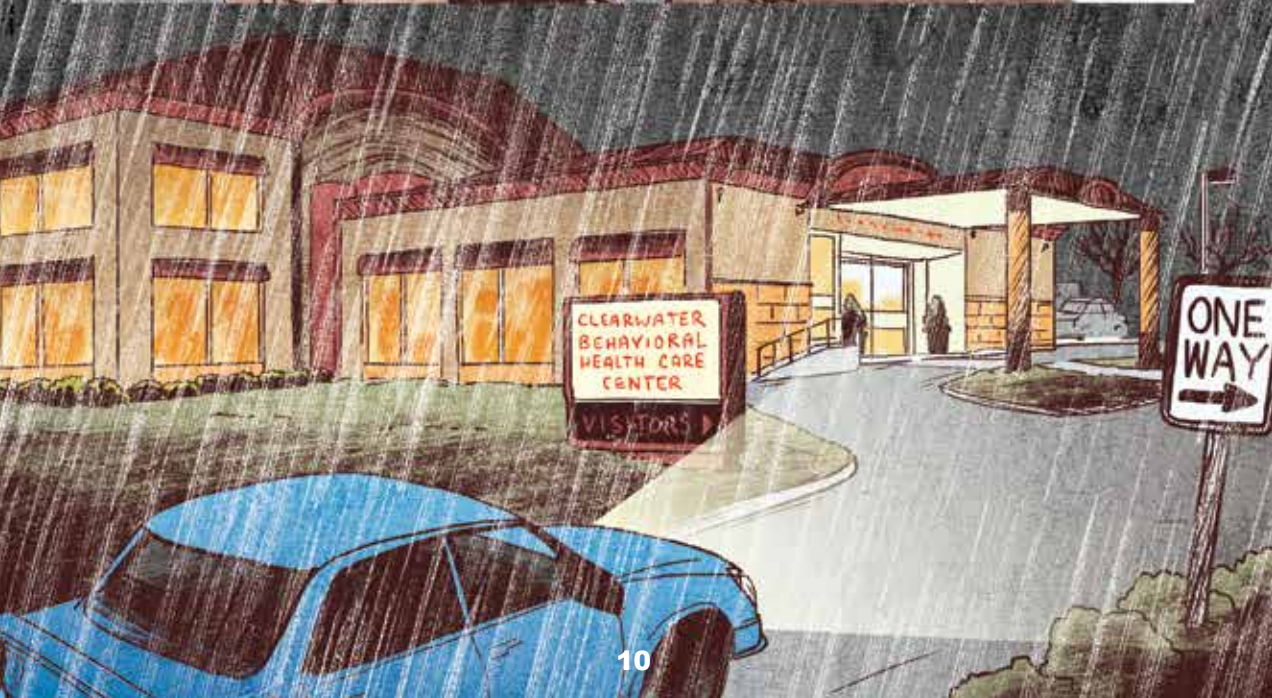
Do it all over again?

I want to introduce you to somebody who helped me when I was at a low point.



I'm not in any hurry to get home. Hal's mad at me.

I'll take that for a yes!





What is this place?

It's where I learned the names for my diseases.

One's bipolar disorder and the other's addiction.

The people here helped me give up drugs and alcohol. Diagnosed me.

Got me the meds to keep my bipolar disorder under control.



Explained why I need to take my meds on time and taught me how to do that.

Helped me get the job I have now. Gave me the courage to pursue my acting.

Linked me to my support group. It's a place to hang out with new friends who help me stay clean.

