## Stage Model of Recovery for Chemically Dependent Adolescents: Part 1—Methods and Model<sup>†</sup>

Dean Blumberg, Ph.D., M.F.T.\*

Abstract.—This qualitative study, presented in two parts, refines the model of how chemically dependent adolescents initiate and engage in the recovery process. Part 1 describes the research process and results used to derive the model. The model was derived from theory procused in verburing reports of 30 chemically dependent participants who first attempted recovery from chemical dependence during adolescence. The constant comparative method of grounded theory was used to analyze the data. This stage model of adolescent recovery includes the using/precentereplation, transition, early recovery, and organing recovery stages; the transition stage is divided into contemplation and action phases. The stages, phases, and significant events are similar, but not identical to, those presented in adult-based models of recovery from chemical dependence. In Part 2, the resulting theory is compared with extant theories on stages of recovery in chemically dependent adults, treatment implications for the adolescent population are reviewed, and topics for further research are suggested.

Keywords—adolescence, alcohol-related disorders, psychotherapy, rehabilitation, substance-related disorders, theoretical models

There are few research-based recovery models for chemically dependent adolescents. Pioneers in chemical dependence treatment relied not on research but on theory and clinical observation for their models of recovery. The popular conception of recovery, first proposed by Bacon (1973), was the opposite of the downward progression previously outlined by Jellinek (1960) for active alcoholisms recovery was depicted as a predictable upward slope that

This study was completed as part of the doctoral requirement of the Clinical Psychology Program, Center for Psychological Studies, Berkeley, California, This research was supported in part by the Rainer Permanente Northers Culifornia Innovation Program. Stephanie Brown, Ph.D., consulted with Dr. Blumberg and reviewed the manuscript. Sylvia Sustaman, Ph.D., consulted in the program and reviewed the manuscript. Day Top Village Adolescent Facility, Redwood City; Rainer Permanente Alcohol and Drug Programs for Teens at Oakland, San Francisco, Santa Clara, South Sactumented, and Walnut Creek; New Bridge Adolescent Program San Ramon; Soltriery High, San Rafaelt, Thunder Road, Oakland; Victory Ostrouch,

neatly reversed the progressive decline of alcoholism. Tiebout (1953, 1949, 1944), the first to examine the progression of psychological changes during recovery, outlined four stages: admission of alcoholism, defiance/compliance, acceptance, and conversion. Bean (1984, 1975; Bean-Bayog 1993) next proposed that people in chemical dependence recovery proceed through stages that require "a series of physical, behavioral, and psychological shifts" (Bean 1984; 97).

Oukland; Walden House, San Francisco; and Youth Experience Success, Santa Cruz referred teems to the study. The Medical Editing Department, Kaisov Foundation Research Institute, provided editorial antistance.

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# Recovery Education A Guide For Teaching Chemically <u>Dependent People</u>

Cynthia Franklin Ph.D.,Rowena Fong

## **Recovery Education A Guide For Teaching Chemically Dependent People:**

**Recovery Education** Merlene Miller,1992-01-01 Chemical Dependency Unit ,1981 Forthcoming Books Rose **Resources in Education** ,2001-10 Chemical Dependency Counseling Robert R. Perkinson, 2011-06-17 Arny,2003 This volume is the most comprehensive guide for counselors and front line professionals who work with the chemically dependant in a variety of settings It is a basic introduction that guides the counselor through treatment from A to Z Chapters cover the gamut of treatment issues including developing the therapeutic alliance screening detoxification biopsychosocial assessment dual diagnosis patient orientation treatment planning individual therapy group therapy case management crisis intervention referral record keeping discharge planning and referral Author Robert R Perkinson provides case studies and step by step instructions with clear explanations and procedures that counselors need to use in all phases of patient care One of the key features of this volume is the inclusion of over 50 appendices which includes screening questionnaires scales history assessments personal recovery plans in patient and out patient schedules and many many more The new edition includes more appendicies and updates of existing ones Inclusion of issues of diversity and working with diverse clients Discussion of new treatment for addiction with detailed plan New discussion of relapse triggers including negative emotions social pressure interpersonal conflict and the recovery community New discussion of co occurring disorders Approaches in Treating Adolescent Chemical Dependency Paul B Henry, Bruce Carruth, 2019-07-23 Here at last is a comprehensive volume on the often ignored but vitally important subject of care for the chemically dependent adolescent The most current treatment approaches are included all focused on the unique needs of this population For the first time a book on adolescent chemical dependence illustrates in a practical way the major issues of on going care from intervention and assessment through aftercare and relapse Written by professionals who have worked extensively with chemically dependent youth Practical Approaches in Treating Adolescent Chemical Dependency will be appreciated by all in the field of chemical dependency administrators treatment directors and certified addictions counselors as well as by social workers family therapists school guidance counselors and student assistance personnel BACKCOVER COPY The treatment of alcoholism and drug use is a relatively young field that has developed only in the past 25 years And as most of the expertise efforts and money have been targeted toward the chemically dependent adult population the use and abuse of substances among young people has skyrocketed Here at last is a comprehensive book on the often ignored but vitally important subject of care for the chemically dependent adolescent The most current treatment approaches are included all focused on the unique needs of this population For the first time a book on adolescent chemical dependence illustrates in a practical way the major issues of on going care from intervention and assessment through aftercare and relapse Written by professionals who have worked extensively with chemically dependent youth Practical Approaches in Treating Adolescent Chemical Dependency features a comprehensive overview of the dynamics of adolescence and the destructive impact that chemicals have upon kids a

description of adolescents who are at risk for chemical dependency guidelines for making accurate assessments of chemically dependent adolescents successful programs and interventions that involve communities schools and families special insights into treating chemically dependent minority youth a review of the stages of recovery adapted to the developmental needs of adolescents a look at support groups that best facilitate the recovery process among adolescents much more

