

**Manage. Resolve. Create.**  
 solving the problem of addiction

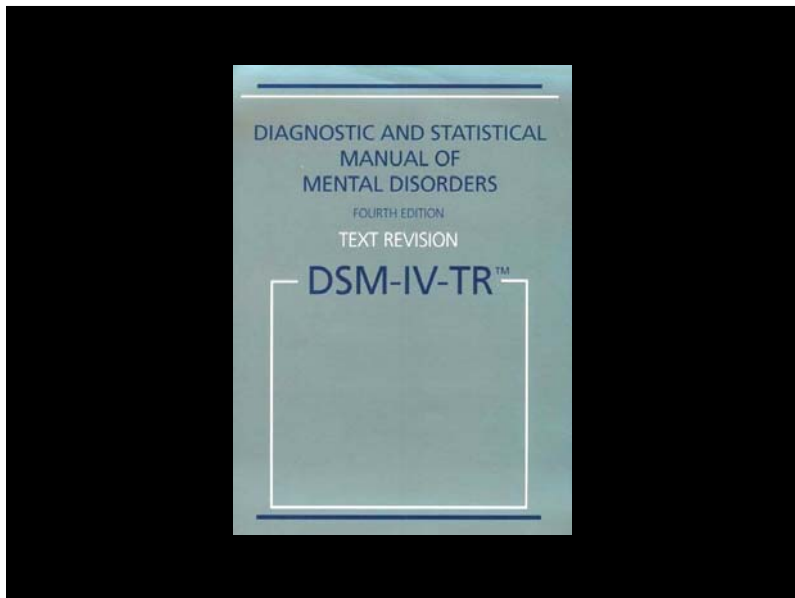
John Fitzgerald, PhD, LPC, CAS

Permanent solutions for addiction  
 necessitate learning how to replace  
 adaptive relationships with objects,  
 with nurturing relationships with people.

**What is addiction?**

**What is the solution?**





Risk Factors	Domain	Protective Factors
Early Aggressive Behavior	Individual	Impulse Control
Lack of Parental Supervision	Family	Parental Monitoring
Substance Abuse	Peer	Academic Competence
Drug Availability	School	Antidrug Use Policies
Poverty	Community	Strong Neighborhood Attachment



### Abuse

Psychological (by parents)

Physical (by parents)

Sexual (anyone)

Emotional neglect

Physical neglect

### Household

Substance Abuse

Mental Illness

Parental Separation/Divorce

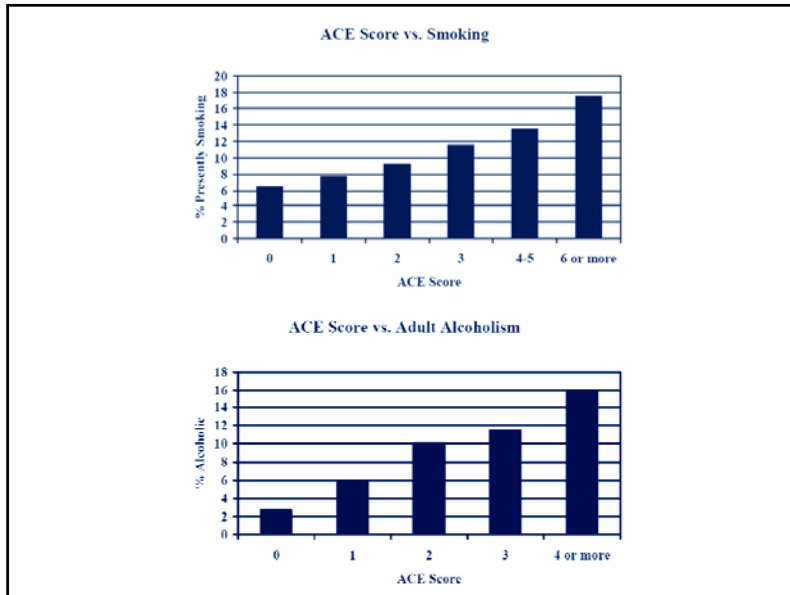
Mother Treated Violently

Imprisoned Household Member

Number of Adverse Childhood Experiences (ACE Score)	Women	Men	Total
0	34.5	38.0	36.1
1	24.5	27.9	26.0
2	15.5	16.4	15.9
3	10.3	8.6	9.5
4 or more	15.2	9.2	12.5

