



蘆葦信息

基督教蘆葦營身心靈恢復中心(成癮康復)

壓傷的蘆葦、祂不折斷，將殘的燈火、祂不吹滅。……以賽亞書 42:3

Reeds News

Reeds Recovery Center (Addiction Recovery)

A bruised reed he will not break, and a smoldering wick he will not snuff out... Isaiah 42:3

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促使成癮者及家屬從藥物成癮走向康復，獲得生命的清醒

To facilitate recovery and sobriety among addicts and their families.

2013 年 11 月

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主任的話



營區主任黃紹基

近幾月來因為花蓮營地的成立，最近總是在彰化與花蓮兩地間心懸與奔波，幾年前我就曾向我主禱告，期盼祂能賜恩將我帶去極有成癮康復需求的無人開發之地，果真已蒙應許，但我總覺我們尚有不足，但卻時候已到，只有努力面對

向前。

蘆葦營的康復方法首建於醫學、再以心理學的背景結構介入、最後引導患者自發進入社區疾病支持系統，三者環環相扣，但絕大多數的能量將由患者本身產生，簡單講、患者經此康復方法之後，將與以往不同於他自身會想去處理此疾病，這與以前患者都是在被家屬或公部門以安排、緊盯、關懷、隔離的控制模式完全相反，這樣的模式使患者習於被「處理」，只徒然不斷的耗竭家庭及社會的能量。

此做法在社會各界已引起注意及肯定，故而經常受邀至各醫院精神科、社福機構、司法觀護機構做成癮治療相關醫護、社工、心理人員教育之講習。雖然以此種方式進行的康復程序，時間極短，僅需兩至三週，但其效果仍可由數字來被評估。我期待隨花蓮營地之開辦，在風景秀麗之處，同工更能淬礪奮發、研究創新，服務被酒/毒癮攻擊之家庭。

另外，藉此首次發佈的「蘆葦信息」，我們將每季刊登一次，期能與各界分享我們成癮康復的工作進展，更希望能傳遞資訊與經驗，助益各界人士。

Message From The Chair

Since we began our Hualien Center a few months ago, I have been rushing back and forth between Changhua and Hualien. Several years ago, I prayed that by His grace, God would bring me to a place with dire need for addiction recovery, but where the ground is unbroken. God has answered my prayers, yet I feel that we are still inadequate. Nevertheless, the time is right, and we can only strive forward.

At Reeds Recovery, our recovery is integrative, beginning with medical intervention, followed by psychological intervention, then active involvement with a community support system. However, the addicts themselves assume active roles. Simply put, unlike the past, the approach requires them to take responsibility for managing their own illness. This contrasts with their past experience where families or public agencies take over their responsibility through arrangements, control, care-taking and isolation, so that addicts became used to “being dealt with”, and depleting family and social resources in vain.

This approach has already gained attention and validation elsewhere in the world. We are frequently invited by hospital psychiatric departments, social agencies and judicial organizations to lecture their medical staff, social workers and psychologists on addiction and recovery. Although our intervention is extremely brief—about 2-3 weeks, it has proven effective. I hope that once our Hualien Center starts operating, its breathtaking scenery may invigorate us, inspire research and innovation, and enhance our service to those besieged by drugs and alcohol.

Furthermore, with this introductory Reeds News, we will be sending out newsletters once every season.

營地最新消息

1. 花蓮營地位於玉里南方之卓樂部落，花東地區民眾飽受酒癮攻擊之苦，因此失去健康及社會功能甚至死亡的人數，簡直匪夷所思!在今年過完春節，花蓮的台灣基督教長老會布農中會邀請我們講授三天的成癮課程，後續於今年六月，基督教長老教會田姓主內肢體奉獻他們家族的房子給蘆葦營使用，因此我們在花蓮開始了戒治的運作。花蓮營地建築物放眼視野遼闊，讓來此尋求酒癮或毒癮康復的人相當易於放鬆心情。目前此營地還有很多待完成的整修工作，建物改建規劃圖面已定稿並由廠商估價完畢，已進行施工。



花蓮營地施工
Construction in Hualien Center

2. 六月中區精神網在彰基鹿東分院舉辦的訓練講座，邀請我們做酒癮症康復的演講，針對醫療機構的專業人員授課。
3. 九月份受邀至中區勵馨基金會，做酒癮症及如何幫助成癮家屬的演講，針對社工師授課。
4. 家屬工作走向更系統化，原家屬團體工作暫改為家屬衛教教室，課程細節請參閱網站。
5. 從 10 月份起，彰化營地暫只做為家屬衛教教室使用，成癮者個案都改至花蓮營地處理。
6. 本營已停用原先的 Yahoo 部落格，正式的網域名稱改為: www.reedsrecovery.com

教育與訓練



林為慧
康復、家屬、訓練督導

原本預定 2013 年 3 月出版的書，《酒癮症與毒癮症--真的沒救嗎?》定名為《沒救嗎~給幫助者的酒癮、毒癮康復指南》，非常感謝國華、麗珍和惠娟，樂意為本書付出時間和精神做極費心和很細節的潤稿工作。此

We hope to share with you the progress in our recovery work, and more importantly, hope to benefit all by sharing our information and experience.

