Effective Treatment Strategies for Care Givers and Family Members of Addicted Older Adults

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# ASAM Disclosure of Relevant Financial Relationships

## Content of Activity:

**Date of Activity**

<table>
<thead>
<tr>
<th>Name</th>
<th>Commercial Interests</th>
<th>Relevant Financial Relationships: What was received</th>
<th>Relevant Financial Relationships: For what role</th>
<th>No Relevant Financial Relationships with any Commercial Interests</th>
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<td>Sharon Matthew</td>
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Glossary of Terms

Commercial Interest - The ACCME defines a “commercial interest” as any proprietary entity producing health care goods or services, with the exemption of non-profit or government organizations and non-health care related companies.

Financial relationships - Financial relationships are those relationships in which the individual benefits by receiving a salary, royalty, intellectual property rights, consulting fee, honoraria, ownership interest (e.g., stocks, stock options or other ownership interest, excluding diversified mutual funds), or other financial benefit. Financial benefits are usually associated with roles such as employment, management position, independent contractor (including contracted research), consulting, speaking and teaching, membership on advisory committees or review panels, board membership, and other activities from which remuneration is received, or expected. ACCME considers relationships of the person involved in the CME activity to include financial relationships of a spouse or partner.

Relevant financial relationships - ACCME focuses on financial relationships with commercial interests in the 12-month period preceding the time that the individual is being asked to assume a role controlling content of the CME activity. ACCME has not set a minimal dollar amount for relationships to be significant. Inherent in any amount is the incentive to maintain or increase the value of the relationship. The ACCME defines “‘relevant’ financial relationships” as financial relationships in any amount occurring within the past 12 months that create a conflict of interest.

Conflict of Interest - Circumstances create a conflict of interest when an individual has an opportunity to affect CME content about products or services of a commercial interest with which he/she has a financial relationship.
Participants will be able to:

• Develop and address the clinical needs necessary to treat the entire family system with particular focus on care giving of addicted older adults
What About Us…
The Family as Caregivers for Older Adult Substance Abusers
The First Caregiver Group Ever!

Al-Anon Family Groups

Caregiver Support Groups
Dear Air Travel News Answer Man,

“As a mother of three, it always bothers me when I hear the emergency announcements on airplanes telling us to grab our own oxygen masks before we assist our children. Children seem so much more vulnerable than adults. I believe a child would certainly stop breathing in an emergency before an adult! Unless you can explain this to me, I don’t plan to follow the instructions they give on airplanes.”

Sincerely,
A loyal but confused passenger

Jamie Huysman
Symptoms of Caregiver Burnout

- The index of the separation between what people are and what they have to do
- It is also the greatest trigger for Caregiver and Senior Addiction
- Become chronically exhausted
- Become cynical and detached from work
- Become increasingly ineffective at work
- It represents an erosion in values, dignity, spirit and will – an erosion of the human soil
- It is a malady that spreads gradually and continuously over time, putting people into a downward spiral from which it’s hard to recover
What Causes Caregiver Burnout: The fertile ground for addictions?

- Caregivers often are so busy caring for others that they tend to neglect their own emotional, physical and spiritual health.
- The demands on a caregiver’s body, mind and emotions can easily seem overwhelming, leading to fatigue and hopelessness and ultimately, burnout. Other factors that can lead to caregiver burnout include:
  - Role confusion: many people are confused when thrust into the role of caregiver. It can be difficult for a person to separate her role as caregiver from her role as spouse, lover, child, friend, etc.
  - Unrealistic expectations: many caregivers expect their involvement to have a positive effect on the health and happiness of their loved one. This may not always be realistic.
  - Caregivers dying before the Senior.
Personal Impact of Caregiving
As the Catalyst for Addictions
Caregivers in Recovery In The Rooms™

Prominent National Risk Factors We Understand Better

• Sandwich Generation
• Club Sandwich Generation (1 million children are being raised by their grandparents due to the opiate crisis)
• Availability of Medications
• Boomer Mindset: Sex, Drugs and Rock and Roll
• Lack of Mental Health Prior to Caregiving
• Caregivers not coming for Medical Care: Dying before their loved ones
• Replacing Program for Loved One
The Cycle of Codependency and Anger

Outside Forces

- Not doing “it” perfectly
- Can be manipulated
- Where we set ourselves up for failure

Anger marked by resentment

Feeling unappreciated, having sacrificed, hurt feelings

To get loved, to be liked, to be respected, to be thought well of

We do for others (and do our job too)

Try To Keep Things Going

Lashing Out
Saying something to hurt, being spiteful, could escalate to breaking something or hitting

Feelings of Guilt & Shame
We beat ourselves up, replaying the event over and over in our minds – feeling worse

Silence Mistaken for "disengagement"

Children learn this behavior. Silence can perpetuate more guilt feelings.

Try To Keep Things Going

Source: http://motherhooddeleted.blogspot.com/
Family Treatment

Families are of times the referrals
Families are scared, tired, don’t know what to do
Utilize interventionists
Fearful of confronting the issues
Family Needs Education

About the disease of addiction
Co-dependency vs support
Boundaries
Communication
Accepting their own need for support
How to Approach Loved One

Must have the conversation

Non Threatening, sharing genuine concern

Point our what they have observed

Even if resistant, must start process
“The WAY we talk to our Children becomes their inner voice.”

You can do it!
You are the best!
You are a star
That’s my champ!
Awesome! Good job!

Idiot!
Shut up!
Go away!
You’re such a mess.
Stop bothering me!

Peggy O’Mara
Making the Difficult Decision
What Happens After Treatment?

A Continuum Approach

- Extended Care/Sober living
- Outpatient Levels of Care
- Caregiver – in home services
- 12 Step community
- Wrap around care
- Nursing facility
- Assisted living
- Primary care doctor
- Sober Coach

“High success rate with this population”
Never too Late

It is never too late to develop an addiction

It is never too late to intervene on an addiction

It is never too late to have quality of life
Sculpting a Daily Program

Molders and Chiselers
Ancient Premise: CRISIS-OPPORTUNITY

• The Chinese symbol *crisis* is not one symbol but two

• The symbols for *crisis* in Chinese are made up of these two words

• They are pronounced *weī jí*. *weī* means danger; peril and *jí* means opportunity; crucial point

• So literally *weī* plus *jí* equals “danger” plus “opportunity”
Questions?
References


• Psychology Today, Caregivers in Recovery, Dr. Jamie Huysman 10/23/2010