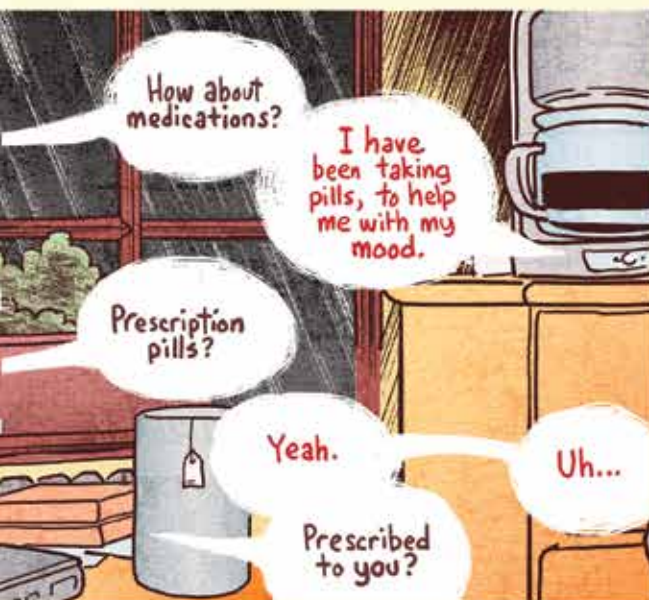
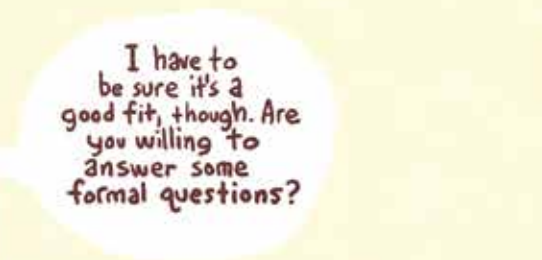
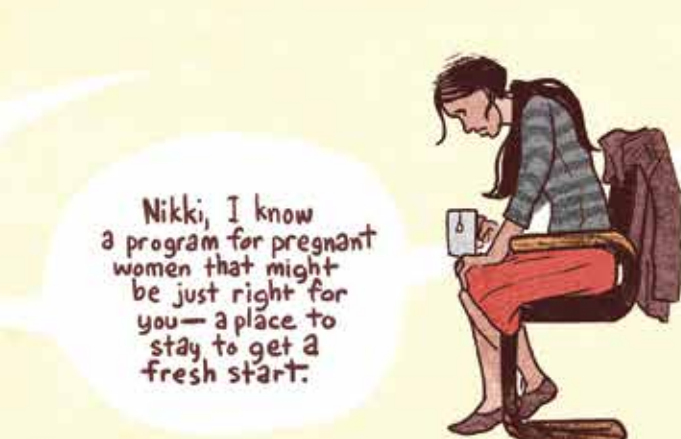
Hey, Keisha.

This is my friend, Nikki, who I called you about.



Come in. I'll get you some tea.







Well anyway, I've got to work tomorrow.



We can help you arrange with your employer to remove you from the schedule for a few weeks.

And Hal needs me at home.



As for your partner, sometimes you have to take care of yourself before you can take care of others.

Of course, it's your choice, Nikki.





Your drug test shows benzodiazepines and opioids.

But, at intake, you indicated that you're not being prescribed any medications.

My sister gave me some benzos for my nerves.

