

# **Substance Abuse Treatment for Women with Cognitive Disabilities**

Presented by  
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## Vinland Client

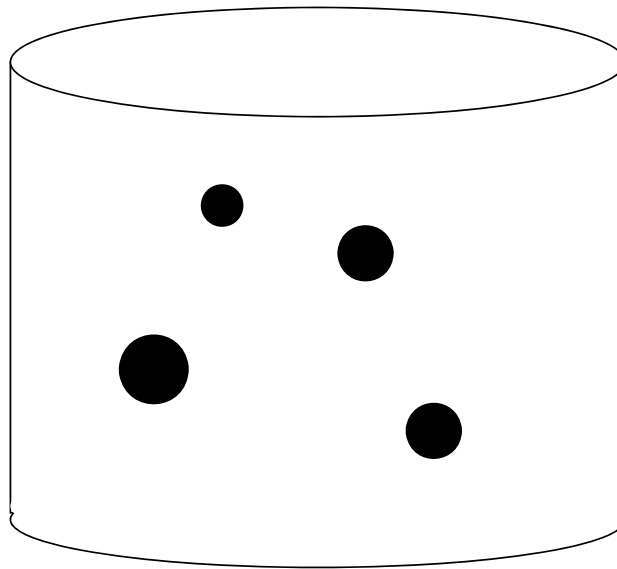
- Chemical Dependency
- Brain injury: Acquired vs. Congenital
- Mental health issues

### Trifecta effect

- Physical issues

## Synergistic Effect

# **“Bucket Theory”**



# Vinland Program

- Slower
- Repetitive
- Individualized

# Brain Injury

- Individual treatment

# Brain Injuries

- Cognitive Functioning
- Executive functioning
- Emotional regulation
- Sensitivity integration
- Mental deficiency
- Visual functioning
  
- Physical issues-synergistic effect

# Cognitive Impact

- Short term memory
- Long term memory
- Remember the feeling-the Gestalt

# Trauma

- Fracture always there but scar tissue becomes stronger
- Can you say more about that
- Realize feeling is cognition



# Suffering

- Suffering is a part of life
  - Natural – wars, earthquakes, flood
  - Created – what we do to others
    - More difficult to heal from created
- What makes the difference: Resilience and Hope

# Spirituality

- Belief in Higher Power
  - First to go-first to come back
  - Fear is the absence of faith

