

# The Roles and Structure of Transition Programs in Addiction Recovery

**CAPTASA Conference**  
**Embassy Suites- Lexington, KY**  
**January 26, 2018**



# The Roles and Structure of Transition Programs in Addiction Recovery

Russ Read, MA, CARES

Executive Director

Beacon House Aftercare

Mike Dever, CRSS

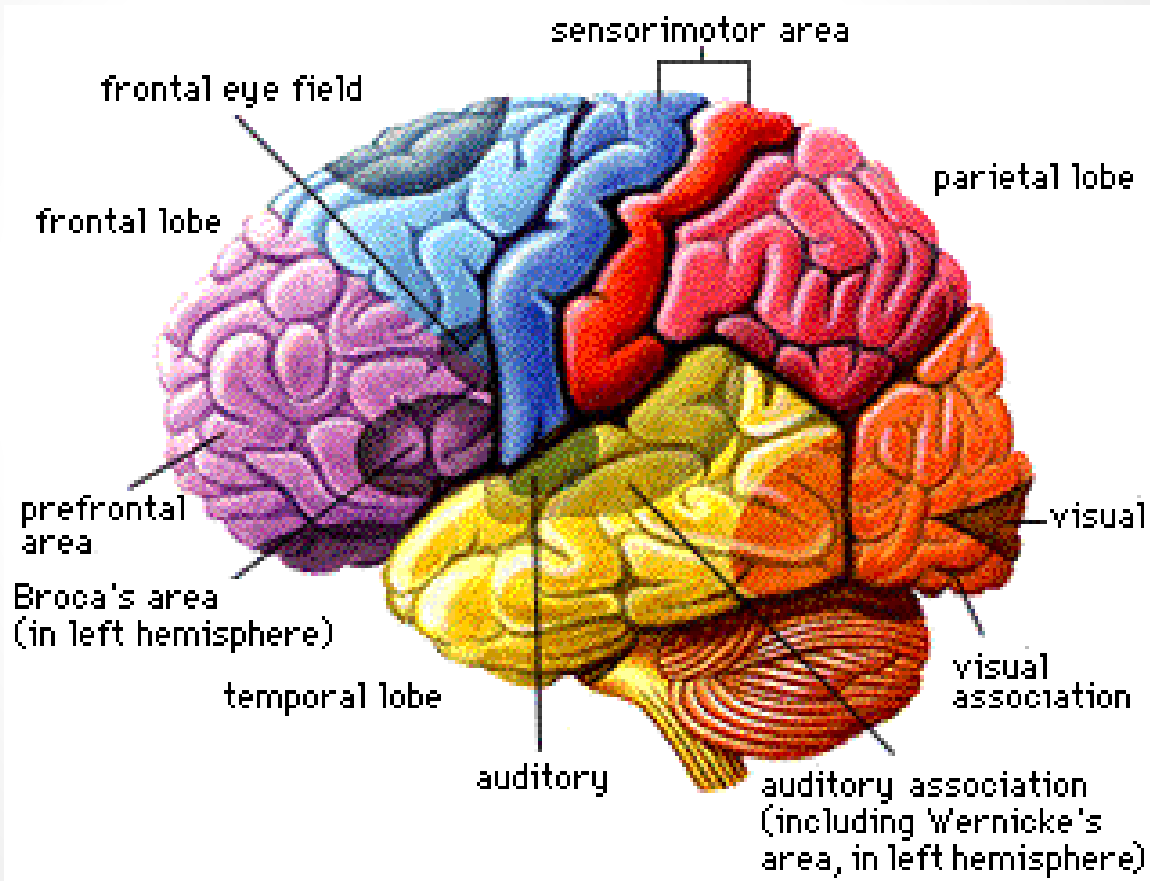
Director

Talbot House



# The Roles and Structure of Transition Programs in Addiction Recovery

## Mandatory Brain Diagram



# The Roles and Structure of Transition Programs in Addiction Recovery

## Disclosures

Mike Dever is a full time employee of The Talbot House (50 yrs.), Louisville, Ky.

Russ Read is a full time employee of Beacon House Aftercare (20 yrs.), Louisville, Ky.

Mr. Dever or Mr. Read have any financial relationships to disclose.



# The Roles and Structure of Transition Programs in Addiction Recovery

## Reviews

Dr. Jones explained that addiction is a disease of the brain and as a disease must be treated as “a long, think years, process. And quick results don’t seem to last as predictably”

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## Reviews

Marta M. Miranda-Straub presented that the dynamics of recovery involves the individual, family and environment.

