

# Connection: Bridging the Gap in Addiction Recovery

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# Metacognition

- A brand new



Word



# Metacognition

- To think about your thinking

We must do this now more than ever!!!

- What do you believe, and act upon, that you are not even aware that you believe?
  - Biases, Prejudices, Beliefs Not Based In Fact





Buster  
Martin  
Age 101  
(2008)



**Fauja Singh**  
**AKA:**  
**Turbaned Tornado**  
**Running Baba**  
**Sikh Superman**  
**Age 105**





Yuichiro  
Miura  
Age 80



Nola Ochs  
age 95  
(2007)



Frank Schearer  
age 100  
(2005)

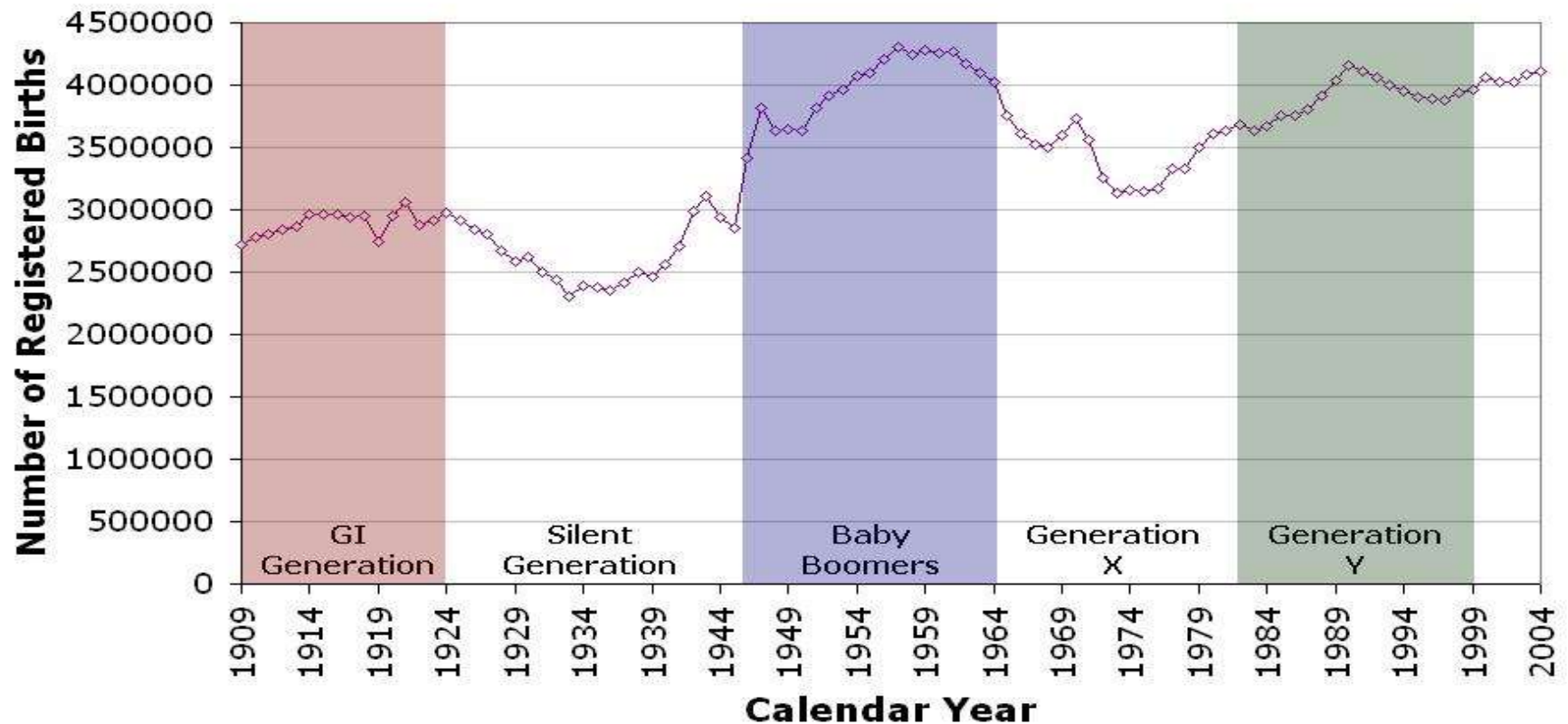


# Generational Landscape

- Generations are a convenient lens through which we conceptualize people living at different times in our culture
- Should not be looked at as definitive
- The categories used often reveal the biases and sometimes prejudices that we may have about a particular group

# Generations

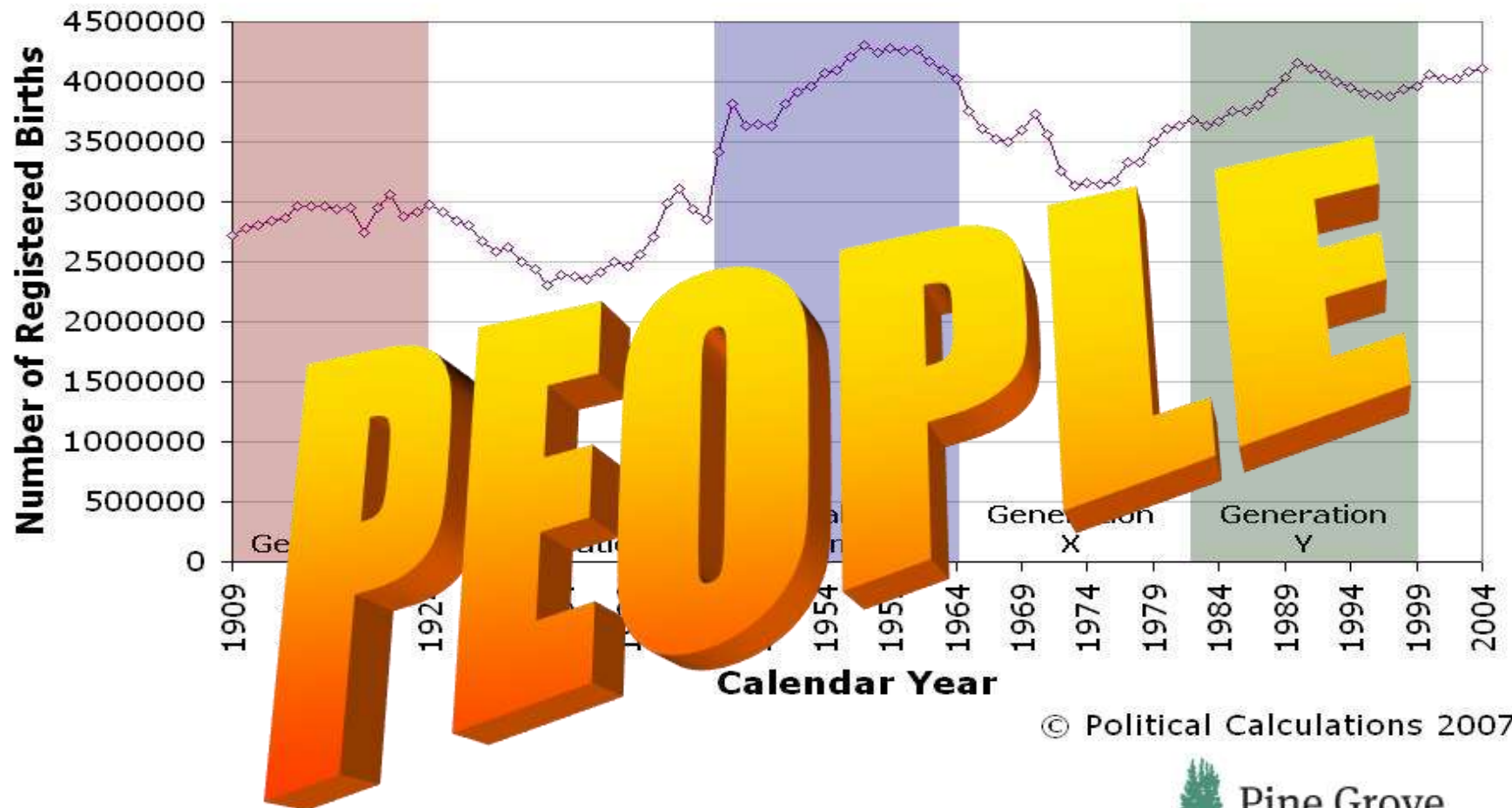
**Number of Registered Births in the United States  
1909-2004**