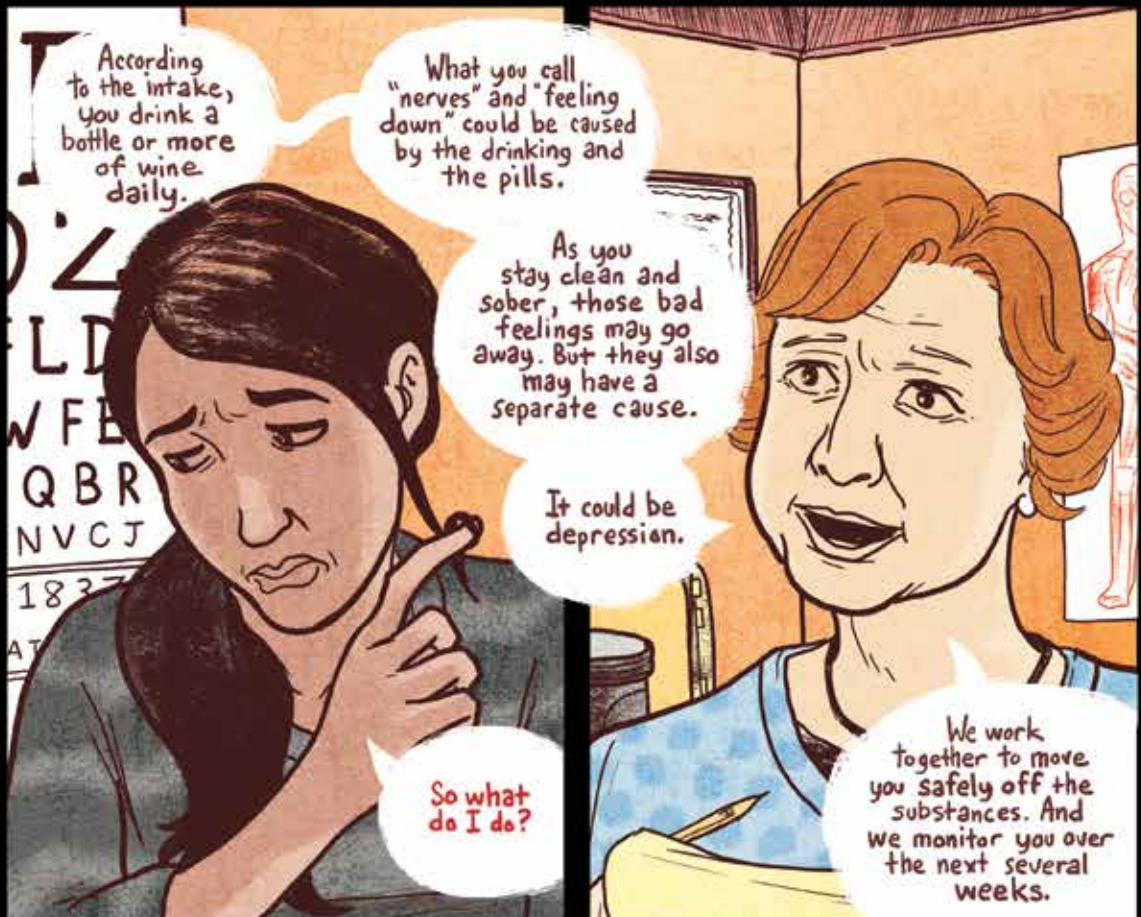


I only took one. They're not my thing.

And the opioid?

I just felt so down, I was trying to help my mood however I could.

The medication that has the best chance of making you feel better is the one that's prescribed for you.



According to the intake, you drink a bottle or more of wine daily.

What you call "nerves" and "feeling down" could be caused by the drinking and the pills.

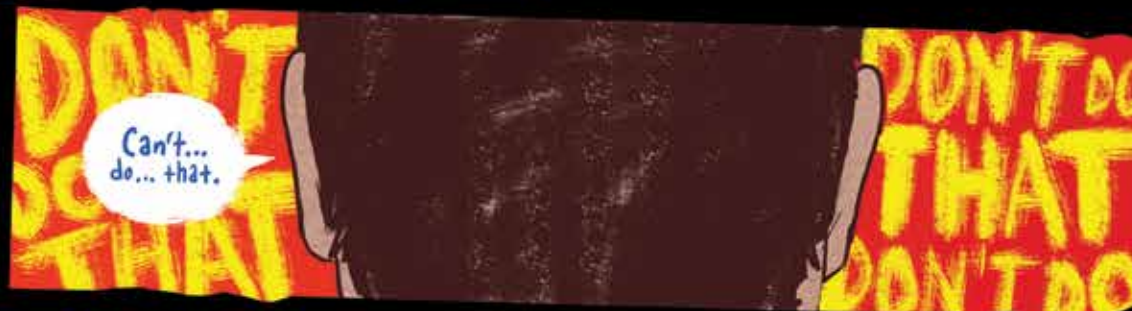
As you stay clean and sober, those bad feelings may go away. But they also may have a separate cause.

It could be depression.

So what do I do?

We work together to move you safely off the substances. And we monitor you over the next several weeks.





Why is it so hot in here?

Can't breathe!

What's happening to me?!

Nikki, you don't know how much I need you.

Hal, I can't come home, not while you're still using.

It would set me back to where I was. You have to understand, Hal.

I've got to do this for myself, and for...

... and for our baby.

BABY!
BABY!!

I've been meaning to tell you.

KWUMP!



Hai?

What's the matter?

CURRENT CALL
1111!

FIRE!

HELP!!

FWAP

FWAP

FW

FWAP

$\int f(x) dx = \lim_{n \rightarrow \infty} A(f, n)$
 $F_n = \left[\frac{n-1}{n} \right]$
MEETING @ 3 PM!



Your heart's fine, but you might have had a panic attack.

Also, we ran a tox screen. You have alcohol and several other substances in your system.

You're lucky you didn't get more badly burned.

My living room's a shambles, I burned my hands, I'm about to lose my doctoral fellowship, Nikki won't come home, and I'm losing my mind.

You call that lucky?

I'll send in a peer recovery specialist to talk with you.



I'm Stephon.

I won't try to shake hands! Want to talk?

