The Evolution of Online Addiction Education/Treatment and Its Application in Peer Assistance Programs

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Founder of Palmetto Addiction Recovery Center
Founder of BeginRecovery.com

Disclosure and Disclaimer

- I am the creator of the online sobriety coaching program BeginRecovery.com
- Not intended to be a commercial for my particular program, but rather to develop an understanding of what resources exist and use this information to pick the best online help for your client
- Goal is to present how this information may be useful if you have a basic understanding of the disease of addiction
- A review of online resources for your clients and yourself
- I do not represent AA, NA or the other 12 Step Programs. My views are my own.
- The presentation is gathered from reputable sources such as the Sloan Consortium to the Nation, the American Society of Addiction Medicine, SAMHSA, NIH, Previous Talks by Addiction Experts and other reputable sources.

The Five Pillars of Quality Online Education

- Pillar I: Learning Effectiveness
- Pillar II: Student Satisfaction
- Pillar III: Faculty Satisfaction
- Pillar IV: Cost Effectiveness
- Pillar V: Access
Pillar I: Learning Effectiveness

- Online learning can often yield better results than traditional learning
- Online courses should encourage deep reflection
- Interaction or feedback is the key

Pillar II: Student Satisfaction

- Ensure that students are satisfied with their educational experience
- They need immediate feedback on how they are doing in the course to motivate them to do their best throughout the course
- Administrative support services included in the course

Pillar III: Faculty Satisfaction

- Studies show that faculty members are pleasantly surprised to find that electronic interaction offers more and better interaction.
- University Purdue University Indianapolis (IUPUI) recognizes endorses instructional technology as an important tool in improving learning.
- Technology based teaching has contributed to better levels of learning and scholarship.
The number of students who demand online content and tools is growing rapidly.

Building the RIGHT educational technology infrastructure is an expensive undertaking but holds a significant advantage.

Online courses have been shown to:
- Reduce dropout rates
- Decrease use of non-ideal classrooms
- Provide a consistent body of teaching material, and
- Reduce labor costs

Prospective learners must be able to discover online courses easily.

Universities offering a wide variety of online courses have led the refinement of online learning infrastructure.

Online education programs grant low-income demographics access to higher education.

The ultimate goal is to expand and provide these services to all citizens.

Example of Online Internet Degree:
Arizona State University

Learn about the more than 100 highly respected...
"Does the online program include guidance on developing a spiritual way of living?"

This is possibly the most important Pillar for any education or recovery program for addicts and alcoholics.

Let’s look at the definition of Addiction from the American Society of Addiction Medicine....

**Pillar VI: An Education Program for Addicts**

**MUST Include a Spiritual Component**

Addiction is a primary, chronic disease of brain reward, motivation, memory and related circuitry. Dysfunction in these circuits leads to characteristic biological, psychological, social and spiritual manifestations. This is reflected in an individual pathologically pursuing reward and/or relief by substance use and other behaviors.

Addiction is characterized by inability to consistently abstain, impairment in behavioral control, craving, diminished recognition of significant problems with one’s behaviors and interpersonal relationships, and a dysfunctional emotional response. Like other chronic diseases, addiction often involves cycles of relapse and remission. Without treatment or engagement in recovery activities, addiction is progressive and can result in disability or premature death.

*Quote from Twenty-Four Hours A Day, February 16:*

"People generally make two mistakes about alcoholism. One mistake is that alcoholism can be cured by physical treatment only. The other mistake is that it can be cured by willpower only. Most alcoholics tried both of these ways and have found that they don't work. But we members of AA have found a way to arrest alcoholism"

*Having gone through this myself, this is another reason I believe that the recovery must include Spirituality as part of recovery.*
Bad Behavior vs A Disease

Bad Behavior is a CHOICE
Punishment and Coercion DO work.

Disease (Addiction)
Punishment and Coercion DON’T work
Good Treatment DOES work.
Monitoring DOES work.