© Political Calculations 2007

# Generations

**Number of Registered Births in the United States  
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# GI Generation/'Greatest' Generation

- Children of the WWI generation & fighters in WWII & young in the Great Depression...all leading to strong models of teamwork to overcome and progress.
- Their Depression was The Great One; their war was The Big One; their prosperity was the legendary Happy Days.
- They saved the world and then built a nation.
- They are the assertive and energetic do'ers.
- Excellent team players.
- Community-minded.
- Strongly interested in personal morality and near-absolute standards of right and wrong.

Born 1901-1926.  
(89-90+)  
Fewer than 5  
million still living



# GI Generation/'Greatest' Generation

- Strong sense of personal civic duty, which means they vote.
- Marriage is for life, divorce and having children out of wedlock were not accepted.
- Strong loyalty to jobs, groups, schools, etc.
- There was no "retirement" you worked until you died or couldn't work anymore.
- "Use it up, fix it up, make it do, or do without."
- Avoid debt...save and buy with cash.
- Age of radio and air flight; they were the generation that remembers life without airplanes, radio, and TV and even modern conveniences.
- Sometimes called The Greatest Generation.



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# Silent Generation/Lucky Few

Born 1927- 1945. (71-89)  
25-30 million- about 95% Retired



- Went through their formative years during an era of suffocating conformity, but also during the postwar happiness: Peace! Jobs! Suburbs! Television! Rock 'n Roll!
- Korean and Vietnam War generation.
- The First Hopeful Drumbeats of Civil Rights
- Pre-feminism women; women stayed home generally to raise children, if they worked it was only certain jobs like teacher, nurse or secretary.
- Men pledged loyalty to the corporation, once you got a job, you generally kept it for life.