### Strong, graded relation to ACEs

Smoking	Attempted Suicide
COPD	Revictimization
Heart Disease	Teen Pregnancy
Diabetes	Fractures
Obesity	Promiscuity
Hepatitis	STDs
Alcoholism	Poor Job Performance
Other Substance Abuse	Poor Self-Rated Health
Depression	Violent Relationships



“Addiction is not a brain disease, nor is it caused by chemical imbalances or genetics. Addiction is best viewed as an understandable, unconscious, compulsive use of psychoactive materials in response to abnormal prior life experiences, most of which are concealed by shame, secrecy, and social taboo.”

Vincent J. Felitti, MD

## The Irreducible Needs of Children

What Every Child Must Have to Grow, Learn, and Flourish

T. Berry Brazelton, M.D.  
and  
Stanley I. Greenspan, M.D.

1. Nurturing relationships
2. Physical protection, safety and regulation
3. Individually-tailored experiences
4. Developmentally appropriate experiences
5. Limit setting and healthy boundaries
6. Stable, supportive communities
7. A future protected

# Free Market Society



9/11  
Iraq War  
Katrina  
Gulf Oil Leak  
Social Networking

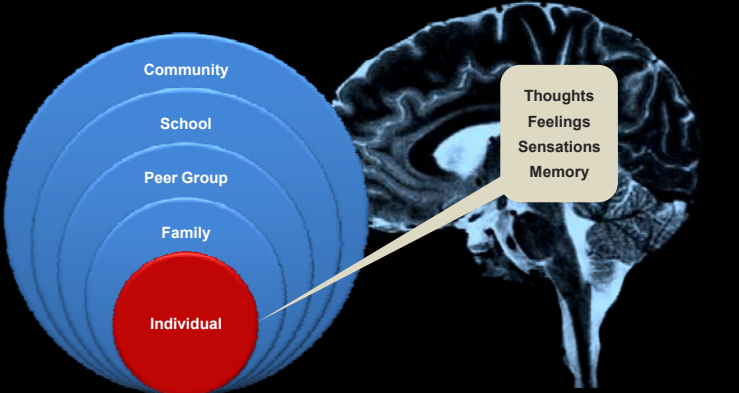
## Dislocation



relationships

alcohol  
gambling  
drugs  
sex  
food  
internet

### Addictive relationships are complex systems



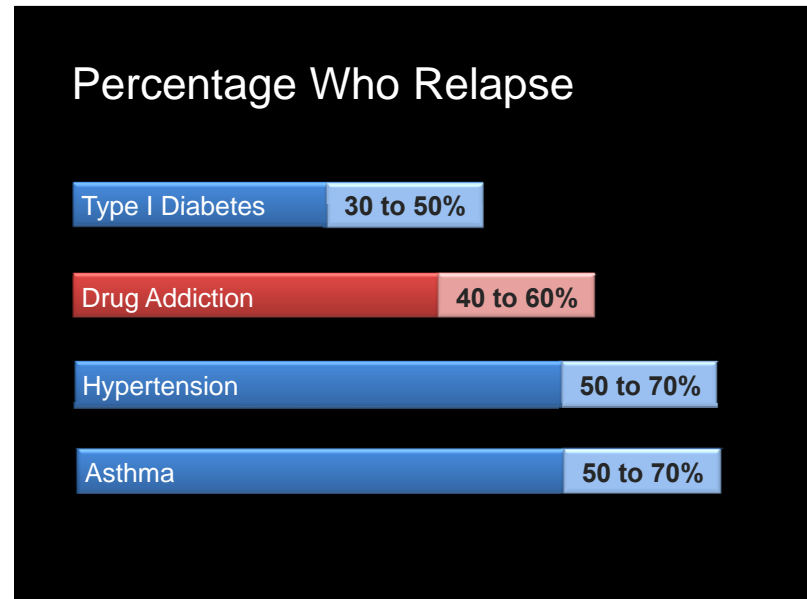
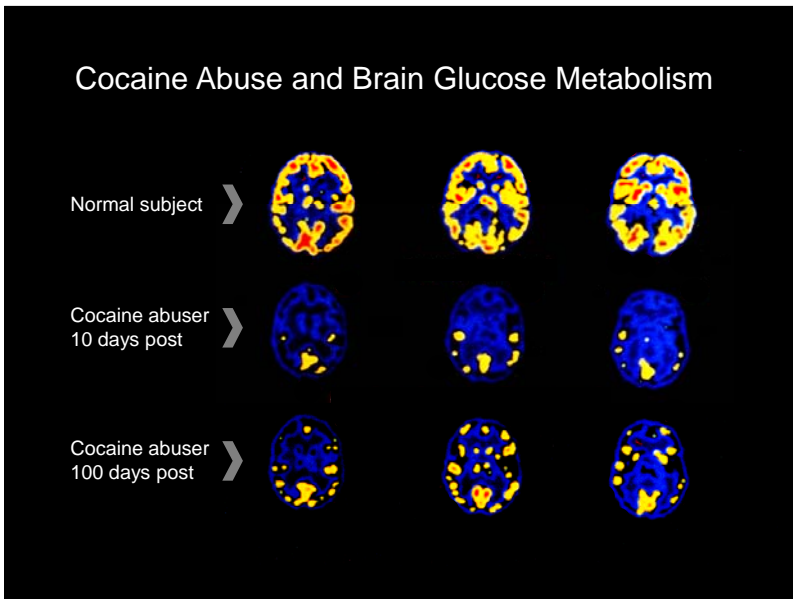
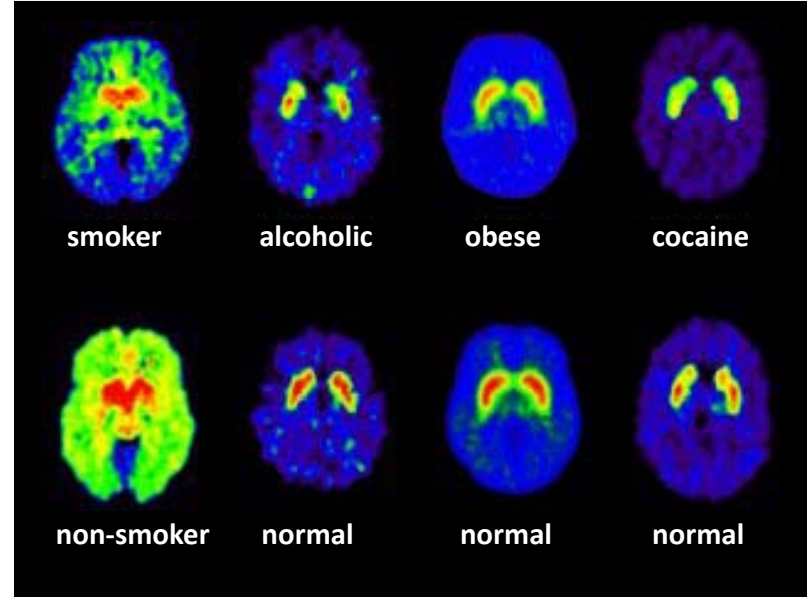
Community  
School  
Peer Group  
Family  
Individual

Thoughts  
Feelings  
Sensations  
Memory

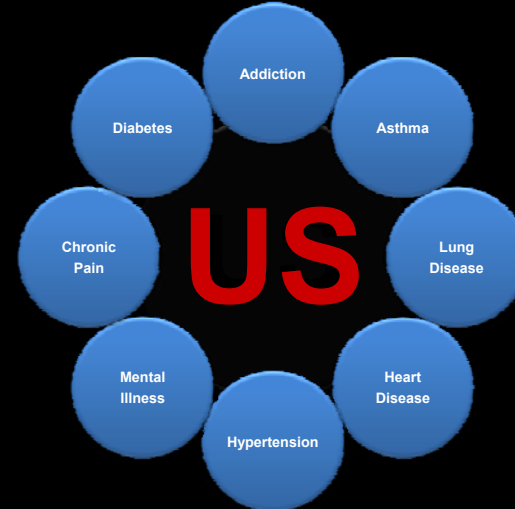
### Dopamine Index

Cheeseburger	1.5
Sex	2
Nicotine	2
Cocaine	4
Meth	11

Source: UCLA Integrated Substance Abuse Programs

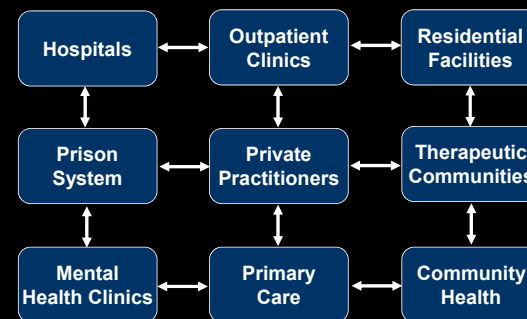


More than 75% of U.S. healthcare spending is on people with **chronic conditions**.



