

The Impact of Educational Outlets for Recovery Patients

Incorporating Positive Outlooks

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INTRODUCTION

The Recovery Centers of America (RCA) in Danvers, MA is one of two recovery resources in Massachusetts. RCA takes pride and execution in their mission statement stating “Our mission at Recovery Centers of America is to help 1 million patients enter a life of recovery by providing world-class neighborhood-based alcohol and drug addiction treatment.” (RCA, 2015)

-RCA provides ample opportunity and access to group-based therapy, individual therapy, and trauma-based therapy

-RCA has inpatient, outpatient, tele-health, alcohol detox, drug-detox and medicated assisted treatment

-There is also music therapy, art therapy, physical activity and animal therapy available for support for the patients

- Patients have access to these resources throughout their detox and Clinical Support Services (CSS) which is residential programming provided to patients by request after detox completion

INTERNSHIP PROJECT OBJECTIVES

To create a safe, successful environment by incorporating reading and arts and crafts to patient’s recovery success

RELATED LITERATURE

“Many people don’t understand why or how other people become addicted to drugs. They may mistakenly think that those who use drugs lack moral principles or willpower and that they could stop their drug use simply by choosing to. In reality, drug addiction is a complex disease, and quitting usually takes more than good intentions or a strong will. Drugs change the brain in ways that make quitting hard, even for those who want to.” (National Institute of Drug Abuse, 2016 p. 4)

“Addiction is treatable. At the core of all addiction lies a spiritual void. Into the void comes the pill, the bottle or the needle. The good news is addiction responds very well to a combination of spirituality, psychology and community support”

(Chrysalis Intervention, 2016 p.7)

MATERIALS & METHODS

-Surveyed patients about what activities they would like to have access to while on detox and during their residential stays

-Responses were analyzed and patients expressed meditational concerns, explaining that it was difficult to “shut their mind off”

-Reach out to local community groups in surrounding cities such as Revere, North Reading, Saugus and Peabody to solicit donations

-New book donations were introduced to patient groups.



LESSONS LEARNED

-Case managers set up their patients with aftercare sites such as Intensive outpatient programming (IOP), Partial hospitalization programming (PHP) and Clinical stabilization services (CSS)

-There is a daily check-in with patients to ensure their needs are met, if they need to call family members and to discuss their plans after detox

-Case managers are major advocates for their patients, as they work closely with the nursing team which includes psychiatric NPs as well as therapists

-I learned how much rehab costs without insurance and how admirable these women are to put themselves here for the betterment of their health, their quality of life and their future, regardless of the financial burdens

-The idea of a case manager and care coordinator is to provide the patient with knowledge and support which allows for a successful outcome from their recovery from substance abuse

RESULTS

-Over 150 books from over 15 different donors were collected as my contribution to the recovery center

-The response was incredible as donors were so passionate about their gifts

- In the days since delivering the books, it is exciting to see patients taking the books back to their rooms to enjoy them

- “Sitting in the newly revamped library helps me to use mindfulness while picking a book that will be easy for me to indulge myself in”- Direct Patient Quote

- I have met with 3 specific patients who have completed detox and now are staying in our residential/CSS program. All three of them shared how much better they feel to go sit outside and be able to decompress and read from the new library of books

- In my experience here at RCA, the check-ins with the case manager and directive to enjoying books from the library have helped patients to feel safe and secure while they focus on recovery



CONCLUSIONS

Spending time with my patients here has opened my eyes into the struggles people face with addiction. No matter your age, shape, size, gender, race, sexual orientation, people struggle and incorporating a positive pastime such as reading into the recovery environment can truly benefit patients. This was why it was so important to me to create this library for the patients.