# Silent Generation/Lucky Few

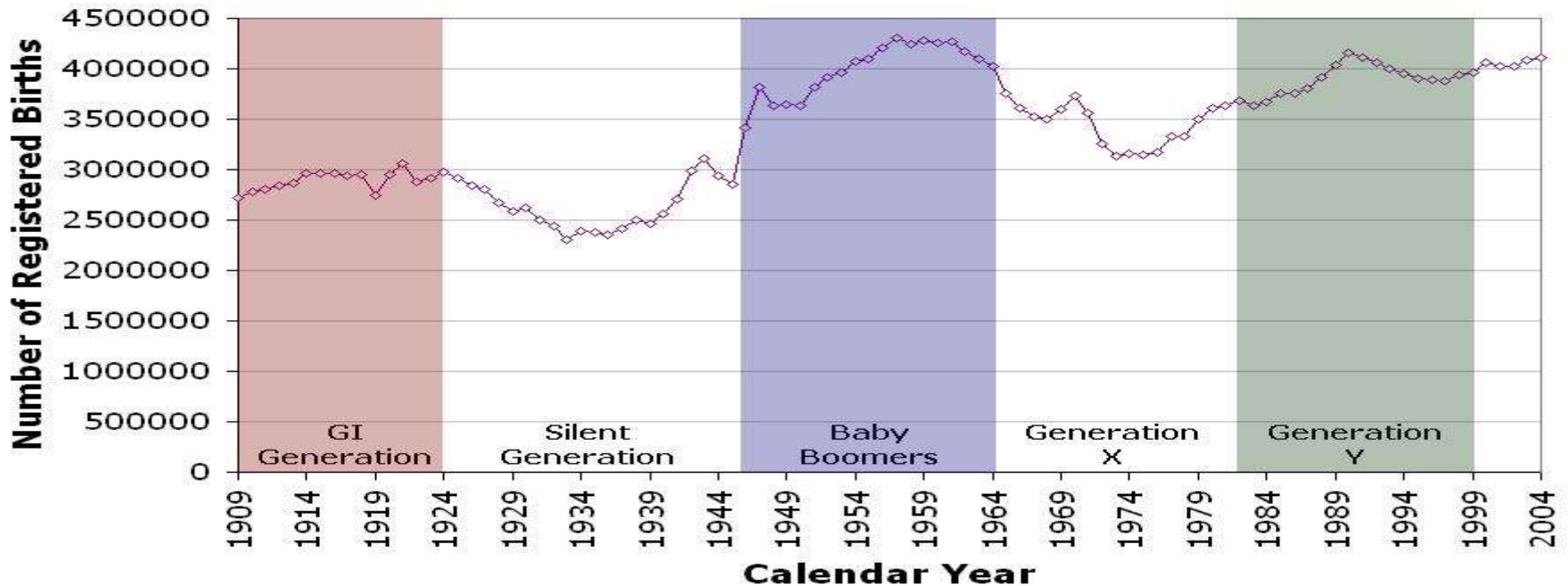
- The richest, most free-spending retirees in history.
- Marriage is for life, divorce and having children out of wedlock were not accepted.
- They are avid readers, especially newspapers.
- "Retirement" means to take it easy and live your final days in peace.
- The Big-Band/Swing music generation.
- Strong sense of values and near-absolute truths.
- Disciplined, self-sacrificing, & cautious.



# Baby Boomers



**Number of Registered Births in the United States  
1909-2004**



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Starting in January 2011, more than 10,000 baby boomers turn 65 EVERY DAY for the next 19 years (2030)!!!!!!

<http://www.Newsmax.com/Newsfront/RetirementCrisis/2010/12/27/id/381191/#ixzz3EuL629rS>

[http://www.aarp.org/personal-growth/transitions/boomers\\_65/](http://www.aarp.org/personal-growth/transitions/boomers_65/)

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# Baby Boomers

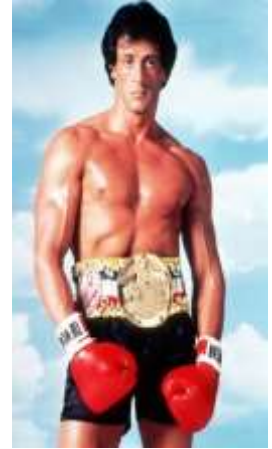
- Born between 1946 and 1964.  
(52-70) 76 Million



- Two sub-sets: 1. the save-the-world revolutionaries of the '60s and '70s; and 2. the party-hardy career climbers (Yuppies) of the '70s/'80s.
- The "me" generation.
- Tend to be more self righteous & self-centered than previous generations.
- Strong desires to reset or change the common values for the good of all.
- Women of this generation began working outside the home in record numbers, as this was the first generation to have their own children raised in a two-income household where mom was not omnipresent.

# Baby Boomers

- The first TV generation.
- The first divorce generation, where divorce was beginning to be accepted as a tolerable reality.
- Optimistic, driven, team-oriented.
- Tend to be more positive about authority, hierarchal structure and tradition.
- **Their aging will change America almost incomprehensibly**; they are the first generation to use the word "retirement" to mean being able to enjoy life after the children have left home. Instead of sitting in a rocking chair, they go skydiving, exercise and take up hobbies, which increases their longevity.