Spirituality Assessment

➢ Do you consider yourself spiritual or religious?
➢ Is spirituality something that is important to you?
➢ Do you have spiritual beliefs that help you cope with stress and difficult times? Has your spirituality influenced how you take care of yourself, your health, and others?
➢ Are you part of a spiritual community (synagogue, church, mosque, 12 step, or other group)? Is there a group of people who you really love and who are important to you?
➢ How would you say you “feed your spirit”? Do you participate in spiritual practices?

Here is Where Addiction Occurs
Dopamine Releasing Chemicals:
- Alcohol & Sedative/Hypnotics
- Opiates/Opioids
- Cocaine
- Amphetamines
- Empathogens/Entactogens (MDMA – “Extasy”)
- Entheogens/Hallucinogens
- Dissociants (PCP, Ketamine)
- Cannabinoids
- Inhalants
- Nicotine
- Caffeine
- Anabolic-Androgenic Steroids

Marc Lewis, PhD:
Addiction as a Developmental Stage

- Brain changes per se do not indicate pathology.
- Plasticity and synaptic pruning (learning) are normal functions of the brain.
- Addiction is a particularly deep form of learning.
- Motivated repetition remodels the brain, causing intense desire for drugs (craving), strong cues to repeat, over-valuation of drug, and narrowing of focus.
- The very thing that got a person into addiction (plasticity) can get them out (developing past addiction into recovery).
- Getting to “core issues” is important.

Anhedonia: Pleasure
“Deafness”

The person is no longer able to derive normal pleasure from those things that have been pleasurable in the past.
Addiction is a Chronic Bio-Psycho-Social-Spiritual Illness

Biological Effects:
- Continued addictive behaviors despite the risk to health, career, legal problems or relationships
- Physical problems (ulcers, high blood pressure, gastrointestinal bleeds, etc.)
- Physical abuse or injury
- Involvement in potentially dangerous activities while impaired (automobile, motorcycle, bicycle, etc)

Addiction is a Chronic Bio-Psycho-Social-Spiritual Illness

Social Impacts:
- Increase in marital relationship problems
- Loss of respect
- Decreased productivity at work or school

Outcomes:
- Impairment at work
- Loss of job
- Loss of professional license
- Damaged or lost relationship

Addiction is a Chronic Bio-Psycho-Social-Spiritual Illness

Psychological Effects:
- Failed efforts to control the addiction (unmanageable)
- Emotional instability (mood swings, depression, paranoia, fear of going insane)
- Loss of self-esteem
- Hopelessness or despair
- Guilt
- Strong fears about your future
- Suicidal thoughts, feelings, or plans
**Addiction is a Chronic Bio-Psycho-Social-Spiritual Illness**

**Spiritual Effects:**
- Fear
- Secrets and hiding
- Self-ridicule
- Shame (for acting against your own morals)
- Intimacy barriers (self, others and Spirit)
- Feeling abandoned
- Disconnection and isolation

**Features of Addiction vs. Spirituality**

<table>
<thead>
<tr>
<th>Features of Addiction:</th>
<th>Features of Spirituality:</th>
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</thead>
<tbody>
<tr>
<td>Fear</td>
<td>Hope</td>
</tr>
<tr>
<td>Secrets and hiding</td>
<td>Meaningful connection with others</td>
</tr>
<tr>
<td>Self-ridicule</td>
<td>Meaning and purpose in life</td>
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<tr>
<td>Shame (going against morals)</td>
<td>Forgiveness and acceptance</td>
</tr>
<tr>
<td>Barriers to intimacy (self, others and Spirit)</td>
<td>Sense of belonging</td>
</tr>
<tr>
<td>Disconnection and Isolation</td>
<td>Relationships and engagement in community functions and organizations</td>
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**Statistics on Prisoners, Example: Louisiana; Highest Prisoner Rate in the World per Capita**

- Louisiana has the highest incarceration rate per capita in the world! Over 39,000 state prisoners (not including Federal)
- 15,000 are released per year and 15,000 are incarcerated per year. It’s a revolving door.
- 83% of prisoners in LA are incarcerated because of drug related crimes, according to the Medical Director for the Dept. of Corrections in LA, Dr. Raman Singh.
- Of those released, 70% are back in prison within 3 years.
In states that provide quality treatment for drugs and alcohol for inmates, only 1 in 4 return to prison.