News Update

1. Our Hualien Center is situated within the Zhuole community in southern Yuli. The people of Hualien-Taitung region have suffered heavily from the onslaught of alcoholism, and the number who have lost their health, social function, and even died is inconceivable. After the Lunar New Year this year, the Presbyterian Church in Taiwan Bunun Presbytery Office invited us to give a 3-day lecture on addiction. Then in June, following the seminar, the Tian family in the Presbyterian church offered us the use of their family home. Hence the beginning of our Hualien Center. The vast horizon here enables those seeking treatment for alcoholism and drug addiction to easily relax. To date, much renovation work remains to be done. Construction blueprint and bidding have been completed, and work is currently in progress.
2. In June, the Central Mental Health Network organized a training seminar for healthcare workers, held at the Changhua Christian Hospital Lutong Branch, and invited us to lecture on alcoholism and recovery.
3. In September, The Garden of Hope Foundation Central Office invited us to lecture their social workers on alcoholism and working with families of addicts.
4. We are reorganizing our family work, and our family support group has been temporarily changed to family classroom. Please refer to our website for details of class schedule.
5. Beginning October, our Changhua Center will only be used for family classroom. We temporarily only accept intakes at the Hualien Center.
6. Our Yahoo Blog is no longer in use. Our official website is now: www.reedsrecovery.com

Education & Training

Originally set for publication in March 2013, the book, Alcoholism and Drug Addiction—Is it Really Hopeless? has been re-titled Is it Hopeless?—An Alcoholism and Drug Addiction Recovery Guide for Helpers. I especially want to thank Guo-hua, Li-jen and Hui-juan for giving their time and energy to the very demanding and detailed task of editing. This book is intended for families and professionals, to enhance their knowledge of alcoholism and drug addiction, debunk myths and help them understand the process of recovery so that they can provide early and appropriate intervention to addicts and so prevent

書針對家屬和專業同仁，目的為提升對酒癮和毒癮的病識，破除道聽塗說的觀念，了解康復過程，希望幫助成癮者在早期病發時就能獲得正確的介入，避免無法挽回的悲劇。

緊接著就要準備 Certified Peer Specialist (CPS)的訓練課程。CPS 是已經保持康復、清醒的病友，經由密集有成癮康復認知及個人成長訓練後，去幫助其他成癮者，而不是只憑著愛心或個人經驗去服務，因為沒有知識為基礎往往所帶來的是傷害。

以上書籍的出版及 CPS 報名預定年底，請各位注意我們的網站公告。

家屬工作

今天的話題是「廢功」，家屬自然會想到廢掉成癮者酗酒或吸毒的功夫。但我是指家屬要廢功。來電諮詢時，家屬已經有答案，成癮者為什麼酗酒或吸毒、如何「讓他來」、「讓他不再酗酒或吸毒」。但我要告訴家屬一句話：「不由得你，只由得他自願、主動。」很多家屬的立即反應是「不可能的」、「他沒辦法」。家屬已習慣視成癮者為無能，替他處理大小事情，結果產生了無能的成癮者，如此的角色扮演正是成癮者能安心酗酒或吸毒的良伴。然而當家屬願意並勇敢的放下自己的力量，成癮者只好面對自己的疾病，為自己的康復負責，這是他預備走向康復的關鍵。事實上、當成癮者親自來電詢問、報名和報到，他的康復已成功一半。

☆ ☆ 康復亮點 ☆ ☆

經過一年的清醒，康先生(化名)又再度喝酒，反反覆覆在控制不喝與失控酗酒之間，當然最後還是回到天天酗酒的景況。康先生最近來電說：「我想回中心進行戒斷。」我們把它當作是相當正向的一句話，但是、奇怪！他已經再度嚴重酗酒，難道這不算是治療又失敗嗎，為什麼我們還那麼高興？這句話雖簡短又簡單，但其實卻含有很深的意義。

第一、康先生的家屬有足夠的清醒，能夠放手讓他為自己的康復負責，因此沒有扼殺掉他接受治療的動力。第二、康先生已經有了足夠的病識感，知道該如何求助。第三、康先生終於面對他的疾病，就是他無法控制喝酒的事實，不再像以往用很多方法來證明自己沒事，否認自己的失控。是的、康先生已經預備好了要走向康復與清醒。

irreversible tragedies.

Close to the heels will be preparation for Certified Peer Specialist (CPS) training. A CPS is a recovering and sober addict who having received thorough training in addiction recovery and experiencing personal growth, helps other addicts. This contrasts with helping only out of love or personal experience, where the lack of knowledge base often causes harm.

Publication date and CPS training application is tentatively set for the year end. Please keep posted through our website.