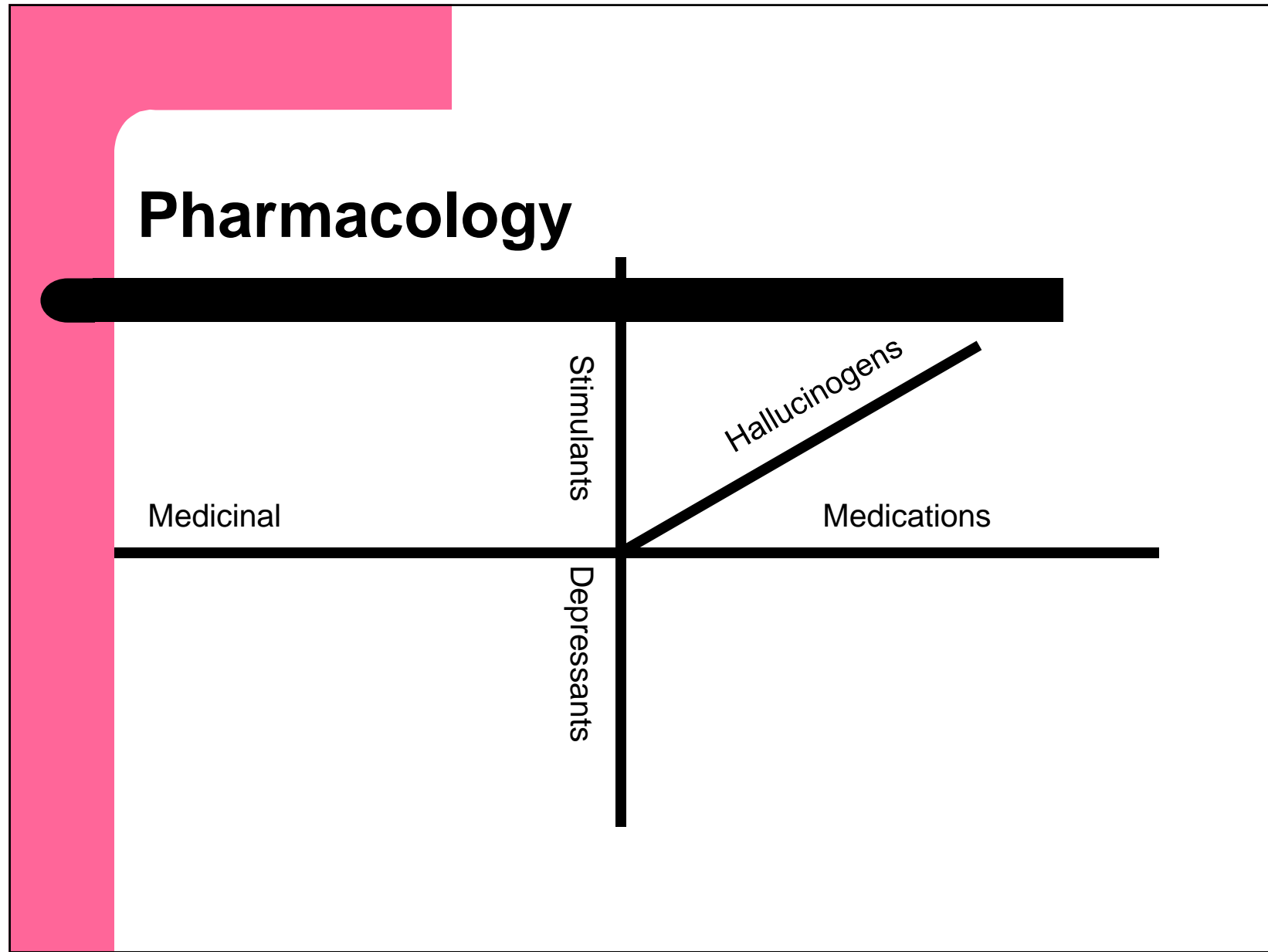
Serenity prayer with affirmation

# Addiction

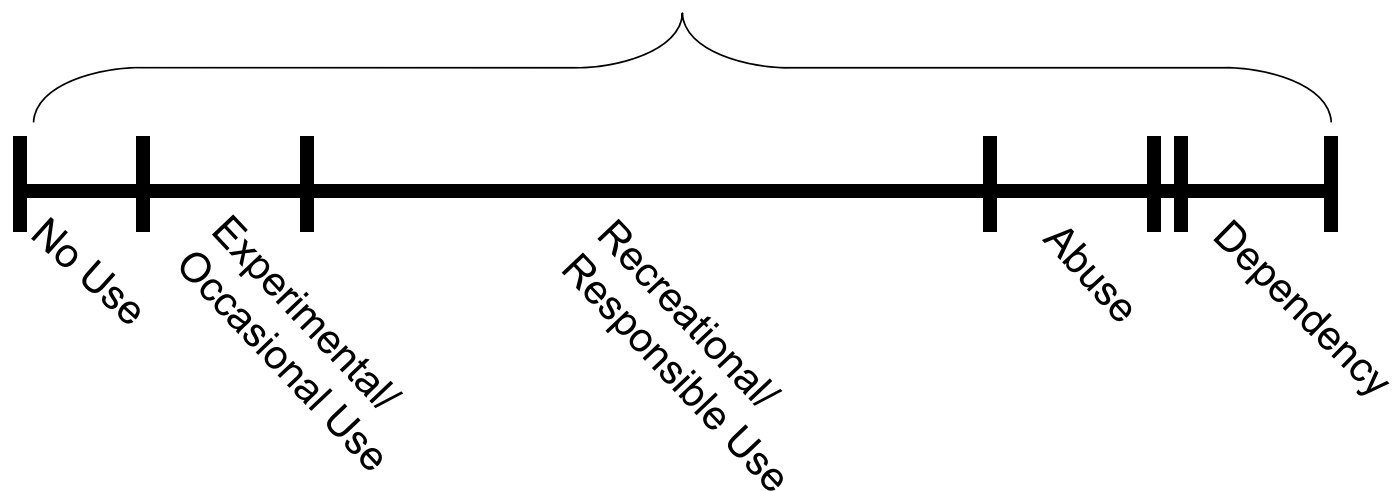
- A pathological relationship between a person and a mood-altering chemical

