

Recovery & Wellness Approaches



Small Group Discussion

- What barriers and obstacles might your clients encounter when using DBT skills?
- What strategies could they use to deal with and overcome these barriers and obstacles?
- How can you help them?
- Other ways you can help them be more successful in dealing with barriers and obstacles?

Barriers & Obstacles

Barriers and obstacles are things that get in the way of using the DBT skills in your life. Doing something new, like the skills, usually doesn't work perfectly the first few times. There will be situations when you can't use the skills or don't remember to do so. To get the most out of the skills it will take lots of practice, particularly at times before you really need it. To be the most effective in this process it will be useful to anticipate potential barriers and obstacles and how you will deal with them so that you can use the skills effectively.

Some of potential barriers and obstacles are:

I can deal with these barriers and obstacles by:

Skills I can use even when I can't resolve the barriers and obstacles:

Building a Life Worth Living

DBT is about building a life worth living. A life worth living is about having the best life you can have. It is about having a full life that sustains you psychologically, emotionally, and interpersonally.

My Life Worth Living would look like:

Things in my life that get in the way of building a Life Worth Living:

Ways I can minimize or eliminate these things:

Things in my life that support a Life Worth Living:

Ways I can do more things that build a Life Worth Living:

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Small Group Discussion

Discuss how the Build a Life Worth Living concept could be helpful for your clients.

How might they reject this concept and how can you use MI to help them warm up to this idea?

Some Days Nothing Goes Well

DBT teaches us many skills and encourages balance.

It provides us with the tools to be in the here and now, to regulate emotions, tolerate distress, and have effective relationships.

Even with all of these tools and skills,
there are days nothing goes well.

Some days and in some situations, we can use all of the tools we have acquired from DBT and find we still can't be effective. No matter how hard we work or how committed we are to DBT, others and the environment will be too powerful. Life is still unfair every now and then.

At these times, we may be tempted to give up or throw away our progress. We may have an impulse to revert to old, problematic behavior, have impulses to harm ourselves, or a desire to damage our relationships.

It is essential when having these experiences that we use damage control, patience, and hold a long-term perspective.



Some Days Nothing Goes Well

Ways I can identify when the interaction or situation is out of my control:

Strategies I can use for damage control:

Ways I can be patient:

Strategies I can use to maintain a long-term perspective:

How do I stay the course with DBT even if I feel it isn't working:

Small Group Discussion

- Discuss how the Some Days Nothing Goes Well concept could be helpful for your clients.
- How would you deal with resistance and pushback from clients?

Some Days Nothing Goes Well

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Wellness Approaches

- People have the capacity to learn, grow, & change behaviors.
- Treatment is more effective when the focus is on individual strengths rather than pathology.
- Using strengths in one area of a client's life may provide a solution in an area where there is a deficit.
- The client is the director of the helping relationship.
- The therapeutic relationship is essential.

Wellness Approaches

- The clients are the experts in their lives, we are guides or mentors in the process of recovery.
- Recovery includes positive relationship building and repairing relationships when appropriate.
- Importance is placed on working with the entirety of the client's life, so that treatment is holistic, compassionate, and effective.
- Treatment happens in the community and relies on the wealth of naturally occurring resources.

Recovery: The New Paradigm

- Living beyond addiction & mental illness
- Having and achieving goals
- Creating a healthy support system
- Meeting basic needs
- Self-care abilities
- Housing
- Self-sufficiency
- Ability to ask for help when necessary
- Interdependence
- Connected with the community



Recovery: The New Paradigm

Clients:

- Make decisions about their lives & are in control
- Develop an understanding/acceptance of AOD & MH
- Focus on the present and future
- Engage proactively in promoting wellness
- Experience hope and enjoyment
- May still have symptoms or experience MH relapse
- Have difficulties and struggles
- May require support in their functioning
- May find AOD, MH services & medications continue to be helpful

Recovery-Focused Practice

- Clients are in the driver's seat of the treatment journey.
- Hope is pervasive.
- Therapeutic relationships are compassionate & understanding.
- Clients have the ability to grow and can be active in their recovery.

