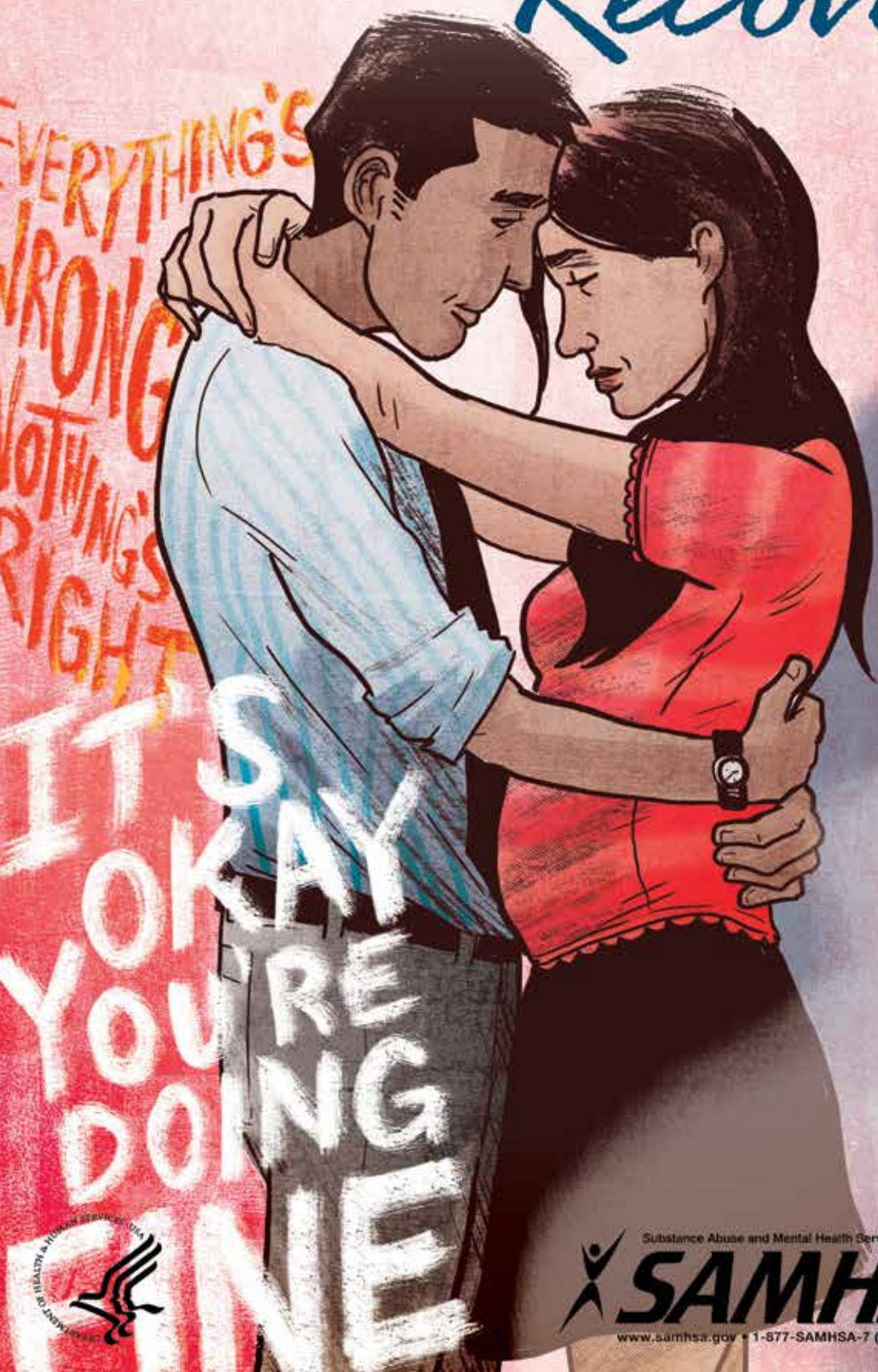


PEOPLE

Recover

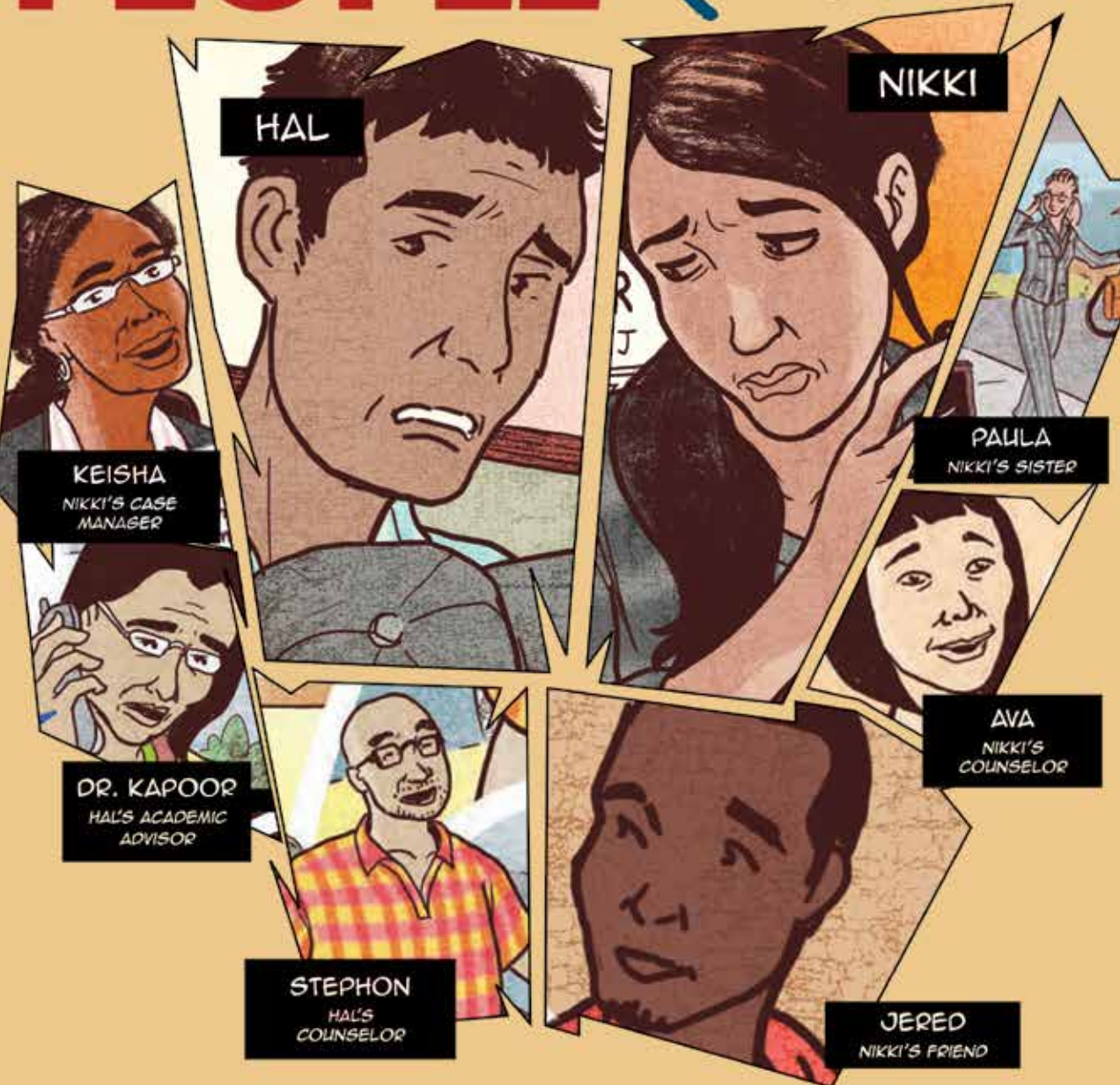


Substance Abuse and Mental Health Services Administration

SAMHSA

www.samhsa.gov • 1-877-SAMHSA-7 (1-877-726-4727)

