

WORKING ALONGSIDE A 12-STEP PROGRAM

RIPPLE DRUG DEPENDENCY SERVICES
BRADFORD

Working alongside a 12-step programme

Brief description of Ripple Drug Services

What is 12-step facilitation?

How is 12-step facilitation used at Ripple?

How does it influence our work as prescribers?

Ripple Drug Dependency Services

- Prescribing clinic
- Structured Day-care Programme based on a 12-step programme
- Educational Arm (at risk youngsters)

12-STEPS

- REFERS TO THE 12-STEP PROGRAM OF ALCOHOLICS ANONYMOUS
- AA FOUNDED 1935
- FREE FELLOWSHIP PROGRAM FOR ALCOHOLICS
- 1,800,000 MEMBERS IN 134 COUNTRIES AND 87,000 LOCAL GROUPS
- 12-STEPS WRITTEN 1938 AND LARGELY UNCHANGED SINCE
- SO SUCCESSFUL THAT ITS APPROACH HAS BEEN APPLIED TO ADDICTIONS TO OTHER SUBSTANCES BEHAVIOURS AND RELATIONSHIPS

A 12-STEPS PROGRAM:

- IS BASED ON ABSTINENCE FROM SUBSTANCES, BEHAVIOUR OR RELATIONSHIPS OF ADDICTION
- ACTIVELY PROMOTES SPIRITUALITY AS A ROUTE TO RECOVERY FROM ADDICTION
- SELF-DISCOVERY, SPIRITUAL GROWTH AND DEVELOPMENT

The surrender steps (steps 1,2,3)

1. We admitted we were powerless over alcohol (addiction) that our lives had become unmanageable
2. Came to believe that a power greater than ourselves could restore us to sanity
3. Made a decision to turn our will and our lives over to the care of god as we understand him

Steps towards self-knowledge, (steps 4 and 5)

4. Made a searching and fearless moral inventory of ourselves
5. Admitted to God, to ourselves and to another human being the exact nature of our wrongs

Steps 6 and 7(preparing for change)

6. Were entirely ready to have God remove all these defects of character

7. Humbly ask him to remove our shortcomings

(defects of character and emotions important in addiction and relapse include resentment and anger, grandiosity, jealousy, hatred, fear, intolerance)

The forgiveness steps (steps 8,9)

8. Make a list of all the persons we had harmed and became willing to make amends to them
9. Make direct amends to such people where possible except where to do so would injure them or others

The maintenance steps(10,11,12)

10. Continued to take personal inventory and when we were wrong promptly admitted it
11. Sought through prayer and meditation to improve our conscious contact with God as we understood Him praying only for knowledge of his will for us and the power to carry that out
12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics and to practice these principles in all our affairs.

RELIGION AND SPIRITUALITY

There is no religious dogma in the 12-step program. It is available for atheists, agnostics and members of any religion

Concept of 'higher power' and 'God as we understand him' is open to wide interpretation.

Eg AA suggests the group can be considered to be the higher power. The phrase GOD as we understand him is an invitation to develop spirituality and examine what this may mean.

12 steps simplified

1. ADMIT THERE IS A PROBLEM
2. LOOK FOR A SOLUTION
3. ASK FOR HELP AND BE PREPARED TO TAKE DIRECTION
4. WHAT PART DID I PLAY IN THIS
5. TRUST RISK AND SHARE
6. BE WILLING TO CHANGE

7. ASK FOR HELP TO CHANGE
8. REALITY CHECK
9. FACE THE FEAR OF OUR PAST
10. CONTINUE AS WE MEAN TO GO ON
11. FINDING A NEW SET OF VALUES
12. PERSONALITY CHANGE AND GIVING IT AWAY

12-STEP MINNESOTA METHOD

Abstinence model of addiction treatment

Developed 1950s state mental hospital USA

Proposes:

ADDICTION IS A MEDICAL DISEASE
THAT CAN BE TREATED WITH A BLEND
OF PROFESSIONAL AND TRAINED
NON-PROFESSIONAL (*RECOVERING*)
STAFF AROUND THE PRINCIPLES OF
ALCOHOLICS ANONYMOUS

Minnesota Method

- Individualised treatment planning
- Active family involvement
- 28 day in-patient setting
- Participation In AA/NA during and after treatment

Components of MM

- Clinical assessment and detox
- 12-step philosophy components
- Therapeutic components
- education

Ripple Structured Daycare

- ADAPTED MINNESOTA METHOD TO
SUIT:

OUR CLIENT GROUP

OUR FACILITIES