

* The 13 Principles of Addiction Treatment

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978-360-6071

- * Modeling Total Recovery
- * Outcomes Assessment
- * Feedback-Informed Treatment

* **Excellence**

*Thoughtful, Expeditious Admissions

***Accessible**

- * Non-punitive, Non-shaming
 - * Kindness, compassion, respect
- * Non-pathologizing, Non-stigmatizing
- * Collaborative
- * Strengths-based
- * Firm yet Flexible
- * Confidential
- * Trauma-Informed, Trauma-Integrated

* Safe

- * Patient sets agenda and decides on path
 - * Individualization
 - * Choice, Flexibility
- * Balance Individualization with Consistency
- * Informed Consent
- * Stage-Based Treatment

* **Patient-Centered**

- * Paradox of Empowerment and Surrender
- * Patient Manages Their Recovery
- * Hopeful
- * Affirming

* Empowering

- * Recovery Oriented
- * Discovery Oriented
- * Harm Reduction
- * Abstinence-Based and Abstinence-Oriented
- * “What’s Right with the Addiction?”

* Recovery and Discovery

- * Principle of Love—Universal Spirituality
- * Three Stages of Recovery
 - * Renunciation, Healing, Realization
- * Six Foundations of Recovery:
 - * Motivation, Coping with Cravings, Managing Emotions, Nurturing Relationships, lifestyle Balance, Finding Purpose in Life

*** Total Recovery**

- * Biopsychosocialspiritual Assessment
- * Biopsychosocialspiritual Treatment
- * Psychiatric Care Specializing in Addictions Treatment
- * Addiction Psychopharmacology
- * Gender/Culture Sensitivity
- * Collaboration with Outside Treatments/Providers
- * Life Skills
- * Stress Management

* **Comprehensive**

- * Building Recovery Supports
- * Chronic Disease Perspective: Normalizing Readdiction
- * Readdiction: Opportunity for Learning and Growth
- * Alumni Supports

* Supportive

- * Ripples in the Pond
- * Family-Network Treatment (CRAFT)
- * Collaboration with Clinical and Social Resources
- * Case Management

*** Network Oriented**

- * CRAFT
- * CBT
- * Contingent Reinforcement
- * Family/Couples Treatment
- * Individual and Group Treatment (Attachment Groups)
- * DBT
- * Trauma Treatment
- * Psychopharmacology
- * Mutual Help Groups
- * Active Learning
- * Neurofeedback/Neuromodulation
- * Therapeutic Alliance
- * Technology-Enhanced Treatment

Evidence-Based

* Skills and Drills—IMPORTANCE OF PRACTICE!!!

- * Trigger Management
- * Craving Management
- * Lapse Management
- * Stress Management
- * Self-Management
- * Relationship Management

* Skill-Based

- * Recovery a Life-Long Process
- * Long-Term Healing Relationships
 - * With Patients
 - * With Families and Loved-Ones
 - * With Community Supports

* Long Term

- * Recovery is the Practice of love
 - * Blending of Compassion and Wisdom

- * Treatment is the Practice of Love
 - * Blending of Compassion and Wisdom

* **Conclusions**