**What is the solution?**

## Addiction Treatment System



< 10 % **get help**

~ 60 % **drop out**

> 60 % **relapse**



## MRC Solution



It is an individual  
change strategy  
*and*  
organizational  
treatment framework

## 1: Systems Approach

Addiction &  
chronic issues



**Manage**

ACEs &  
dislocation



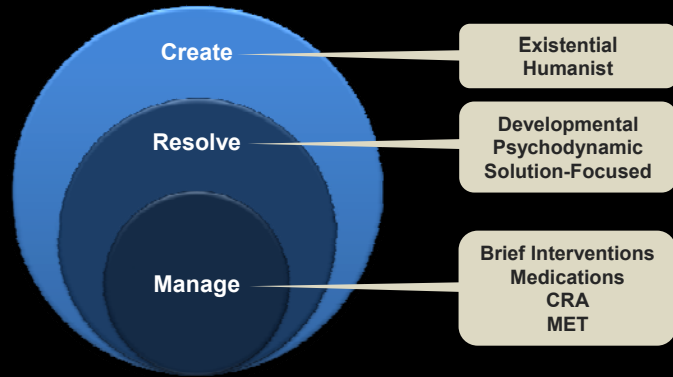
**Resolve**

Good life &  
purpose

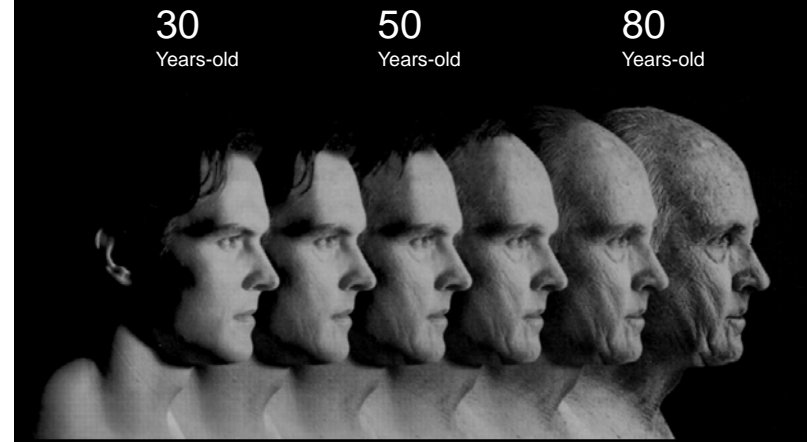


**Create**

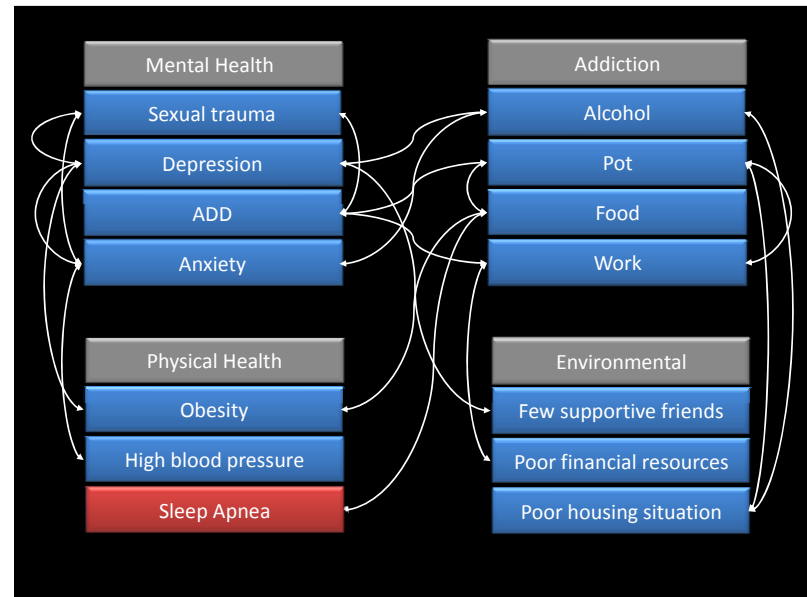
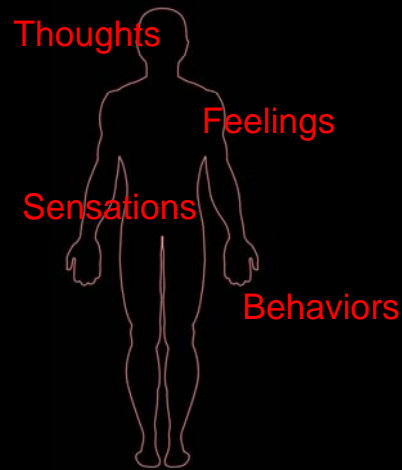
### 2: Adaptive

