



蘆葦營身心靈恢復協會

1-2月~~~快訊

Reeds Recovery Association

Jan-Feb Express

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壓傷的蘆葦、祂不折斷，將殘的燈火、祂不吹滅。……以賽亞書 42:3

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

促使成癮者及家屬從物質及成癮疾患走向康復 · 獲得生命的清醒
To facilitate recovery and sobriety among addicts and their families.

Latest News

1. The Taipei VA Hospital in Yuli invited us to speak in their training session for practitioners on March 10. Our lecture topic is: Alcoholism Treatment Model. We will address the cognitive and psychological impact of the physical addiction, and use case examples to demonstrate the Minnesota model of relapse management and prevention used by our Association. Those wishing to attend may contact the VA Alcoholism Project Assistant Jiang Jia-rong (TEL: 03-888-3141 ext. 446).
2. We will be offering our regular family educational classroom in Changhua on March 13 to help families in their disease awareness and knowledge so that they may effectively motivate the addict to seek treatment and recovery.
3. Sleep disorder is a common affliction among many of us. In particular, addicts and their families often struggle with long-standing insomnia. We are offering a special seminar on Sleep Disorder and Sleep Health on April 23 (Sat), 2:30 p.m. at the YMCA (No. 19, 2F, Xuchang Street, Taipei). Our guest speaker is Dr. Chen Yi-chun, psychiatrist at the Ministry of Health and Welfare Fengyuan Hospital. She will be sharing with us the latest treatment, and Do's and Don'ts for insomnia. We warmly welcome you to join us. Sign up on-site, and registration fee is NT\$300 per person (gratis for Association members).

Education and Training

Struggling, but in the Right Direction

Recently, a client told us, "I've abused drugs for 20 years, and have begun using alcohol over the last few years. I'm messing up my work and health, and tried to stop, but very quickly, I'd drink till I drop. My friends told me that I shouldn't drink at all. I know that, and I've tried so many ways to stop, but I can't seem to help myself. I feel so hopeless, and if coming here doesn't help, I don't know what else to do." Such desperation is common among many addicts--wanting to quit but unable to resist drugs or alcohol, and stumbling around for the lack of a right solution. So what constitutes a right solution? The conditions are:

S-systematic
O-objective
L-life-long
U-underlying
T-tested
I-in-place
O-ownership
N-nourishing

Simply put, recovery must be a *Systematic* process comprising 3 essential elements-- abstinence, relapse management and relapse prevention. Treatment is based on *Objective* knowledge of the disease to resolve the *Life-long* physical, cognitive and psychological impact of addiction by addressing the *Underlying* nature of the addiction rather than viewing the control or suppression of symptoms as recovery itself.

Methods of addiction recovery should be empirically *Tested*, such as in the well-reputed Project MATCH by the National Institute of Alcoholism and Alcohol Abuse Prevention (NIAAA).

Recovery is not in *Isolation*, but *In-place*, where recovering addicts co-live safely with their disease in their natural environment. Such a recovery is possible because the addicts, not others, take *Ownership* of their disease and recovery.

Furthermore, recovery is not a passive process of painfully trying not to drink or use drugs, but a *Nourishing* life that can be satisfying even without alcohol or drugs so that recovery can be sustainable.

Recovery News

On February 24, Lydia, our guidance supervisor attended the "International Drug Addiction and Neurodegenerative Symposium" organized by the National Institutes of Health, Taipei Medical University and the Taiwanese Society of Addiction Science. The seminar was particularly informative, especially the Self-Addicted Brain report by Dr. Roy Wise, senior scientist at the US National Institute on Drug Abuse. His study showed that anticipatory stimulus increases VTA glutamate and leads to increased release of VTA dopamine and subsequent feeling of satisfaction. Again, this shows that relapse is not a refusal to quit or indulgence, and that addictive thinking is not a lack of discipline but a physiological post acute withdrawal phenomenon. Given that addictive thinking is often an early warning sign of relapse means that its recognition and management are key tasks for the addict in recovery.

Last, a word of encourage from our Chair of Board, Dr. Chen Shawji, " A thousand miles begins with a single step. Let's begin!" Whether helper, addict or family, even as you face many struggles ahead, may we struggle in the right direction and not struggle in vain.

Sincerely,
Reeds Recovery