Born between  
1965 and 1980\*  
(36-51) 50 Million

# Generation X



- The "latch-key kids" grew up street-smart but isolated, often with divorced or career-driven parents. Entrepreneurial.
- Very individualistic.
- Government and big business mean little to them.
- Want to save the neighborhood, not the world
- Cynical of many major institutions, which failed their parents, or them, during their formative years (marriage/church).
- Late to marry (after cohabitation) and quick to divorce...many single parents.





# Generation X



- Raised in the transition phase of written based knowledge to digital knowledge archives;
- This generation averages 7 career changes in their lifetime, it was not normal to work for a company for life, unlike previous generations.
- Beginning obsession of individual rights prevailing over the common good
- Want what they want (and want it now) but struggling to buy, and most are deeply in credit card debt.
- Short on loyalty & wary of commitment; all values are relative...must tolerate all peoples.
- Cautious, skeptical, unimpressed with authority, self-reliant.



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# Generation Y/Millennials

Born between 1981\* and 1994\*.  
(22-35) 80 Million



- Some researchers have this group between 1981-1999
- Aka "The 9/11 Generation" "Echo Boomers" "Entitlement Generation"
- Second largest generation since Baby Boomers
- They are nurtured by omnipresent parents, optimistic, and focused.
- They feel enormous academic pressure.
- Most diverse generation ever: 42% identify as non-white; population ID as Hispanic has tripled since BB
- Prefer digital literacy as they grew up in a growing digital environment. They get all their information and most of their socialization from the Internet.

# Generation Y/Millennials

- Prefer to work in teams.
- With unlimited access to information tend to be assertive with strong views.
- Envision the world as a 24/7 place; want fast and immediate processing.
- They have been told over and over again that they are special, and they expect the world to treat them that way.
- They do not live to work, they work to live.
- They prefer a more relaxed work environment
- Earn less than older peers
- 60% lower wage growth in the workplace



# Generation Z/Digital Natives

Born between 1994-2009

(or 1999-2015)

(7-22) 85 million



- Highly connected to communication mediums
- Instant Gratification
- Open book with little regard for privacy
- Thrive on small bits of information and think in terms of status updates and Twitter language (lol, jk, ttyl)
- Millions will have their own cell phones. They have never known a world without computers and cell phones.
- With the advent of computers and web based learning, children leave behind toys at younger and younger age. It's called KGOY- Kids Growing Older, Younger.
- Under a lot of pressure to succeed



# Terminology



- The term Older Adult has replaced Senior Citizen...but will again have to be re-coined as boomers migrate to this age group
- For the Purposes of this talk- Older Adult will be used to refer to Silents, and GI generation adults, while Boomers will refer to the Baby Boom Era Adults

# How Old?

- In other people's eyes I look as though I am about \_\_\_\_\_ years of age.
- Today, my body feels as though it is about \_\_\_\_\_ years of age.
- My interests are the same as people about \_\_\_\_\_ years of age.
- My role in society is that of a person about \_\_\_\_\_ years of age.
- Deep down inside I really feel like a person of about \_\_\_\_\_ years of age.





# How Old?

- If you could live forever, in good health, at a particular age what would it be?
- Gen Y/Millennials (22-35)- AGE 38
- Gen X (36-51)- AGE 49
- Boomers (52-70)- AGE 55
- Silent Gen/Mature (71-89)- AGE 67

# Treatment for Substance Use Disorders

- 32 years
- Great success treating individuals of all generations and treating them together.
- What we do, we do well!
- Until we noticed.....

# Older Adults and Addiction

- The Substance Abuse and Mental Health Services Administration has identified the abuse of alcohol, prescription drugs, and illicit drugs as a *“hidden epidemic”* in the expanding older adult population.
  - (Center for Substance Abuse Treatment, 2009)
- “For the next 2-5 decades, among the major health problems that face aging Americans are alcohol and psychoactive prescription medications.”
  - (Wang and Andrade, 2013)

# Older Adults and Addiction

- Americans age 50+ with a SUD
  - 2006: 2.8 million
  - 2020: 5.7 million

# Older Adults and Addiction

- Estimated Prevalence of Prescription Drug Use Disorders- (PDUDs)
- 2006- 1.1%
- 2007- 1.0%
- 2008- 1.4%
- 2009- 2.0%
- 2010- 2.7%

– (Wang and Andrade, 2013)

# Older Adults and Addiction

- Illicit drug use among this population is currently low, but is an emerging issue.

