

Psycho-Education for Patients and Family Members

Session 10: Families and Recovery (2)

Recovery Stages

Stage 1: Withdrawal
(1-2 weeks)

Stage 2: Early Abstinence or “Honeymoon”
(following 1 month)

Stage 3: Protracted Abstinence or “the Wall”
(following 3-4 months)

Stage 4: Adjustment/Resolution
(following 2 months)

Question:

- *How is the Withdrawal stage (first 1-2 weeks from abstinence) characterized?*

Withdrawal

- Lasts 1 to 2 weeks
- Craving and depression
- Low energy, difficulty sleeping, increased appetite, and difficulty concentrating, excessive respiration, weight loss, fever, infection, hallucination, illusion, confusion

Question:

- *How is the Honeymoon stage (following 1 month) characterized?*

Honeymoon

- Lasts about 1 month following the Withdrawal stage
- Increased energy, enthusiasm, and optimism
- People often feel they are “cured” when they reach this stage

Question:

- *How is the Wall stage (following 3 to 4 months) characterized?*

The Wall

- Lasts about 3 to 4 months following the Honeymoon stage
- Hardest stage of recovery
- Depression and irritability
- Difficulty concentrating
- Low energy and loss of enthusiasm
- High risk of relapse

Question:

- *How is the Readjustment stage (following 2 or more months) characterized?*

Readjustment

- Last 2 months or longer following the Wall stage
- The person in recovery and the family begin returning to more normal lifestyle
- After extended abstinence, the person in recovery and family members begin working on marital, emotional, and psychological issues that will strengthen the family

Goals for Withdrawal

(mainly for those in outpatient treatment)

Person in recovery

- Discontinue use of Shabu
- Learn specific techniques for avoiding relapse
- Learn about the process of addiction and about drug effects

Family members

- Decide to be part of recovery process
- Recognize that addiction is a medical condition

Goals for the Honeymoon

(mainly for those in outpatient treatment)

Person in recovery

- Improve physical health
- Identify personal triggers and relapse justifications
- Use targeted techniques to stay abstinent

Family members

- Work to support recovery
- Recognize and discontinue triggering interactions

Goals for the Wall

(mainly for those in outpatient treatment)

Person in recovery

- Maintain stable abstinence from all drugs
- Repair significant relationships
- Develop a recovery support system outside the treatment center
- Recognize and cope with dangerous emotions

Family members

- Decide whether to recommit to the relationship
- Begin finding ways to enrich own lives
- Practice healthy communication skills

Goals for Readjustment

Person in recovery

- Monitor components of successful recovery
- Recognize relapse indicators and prepare responses
- Clarify new roles in healthy relationships
- Set goals for continuing a new lifestyle after the program

Family members

- Accept limitations of living with a person in recovery
- Develop an individual, healthy, balanced lifestyle
- Monitor self for relapses to former behaviors
- Be patient with the process of recovery

Key Relapse Issues for People in Recovery

- Friends who use Shabu
- Environmental cues associated with Shabu use
- Severe cravings
- Protracted abstinence—the Wall (for those in outpatient treatment)
- Connection between Shabu and sex
- Boredom

Key Relapse Issues for Family Members

Common problems preceding a slip back into old behaviors for family members are:

- Fear of the person in recovery returning to Shabu use
- Fear of being alone
- Lack of individual goals and interests
- Inability to release responsibility for the person in recovery