PEOPLE *Recover*



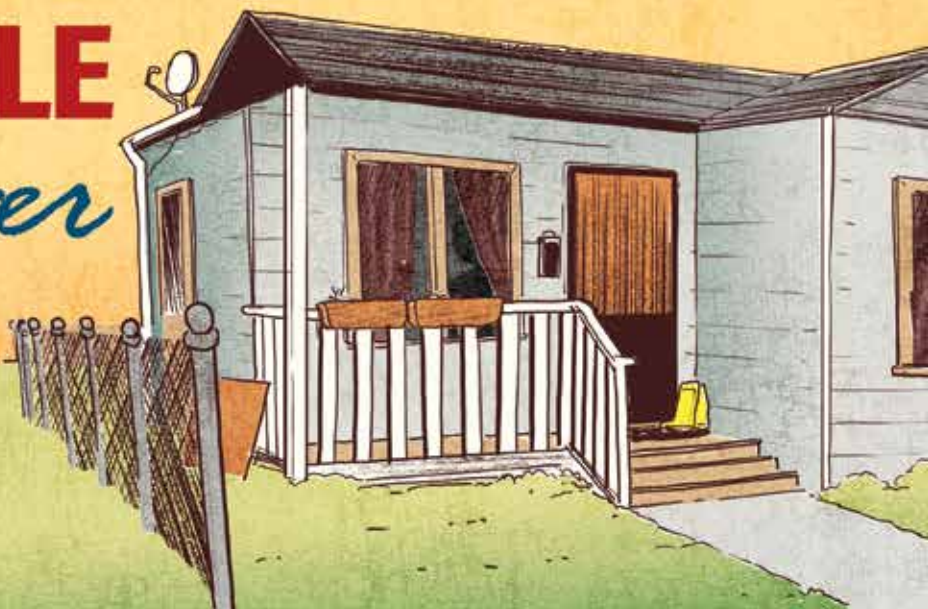
This publication was developed as a collateral product to Treatment Improvement Protocol (TIP) 42, *Substance Abuse Treatment for Persons With Co-Occurring Disorders*. It was prepared for the Substance Abuse and Mental Health Services Administration (SAMHSA) by the Knowledge Application Program (KAP), a Joint Venture of The CDM Group, Inc., and JBS International, Inc., under contract number 270-09-0307, with SAMHSA, U.S. Department of Health and Human Services (HHS). Christina Currier served as the Contracting Officer's Representative.

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PEOPLE *Recover*

















It's been
a long while
since I came
here, Jered.

Yeah,
you really
dropped away,
Nikki.

When you
didn't even come
to tryouts
everybody
wondered.



But that's okay.
The new play opens
next week, and I
hear it's going
to be great.

How can
you be so
upbeat all
the time?



Nikki, life
hasn't always
been this
good.

Not so long
ago, my life was
messed up.



You,
messed
up?

Yeah.
Lucky for
me I got
arrested.



Huh?

I ended
up in treatment,
not in jail.



What
about you,
Nikki?

Where
are you
going to
end up?

Oh, Jered.
I should be
mad at you for
saying that.

But I'm
too worn
out.





Instead of
me taking you
straight home,
can we make a
stop first?



I think
I need to
go sleep
this off.

And
then
what?