- (Wang and Andrade, 2013)

- An estimated 17% of adults older than 60 are affected by alcohol abuse and prescription drug misuse

- (Center for Substance Abuse Treatment, 2009)



# Older Adults and Addiction

- Until recently, substance use disorders among older adults were not discussed in either substance abuse or gerontological literature.
- Varied reasons for the silence:
  - Tendency to overlook SA among Older Adults
  - Mistake symptoms for depression, dementia, or other problems associated with aging.  
(SAMHSA, 2000)

# Older Adults and Addiction

- CASA- Center for Addiction and Substance Abuse at Columbia University Study (2000)
  - 648 Physicians Surveyed
  - The vast majority (94%) of primary care physicians failed to diagnose substance abuse when presented with early symptoms of alcohol abuse in an adult patient
  - #1 Diagnosis???

# Did You Know???

## Different Gens = Different Perspectives

- Worldview is one of the primary considerations when working and Older Adult!
- Don't "air dirty laundry", "pick yourself up by your boot straps", "leave well enough alone", "make the best of it". (Colleran and Jay, 2002)
- Sense of privacy
- "Older adults believe therapy is a mark of personal defeat". (Colleran and Jay, 2002)



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# Did You Know???

“Older adults were raised to value hard work, a solid reputation, personal achievement and self-sacrifice. Life isn’t about feeling good; it’s about doing good. Complaining gets you nowhere. If you stumble and fall, you’re expected to get up, dust yourself off, and never look back.”

(Colleran and Jay, 2002)

# Did You Know???

- Older Adults have no experience with what we call the “talking cure.”
- The words cancer and divorce are whispered, not spoken.
- Traditional therapy flies in the face of this mindset/worldview.
  - Mary Pipher, Another Country

# Did You Know???

- These worldviews present specific challenges in the therapeutic process
- Doing things “the way we’ve always done it” will no longer work!







# Spirituality is the Link to Finding Recovery

- Older adults DO place a premium on their *religious and spiritual beliefs* and experiences!!!
- In my experience, this has been a missing link for all age groups presenting for treatment.

# Spirituality is the Link to Finding Recovery

- Gallup poll (2001): Religion/Spirituality were rated “very important” by
  - 60%- Adults ages 50-64
  - 67%- Adults ages 65-74
  - 75%- Adults ages 75 and up
- While older adults may not be as open as other patients, tapping into these spiritual beliefs and experiences gives them an avenue to be “more” open than they might normally be. (Snodgrass, 2010)



# What is Spirituality?

- Many perspectives
- Are Spirituality and Religion synonymous?
- Are they mutually exclusive?

# What is Spirituality?

- The White House Conference on Aging acknowledges the inherent spirituality of all persons and offered this definition:
  - (1) Pertaining to one's inner resources, especially one's ultimate concern; (2) **The basic value around which all other values are focused**; (3) the central philosophy on life that guides conduct; (4) the supernatural and nonmaterial dimensions of human nature.  
(Thibault 1995, pp. 351-352)

# What is Spirituality?

- Spirituality exists wherever we struggle with the issue of how our lives fit into the greater scheme of things.
- Patients/Clients come to us in search for a greater purpose in their lives. They are in CRISIS!
- Spirituality offers individuals an opportunity to connect with this purpose.