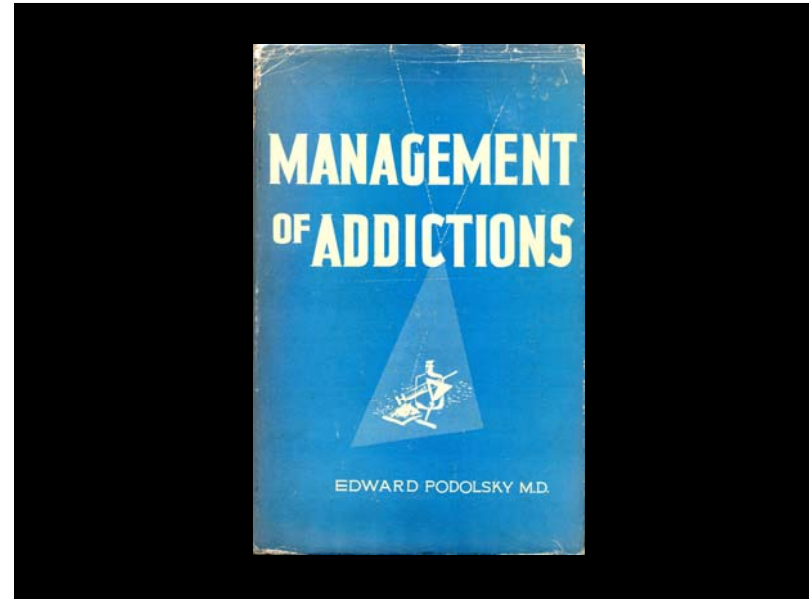
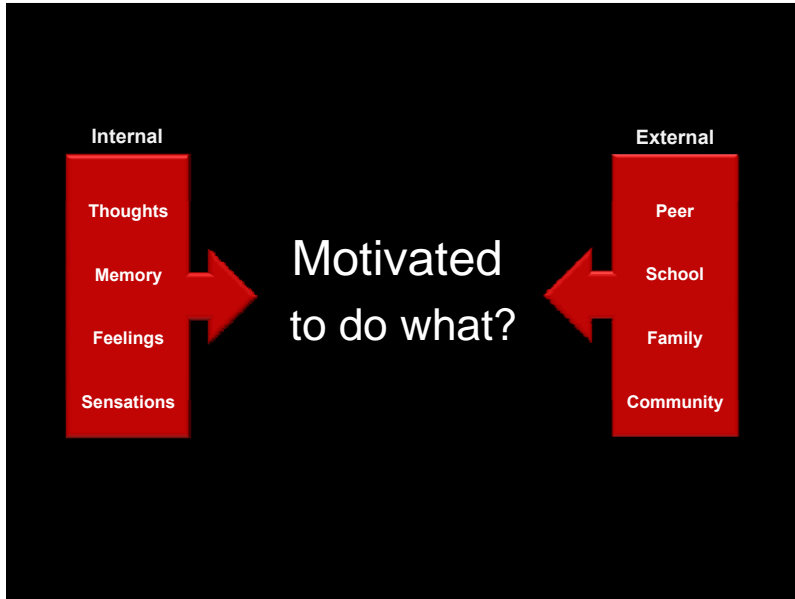


