

Stage Model of Recovery for Chemically Dependent Adolescents: Part 1—Methods and Model[†]

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 grounded in verbatim 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/precontemplation, transition, early recovery, and ongoing 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 alcoholism; recovery was depicted as a predictable upward slope that

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).

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Oakland; Walden House, San Francisco; and Youth Experience Success, Santa Cruz referred teens to the study. The Medical Editing Department, Kaiser Foundation Research Institute, provided editorial assistance.

*Adolescent and Family Programs Coordinator, Chemical Dependency Recovery Program, Kaiser Permanente Medical Center, San Francisco, California.

Please address correspondence and reprint requests to Dean Blumberg, Ph.D., Chemical Dependency Recovery Program, Kaiser Permanente Medical Center, 1201 Fillmore Street, San Francisco, CA 94115; e-mail: dean.blumberg@kp.org.

Recovery Education A Guide For Teaching Chemically Dependent People

Jeffrey Roth, Andrew J. Finch



Recovery Education A Guide For Teaching Chemically Dependent People:

Recovery Education Merlene Miller, 1992-01-01 **Chemical Dependency Unit**, 1981 **Chemical Dependency Counseling** Robert R. Perkinson, 2016-08-11 The best selling Chemical Dependency Counseling A Practical Guide provides counselors and front line mental health professionals with the information and skills they need to use evidence based treatments including motivational enhancement cognitive behavioral therapy skills training medication and 12 step facilitation Guiding the counselor step by step through treatment author Robert R Perkinson presents state of the art tools forms and tests necessary for client success while meeting the highest standards demanded by accrediting bodies The Fifth Edition of this landmark text has been updated to include coverage of current topics of concern for counselors including full compliance with DSM 5 new coverage of steps 6 12 in 12 step facilitation discussions on synthetic and designer drugs new psychotherapeutic medications new survey data on patterns of use and abuse a list of online recovery support groups for clients and a new section on Recommendations for a Successful First Year in Recovery **Forthcoming Books** Rose Army, 2003 Practical 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 *Resources in Education* ,2001-10

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

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Handbook of Addictive Disorders Robert Holman Coombs,2004-04-28 The most comprehensive source for the latest research and practice techniques for diagnosing and treating addictive disorders This book brings together an array of international experts on addictive disorders Robert Coombs s *Handbook of Addictive Disorders* discusses the contemporary issues surrounding the understanding of addiction from diagnosis to treatment of an addicted client The *Handbook of Addictive Disorders* is an example of practical and clinical information at its best Lorraine D Grymala Executive Director American Academy of Health Care Providers in the Addictive Disorders The *Handbook of Addictive Disorders A Practical Guide to Diagnosis and Treatment* is a comprehensive state of the art resource featuring valuable contributions from a multidisciplinary team of leading experts This unique guide deftly defines addiction and examines its comorbidity with other problems Subsequent chapters present an overview of addictive disorders coupled with strategies for accurately diagnosing them planning effective treatment and selecting appropriate interventions Chapters on public policy and prevention are of indispensable value in light of this growing health concern The only reference available to cover the full spectrum of addictions and addictive behaviors the *Handbook of Addictive Disorders* provides the most current research and

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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 unification those 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 an increasing number of seminars devoted to this topic and a new society The International Society on Pain and Chemical Dependency has recently been formed and this volume is destined to become the classic text on this multidisciplinary subject It will appeal to anesthesiologists neurologists rehab physicians palliative care staff pain center physicians and psychologists National Library of Medicine Audiovisuals Catalog National Library of Medicine (U.S.), 1991 **Recover to Live** 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 **Annual Report** Educational Cooperative Service Unit of the Twin Cities Metropolitan Area, 1982 **Bowker's Complete Video Directory**, 2000

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The book delves into Recovery Education A Guide For Teaching Chemically Dependent People. Recovery Education A Guide For Teaching Chemically Dependent People is an essential topic that needs to be grasped by everyone, from students and scholars to the general public. This book will furnish comprehensive and in-depth insights into Recovery Education A Guide For Teaching Chemically Dependent People, encompassing both the fundamentals and more intricate discussions.