# Importance of Spirituality

- Case Study:
  - Gila Chen, “Social Support, Spiritual Program and Addiction Recovery”
  - Chen found that spirituality is an important focus for success in recovery



# Importance of Spirituality

- Case Study:
  - Compared personal and emotional modifications of individuals who were recovering substance abusers and who participated in one of two year-long therapeutic intervention programs,

# Importance of Spirituality

- Case Study:
  - Program #1: social support (NA meetings) and experiential spiritual program components (a 12 step based recovery program)
  - Program #2: social support only (NA meetings only, without the 12 step based recovery program)

# Importance of Spirituality

- Case Study:
  - Hypothesis: supplementing social support programs with a concrete spiritual program would result in more positive personal and emotional changes

# Importance of Spirituality

- Case Study:

- Results: Those participating in the 12-step program demonstrated a **higher sense of coherence and meaning in life** and a gradual reduction in the intensity of negative emotions (anxiety, depression, and hostility) than those participating in NA meetings without the 12-step program
- *International Journal Offender Therapy June 2006 vol. 50 no. 3 306-323*



# Importance of Spirituality

- Case Study:
  - Put simply:

Spirituality is a  
cornerstone of  
recovery

# Problems with Spirituality

- Problems arise due to the connotation that the idea presents.
- Many equate “spirituality” with “religion”
  - Some pts feel alienated or unloved by God
- Religion, for some, has become a source of abuse, shame and lack of acceptance
- High rate of importance for Older Adults
  - We want this be an avenue for openness, not the only focus



# Components of Spirituality from a 12 Step Perspective

- 3 components work together to form a healthy spiritual life
- All focus on RELATIONSHIP
- Most of our patients/clients suffer from an inability to maintain healthy relationship
- Messy Spirituality by Michael Yaconelli



# Components of Spirituality from a 12 Step Perspective

- Relationship with Self
- Relationship with Others
- Relationship with Higher Power

# Components of Spirituality from a 12 Step Perspective

- Relationship with Self
  - “Mental health is a commitment to reality at all cost.” M. Scott Peck
  - Addicts and Alcoholics in active addiction/relapse lack the insight into the reality of their destructive behavior
  - The initial work we do in treatment is to break through the denial and allow the individual the safety to see the reality in their lives
  - Step 1 helps accomplish this crucial task of recovery

# Components of Spirituality from a 12 Step Perspective

- Relationship with Self
  - This work allows individuals to connect to their true self and begin to take responsibility for their lives and their actions.
  - “Accepting our reality does not mean we can continue making excuses for our insanity.”
    - P. Carnes

# Components of Spirituality from a 12 Step Perspective

- Relationship with Others
  - The easiest of the components to recognize when there is a disconnect
  - Consequences arise in interpersonal relationships
  - Individuals in recovery are challenged to work through difficult relationships
  - Learn to practice open, honest and direct communication (Values Based Model)

# Components of Spirituality from a 12 Step Perspective

- Relationship with Others
  - 12 Steps focus on the “We”
  - “Our common welfare should come first; personal recovery depends on AA unity.” - 12 Traditions, Tradition 1

# Components of Spirituality from a 12 Step Perspective

- Relationship with a Higher Power
  - Steps 2 and 3 state:
  - Came to believe that a Power greater than ourselves could restore us to sanity.
  - Made a decision to turn our will and lives over to the care of God, *as we understood Him.*

# Components of Spirituality from a 12 Step Perspective

- Relationship with a Higher Power
  - In the first component (self), recovering individuals come to realize that their “old” ways of doing things aren’t working
  - This idea compels the individual to seek guidance from an outside source- bigger than the individual’s self
  - This idea asks: Who do you trust?
  - One must begin “clarifying” these beliefs





# Meeting your Higher Power



# Meeting your Higher Power



- What do you feel at the prospect of this meeting?
- What preparations are made?
- What is the setting like?
- How do you notice your HP?
- What is the topic of conversation?
- Who buys the coffee?
- How do you leave?
- Is there a future appointment?

# Rembrandt's Return of the Prodigal Son



# The Serenity Prayer

God, grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference.

AA Adaptation

# Tapping Into Spirituality

- *The basic value around which all other values are focused;*

Allows us to work with patients at their most basic level and provides them a safe, caring environment for them to heal.



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