

# PEER SUPPORT IN COURT & THE COMMUNITY

2015 MINNESOTA DRUG COURT CONFERENCE

# Rules

1. Questions anytime
2. There is no Rule #2
3. Questions anytime
4. No Rules 4 or 5
6. We will talk mostly from an AA  
“recovery” perspective

# Our Agenda

1. What Matters
2. Hard Drinkers & Real Alcoholics
3. Abstinence & Recovery
4. Harm Reduction & Abstinence
5. What is Recovery?
6. What Peers Do
7. Where to Find Peer Support

# What Matters

- Length of time in TREATMENT
- Relationship to FAMILY
- Active Involvement in COMMUNITY OF RECOVERY

# Hard Drinkers & Real Alcoholics

## Hard Drinkers

- **Can quit or moderate use without help**
  - The dream of all real alcoholics
- **Needs a compelling reason to change, but can change**

## Real Alcoholics

- **Physically cannot stop use without help**
  - Crossed the “line”
  - Not just a bad hangover
- **Compelling reasons & dire consequences don't ultimately matter**

# Abstinence & Recovery

## Abstinence

- ❑ **Behavior: “I am *not* using drugs and alcohol.”**
- ❑ **Perfect for hard drinkers**
- ❑ **Probably didn’t need our level of intervention**

## Recovery

- ❑ **Status: “I am recovered.”**
- ❑ **Better for “real alcoholics”**
- ❑ **Our clients**

# Harm Reduction & Abstinence

## Harm Reduction

- Aimed at reducing harm to client and others
- Non-use not required
- Perfect for hard drinkers, some unlucky & want to avoid jail

## Abstinence

- Aimed at stopping further use which leads to . . .
  - Medical interventions
  - Legal interventions
  - Loss of capacity to use
  - Death
- Non-use required
- Better for real alcoholics

# What is Recovery?

Working definition of RECOVERY from mental disorders and/or substance use disorders:

A process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential.

2012 SUBSTANCE ABUSE & MENTAL HEALTH SERVICES ADMINISTRATION (SAMHSA)

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# What is Recovery?

- Know a new freedom
- Know a new happiness
- Not regret the past
- Not wish to shut the door on it
- Comprehend the word serenity
- Know peace
- See how our experience can benefit others
- Feeling of uselessness disappears
- Feeling of self-pity disappears
- Lose interest in selfish things
- Gain interest in our fellows
- Self-seeking slips away
- Whole attitude and outlook upon life changes
- Fear of people leaves us
- Fear of economic insecurity leaves us
- Intuitively know how to handle situations which used to baffle
- Always materialize if we work
- Cease fighting anything
- Cease fighting anyone
- Cease fighting alcohol
- Sanity returns
- Seldom be interested in liquor
- Recoil from it as from a hot flame
- React sanely
- React normally
- Happens automatically
- Not avoiding temptation
- Feel neutral
- Feel safe
- Feel protected
- Problem has been removed
- It does not exist for us

# What is Recovery?

## SAMHSA dimensions that support a life in recovery:

- **Health** overcoming or managing one's disease(s) or symptoms—for example, abstaining from use of alcohol, illicit drugs, and non-prescribed medications if one has an addiction problem—and, for everyone in recovery, making informed, healthy choices that support physical and emotional well-being
- **Home** having a stable and safe place to live

# What is Recovery?

## SAMHSA dimensions that support a life in recovery:

**Purpose** conducting meaningful daily activities, such as a job, school volunteerism, family caretaking, or creative endeavors, and the independence, income, and resources to participate in society

**Community** having relationships and social networks that provide support, friendship, love, and hope

# What Peers Do

- Court Programming
  - Orientation for potential clients (defendants)
    - Recovery begins here
    - Introduce program components
    - Impressions of appropriateness for DWI Court
    - Clients decide to flee, check with advisors, or test drive
  - Introduction for test-drive clients
    - Recovery-oriented
    - Aimed at beginning change from external to internal motivation
      - Recovery vs. avoiding jail
    - Family Component
  - Check-ins with troubled & thriving clients
  - Advocate for clients in other courts

# What Peers Do

- Recovery Programming in Court
  - Alcoholics Anonymous meetings (other groups invited)
  - MAAEZ relapse prevention
  - STUDY & ACTION seminar in court and community
  - Meet clients in the community
    - With their supporting community
    - To create or build community

# What Peers Do

- Recovery Programming in the Community
  - Meet clients in the community
    - With their supporting community
    - To create or build community
  - Transportation
  - Telephone support
  - Special events
  - Family support
  - Recovery coaching

# Where to Find Peer Support

- **DWI Court Graduates** Selected by Team
- **Recovery Programs** Alcoholics Anonymous, Narcotics Anonymous, SMART Recovery<sup>®</sup>, religious or spiritual organizations, CELEBRATE RECOVERY, others
  - Recovery programs
  - Sponsors & Mentors
- **Recovery Communities** Minnesota Recovery Connection
  - Telephone Recovery Support
  - Recovery Coaching
  - Telephone Recovery Support Volunteer Training
  - Recovery Coach Academy

# Where to Find Peer Support

## □ **Audio**

- The Gathering (GSTL)
- Gopher State Tape Library (GSTL)
  - Gopher State Roundup and other roundups and speakers
- Into Action Study and Action Group

# Your Questions & Comments



IN MEMORY OF  
**GARY WILLIAMS, LADC**

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