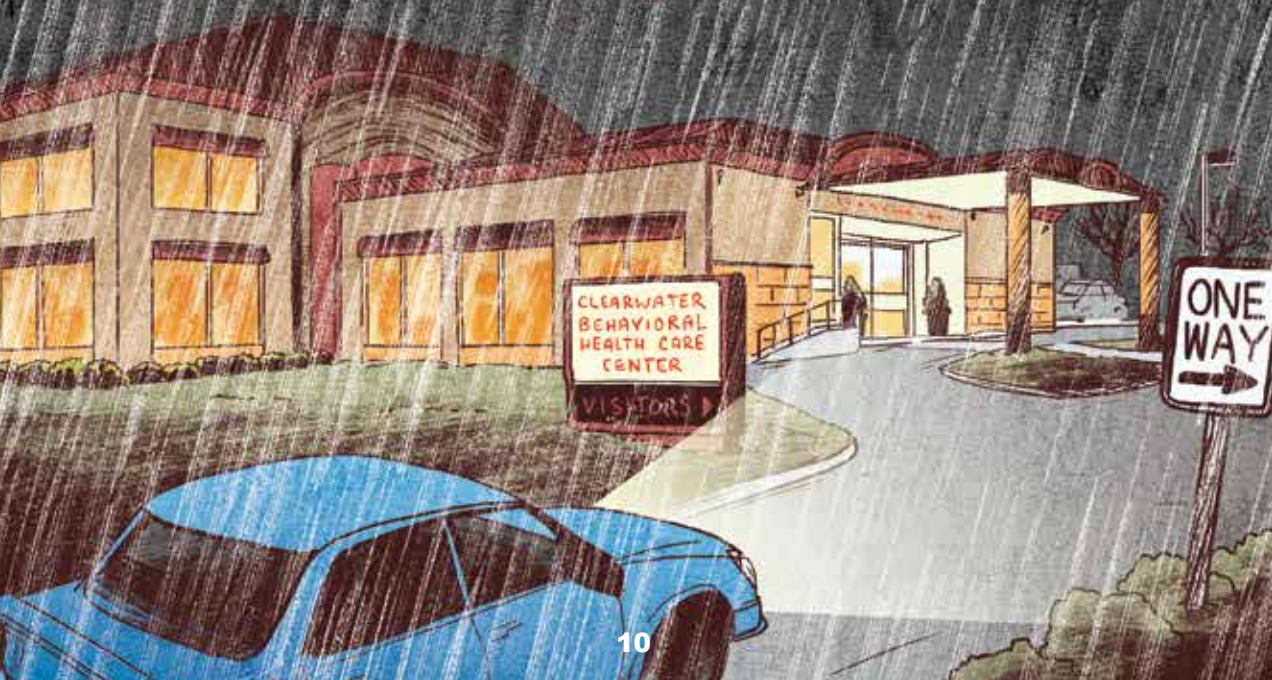
Do it
all over
again?

I want to
introduce you to
somebody who
helped me when
I was at a
low point.



I'm not in
any hurry
to get home.
Hal's mad
at me.

I'll
take that
for a
yes!





What is this place?

It's where I learned the names for my diseases.

One's bipolar disorder and the other's addiction.



The people here helped me give up drugs and alcohol. Diagnosed me.

Got me the meds to keep my bipolar disorder under control.



Explained why I need to take my meds on time and taught me how to do that.

Helped me get the job I have now. Gave me the courage to pursue my acting.

Linked me to my support group. It's a place to hang out with new friends who help me stay clean.

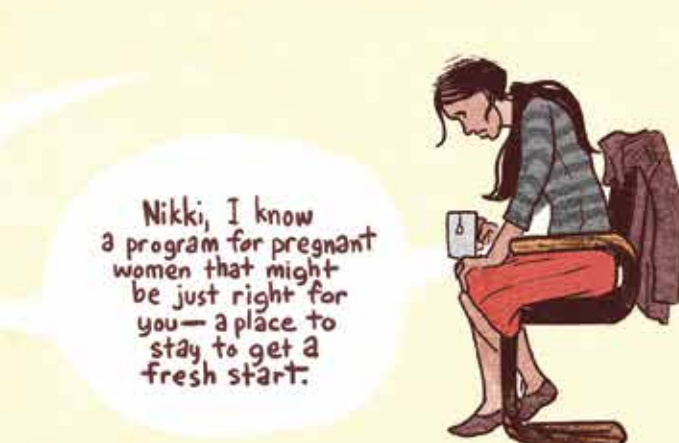
Hey, Keisha.