Recovery-Focused Practice

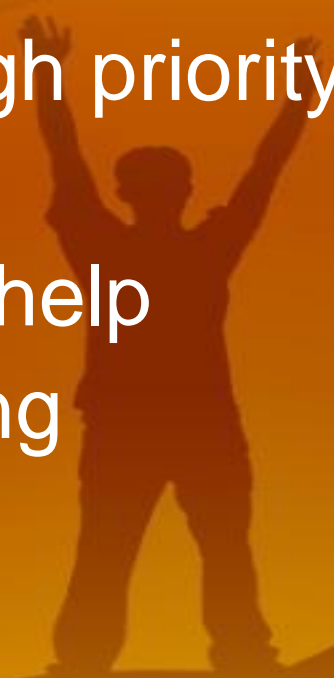
Leveraging

- Formal services
- Naturally occurring resources



Recovery-Focused Practice

- Self-care, self-management, & education are emphasized
- Community integration is a high priority
- Taking risks enhances growth
- Peer support and mutual self-help
- Pre-crisis & post-crisis planning



Wellness-Recovery Action Plan

Feeling Well:

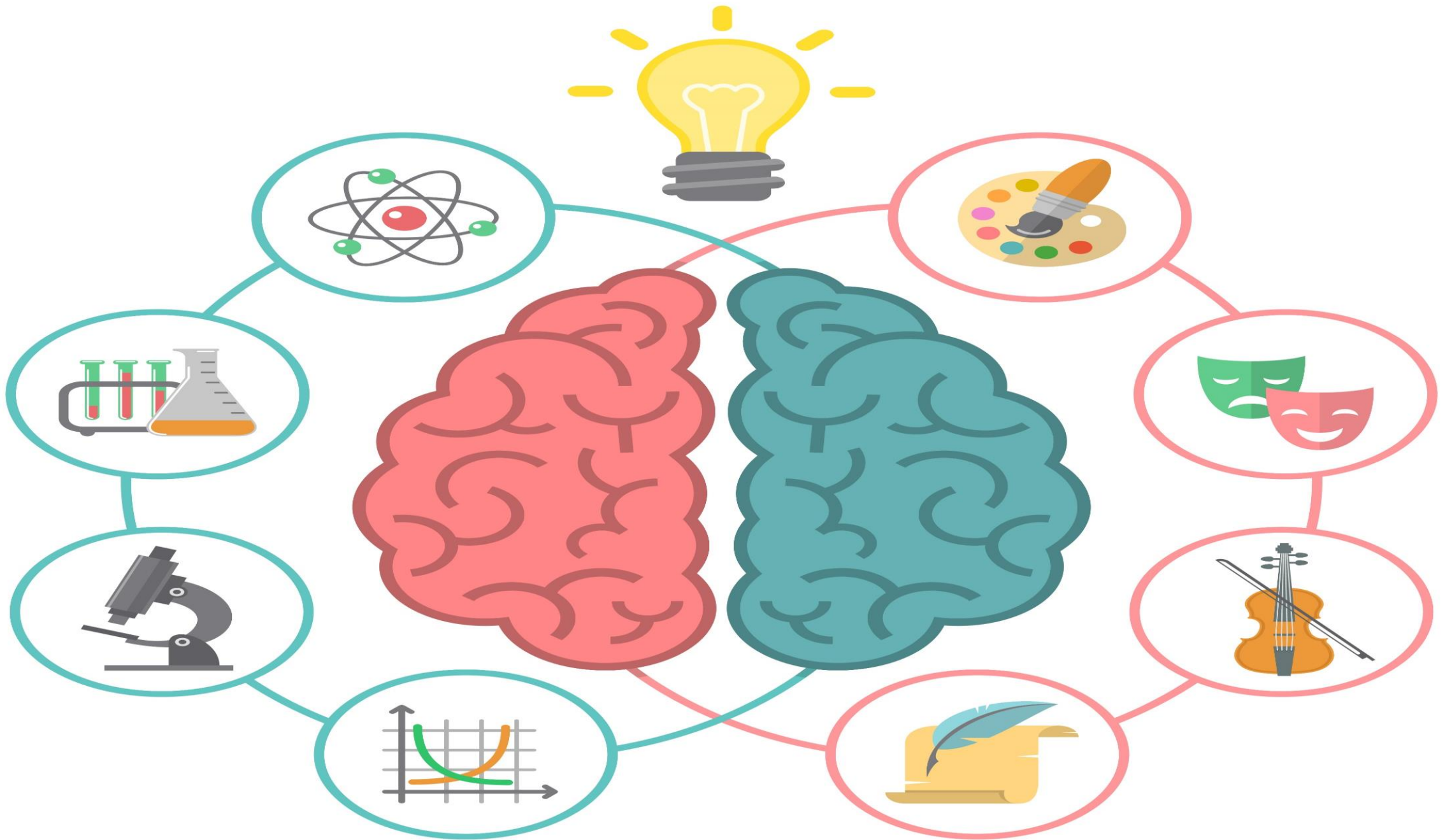
- Activities
- External Triggers
- Circumstances
- Early Warning Signs
- Solutions

Things Have Gotten Worse:

- Indicators
- Solutions

Crisis Planning:

- Indicators
- Who Should Care for You
- Medications
- Home Care Plan
- Treatment Facilities
- Actions Others Can Take
- When to discontinue Plan





DBT and The 12-Steps

[FPPT.com](https://fppt.com)



Step / Principle

Helpful Skills to Use

Step One

We admitted that we were powerless over our addiction, that our lives had become unmanageable.