In states that do not provide help for addicts and alcoholics, 3 out of 4 prisoners return to prison.

Who has the benefit of receiving treatment?

- Only 9% of individuals wanting treatment have access to it. 91% receive no help at all.
- We have an opportunity in Professionals Recovery Programs to provide quality sobriety coaching & education and therapy possibly via the internet.
- The key words though are QUALITY COACHING and EDUCATION!
SMART Recovery teaches how to:

1) Enhance and maintain motivation to abstain
2) Cope with urges
3) Manage thoughts, feelings, and behaviors
4) Balance momentary and enduring satisfactions
5) Is NOT spiritually based

Q. What does SMART Recovery stand for?
A. Self Management and Recovery Training.

Q. How is SMART Recovery different from Twelve Step programs?
A. SMART Recovery has a "scientific foundation", not a spiritual one. Teaches increasing self-reliance, rather than powerlessness. Their meetings are discussion meetings in which individuals talk with one another. Encourages attendance for months to years, but probably not a lifetime. There are no sponsors. Discourages use of labels such as "alcoholic" or "addict".

- Have trained meeting facilitators, basically using Rational Emotive Therapy (RET) & Cognitive Behavioral Therapy (CBT) techniques
- Intentionally try to avoid discussion of religion or spirituality
- Not too many courts or Professional Recovery Programs recognize them.
- Have Power Point presentations for viewing
- No set number of meetings mandated
- Believe addiction and alcoholism are behavioral problems and do not believe it is a neurochemical disease
Court Solutions Online

They have courses developed by Elizabeth Lanamont, PhD.

They offer short or longer versions of most courses.

The biggest differences between them and BeginRecovery.com are that (A) they do not teach spirituality and do not reference God or Higher Power in any of their courses, and (B) it is mostly diagrams and reading material (very few videos).

Had a long talk with the owner.

They offer:

- **Anger Management**: 4, 8, 10, and 12 hour courses
- **Drug & Alcohol**: 6, 8, and 12 hour courses
- **Life Skills Classes**: 10, 20, and 30 hour courses
- **Marijuana Awareness**: 4 hours
- **Theft Intervention**: 4, 8, and 12 hour courses
- **Tobacco Awareness**: 6 hours
- **Parenting**: don't know how many hours
Resource Library

01 – Drug Court Practitioner Rules
02 – Targeting and Eligibility
03 – Screening and Assessment
04 – Treatment and Recovery Supportive Services
05 – Judicial Monitoring and Procedural Fairness
06 – Drug Use and Testing
07 – Sanctions and Incentives
08 – Graduation and Termination
09 – Community Outreach and Stakeholder Engagement
10 – Special Populations and Cultural Competency
11 – Legal and Ethical Issues
12 – Research and Evaluation
13 – Training
14 – Case Management and Community Supervision
Supplemental Course Materials

“NEW” Practitioner Perspectives

“NEW” Practitioner Perspectives

01 – The Role of the Judge
02 - Role of the Prosecutor
03 – Role of Public Defender
04 – Role of Probation
05 – Role of the Program Coordinator
06 – Role of the Treatment Provider
07 – Role of the Education Liaison