# Drugs

- Drugs in and of themselves are not good or bad
- How they are used matters



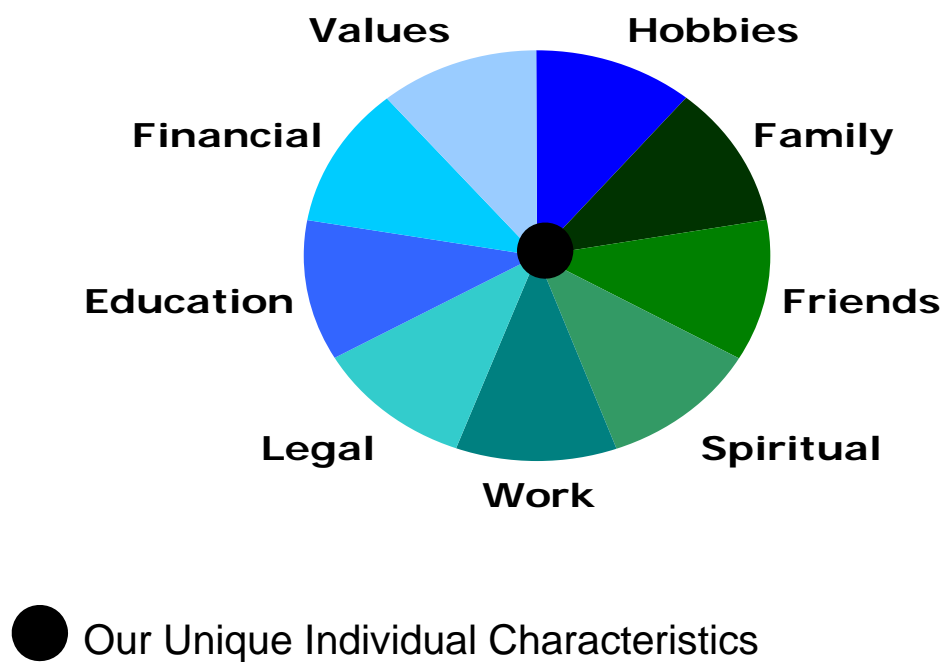
## Continuum of Use



# Alcohol

- Alcohol is a poison
  - Blackout
  - Pass out
  - Alcohol poisoning

# The Awareness Wheel





# Recreation

- Recreation = Re Creation

# Responsible

- Responsible = ability to respond

## Women's issues

- Trauma: physical, emotional and sexual
- Termination of Parental rights

Stephanie Covington PhD

- Most improved female wears tiara
- Peer support – if she can do it I can do it

## **Trauma-Family of Birth and Family We Create**

- Emotional
- Physical
- Sexual
- Verbal

## Grief and Loss Issues

- Protecting others
- Poor self-esteem
- Name the secrets...What would your soothing self say to you