*Admitted that when we participate in drinking, drugging and acting out behavior that our lives get out of control.

- **Be Mindful**
- **Wise Mind**
- **Nonjudgmental**
- **Effectively**
- **FAST**
- **Radical Acceptance**
- **Values and Priorities (Building a Life Worth Living) (DBT-SUD)**



Step / Principle

Helpful Skills to Use

Step Two

Came to believe that a power greater than ourselves could restore us to sanity.

*Came to believe that we could change with the help of others.

- **Be Mindful**
- **Wise Mind**
- **Nonjudgmental**
- **Effectively**
- **Turtling**
- **Values and Priorities (Building a Life Worth Living) (DBT-SUD)**



Step / Principle

Helpful Skills to Use

Step Three

Made a decision to turn our will and our lives over to the care of God *as we understood Him*.

*Made a decision to work with others to make changes in our behavior and our value system.

- **Be Mindful**
- **Nonjudgmental**
- **Effectively**
- **FAST**
- **Turtling**
- **Lemonade**
- **Burning Bridges (DBT-SUD)**
- **Avoiding and Eliminating the Cues to Use (DBT-SUD)**
- **Values and Priorities (Building a Life Worth Living) (DBT-SUD)**



Step / Principle

Helpful Skills to Use

Step Four

Made a searching and fearless moral inventory of ourselves.

*Made a list of behaviors we need to change and recognized the positive strengths that will help us make these changes.

- **Wise Mind**
- **Nonjudgmental**
- **Effectively**
- **Radical Acceptance**
- **FAST**
- **Turtling**
- **MEDDSS**
- **Identifying and Labeling Emotions**
- **Urge Surfing (DBT-SUD)**
- **Values and Priorities (Building a Life Worth Living) (DBT-SUD)**



Step / Principle

Helpful Skills to Use

Step Five

Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

*Shared our list with another person.

- **Be Mindful**
- **Wise Mind**
- **Nonjudgmental**
- **Effectively**
- **Radical Acceptance**
- **Turtling**
- **DEAR SELF**
- **GIVE & FAST**



Step / Principle

Helpful Skills to Use

Step Six

We were entirely ready to have God remove all these defects of character.

*Were ready to leave these old behaviors, attitudes and values behind.

- **Wise Mind**
- **Turtling**
- **Lemonade**
- **Burning Bridges (DBT-SUD)**
- **Avoiding and Eliminating the Cues to Use (DBT-SUD)**



Step / Principle

Helpful Skills to Use

Step Seven

Humbly asked Him to remove our shortcomings.

*Became willing to work with others to change these old behaviors, attitudes and values.

- **Wise Mind**
- **DEAR SELF**
- **GIVE & FAST**
- **Effectively**
- **Radical Acceptance**
- **Half Smile**
- **Lemonade**



<i>Step / Principle</i>	Helpful Skills to Use
<p>Step Eight Made a list of all the persons we had harmed, and became willing to make amends to them all.</p> <p>*Made a list of people, including ourselves, who have been hurt by our behavior and decided to make amends to them.</p>	<ul style="list-style-type: none">• Be Mindful• MEDDSS• Wise Mind• Nonjudgmental• Effectively• Turtling• FAST• Building a Life Worth Living (DBT-SUD)



Step / Principle

Helpful Skills to Use

Step Nine

Made direct amends to such people wherever possible, except when to do so would injure them or others.

*Took responsibility for our behavior and for forgiving ourselves by making amends to people who have been hurt by our behavior.