You wouldn't understand.

I might. I'm in recovery myself.



How important to you is addressing your use of alcohol and other drugs?

I want Nikki to come home.

What would have to happen before she'll do that?



Me getting some help.

We've got a really good intensive outpatient program here.



You can still teach and work on your dissertation, but you'll spend the rest of your time with us, while you get solid in recovery.

Can I show you around after you get discharged?




First we get your story and find out what your challenges are.

Then we design a treatment plan just for you.

Each client gets a full physical.

Medications can help you avoid relapse and deal with cravings.


Dr. Okun's our psychiatrist.



He can help you learn techniques and exercises to manage your panic attacks. He also can do talk therapy with you, or write a prescription for anti-anxiety meds, if that's what's needed.

We do drug testing here. A lot of the folks in treatment find it helpful to know they are being held accountable.

Classes! I can't get away from it.



This is different. Here you learn how to say no when people tempt you to use again. How to handle triggers. How to set goals.

Where are they going?

The movies. Recovery is about finding fun in life again, in a new way.

Are you ready to give this a try?



How does it feel, now that you've been in treatment for 2 weeks?

The days are so long!

I used to fill up my time thinking about and feeding my addiction.



But the anxiety's not so bad anymore.

Like today, I didn't have to force myself out of the house.

That's progress.

There's one thing that makes it really hard, though.

I feel like I lost my best friend.



Nikki?

That's not what I was talking about, but yeah—I miss Nikki like crazy.

I hear you.

C'mon, let me walk you to your group.



Sometimes I think maybe a drink will make me calm down, but the anxiety always comes back twice as bad.

Yeah, that's why we have to deal with both issues.

My anxiety got so bad I couldn't go outside the house for 2 years.

I still can't stop myself from shaking and sweating.



When I feel the panic coming, I take a walk around the block.

I'm not as bad off as these people.

You can always find somebody worse off than yourself. The question is: Are you where you want to be?



People Recover

I've been clean for an entire week and I feel fantastic!

You're sitting on the pink cloud, girl. Just wait awhile and see how you feel then.

I never felt great after I sobered up.

I think about my pills all the time.

As soon as I deliver this baby I'm going to get as high as I can.

But it's so hard when you've got double trouble like we all do.

That's what they call "stinkin' thinkin'."

Yeah, I either feel numb or so down that all I want to do is make it go away.

Yeah, but using doesn't make your depression go away, it just makes it worse.

I am starting to feel better, Ava.

It's like a cloud is lifting.

And I'm starting to remember who I want to be. It's like I had given up on all my dreams.

I think you're ready for our family counseling group. I'd like to invite Hal and your sister to join us.

You've got to be kidding!

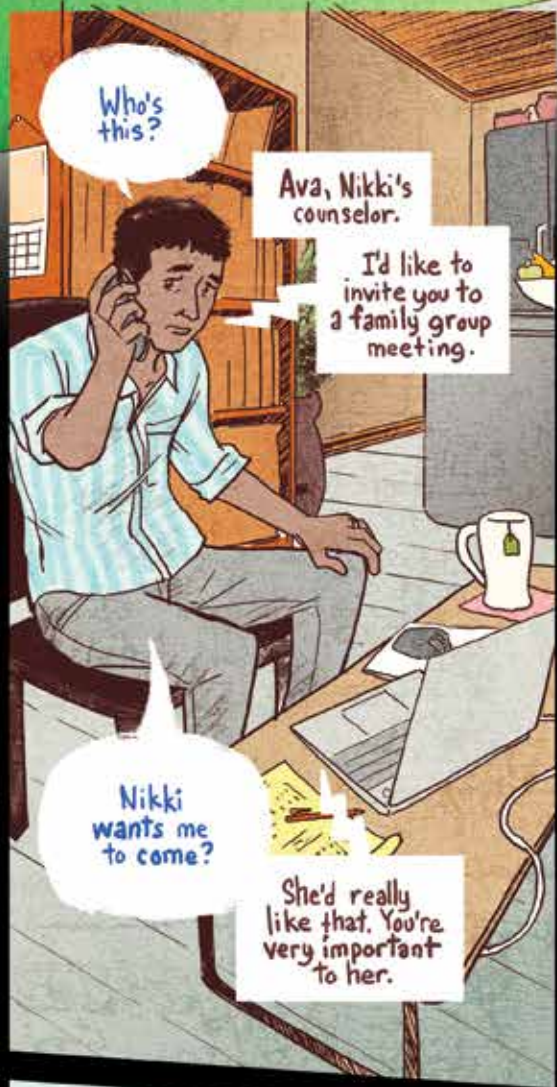
Healing those relationships can help you in recovery.