This is my friend, Nikki, who I called you about.

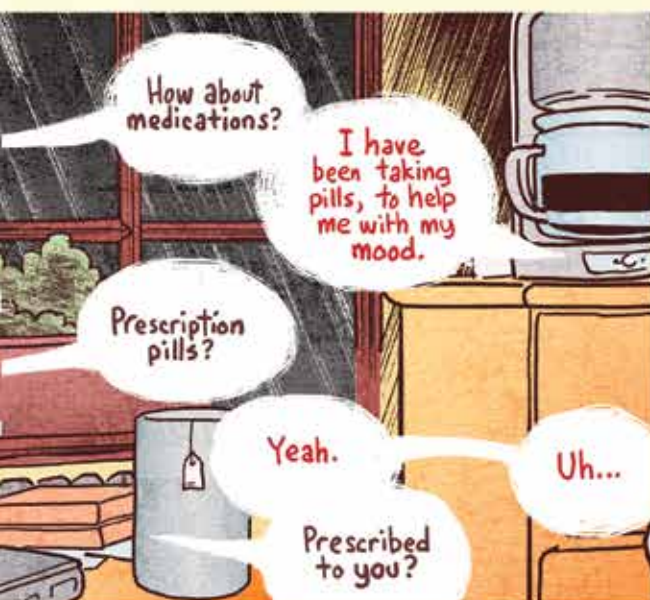


Come in. I'll get you some tea.





I have to be sure it's a good fit, though. Are you willing to answer some formal questions?









Your drug test shows benzodiazepines and opioids.

But, at intake, you indicated that you're not being prescribed any medications.

My sister gave me some benzos for my nerves.



And the opioid?

I only took one. They're not my thing.

I just felt so down, I was trying to help my mood however I could.

The medication that has the best chance of making you feel better is the one that's prescribed for you.



According to the intake, you drink a bottle or more of wine daily.

What you call "nerves" and "feeling down" could be caused by the drinking and the pills.

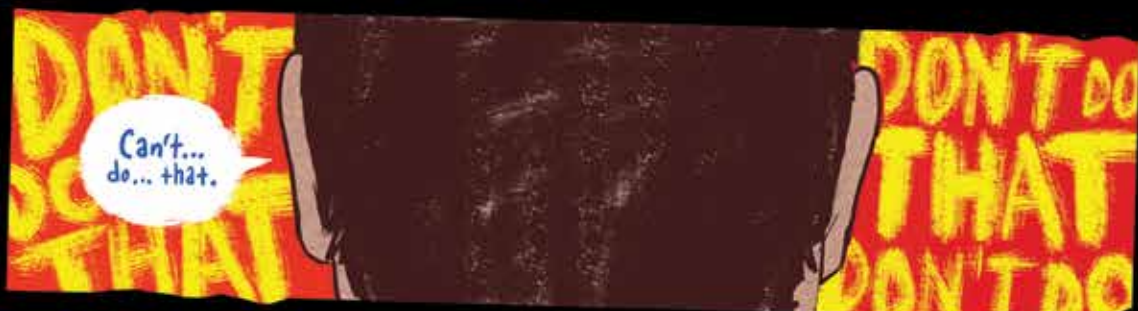
As you stay clean and sober, those bad feelings may go away. But they also may have a separate cause.

It could be depression.

So what do I do?

We work together to move you safely off the substances. And we monitor you over the next several weeks.





Why is it so hot in here?

Can't breathe!

What's happening to me?!

Nikki, you don't know how much I need you.

Hal, I can't come home, not while you're still using.