- **Wise Mind**
- **DEAR SELF**
- **GIVE & FAST**
- **Attend to Relationships (Building a Life Worth Living) (DBT-SUD)**
- **Alternate Rebellion (DBT-SUD)**
- **Half Smile**
- **Opposite to Emotion**



<i>Step / Principle</i>	Helpful Skills to Use
<p>Step Ten Continued to take a personal inventory and when we were wrong promptly admitted it.</p> <p>*Continue to take responsibility for ourselves and admit when we are wrong.</p>	<ul style="list-style-type: none">● Be Mindful● Wise Mind● Nonjudgmental● Effectively● Lemonade● Turtling● Urge Surfing (DBT-SUD)● Opposite to Emotion (for changing Shame)● Alternate Rebellion (DBT-SUD)● Adaptive Denial (DBT-SUD)



<i>Step / Principle</i>	Helpful Skills to Use
<p>Step Eleven Sought through prayer and meditation to improve our conscious contact with God, <i>as we understood Him</i>, praying only for the knowledge of His will for us and the power to carry that out.</p> <p>*Tried, with the help of others, to be a better person—someone we can be proud of and live with.</p>	<ul style="list-style-type: none">• Be Mindful• Wise Mind• Nonjudgmental• Effectively• Self-Soothe Kit• Turtling• GIVE & FAST• Building a Life Worth Living (DBT-SUD)



<i>Step / Principle</i>	Helpful Skills to Use
<p>Step Twelve Having had a spiritual awakening as the result of these steps, we tried to carry this message to addicts who still suffer, and to practice these principles in all our affairs.</p> <p>*Having been able to change our lives with the help of others, we offer our help to others.</p>	<ul style="list-style-type: none">● Be Mindful● Wise Mind● Nonjudgmental● Effectively● DEAR SELF● GIVE & FAST● Building a Life Worth Living (DBT-SUD)



- What do you think about how DBT works with 12-step?



**ROAD TO
RECOVERY**

DBT is Part of Recovery

- Recovery and Resiliency
- Relapse Plan
- Recovery Plan

Small Group Discussion

Recovery & Resiliency

Recovery is about living optimally and reaching your potential. Being in recovery can be about being substance-free if we have an addiction; however, recovery is more than just abstinence. Recovery is about living beyond our problems. It is a strengths-based perspective that empowers us to build the life we strive for. It is about being resilient and bouncing back from difficulties and problems. Recovery is something that is practiced every day. It is imperfect and forgiving.

Examples of recovery and resiliency in my life already:

Barriers and obstacles to recovery and resiliency in my life:

Strategies I can use to overcome these barriers and obstacles:

Ways I can increase recovery and resiliency in my life:

- How does Recovery and Resiliency help your clients?
- What gets in the way?
- How to you deal with what gets in the way?

Small Group Discussion

- What do you think about integrating DBT skills into relapse prevention planning?

Preventing Relapses

Problems and difficulties can come back sometimes, so it is useful to figure out what our warning signs might be and how we can proactively deal with them before they become full-blown problems.

Warning Sign: _____

DBT Skill: _____

Desired Outcome: _____

Warning Sign: _____

DBT Skill: _____

Desired Outcome: _____

Warning Sign: _____

DBT Skill: _____

Desired Outcome: _____

If a warning sign continues or worsens, contact your support system or a helping professional.

Recovery Plan

Recovery is about being the best possible person. It is about reaching your potential while dealing with difficulties, stress, and problems. Recovery is about effectively dealing with mental health and substance use problems. It also entails effectively dealing with family and support system, job, meaningful activities, recreational opportunities and having fun, just to name a few. The next few pages provide an opportunity to develop a recovery plan which can then be implemented.

This is my plan for recovery and optimal functioning:

My life in recovery looks like:

Which DBT Skills are most helpful for me?

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Recovery Plan

1. Practicing MEDDSS daily establishes a healthy self-care regimen.

a. Exercise

b. Diet: Balanced and nutritious

c. Drugs: Prescribed medication as directed and don't use illicit drugs

d. Sleeping: a healthy amount

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Recovery Plan

2. Prevention of Relapse or Return to Old Problematic Behavior:

a. The most important warning signs of problems reoccurring:

b. When I notice the warning signs, I will use the following DBT skills:

3. Healthy Support System:

These are the people in my support system that support my recovery and use of DBT skills:

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Recovery Plan

4. Having Fun and Recreation is an Important Part of Recovery:

a. I will ensure that I have time for fun and recreation in my life on a regular basis by using the following strategies:

b. These are the fun and recreational activities that I will participate in on a regular basis that support my recovery:

c. I will utilize community support meetings by:

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Recovery Plan

5. Dealing with Stress:

a. The most stressful things in my life are:

b. Previous ways I have effectively dealt with stress?

c. What DBT skills will I use to manage my stress?

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Recovery Plan

6. Recovery Goals:

a. What progress have I made toward my recovery?

b. What am I currently working on in my recovery?

c. What will I do to maintain positive changes and continue my growth?

7. Other Things to Consider:

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Small Group Discussion

- What do you like about the DBT Recovery Plan?
- Would you change or add anything?
- What clients might you use this plan with?