Because of the struggles people with addiction face, it is important to understand the disease as a whole, as it affects every patient differently

Working with women of all ages showed me how with a little bit of support and compassion you can transform someone’s life with something so simple and positive as a book

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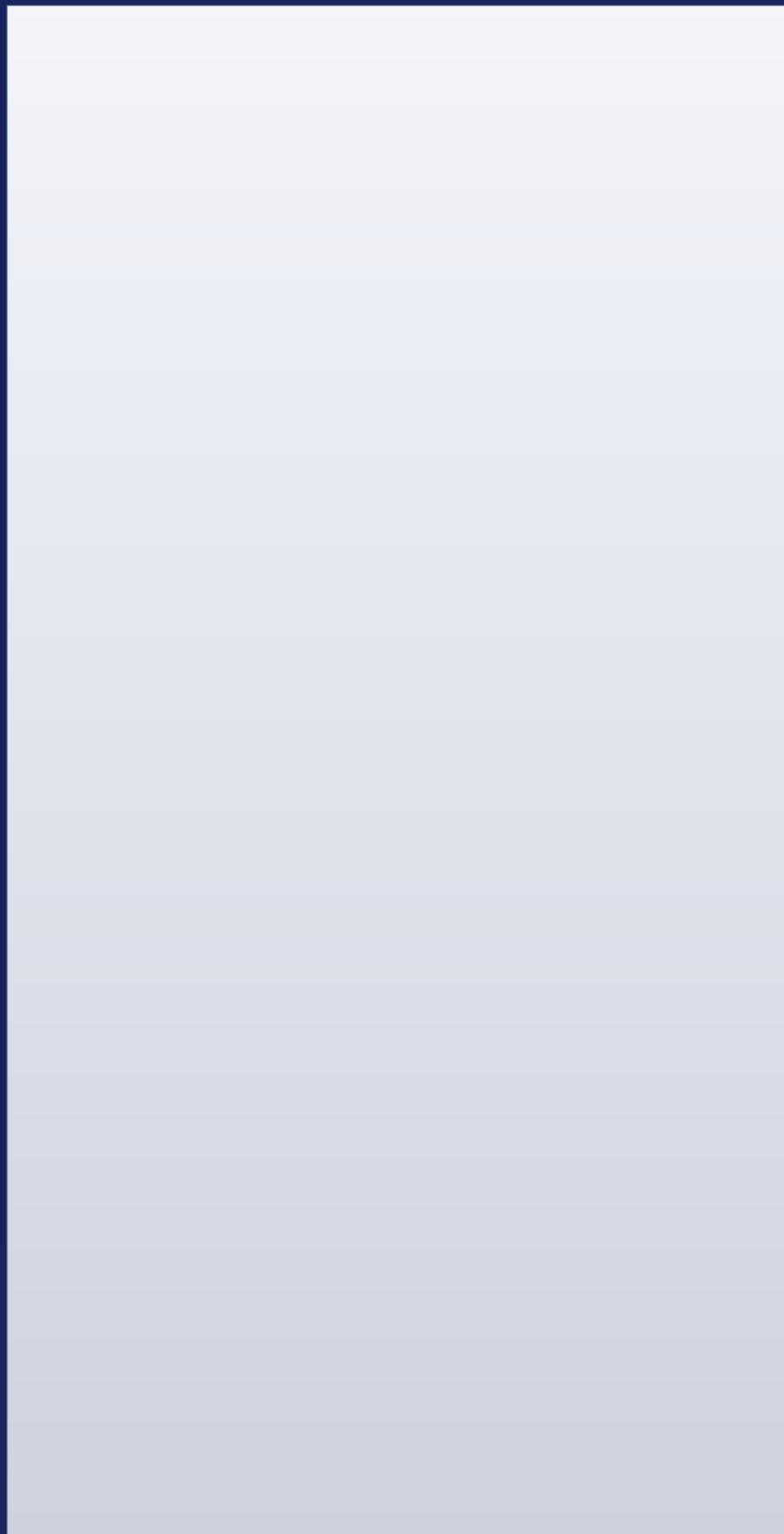
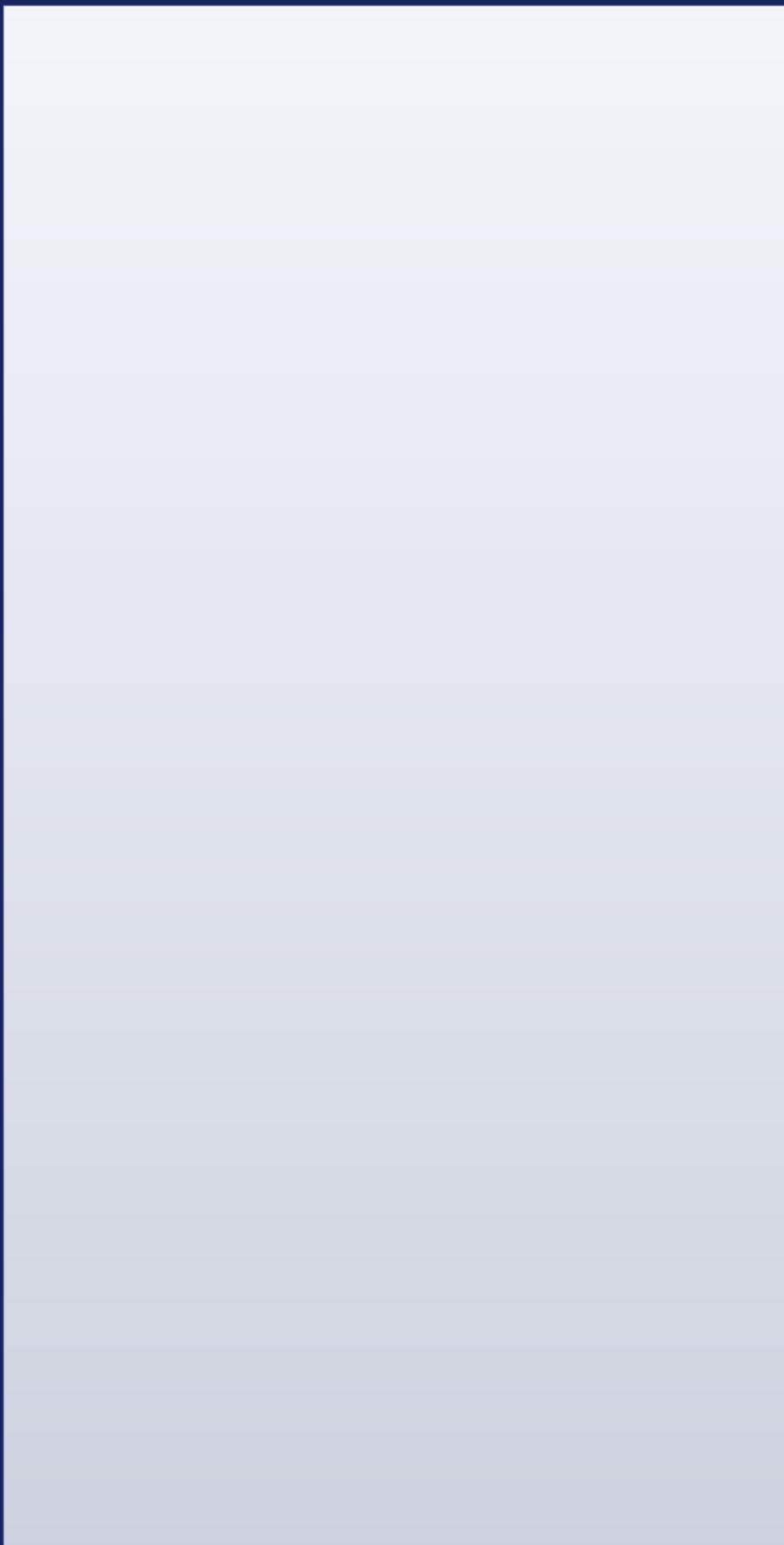
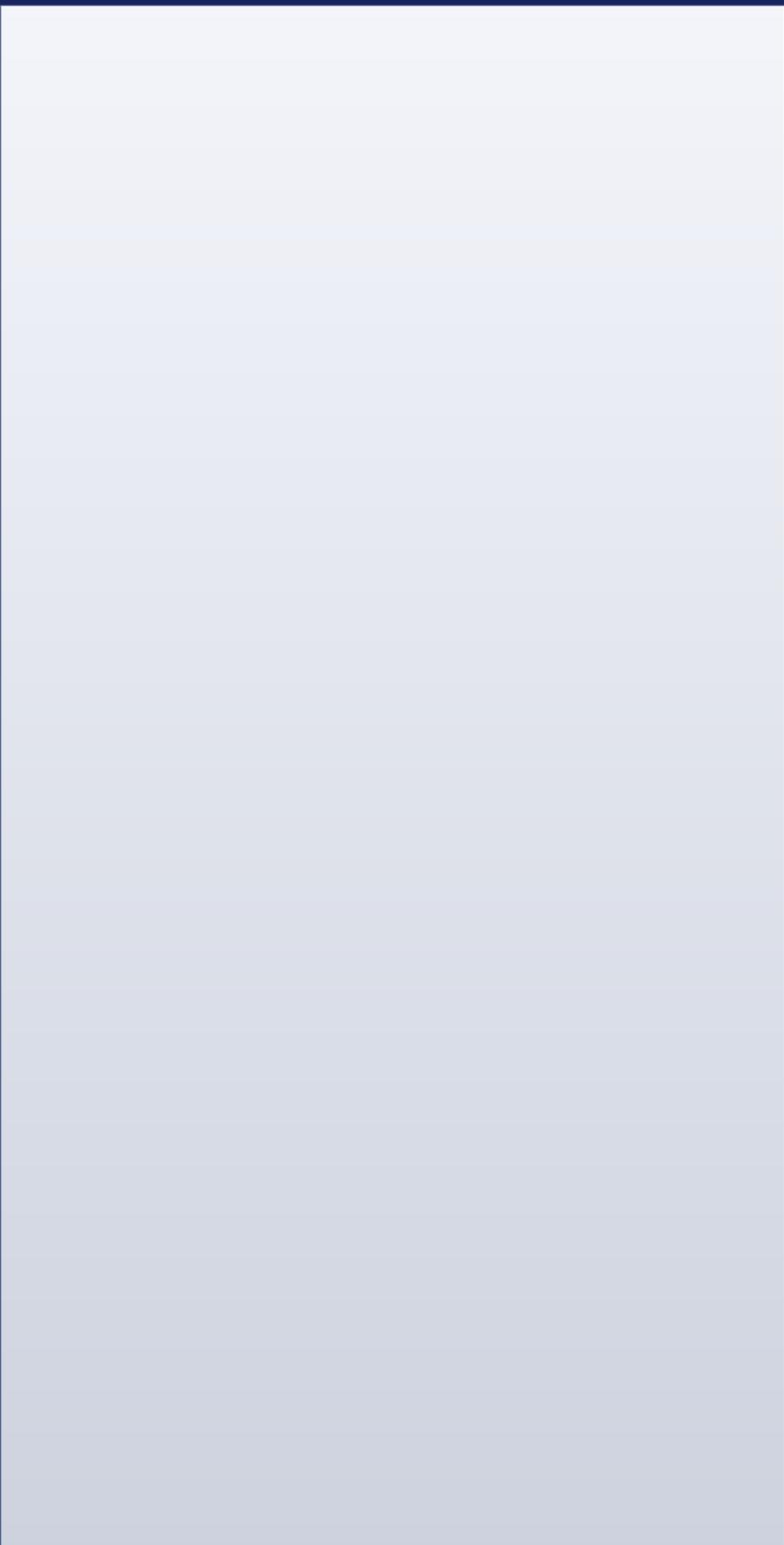
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