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Reviews

Claude Drouet encourages the use of collaboration and compassion to promote more effective substance use assessment.

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## Learning Objectives

- Learn the continuum of care from assessment through independent living in long term recovery.
- Learn that communal living and peer accountability are essential ingredients to long term recovery
- Learn that using an abstinence based, 12 step solution in a peer driven structure increases the possibilities of long term recovery.





# The Roles and Structure of Transition Programs in Addiction Recovery

Definition:

*Recovery housing aims to increase an individual's stability, improve his or hers functioning, and move the resident toward a life in the community by supporting abstinence and recovery.”*

SAMHSA,

Reif, Sharon et. al Psychiatric Services March 2014 Vol. 65 pg. 3



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## Definition:

*“The models of recovery housing are generally considered part of the continuum of care that spans from outreach through formal treatment, maintenance, and aftercare needs.*

*In this approach recovery housing is an essential part of preparing for or transitioning to an independent life in the community”*

Reif, Sharon et. al Psychiatric Services March 2014 Vol. 65 pg. 3



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Definition:

*“CSTL (Clean and Sober Transitional Living) offers a long term, continuous clean and sober living environment and a culture of sobriety in a community of peers.”*

Polcin, Douglas, Henderson, Diane J Psychoactive Drugs, June 2008, 40(2)  
pgs. 153 - 159



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Definition:

*“Sober living houses (SLHs) are alcohol and drug free living environments that support abstinence by emphasizing involvement in 12 steps groups and social support for recovery.”*

Polcin, Douglas, Korcha, Rachael, Bond, Jason, Galloway, Gantt, J Subst Abuse Treat, June 2010; 38(4) pgs. 356 - 365



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## Theory

Social Cognitive Theory – “offers both predictors and principles on how to inform, enable, guide and motivate people to adapt habits that promote health and reduce those that impair it”.

Bandura, Albert Health Education and Behavior, Vol. 31(2) pgs. 143 - 164



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## SCT Core Determinants

- Knowledge of health risk and benefits of different health practices
- Perceived self-efficacy the one can exercise control over ones health habits
- Outcome expectations about expected costs and benefits for different health habits
- Health goals and concrete plans and strategies set for realizing them
- Perceived facilitators and social and structural impediments to change
- Social support and guidance during early periods of personal change and maintenance increase long-term success.

Bandura, Albert Health Education and Behavior, Vol. 31(2) pgs. 143 - 164



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## SCT Summary

There must be a strong belief in the process, the desire and ability to affect change through personal, social and spiritual interaction and a desire to continue those behaviors and beliefs in order to produce positive outcomes over a lifetime.

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## Continuum of Care

Inpatient  
Hospitalization:  
Detox 5-7 days

Residential  
Treatment:  
7-28 days

Transitional Sober Living:  
6 months to 2 years of Recovery

Independent Sober Living:  
Lifetime





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## Transitional House Purpose

- Stabilization
- Practicing the “life” skills
- Resident rediscover purpose
- Communal Living
- Bonding
- Peer Driven Accountability
- Abstinence



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## Transitional House Programming

### Intake & Assessment

- Resident a “good fit” for the community
- Community a “good fit” for the resident
- Co-occurring disorders
- Warrants or court cases
- Ask question, “Can we help this person sustain long term recovery?”



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## Transitional House Programming

### Requirements

- Meeting in-house & 12 step
- Intensive out patient treatment
- Life skills classes
- Case worker sessions
- Curfew
- Sign in & out



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## Transitional House Programming

### Structure

- Rent
- Job
- Food, clothes, linens, hygiene items, laundry
- Curfew
- Sign in & out
- Daily chores
- Mentoring



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- Not half way but all the way to independent living.
- Opposite of addiction is connection.



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## Check Points / Red Flags

- Isolation
- No Sponsor
- Missing House & 12 Step meetings
- Job
- Money
- Car
- Women/Men
- Impatience



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Big Book Alcoholics Anonymous

*Page 58:*

“Our stories disclose in a general way what we used to be like, what happened, and what we are like now. If you have decided you want what we have and are willing to go to any length to get it- then you are ready to take certain steps.”

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## Summary

Because addiction is a disease it should be treated as a chronic condition which needs long term treatment with specific protocols involving physical, mental and spiritual techniques in a respectful, compassionate and supportive peer-driven community.





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Thank You

The Talbot House

502- 587-0669

[www.talbothouse.org](http://www.talbothouse.org)

The Beacon House

502-581-0765

[www.beaconhouse-ky.com](http://www.beaconhouse-ky.com)