Veterans Treatment Perspective

01 - Mental Illness, Traumatic Brain Injury, and Substance Abuse
02 - How to Build a Mentoring Program for Your Veterans Treatment Court
03 - Trauma Informed Care - Strategies for the Clinician Working with the Veteran Population
04 - Developing a Veterans Treatment Court
05 - U.S. Department of Veterans Affairs
06 - Veterans Health Administration
07 - Role of the VHA Veterans Justice Outreach Specialist
08 - Males and Trauma - The Missing Peace in Veterans Courts
Classes for Legal System

www.onlinedrugclass.com

Here are their web sites

http://www.onlinedrugclass.com

http://www.onlinealcoholclass.com

Another Online Resource

Online Alcohol & Drug Class

They offer Drug Classes 4, 8, 12, 15, 16, 20, 24, and 26 hours

They offer Alcohol Classes 8, 12, 16, 20, and 24 hours

MIP (Minor in Possession) classes 8, 12, 16, and 24 hours
Spoke with a person at the company:

- Their biggest sellers are 8 to 12 hour courses.
- Mostly diagrams and reading material.
- No tests as they move through the course. A final exam only which they can try twice before having to go through the entire course again.
- The only verification is a graduation certificate that is mailed out upon completion.
- No daily progress verification for case managers.
- NO DISCUSSION of spirituality in their learning modules.
- They do include Yoga instruction.
- He said some people wait to the last minute and try to cram the course to make the deadline.

Online Alcohol & Drug Class

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Lion Rock Recovery

- President Peter Loeb
- Originated about 6 years ago in California
- Concept
  - IOP and Outpatient Programs completely online
  - Done with HIPAA compliant privacy software
  - Can see and hear all members of the group (similar to Skype)
  - Joint Commission Accredited
  - Assessments are done over the phone or via teleconferencing
  - If detox is needed, patient is referred to nearest primary care physician or ABAM certified doctor.
  - If inpatient detox is recommended, patient can resume Lion Rock IOP after discharge.
  - They have developed an app for tablet or phone to provide accountability and social networking via their primary counselor.
  - Current law requires that the counselor treating the patient must be licensed in the state where the patient lives.
  - They have counselors in about 33 states now.
Basically 2 levels of care:

IOP = 3 days a week, 3 hours per day PLUS 1 hour individual per week
Many insurance companies do pay.
Cost if no insurance is $1840 per month (typically 7 to 8 weeks)

Outpatient = 6 hours of group plus 1 hour individual a week
Out of pocket cost is $900/month

Aftercare is provided at no additional cost. Peter says a typical patient participates in Aftercare about 11 weeks. Then they are referred to Base Camp which is Peer Level Recovery Support.

"They have treated many medical professionals, but not by referral. These are medical professionals seeking help BEFORE they get caught or are reported to their Boards."

As the President Peter Loeb told me: “it provides a way for individuals to tip toe their way into recovery rather than being forced to make an all or none commitment to attend physical IOP classes 3 times a week plus an hour a week for individual counseling."
Joyce Colburn Therapy Connecticut

- She is an LCSW
- Has done work in Addiction Centers
- Requires her patients to attend AA or NA
- Does 30 minute and 1 hour sessions (one to two a week)
- Does not take insurance for Video Therapy Sessions ($75 - $150)
- Has a physical practice in addition to her Video Therapy Practice
- Licensed only in Connecticut

Web Site: http://www.joycecolburntherapy.com
Phone: 203 910 9884
I wanted to:

1) Take all of my Core Educational Information that I taught to patients staying 90 days at my residential facility Palmetto Addiction Recovery Center,
2) Film it in high definition & shoot it on location,
3) Make it available to anyone wanting to get sober for a tiny fraction of the price of going through a 90 day residential program.

Concept

This is a Complete Recovery Coaching Program packed with what I have learned about staying sober and teaching people to stay sober over the past 30 years.

I call it Recovery Coaching.

It is the same information I taught to patients at Palmetto Addiction Recovery Center during a 90 day stay there, but at a fraction of the price.