Family Work

Today's topic is "Neutralization." Families naturally think of neutralizing the alcoholic or drug addict, but I refer to neutralizing the family. When families call, they already have the answers to why the addict drink or use drugs, how to make him accept treatment, and how to make him stop drinking or using drugs. However my message to them is: It is not up to you but for his willingness and first step. Their most immediate responses are "Impossible" and "He can't." Accustomed to perceiving the addict as incompetent, they manage every detail of his life, ironically rendering him impotent. Such a role enables the addict to drink or use drugs unchallenged. Yet if families are willing to gather their courage and let go of their potency, the addict would have to confront his disease and take responsibility for his recovery. This is the key to readying the addict toward recovery. In fact, when the addict personally makes that call, makes that appointment and arrives on his own, he is already half-way through recovery.

☆ ☆ Recovery Highlight ☆ ☆

After a year of sobriety, Mr. Kang (pseudonym) hit the bottle again, alternating between controlled and out-of-control drinking. As expected, he eventually lost control and drank heavily everyday. Recently, he called to say, "I want to return for detox." For us, this is a positive development. That's strange! Isn't his return to heavy drinking an indication of treatment failure? What's to be happy about? Mr. Kang's words may be brief and simple yet deeply significant.

First, Mr. Kang's family, having experienced personal recovery, is able to let him take responsibility for his recovery instead of smothering his motivation for treatment. Second, he has adequate knowledge of his illness and knows how to ask for help. Third, unlike in the past when he tried to prove that his life was manageable and denied his loss of control, Mr. Kang has finally confronted his disease, that is, his inability to control his drinking. Indeed, Mr. Kang is ready for recovery and sobriety.

我先生喝酒總是要喝到茫，喝到把身體搞壞，勸也不聽，難到這不是他自甘墮落嗎？

回答：剛開始喝酒時你先生如同一般人，少許的酒可讓他放鬆，在社交上易有歸屬感及產生親密感，在精神上很快的感到愉悅。少量的酒有刺激效果，可以讓害羞壓抑者變得開放、興奮。接著，酒就產生鎮定效果，使他精神上鬆弛，負面情緒及痛苦會被麻醉掉。但隨著喝酒量的增加，他的思考及行為將出現退化的現象，但退酒後應該很快的就恢復正常，但此時你先生就不同於一般人了，因為容忍度及後遺症這兩項酒癮症的特徵，導致他需要繼續靠酒精的作用來啟動他的思考，製造假像的安全感。這是一個生理機制，與他的智商及品德的優劣無關。最後他的酒精依賴疾病發展到一個程度，那時他沒酒就無法精細思考，但用酒更無法精細思考，於是完全被酒精雙重綁架住了。若沒有病識感的情況下，你當然就會認為你先生自甘墮落，因而耗很多資源去做道德勸說，最後兩敗俱傷。酒癮症是由生理滲入心理的疾病，你要做的不是勸導，而是學習如何正確介入，促使你先生接受治療，走向康復，維持疾病的緩解。

摘於《我家被酒癮、毒癮攻擊~給家屬的工具書》

My husband always drinks till drunk. His health is shot, but he would not listen to advice. Isn't that self-debauchery?

Answer: In the beginning, your husband drinks like everyone else---a small amount for relaxation, sense of social belonging and intimacy, and pleasure. A little alcohol is stimulating, making a shy person more outgoing and effervescent. After a while, the sedating effect of alcohol kicks in, resulting in relaxation and numbing negative emotions and pain. However, as a person continues to increase his alcohol intake, his thinking and behavior begin to deteriorate. However once the alcohol leaves his system, the person quickly recovers; yet it is at this point that your husband differs from others. Tolerance and withdrawal—two features of alcoholism, cause him to need alcohol to function, to create for him a false sense of security. This is a biological process that has nothing to do with his intelligence or character. Eventually, as his alcoholism progresses, he becomes stuck in a double-bind where he is unable to function without alcohol, and even more so with alcohol. Without knowledge of this disease, you naturally think of self-debauchery, and become consumed with trying to reform him, resulting in both parties being badly hurt. Alcoholism is a physical disease that infiltrates a person's psychology. Instead of trying to admonish him, you need to learn appropriate intervention to motivate him to seek treatment, work toward recovery and keep the disease in remission.

Extracted from Alcoholism and Drug Addiction: Tools for the Family Under Siege.

關懷與代禱

1. 花蓮營地整修工程款募捐工作。
2. 《沒救嗎~給幫助者的酒癮、毒癮康復指南》一書潤稿、排版、印刷等工作。
3. 病友專業訓練(CPS)的訓練課程編寫及籌備招生進行。
4. 財團法人成癮醫療園區的發起人的邀請進行。

Prayers and Support

1. We need financial support for the Hualien Center renovation.
2. Editing, typesetting and printing for the book, Is it Hopeless?—An Alcoholism and Drug Addiction Recovery Guide for Helpers.
3. Compilation of materials for CPS training and recruitment.
4. We are seeking founding members as we pursue becoming a non-profit Addiction Treatment Center.