### 3: Developmentally Attuned

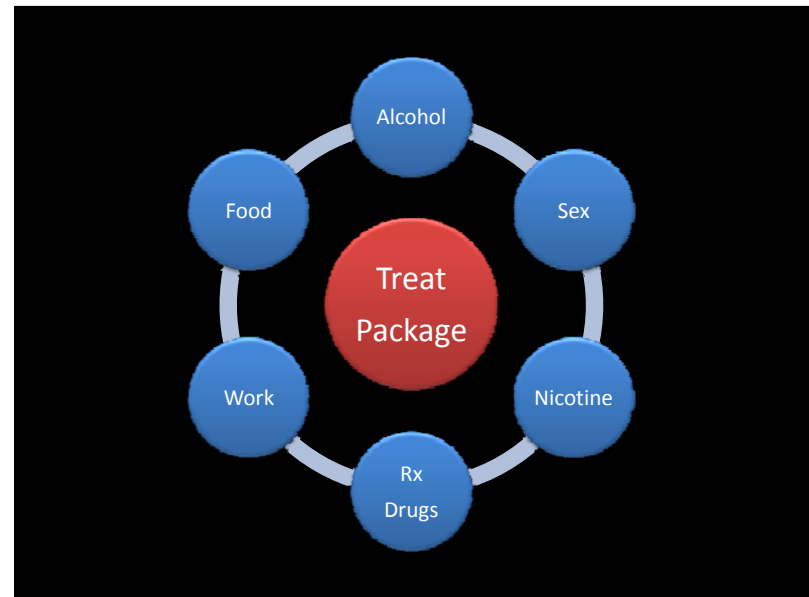


### 4: Integrative





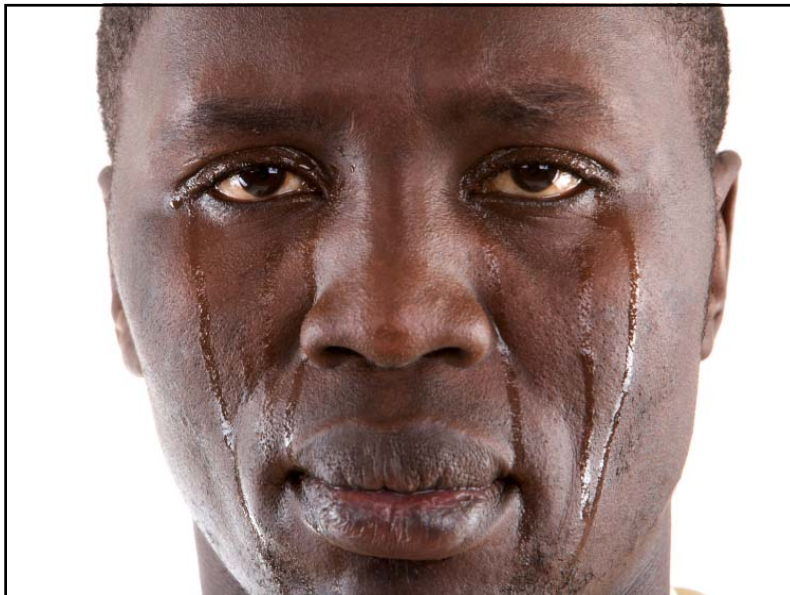
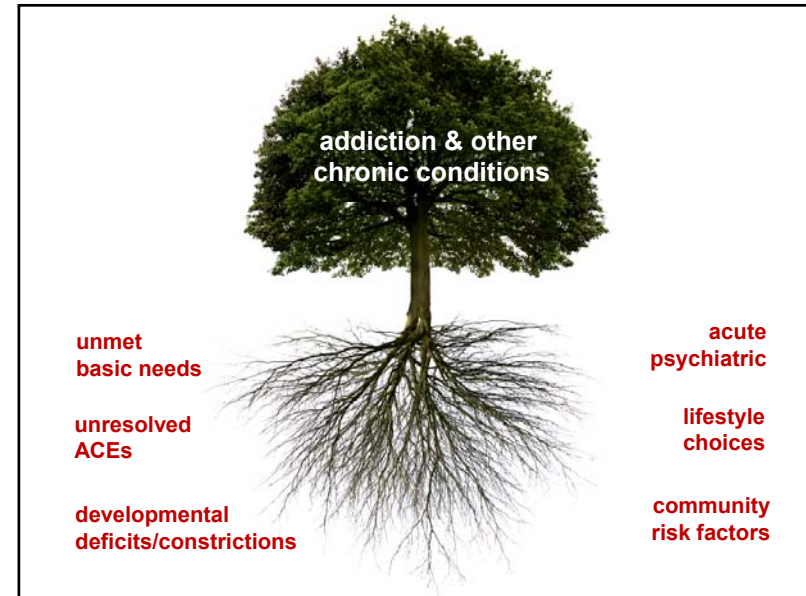
<b>Chronic Condition</b>	Addiction	Hypertension	Heart Disease	Diabetes
<b>Condition-specific Interventions</b>	Opioid-Blocker, Methadone	Diuretics, Beta-blockers	ACE Inhibitors, ARBs	Insulin, Diabetes Pills
<b>Shared Interventions</b>	Stress Management	Friendship Networks	Motivational Interviewing	
	Diet	Goal Setting	Brief Interventions	
	Sleep	Spirituality	Collaborative Team	
	Exercise Program	Community Supports	Helping Relationships	