## Biological Reaction to Trauma

- When brain perceives trauma – like stepping on gas in neutral

# Boundaries

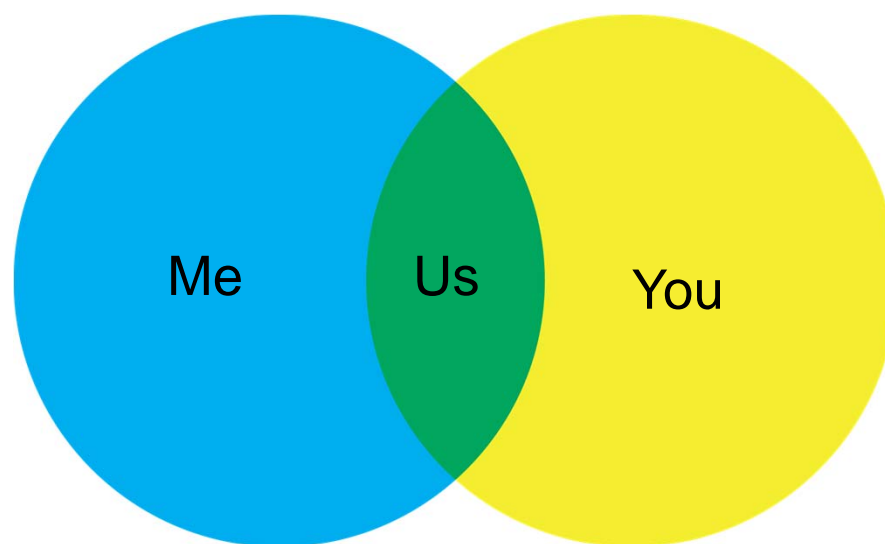
- Physical
- Emotional
- Sexual
- Monetary

## Submission vs. Surrender

- Submission - When we give up our sense of power
- Surrender – When we give up our need to control



# Healthy Relationships



Love = Feelings & Behaviors

# Integration

- Integration of our values and action with our behavior = integrity

# Projects

- God Box
- Addiction
- Recovery

# Graduation Ceremony

- Certificate
- T-shirt
- Amethyst

We honor your courage to share who you are...  
To examine who you have been...  
And to dream who you can be.

# Recovery

- Abstinence is not recovery
- Working program of recovery

## Lapse vs. Relapse

- Clinical issue – what does she do with the abstinence violation event or is it a reactivation of her disease – out of remission.

## Waivered Funds

- Mental retardation
- Community alternatives for disabled individuals (CADI)
- Traumatic brain injury (TBI)
- SSDI
- SSI
- Need MA to be eligible for services

## Continuing Care

- Continuing care plan should be written in language the clients understand and specific
- Home, outpatient treatment addressing all health concerns, sober houses, Half-way houses, intensive residential treatment centers, group homes, nursing homes



## 12 Steps

- Peer support
- A free support service

**1** *We admitted we were  
powerless over alcohol –  
that our lives had become  
unmanageable.*



The bottle has me down.  
My life is a mess.

**2** *Came to believe that  
a Power greater  
than ourselves could  
restore us to sanity.*



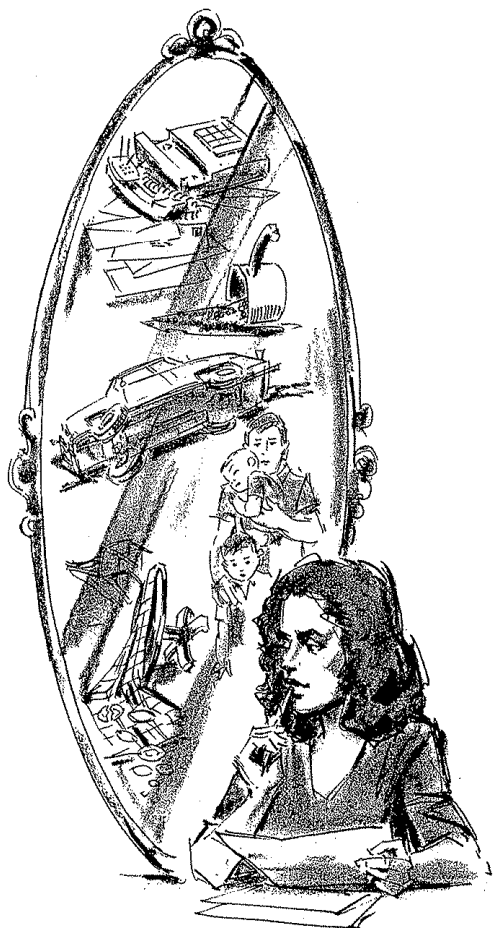
There is help.

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



I let a Higher Power take over.

**4** *Made a searching and fearless moral inventory of ourselves.*



I need to look at my life.

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



I admit all I did wrong.

**6** *Were entirely ready  
to have God remove  
all these defects of character.*



I want to be free.

