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What does recovery mean to you?

• recovery

• [rə'kəv(ə)rē]

• NOUN

1. a return to a normal state of health, mind, or strength.
2. "signs of recovery in the housing market" · [\[more\]](#)
3. *synonyms:*
4. [recuperation](#) · [convalescence](#) · return to health · process of getting better · [\[more\]](#)
5. the action or process of regaining possession or control of something stolen or lost.
6. "a team of salvage experts to ensure the recovery of family possessions" · [\[more\]](#)



What does Mental Health mean to you?

- **Mental Health**

- [mental health]

- NOUN

- *mental health* (noun)

1. a person's condition with regard to their psychological and emotional well-being.

2. "all this pressure seems to be affecting his mental health" · "mental health issues"

3. Good mental health is characterised by a person's **ability to fulfill a number of key functions and activities**, including: the ability to learn the ability to feel, express and manage a range of positive and negative emotions the ability to form and maintain good relationships with others the ability to cope with and manage change and uncertainty.



Dual Diagnosis / Co-occurring Disorder

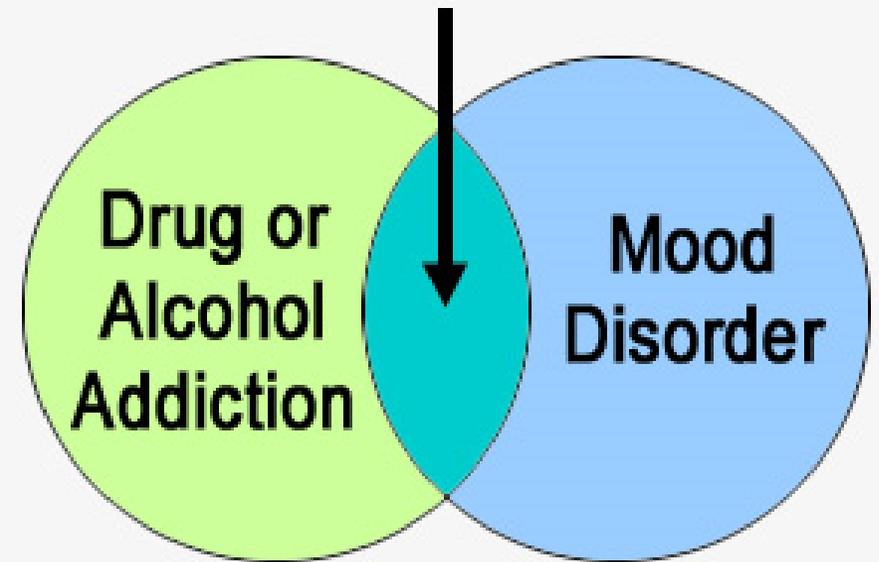
We have all gotten sick at some point in our lives, and when this happens, whether it is a common cold or a serious illness, we do everything we can in order to get better again. If the situation calls for it, we go to the doctor and get medical treatment. We follow the doctor's recommendations in order to receive the best care and recover faster. When a friend or family member is feeling under the weather, we take care of them because we understand how they feel.

When it comes to mental health, it's a different story. We tend to take our mental health for granted, and sometimes even stigmatize those who have a mental illness. Maybe we haven't quite realized that our mental health is [just as important as our physical health](#).

I struggled with alcohol and drug addiction since I was a teenager. All through my adolescence I experimented with different drugs and abused alcohol. I also suffered from mental illnesses like severe anxiety and depression, but I didn't think there was a connection with my addiction.

When I was in my 20s I decided to get clean. During recovery, my mind and body went through a lot of changes, one of them is not feeling anxiety or depression anymore, and that's when I realized there was a correlation between my alcohol and drug abuse and my mental illness.

DUAL DIAGNOSIS Co-occurring Disorder



Dual Diagnosis refers to the combination of a mood disorder combined with an addiction to drugs or alcohol.

How does Alcohol and Drugs affect oneself?

1. ALCOHOL IN YOUR BRAIN

The correct functioning of your brain depends on a series of complex chemical processes. Alcohol works as a depressant, and drinking it, even if it's only a little bit, disrupts the balance of these chemicals, called neurotransmitters. This is the main reason why we feel less inhibited and less anxious when we drink because alcohol depresses the part of the brain associated with inhibition. But as you drink more, more parts of your brain become affected. It can even get to the point in which you no longer feel pleasure and relaxation and become aggressive, angry, or depressed.

2. DRUGS IN YOUR BRAIN

Just like alcohol, drugs alter your brain's chemistry. Depending on the type of drug, it affects a different part of the brain and you get different effects which are mostly related to pleasure, but drugs usually bring side effects as well, some of which can be permanent. For example, studies at the National Institute on Drug Abuse state that consuming marijuana as a teenager can affect the development of the areas of the brain related to memory and learning. [Long-term heroin use](#) can deteriorate the brain's white matter, which will negatively affect how a person regulates emotions, reacts to stress and makes decisions.

Continued...How does Alcohol and Drugs affect oneself?

3. ALCOHOL CAN INCREASE STRESS

We often use alcohol as a way of coping with our daily stress. There's nothing wrong with having a drink with your friends after a long week every once in a while, but the problem is when you start needing a drink every time you face a stressful situation. Even though you feel good and can forget about your troubles while you're drunk, this feeling only lasts a few hours, and when you're sober you've faced with the same stress again.

What's worse, when you're drunk you are more prone to make bad decisions, like draining your bank account on a night out or ruining a relationship. When you wake up and realize what you did, you're left with even more stress than before.