1. The book is structured into several chapters, namely:
 - Chapter 1: Introduction to Recovery Education A Guide For Teaching Chemically Dependent People
 - Chapter 2: Essential Elements of Recovery Education A Guide For Teaching Chemically Dependent People
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 - Chapter 4: Recovery Education A Guide For Teaching Chemically Dependent People in Specific Contexts
 - Chapter 5: Conclusion
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 3. In chapter 2, the author will delve into the foundational concepts of Recovery Education A Guide For Teaching Chemically Dependent People. This chapter will elucidate the essential principles that need to be understood to grasp Recovery Education A Guide For Teaching Chemically Dependent People in its entirety.
 4. In chapter 3, the author will examine the practical applications of Recovery Education A Guide For Teaching Chemically Dependent People in daily life. The third chapter will showcase real-world examples of how Recovery Education A Guide For Teaching Chemically Dependent People can be effectively utilized in everyday scenarios.
 5. In chapter 4, this book will scrutinize the relevance of Recovery Education A Guide For Teaching Chemically Dependent People in specific contexts. This chapter will explore how Recovery Education A Guide For Teaching Chemically Dependent People is applied in specialized fields, such as education, business, and technology.
 6. In chapter 5, this book will draw a conclusion about Recovery Education A Guide For Teaching Chemically Dependent People. The final chapter will summarize the key points that have been discussed throughout the book.
- This book is crafted in an easy-to-understand language and is complemented by engaging illustrations. This book is highly recommended for anyone seeking to gain a comprehensive understanding of Recovery Education A Guide For Teaching Chemically Dependent People.

Table of Contents Recovery Education A Guide For Teaching Chemically Dependent People

1. Understanding the eBook Recovery Education A Guide For Teaching Chemically Dependent People
 - The Rise of Digital Reading Recovery Education A Guide For Teaching Chemically Dependent People
 - Advantages of eBooks Over Traditional Books
2. Identifying Recovery Education A Guide For Teaching Chemically Dependent People
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Recovery Education A Guide For Teaching Chemically Dependent People
 - User-Friendly Interface
4. Exploring eBook Recommendations from Recovery Education A Guide For Teaching Chemically Dependent People
 - Personalized Recommendations
 - Recovery Education A Guide For Teaching Chemically Dependent People User Reviews and Ratings
 - Recovery Education A Guide For Teaching Chemically Dependent People and Bestseller Lists
5. Accessing Recovery Education A Guide For Teaching Chemically Dependent People Free and Paid eBooks
 - Recovery Education A Guide For Teaching Chemically Dependent People Public Domain eBooks
 - Recovery Education A Guide For Teaching Chemically Dependent People eBook Subscription Services
 - Recovery Education A Guide For Teaching Chemically Dependent People Budget-Friendly Options
6. Navigating Recovery Education A Guide For Teaching Chemically Dependent People eBook Formats
 - ePub, PDF, MOBI, and More
 - Recovery Education A Guide For Teaching Chemically Dependent People Compatibility with Devices
 - Recovery Education A Guide For Teaching Chemically Dependent People Enhanced eBook Features
7. Enhancing Your Reading Experience

- Adjustable Fonts and Text Sizes of Recovery Education A Guide For Teaching Chemically Dependent People
 - Highlighting and Note-Taking Recovery Education A Guide For Teaching Chemically Dependent People
 - Interactive Elements Recovery Education A Guide For Teaching Chemically Dependent People
8. Staying Engaged with Recovery Education A Guide For Teaching Chemically Dependent People
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Recovery Education A Guide For Teaching Chemically Dependent People
 9. Balancing eBooks and Physical Books Recovery Education A Guide For Teaching Chemically Dependent People
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Recovery Education A Guide For Teaching Chemically Dependent People
 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
 11. Cultivating a Reading Routine Recovery Education A Guide For Teaching Chemically Dependent People
 - Setting Reading Goals Recovery Education A Guide For Teaching Chemically Dependent People
 - Carving Out Dedicated Reading Time
 12. Sourcing Reliable Information of Recovery Education A Guide For Teaching Chemically Dependent People
 - Fact-Checking eBook Content of Recovery Education A Guide For Teaching Chemically Dependent People
 - Distinguishing Credible Sources
 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

Recovery Education A Guide For Teaching Chemically Dependent People Introduction

In this digital age, the convenience of accessing information at our fingertips has become a necessity. Whether its research papers, eBooks, or user manuals, PDF files have become the preferred format for sharing and reading documents. However,

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