Approaches to Substance Abuse and Addiction in Education Communities Jeffrey Roth, Andrew J. Finch, 2013-10-18 This book is designed to increase the awareness among mental health professionals and educators about the potential sources of support for students struggling with substance abuse addiction and compulsive behaviors The book includes a description of the scope of the problem of substance abuse in high schools and colleges followed by sections describing recovery high schools and collegiate recovery communities A further unique component of this book is the inclusion of material from the adolescents and young adults whose lives have been changed by these programs This book was published as a special issue in the Journal of Groups in Addiction and Recovery **Medical and Health Care Books and** The Church Leader's Counseling Resource Book Cynthia Franklin Ph.D., Rowena Serials in Print .1997 Fong, 2011-02-01 This all in one guide is designed to better equip clergy and the church leaders to meet their congregations needs in a spiritually grounded and scientifically sound manner Succinct easy to read chapters summarize all a pastor needs to know about a given problem area including its signs or symptoms questions to ask effective helping skills and most importantly when to refer to a mental health professional Synthesizing what research says about treatment approaches for mental health issues this user friendly reference is filled with quidelines case scenarios key points to remember resources for further help advice on integrating scripture and theology with the best available research and tips on partnering with others to provide the best possible care for each church member Each chapter is designed for guick lookup by problem area empowering church leaders to understand and help meet the challenges facing the children adults families and communities that they serve The National Guide to Educational Credit for Training Programs ,1999 **Recover All** Robert G. Reid, 2007-10-01 Recover All is a needed and telling guide enabling family members companions and friends of a chemically dependent person to comprehend the process of addiction Written from a unique dynamic perspective the book equips loved ones of a chemically dependent person with practical tools to find help for the one close to them Having been diagnosed a chemically dependent polysubstance abuser at age twelve author Rob Reid entered treatment more than nine times After his ultimate recovery from the addictive hopelessness he once knew Reid worked in a long term residential drug and alcohol recovery program for men While working hands on with addicts and their families Reid noticed a dire need to bridge the chasm of understanding between chemically dependent persons and their loved ones The work opens by addressing what addiction is how it develops and the dynamics of the addictive personality Most however this book shares real life experiences from both the personal and treatment administration perspectives Such rare two perspective insight

communicates the experience strength and hope that any person with a chemically dependent loved one longs for Recover All not only shares information about addiction but it also addresses fundamental issues and questions facing loved ones of those struggling with addiction These issues include identifying the signs of addiction dealing with denial both in the addict and among the addict's family and friends overcoming rationalization identifying and preventing manipulation dealing with selfishness and saying no effectively Recover All provides a sensible realistic overview of chemical dependency treatment options as well as a simple method for determining the usefulness of each treatment option in specific circumstances Reid concludes by outlining the phenomenon of relapse and by providing the ten most detrimental behaviors a family member or friend could exhibit in a loved one s recovery process Bowker's Complete Video Directory ,2000 Christopher Kennedy Lawford, 2014-01-07 NEW YORK TIMES BESTSELLER From New York Times bestselling author of Symptoms of Withdrawal and Moments of Clarity Christopher Kennedy Lawford comes a book that will save lives For most of his early life Christopher Kennedy Lawford battled life threatening drug and alcohol addictions Now in recovery for more than 25 years he works to effect change and raise global awareness of addiction in nonprofit private and government circles serving as the goodwill ambassador for drug dependence treatment and care for the United Nations For the first time Recover to Live brings together all of the most effective self care treatments for the seven most toxic compulsions affecting every culture on the planet today alcohol dependence drug dependence eating disorders gambling hoarding smoking sex and porn In Recover to Live more than 100 of the world's top experts interviewed by Lawford share their research and wisdom on how to determine if your bad habit is becoming a dependency what treatments will work best for you how best to help yourself or a loved one recover from addiction and how to lead a fulfilling and productive life in recovery Paperbound Books in Print 1995 Reed Reference Publishing, R5ference Reed, 1995-12 National Library of Medicine Audiovisuals Catalog National Library of Medicine (U.S.),1991 Nomination of Robert Martinez to be Director of the Office of National <u>Drug Control Policy (drug Czar)</u> United States. Congress. Senate. Committee on the Judiciary, 1992 Pain and Chemical Dependency Howard Smith, Steven Passik, 2008-04-25 Both pain and addiction are tremendous public health problems Practitioners of every stripe say that they learned precious little about pain or addiction in their training and readily admit that instruction on the interface of pain and addiction is nonexistent The recent problem of prescription drug abuse has only served to highlight the fact that these two worlds need unificationthose who treat pain must be informed about the risks of controlled substances and those who treat addiction need to better and more fully understand their benefits Nowhere is the pooled knowledge of pain management and addiction medicine brought together to allow for a greater appreciation of the risks of addiction when treating people with pain and the pain problems of those with chemical dependency This major new volume brings this vast knowledge base together presenting an array of perspectives by the foremost thought leaders at the interface of pain and chemical dependency and is the most comprehensive resource on the subject to date There have been

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Doing Qualitative Community Research: Lessons For Faculty, Students And Communities Ernest Quimby, 2012 This text describes important considerations for conceptualizing designing and carrying out qualitative research in community settings The book covers various research aspects with respect to teaching learning practicing and assessing Readers will gain insights into qualitative methodology as a vital stand alone approach and find it to be an illuminating supplement to quantitative methodology and a core component of mixed methods studies Some key questions answered by the book are What s in it for us What are collaborations and partnerships How can knowledge and skills to achieve mean Resources in Education ,1996

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