4. SUBSTANCE ABUSE AND DEPRESSION

Depression can [cause drug and alcohol addiction](#), and vice versa. Some people suffer from clinical depression, which is a serious illness that's finally beginning to get the attention that it deserves. Depression causes physical exhaustion, a lack of interest in activities you used to enjoy, disrupted sleep patterns, unwanted weight loss or weight gain, feelings of guilt and hopelessness, thoughts of death or suicide, just to mention a few symptoms.

Continued...How does Alcohol and Drugs affect oneself?

This illness can trigger drug or alcohol use as a form of self-medication. But, as we mentioned before, the effects of alcohol drugs pass, and when they do, you end up feeling even worse, which can lead you to consume more drugs or alcohol, creating a vicious cycle that can lead to addiction

5. ALCOHOL AND MEMORY LOSS

Have you ever been out drinking and the next day you have trouble remembering some parts of the night? This is because when you drink your brain processes slow down and your memory is impaired. These “blackouts,” though they might be an indicator that you’re drinking too much, don’t necessarily mean that your memory cells are damaged. However, frequent heavy drinking can have long-term effects on your memory.

Now that you know these 5 ways in which alcohol and drugs affect your brain, I hope you start making good decisions and adopt [good habits](#) to improve your mental health. Remember, your mind is just as important as your body and you should give them the same importance when it comes to taking care of them. I used to neglect both my mental and physical health due to drugs and alcohol, but now my overall health is my number one priority, and I can tell you I have never felt better.

You are not alone: Common Facts about Stress

Stress: an emotional and physical response to demanding situations, including symptoms that may include worry, a feeling of being overwhelmed, increased heart rate, headaches, sleep difficulties, procrastination, and more

Stress can contribute to high risk behaviors such as not taking care of ones self and utilizing poor coping skills such as robbery, drug use, misuse of medication, etc

Millions of Americans suffer from stress each year.

In fact, 3 out 4 people say they experience stress at least twice a month

Over half of those people say they suffer from 'high' levels of stress at least twice of month.

Stress can contribute to a variety of serious conditions including drug and alcohol use or increase in mental health illness.

In the last 20 years, the number of people reporting that stress affects their work has gone up more than four times.

One fourth of all the drugs prescribed in the United States go to the treatment.

Fact: There are simple steps you can take right now to help reduce your stress!



S.O.B.R.I.E.T.Y. by Dennis C. Daley PhD

S: STICK with your recovery plan even when you do not feel like doing so. Dips in motivation are common, especially in early stage of recovery. Anyone can recover when they are highly motivated. The challenge is sticking with your plan when you are sure you want to.

O: OPEN yourself up to new experiences to replace the time you spent using alcohol or drugs or partying. Find new hobbies and leisure interests that do not evolve around using or people who get high.

B. BE vigilant about people, places, things, and events. Avoid high risk people and situation in early recovery. Learn to say no to offers to use alcohol or drugs. As AA/NA say "stick with the winners" (those in who work a good program and are committed to sobriety and change.

R. RESPONSIBILITY for recovery lies with you. Others can help and support you, but you must do the work of recovery.

I. INVOLVE others and a Higher Power in your recovery. Avoid doing things on your own. Share your thoughts, feelings, problems, struggles and successes with others.

E. ENGAGE the help of a Sponsor in AA, NA, or DRA; those who are "active" in 12-Step programs and use these 'tools,' do better than those who only attend meetings.

T. TAKE recovery slow. Recovery one day at a time or even an hour at a time if needed. You cannot hurry recovery or take short cuts.

Y. YOU can change your life by engaging in recovery and following your plan to stay sober and change. Think about the benefits you will experience over time if you get and stay sober, and make changes in yourself and your lifestyle.

R.E.C.O.V.E.R.Y. by Dennis C. Daley PhD

R: Reconnect with positive influences in your life to create a support system. Support systems are the foundation to getting and staying sober, managing a psychiatric illness and changing your life for the better. Healthy social support is associated with improvements in medical, psychiatric, or addictive behaviors

E: Engage others in your recovery network. Recovery is a "WE" process. Step 1 states "We admitted..." Include members of 12 step programs, family, friends, and confidants whom you trust in your recovery network.

C: Change your thinking about letting others help and support you. Do not believe that you have to solve problems alone or it means you are weak if you ask others for help or support.

O: Open up and share your problems and struggles with others. Share your problems and struggles with others. Share your progress and triumphs in recovery no matter how small.

V: Value the experience of others in AA, NA, DRA and learn from them. They have been through what you have experienced, have stayed sober and changed their lives in many positive ways.

E: Enlist the help of a Sponsor in AA, NA, or DRA. Those who are "active" in 12 Step programs and use these "tools" do better.

R: Reach out to others for help and support. Ask, ask, ask for help and support. Others cannot read your mind!

Y: You can recover with the help and support of others. Do not try to recover alone. Stay connected with others active in recovery and family and friends who care about you and support you.

Marijuana...?

If you are here today for Marijuana charges there are two simple ways to approach it moving forward.

- If you genuinely feel it improves unwanted symptoms then talk with a specialized Doctor and get a medical marijuana card.
- If you use marijuana inappropriately, in excess, or in the wrong place (vehicle). Then you need to simply follow the law as this is your only get out of jail free through this one time Diversion Classes.

- **FOLLOW THE LAW**



FOLLOW THE LAW...

It's simply a matter of time. Anytime we break the law it just takes us closer to 'getting caught'. This Diversion Class is a wonderful opportunity to improve yourself and learn from your mistakes. If you are ever in need of support please feel free to contact us...following slide.



Mental Health Association in Beaver County

First two floors: Phoenix Center Drop in Center with activities, groups, and free lunch

Third floor: MHA offices

Feel free to stop by and visit the Phoenix Center or go to the Third floor and ask the receptionist what we can do for you. We will be glad to help in anyway we can!

Mental Health Association in Beaver County

105 Brighton Avenue

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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