It would set me back to where I was. You have to understand, Hal.

I've got to do this for myself, and for...

... and for our baby.

BABY!
BABY!!

I've been meaning to tell you.



Hal?

What's the matter?

FIRE!

HELP!!



Your heart's fine, but you might have had a panic attack.

Also, we ran a tox screen. You have alcohol and several other substances in your system.

You're lucky you didn't get more badly burned.

My living room's a shambles, I burned my hands, I'm about to lose my doctoral fellowship, Nikki won't come home, and I'm losing my mind.

You call that lucky?

I'll send in a peer recovery specialist to talk with you.



I'm Stephon.

I won't try to shake hands! Want to talk?

You wouldn't understand.

I might. I'm in recovery myself.

How important to you is addressing your use of alcohol and other drugs?

I want Nikki to come home.

What would have to happen before she'll do that?



Me getting some help.

We've got a really good intensive outpatient program here.

You can still teach and work on your dissertation, but you'll spend the rest of your time with us, while you get solid in recovery.

Can I show you around after you get discharged?



First we get your story and find out what your challenges are.

Then we design a treatment plan just for you.

Each client gets a full physical.

Medications can help you avoid relapse and deal with cravings.

Dr. Okun's our psychiatrist.

He can help you learn techniques and exercises to manage your panic attacks. He also can do talk therapy with you, or write a prescription for anti-anxiety meds, if that's what's needed.

We do drug testing here. A lot of the folks in treatment find it helpful to know they are being held accountable.

Classes! I can't get away from it.

This is different. Here you learn how to say no when people tempt you to use again. How to handle triggers. How to set goals.

Where are they going?

The movies. Recovery is about finding fun in life again, in a new way.

Are you ready to give this a try?





People Recover

I've been clean for an entire week and I feel fantastic!

You're sitting on the pink cloud, girl. Just wait awhile and see how you feel then.

I never felt great after I sobered up.

I think about my pills all the time.

As soon as I deliver this baby I'm going to get as high as I can.

But it's so hard when you've got double trouble like we all do.

That's what they call "stinkin' thinkin'."

Yeah, I either feel numb or so down that all I want to do is make it go away.

Yeah, but using doesn't make your depression go away, it just makes it worse.



I am starting to feel better, Ava.

It's like a cloud is lifting.

And I'm starting to remember who I want to be. It's like I had given up on all my dreams.



I think you're ready for our family counseling group. I'd like to invite Hal and your sister to join us.

You've got to be kidding!

Healing those relationships can help you in recovery.

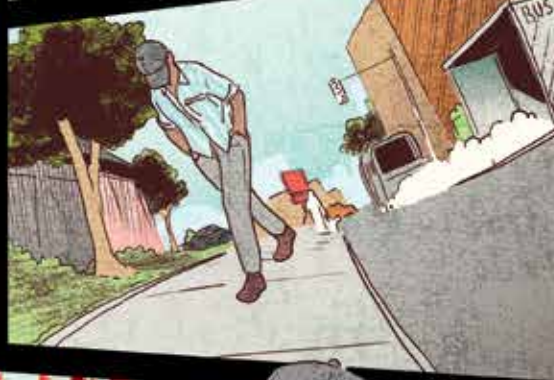
Do I have your permission to contact them?



Paula's mad at me.

And Hal's working on his own problems.

We won't know if we don't ask.









THU 11 AM: DIFFERENTIAL EQUATIONS
THU 12:30: CALCULUS 161
9-11: OFFICE HOURS

MONROE UNIVERSITY
HAROLD BAKER, Ph.D.
Assistant Professor
Applied and Computational Mathematics

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
	8PM - MEN'S GROUP	9AM - STEPHON BI-WKLY MTH.	9AM - STEPHON BI-WKLY MTH.
12PM - MEDITATION GROUP	6:30pm: Family session	8am: Co-Occurring group	8am: Co-Occurring group
Our anniversary ☺!!	11:45am: Ava	9AM - STEPHON BI-WKLY MTH.	9AM - STEPHON BI-WKLY MTH.
7am: Try outs!	DR. KAPOOR: DISCUSS JOURNAL SUBMISSION	8am: Co-Occurring group	8am: Co-Occurring group
	8PM - MEN'S GROUP	9AM - STEPHON BI-WKLY MTH.	9AM - STEPHON BI-WKLY MTH.