Do I have your permission to contact them?

Paula's mad at me.

And Hal's working on his own problems.

We won't know if we don't ask.







Thanks for coming, Stephon.

I'll be waiting here.



Hello, Hal.



Hey, Nikki.



THU 11 AM: DIFFERENTIAL EQUATIONS
THU 12:30: CALCULUS 101
9-11: OFFICE HOURS

MONROE UNIVERSITY
HAROLD BAKER, Ph.D.
ASSISTANT PROFESSOR
APPLIED AND COMPUTATIONAL MATHEMATICS



SUNDAY	MONDAY	TUESDAY	WEDNESDAY
30	8PM - MEN'S GROUP	31	9AM - STEPHON BI-WKLY MTH. 1
12PM - MEDITATION GROUP 6	6:30 pm: Family session	8am: Co-Occurring group 8	
Our anniversary 😊!! 13	11:45 am: Ava	9AM - STEPHON BI-WKLY MTH. 15	
7am: Try outs! 20	DR. KAPOOR: JOURNAL SUBMISSION 21	8am: Co-Occurring group 22	
	8PM - MEN'S GROUP 7	9AM - STEPHON BI-WKLY MTH. 28	

GREEN TICKETS

ADVANCE N. 0314Z
SEAT: BEN PLACE
ROW 12



Shifts this
Tues-Thurs:
Breakfast /
Fri-Sat:
Dinner



Your behavioral health is an important part of your physical health. If you are experiencing any of these feelings, let your doctor know. You are not alone...not 1 in a 1,000, but 1 in 10, because many people have similar problems. Getting help is what counts. Help is available, and treatments work. Don't wait.

ACTION SIGNS FOR MENTAL HEALTH

- Feeling very sad or withdrawn (2 weeks or more)
- Seriously trying to harm or kill yourself, or making plans to do so
- Sudden overwhelming fear for no reason, sometimes with a racing heart or fast breathing
- Involved in many fights, using a weapon, or wanting to badly hurt others
- Severe out-of-control behavior that can hurt yourself or others
- Not eating, throwing up, or using laxatives to make yourself lose weight
- Intense worries or fears that get in the way of your daily activities
- Extreme difficulty concentrating or staying still that puts you in danger or causes school failure
- Repeated use of drugs and alcohol
- Severe mood swings that cause problems in relationships
- Drastic changes in your behavior or personality

Modified with permission of the REACH Institute: <http://www.thereachinstitute.org>.

RECOVERY SUPPORT GROUPS

Adult Children of Alcoholics: <http://adultchildren.org>

Al-Anon Family Groups: <http://www.al-anon.org>

Alcoholics Anonymous: <http://www.aa.org>

Co-Anon Family Groups: <http://co-anon.org>

Co-Dependents Anonymous: <http://www.coda.org/>

Dual Recovery Anonymous: <http://www.draonline.org>

Families Anonymous: <http://familiesanonymous.org/>

LifeRing: <http://www.lifering.org>

Methadone Anonymous: <http://www.methadoneanonymous.info>

Nar-Anon Family Groups: <http://www.nar-anon.org/>

National Alliance for Medication Assisted Recovery: <http://www.methadone.org>

National Alliance of Advocates for Buprenorphine Treatment: <http://www.naabt.org>

Rational Recovery: <http://www.rational.org>

Secular Organizations for Sobriety: <http://www.cfiwest.org/sos/>

SMART Recovery: <http://www.smartrecovery.org>

Women For Sobriety, Inc.: <http://www.womenforsobriety.org>

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Disaster Distress Helpline

PHONE: 1-800-985-5990

TEXT: TalkWithUs to 66746

SUICIDE PREVENTION
LIFELINE
1-800-273-TALK (8255)
suicidepreventionlifeline.org



**Veterans
Crisis Line**

1-800-273-8255 **PRESS 1**
Or text to 838255

MAN with
Friendly Recliner
Large Low Wheel Base
Transport - Remotely - O...

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HOTLINE**
1-800-662-HELP (4357)
1-800-487-4889 (TDD)

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