Features of the Program

- A complete explanation of each of the AA 12 steps (13 videos)
- 10 more hours of Recovery Coaching & Education including:
  - Why do Treatment & the 12 Steps Work?
  - Alcohol – Its Grip on the Body and Brain
  - Addictive Drugs and Neurochemistry
  - Spirituality – Exploring Inner Space
  - Boundaries in Relationships
  - Fear, Blame, Shame and Guilt
  - Prayer & Meditation
  - Family Issues in Recovery
  - Humility & Surrender as the Foundation of Recovery
  - Relapse – Warning Signs and What to Do if You Relapse
- A Total of 14 Hours of Sobriety Coaching
What Makes Begin Recovery Unique?

- It is a Complete Course in the Fundamental Issues in the lives of every addict and alcoholic.
- It is not a "band aid." It is a Full Course in Recovery Coaching.
- It gives the client a Real Chance at Long Term Sobriety.
- Each participant must select an Accountability Partner.
- Accountability Partner(s) can log on and see the Progress of All Clients at One Glance (Case manager, Sponsor, Relative, Minister, Physician). They are also sent periodic updates.

Learning, Comprehension and Verification

- It unabashedly addresses all areas of addiction including biological effects, psychological effects, social effects and spiritual effects. There is a disclaimer (to be checked before starting) demonstrating that you can be an atheist and go through the program.
- There is a Personalized Graduation Certificate that can be printed or send via PDF attachment to an email, verifying completion of the course. This can be placed in the case manager’s file and also has legal uses.

Learning, Comprehension and Verification

- The program is broken down into chapters that are 8 to 12 minutes long.
- There are 3 test questions at the completion of each chapter.
- The client must answer them with a passing score to proceed in the program. In other words he/she MUST learn the information to progress.
- There are a total of 189 test questions.
- Course is designed to be completed in no less than 12 weeks.
### The Twelve Steps

Begin Recovery accurately and concisely explains each of the 12 Steps, making it crystal clear what they mean and how to work them.

This fosters a feeling of being connected in AA or NA meetings and creates a desire to continue the meetings after the course is over.

Addicts and Alcoholics begin to see the program working in their lives and don’t want to stop meetings.

### Begin Recovery is Perfect for those:

- Just beginning their recovery.
- Who either cannot afford, or who lack access (geographical) to, the kind of treatment they need.
- Whose quality of recovery may be poor and they need this sobriety coaching program to be combined with once a week individual counseling sessions and once weekly professional support groups to get back on track.

### Online Nurse Support Groups

- Are slacking on 12 step meeting attendance.
- Who’ve missed one or two drug screens and further action is about to be taken if they don’t do something.
- Have been doing OK in recovery, but suddenly are faced with some kind of traumatic event that puts a great strain on his/her sobriety and needs a net under them to shore up their recovery.
As happens all too frequently, insurance limits force them to leave treatment too early.

Don’t appear to be in a quality state of recovery in the opinion of his/her counselor, aftercare group facilitator or case manager.

Begin Recovery is Perfect for:

• When they’re assessed as drug/alcohol “abuse” or mild SUD and needing treatment will not be recommended by the addictionist. In this instance, Begin Recovery offers a great option. It will guarantee they have received 14 hours of substance dependence education and they receive a personalized graduation certificate upon completion.

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BeginRecovery.com Users

We are approved and used by several Peer Assistance Programs across the South.
Doing Online Facilitated Support Groups or Individual Counseling Sessions.

Online Professional Support Groups

- Weekly facilitated support groups do NOT have to be done in person.
- Many of those being monitored are long distances from these groups.
- In speaking to various Peer Assistance Groups, it is not always easy to find a qualified therapist in every area of the state and there is a turnover rate of qualified facilitators.
- Groups are usually limited to about 10 and you can both see and hear them.
- If done correctly, it is encrypted and therefore privacy and HIPPA compliant.
- It is not expensive to get an agreement with a company that will handle this for you.