SAT 1
ROW 12
ADVANCE
N. 03142
FEBEN PLACE

Shifts this
Tues-Thurs:
Breakfast /
Fri-Sat:
Dinner



Your behavioral health is an important part of your physical health. If you are experiencing any of these feelings, let your doctor know. You are not alone...not 1 in a 1,000, but 1 in 10, because many people have similar problems. Getting help is what counts. Help is available, and treatments work. Don't wait.

ACTION SIGNS FOR MENTAL HEALTH

- Feeling very sad or withdrawn (2 weeks or more)
- Seriously trying to harm or kill yourself, or making plans to do so
- Sudden overwhelming fear for no reason, sometimes with a racing heart or fast breathing
- Involved in many fights, using a weapon, or wanting to badly hurt others
- Severe out-of-control behavior that can hurt yourself or others
- Not eating, throwing up, or using laxatives to make yourself lose weight
- Intense worries or fears that get in the way of your daily activities
- Extreme difficulty concentrating or staying still that puts you in danger or causes school failure
- Repeated use of drugs and alcohol
- Severe mood swings that cause problems in relationships
- Drastic changes in your behavior or personality

Modified with permission of the REACH Institute: <http://www.thereachinstitute.org>.

RECOVERY SUPPORT GROUPS

Adult Children of Alcoholics: <http://adultchildren.org>

Al-Anon Family Groups: <http://www.al-anon.org>

Alcoholics Anonymous: <http://www.aa.org>

Co-Anon Family Groups: <http://co-anon.org>

Co-Dependents Anonymous: <http://www.coda.org/>

Dual Recovery Anonymous: <http://www.draonline.org>

Families Anonymous: <http://familiesanonymous.org/>

LifeRing: <http://www.lifering.org>

Methadone Anonymous: <http://www.methadoneanonymous.info>

Nar-Anon Family Groups: <http://www.nar-anon.org/>

National Alliance for Medication Assisted Recovery: <http://www.methadone.org>

National Alliance of Advocates for Buprenorphine Treatment: <http://www.naabt.org>

Rational Recovery: <http://www.rational.org>

Secular Organizations for Sobriety: <http://www.cfiwest.org/sos/>

SMART Recovery: <http://www.smartrecovery.org>

Women For Sobriety, Inc.: <http://www.womenforsobriety.org>

Two ways to obtain FREE consumer publications like this comic book from SAMHSA's Knowledge Application Program (KAP)

1

Call 1-877-SAMHSA-7 (1-877-726-4727) (English and Español).

2

Download or order from the SAMHSA Store: <http://store.samhsa.gov>.

Many KAP consumer publications are also available for download from the SAMHSA Store in additional languages: Cambodian (Khmer), Chinese, Korean, Russian, Spanish, and Vietnamese.



Disaster Distress Helpline

PHONE: 1-800-985-5990

TEXT: TalkWithUs to 66746

SUICIDE PREVENTION
LIFELINE
1-800-273-TALK (8255)
suicidepreventionlifeline.org



**Veterans
Crisis Line**

1-800-273-8255 **PRESS 1**
Or text to 838255

**24/7 HELP
HOTLINE**
1-800-662-HELP (4357)
1-800-487-4889 (TDD)



MAN with
Friendly Reli
Large Low Wheel Ba
Transport - Removals - O

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Treatment**

www.samhsa.gov/treatment

Treatment Locator

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**HELP
WANTED**

