

## **Discussion Based Learning**

### **“Surry, The Road to Recovery” Video Series - Episode 2: Treatment**

Links to Episode 2 - “Surry, The Road to Recovery”:

<https://vimeopro.com/nctta/surry-the-road-to-recovery>

<https://www.youtube.com/watch?v=VMBZs8obXKo&feature=youtu.be>

### **Introduction/Discussion Overview**

Episode 2, “Surry, The Road to Recovery” series is a resource created by Surry County’s Substance Abuse Recovery Office that concentrates on treatment and the mental and physiological effects on someone who regularly uses drugs and/or alcohol. This episode hopefully simplifies the sometimes-confusing array of treatment options for Substance Use Disorder (SUD).

Please focus on the ways substance use affects behavior, how treatment improves the chances for the transition to recovery, how to access treatment programs and what agencies in our County are available to provide help.

We hope you learn from Episode 2 how substance use hijacks the brain and alters behavior, that treatment does work, the processes of treatment and how to access treatment. You will also learn the difference between inpatient and outpatient treatment programs and the justifications for utilization of either program. You will also learn how stigma negatively effects someone who needs help to abstain from substance use.

### **Standards:**

- Surry County Substance Abuse Recovery Office (SCSAR)
- Centers for Disease Control and Prevention (CDC)
- U.S. Dept. of Health and Human Services Substance Abuse and Mental Health Services Administration (SAMHSA)

### **Objectives:**

- Learn that substance use can co-occur with mental disorders.
- Understand the differences between detoxification, inpatient treatment and outpatient treatment.
- Understand the mission of Partners Behavioral Health Management.
- Realize that asking for help for yourself, or someone you love, is acceptable.
- Learn that there are physical and psychological consequences to substance use.

## Vocabulary:

- **Treatment** - Drug treatment is intended to help addicted individuals stop compulsive drug seeking and use. Treatment can occur in a variety of settings, take many different forms, and last for different lengths of time. Because drug addiction is a chronic disorder characterized by occasional relapses, a short-term, one-time treatment is sometimes not enough. For many in addiction, treatment is a long-term process that involves multiple interventions and regular monitoring.
- **Recovery** - A process of change through which individuals improve their health and wellness, live a self-directed life and strive to reach their full potential.
- **Addiction** – The fact or condition of being addicted to a substance, thing, or activity.
- **Addicted** – Physical and/or mental dependence on a substance, thing, or activity, and unable to stop taking or doing it without incurring adverse effects.
- **Perspective** – An attitude toward or a way of regarding something; a point of view.
- **Stigma** – A mark of disgrace associated with a circumstance, quality, or person.

## Requirements/Task(s):

- Task One: Have pencil and paper ready to take appropriate notes.
- Task Two: Listen to the Introduction and understand the purpose of the video before viewing.
- Task Three: Watch the video, paying close attention in order to be prepared for the class discussion afterward.
- Task Four: Contribute to the class discussion after the video is completed.
- Task Five: Completion of a short True/False quiz.

## Instructor Notes:

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**\*RECOMMENDATION: View the video at this point in the instruction.**

## Formulate a plan for students who want to reach out for help:

Instructors should understand there may be students who have encountered addiction in their own life through parents or associates. Students may see this period of instruction as an opportunity to unburden themselves. The school should take a position on how to handle the students who choose to discuss their specific circumstances. This may be something the teacher needs to announce during the introduction. For example, “Those of you who would like to discuss something personal about addiction in your own life are welcome to do this with our school psychologist or counselor.” Some students may view this type of educating session as a golden intervention for themselves or their families.

Teacher initials \_\_\_\_\_

## **Summarize/Discuss what you have learned:**

The following are discussion questions for presentation to the class after watching Episode 2. The “Instructor prompts” contain optional information to help initiate the discussion.

**Discussion question #1:** Is the criminalization of addiction the answer to reducing the impact of substance use in our County?

**Instructor prompt:** SUD and the criminal justice system have a long and intertwined history since the passage of the Harrison Narcotics Act by the U.S. Congress in 1914. According to the National Institute on Drug Abuse (NIDA) (2020), drug and alcohol use leads to criminal justice involvement, both directly (e.g., possession and sales of illicit substances) and indirectly (e.g., thefts to purchase drugs, vehicle accidents, and DUI’s). Incarceration often takes the place of formal treatment. But incarceration may not be a good method of rehabilitation. Many jails have no formal treatment plan in place at their facility. Law enforcement personnel often do not have proper training to facilitate substance use treatment. Substance use treatment is effective if considered the same as any other medical treatment. According to NIDA (2020), those seeking treatment should research the recommendations of treatment professionals in order to receive the most appropriate care for their own personal condition.

**Discussion question #2:** How is detoxification different from treatment?

**Instructor prompt:** Detoxification is the first step in a drug treatment program. Detoxification normally lasts for no more than 5 to 7 days, the purpose of which is to clear the body of any substances and to manage withdrawal symptoms. Detoxification takes place before rehabilitation, inpatient or outpatient services and aftercare programs. Detoxification’s goal is to focus on the physical addiction caused by substances of abuse. Managing the physical addiction in detoxification allows a person to focus on recovery during treatment.

**Discussion question #3:** How does Partners Behavioral Health (PBH) help our County residents?

**Instructor prompt:** PBH connects people to the treatment they need for substance use, mental health and developmental disabilities. PBH mainly helps people with Medicaid or no insurance coverage. They also provide telephonic crisis care services.

**Discussion question #4:** Do you need insurance to be treated for SUD?

**Instructor prompt:** Absolutely not. There are treatment providers in Surry County that will accept and treat anyone who is unable to acquire insurance coverage.

**Discussion question #5:** What is the difference between inpatient and outpatient treatment for SUD? Which form of treatment is the better solution for SUD? What are the determinants for successful treatment for SUD?

**Instructor prompt:** Inpatient treatment facilities provide intensive, residential treatment programs that are designed to treat serious addictions. Outpatient treatment facilities operate part-time programs that allow the client to keep their job or remain in school. Inpatient and outpatient treatment programs have pros and cons. In choosing the setting, the client should determine which program best serves their own individual circumstances and needs. The effectiveness of whichever type of treatment someone chooses depends on their willingness to get better and their individual needs and obligations.

**QUIZ:**

1. The personality of someone in active addiction can be very different from their personality when they are in treatment for SUD. **T / F**
2. Treatment helps to lower the risk of returning to substance use. **T / F**
3. Detoxification is just the first step in the treatment process. **T / F**
4. SUD can co-occur with other mental health issues. **T / F**
5. Treatment for SUD requires an individual to go to an inpatient facility. **T / F**

Resource information: SAMHSA.gov (Search: Tips for Teens)

**References:**

NIDA. (2020, June 15). Mental Health Effects.  
Retrieved from <https://www.drugabuse.gov/drug-topics/health-consequences-drug-misuse/mental-health-effects>