## Evidence-based vs. Common practice

Treatment Modality	Rank Order	Evidence Score
<b>Brief interventions</b>	<b>1</b>	<b>390</b>
<b>Motivational Enhancement</b>	<b>2</b>	<b>189</b>
<b>GABA agonist (Campral®)</b>	<b>3</b>	<b>116</b>
<b>CRA</b>	<b>4.5</b>	<b>110</b>
<b>Self-change manual</b>	<b>4.5</b>	<b>110</b>
<b>Opiate antagonist (Revia®)</b>	<b>6</b>	<b>100</b>
Twelve-step facilitation	37	-82
AA	38	-94
Residential treatment	40	-102
Psychotherapy	46	-207
General alcoholism counseling	47	-284
Education (tapes, lectures, films)	48	-443

Source: What works? A summary of alcohol treatment research in R.K. Hester & W.R. Miller (Eds.), Handbook of alcoholism treatment approaches: Effective alternatives (3<sup>rd</sup> ed.), 2003, Allyn & Bacon.



**Developmental Skills**

- Self-regulate
- Engage in relationships
- Two-way communicate
- Solve problems
- Create ideas
- Bridge between ideas

# Lifestyle Design

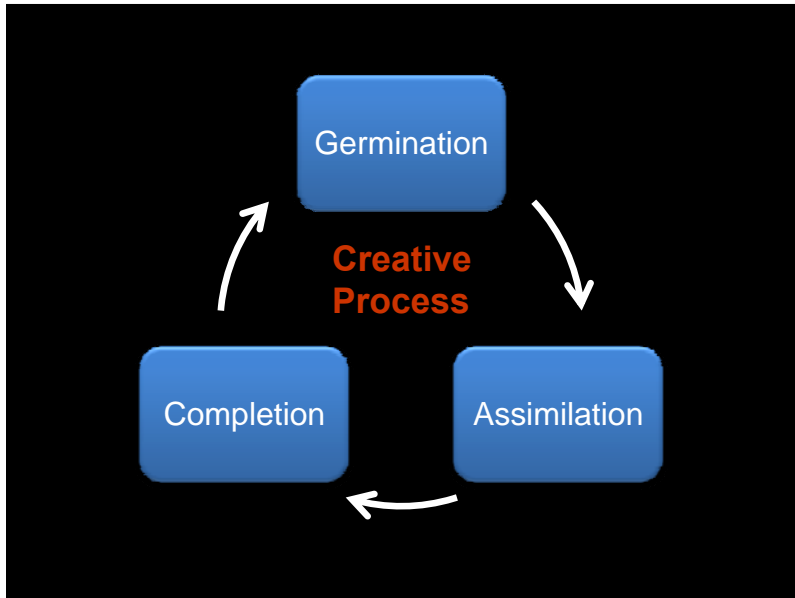
We excel at making a living but often fail at making a life.  
We celebrate our prosperity but yearn for purpose.  
We cherish our freedoms but long for connection.  
In an age of plenty, we feel spiritual hunger.

David G. Myers



All children are artists.  
The problem is how to  
remain an artist once  
he grows up.

*Picasso*



Me to We

Spread the **MRC Solution**  
[www.addictionmanagement.org](http://www.addictionmanagement.org)

Take action today!