There are Several Companies Offering HIPPA 128 bit Encryption to be HIPPA Compliant

I will feature a few here for each of you to check into and compare price, service and simplicity of use.
Must be encrypted (128 or 256 encryption level)
Should be easy to set up and use
Should provide high quality video/audio pictures and sound
Must be affordable
Must have good technical support
Must be able to accommodate multiple people on the screen at the same time
Work extremely well for Professional Mandated and Facilitated Support Groups
Especially useful when no Facilitated Professional Support Group nearby.

Securetelehealth.com. HIPPA compliant.

- Strong audio/video HIPPA compliant encryption
- PHI (Protected Health Information) is secure
- No unauthorized PHI disclosures
- Requires that customer (professional recovery program) signs a HIPPA business associate agreement
- Encryption includes any data presented, Power Point presentations and white board presentations
- Their software does not track patients’ names or other identifiers
They use Securetelehealth.com
They now do three telemedicine nurse support groups a week via this format.
Barbara McGill, MSN, RN, and President of NOAP says she is very pleased so far.
She told me to tell you to feel free to ask her about her experience.
Anyone Anywhere AA meeting
Tuesdays and Thursdays at 10:30 Eastern time
https://zoom.us/j/9739556491
Or call one of two numbers:
408 638 0968
646 558 8656

There are MANY online meetings available now. Find via Google.

AA Speakers On Line and on YouTube

This is a great resource for listening to Speaker AA Meetings

Online AA Speakers Categorized

www.recoveryaudio.org
Medical Professionals are often broke or nearly broke after treatment and possibly jobless.

We need to help provide ways for them to keep up their required CEU’s to keep their license current.

Affordable CEU’s for Professionals

Continuing Education Credits via the Internet

CEU’s for Nurses
Daily Reflections Free for Phone

https://play.google.com

Other Recovery Apps for Phone

Costs about 5 dollars for each one.

Non-Medication Holistic Treatment of Anxiety and Depression

https://revolutioner.com/benefits-3/
Entrainment is the brain’s response to rhythmic sensory stimulation.
Your brain synchronizes with electronic impulses.
The soundtracks are imbedded within the sounds of the music, which makes them unnoticeable to the listener.
Each day the user listens to a unique 12 minute soundtrack.

Addicts/Alcoholics become dependent on certain brainwave activity and the lack thereof can produce cravings.
Studies have shown that addicts lack alpha range brainwaves (8Hz to 12Hz).
Revolutioner brain training can “reset” the brainwaves to avoid the need for drugs/alcohol to combat anxiety, restlessness and discontentment.

Tests done in the 1980’s by Henry Adams, Ph.D. with the National Institute of Mental Health showed that using this technique combined with a brief anti-alcohol suggestion resulted in a 55% decrease in alcohol consumption.
According to Peninston and Kulkosky in 1990, 80% of addicts who received brainwave stimulation in the alpha/theta range (3Hz to 12Hz) stopped using drugs to regulate mood.
It is touted to enhance mood and increase emotional stability.
In another study by David Cantor, Ph.D. with 16 participants who went though this brain wave entrainment over a period of 4 weeks showed a large reduction in the Beck Depression Inventory-II scale for depression.
A pulsing tone of 10 beats per second will result in brainwave synchronization which stimulates Alpha waves (which are 10 Hz).

Each 12 minute soundtrack restores and enhances the amplitude of your Alpha brain waves, resulting in better brain functioning and eliminating depression.

After a few days, you will begin to notice the difference.

This may be a better way than medication, or enhance the benefits of medication for those with co-occurring depression or anxiety. And may help addicts/alcoholics.

My philosophy is: It's none of my business what people say of me and think of me. I am what I am and I do what I do. I expect nothing and accept everything. And it makes life so much easier.

- Anthony Hopkins

"Knowledge comes from learning. Wisdom comes from living."

- Confucius
Q & A

Thank you!

Questions and Answers

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