**7** *Humbly asked Him to  
remove our shortcomings.*



I ask a Higher Power  
to help me be free.

**8** *Made a list of all persons  
we had harmed, and  
became willing to make  
amends to them all.*



I ask: Who did I hurt?  
How can I fix it?

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



I try to fix things if I can.

**10** Continued to take personal inventory and when we were wrong promptly admitted it.



I check up on myself. I am honest.

**11** Sought through prayer and meditation to improve our conscious contact with God, as we understood Him, praying only for knowledge of His will for us and the power to carry that out.



I ask a Higher Power for help to live the right way.

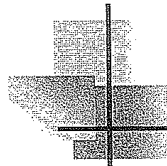
**12** *Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.*



*I live by these Steps and get better.  
I try to help other alcoholics.*

To find out more about A.A. write to  
General Service Office  
Box 459, Grand Central Station  
New York, NY 10163  
—or look up A.A. or Alcoholics Anonymous  
in your phone book





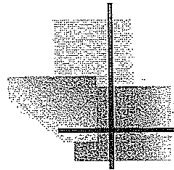
## 12 Steps

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- Step 1

Admit that if you drink and/or use drugs your life will continue to be out of control.

Admit that alcohol and drugs are not making your problems better.

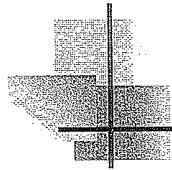


## 12 Steps

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- Step 2

You start to believe that someone can help you put your life in order. This someone could be God, an AA group, counselor, sponsor, etc.

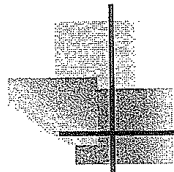


## 12 Steps

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- Step 3

You decide to get help from others and/or God. You open yourself up to letting the people you are believing in from step 2, help you with your problems.

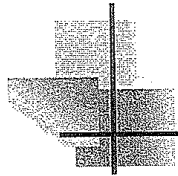


## 12 Steps

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- Step 4

You will make a list of the negative behaviors in your past and current behavior problems. You will make a list of positive behaviors in your past and in the present.

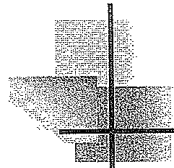


## 12 Steps

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- Step 5

Meet with someone you can trust and discuss what you wrote in Step 4.

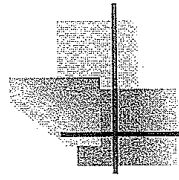


## 12 Steps

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- Step 6

Make the decision to sincerely try to change your negative behaviors and strengthen your positive ones.

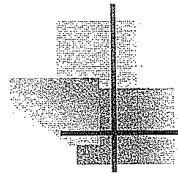


## 12 Steps

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- Step 7

Ask the people that you believe can help you put your life in order to help you be a responsible person with responsible behaviors.



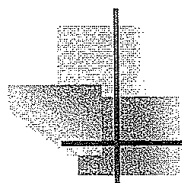
## 12 Steps

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- Step 8

Make a list of the people your negative behaviors have hurt. Be ready to apologize or make things right with them.

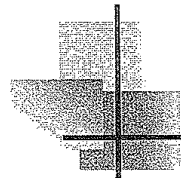




## 12 Steps

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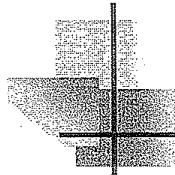
- Step 9
- Contact these people and apologize or make things right.



## 12 Steps

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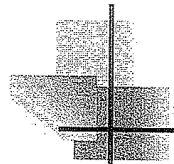
- Step 10
- Continue to check yourself and your behaviors daily. Correct negative behaviors and improve them. If you hurt another person, apologize and make corrections.



## 12 Steps

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- Step 11
- STOP and THINK about how you are behaving several times each day. Are they responsible and positive? If not, ask for help.
- Reward yourself when you are able to behave in a responsible and positive way.



## 12 Steps

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- Step 12

If you try to work these steps, you will start to feel better about yourself. When you can, try to help others by sharing what you have learned and your success story with others.

## Planting a Seed

- How it will grow
- How we never know: before & after



# Thank You

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