



ADDICTION AND RECOVERY

The third of a three part series

In this final part of my experiences with addiction I will be discussing recovery. Being in recovery is more than just not using drugs rather it is psychological and spiritual. There is more than one method than can be used to achieve recovery. Personally, I work with the 12 steps of recovery that origin-ated with Alcoholics Anonymous. This program is spiritual in nature. The first three steps begin recovery.



In Step One we admit we are powerless over our addiction – that our lives have become unmanageable. In other words, as I have already touched on in my previous articles about addiction, we have no control over our addiction. Once we realize that, humanly speaking, we cannot overcome our powerlessness to our addiction, we are left with a lot of negative feelings such as: emptiness, hopelessness, fear, and depression. Have faith, hope, and courage, there is a way out of active addiction. (Cont'd on page 2)

PLEASE SUPPORT OUR FAMILY IN NEED (SEE PAGE 3)

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Step Two states that we come “to believe that a power greater than ourselves could restore us to sanity.” This step is all about surrender.

We cannot do it ourselves but if we put our faith in a power that is greater than ourselves this power can and will set us free from active addiction. Drugs will no longer control our lives. We are open to living a life of meaning, purpose, and happiness. A person does not have to believe in God or be religious to do this. To quote Darlene Lancer, JD, MFT: “That power can also be a sponsor, therapist, the group, the therapy process, or a spiritual power.” As time moves, on our faith becomes stronger and solid which helps us be more successful in our recovery.

Step Three states that “we made a decision to turn our will and our lives over to the care of God *as we understood Him.*” In our addiction we gave our will and lives over to drugs. Now we need to turn it over to something else, either God or what you personally believe is your higher power. Let your higher power take over your life. Seek from your higher power, the power to let spiritual principles guide the way you live. Personally I try to show love and compassion towards others and I also try to be gracious and merciful towards others.

I have only touched on recovery briefly but I hope that I have given enough information to help anyone with an addiction problem get started on the road to recovery. I suggest that if our readers have the disease of addiction, they should seek professional help from a psychiatrist, psychologist, addictions counselor, or any other mental health professional.

Have faith, hope, and courage: recovery is truly possible.

By Tony Legere



References:

Darlene Lancer, JD, MFT, “Recovery Using the 12 Steps.” [PsychCentral](http://PsychCentral.com). 14 July 2013.

Mental Health Education Needed in Schools

During his Go-To training program in Halifax in March, Dr. Stan Kutcher spoke to educators concerning the recognition of mental health issues among students in the province’s schools. This was part of **Speak Up**, the province’s plan to address bullying and cyberbullying in schools. “As a general rule, young people who have a mental disorder are much more likely to become victims of violence than they are to do violence to others,” Kutcher, a psychiatrist at the IWK Health Centre and a professor at Dalhousie University, told reporters. Between the ages of 12 and 25, one in five people will develop a mental disorder. Kutcher added, “So what we’re trying to do is identify them as soon as possible and get them to (treatment) as soon as possible.”

Students often turn to teachers, guidance counselors, school psychologists or social workers for help when dealing with social and emotional issues at school. These professionals may not always have the tools to identify mental health issues with particular students. The province of Nova Scotia is working with Dr. Stan Kutcher to provide his Go-To training program for educators to learn how to recognize mental health problems and connect students with the supports they need. The goal is to have five trainers in each school board with about two Go-To educators in every school.

The two-day training program included sixty-five guidance counselors, school psychologists, mental health clinicians, SchoolsPlus staff and social workers in Halifax. The SchoolsPlus program allows government and other services to be delivered to families via schools and serves all children, youth, and families, particularly those for whom additional supports and services are needed for their success.

By Melinda Cadarette

Source: Colley, S. 6 March 2013. “A lesson in mental health for educators.” Retrieved from <http://schoolsplus.ednet.ns.ca/content/lesson-mental-health-educators>

Think about It: An Exploration of Rumination

Seemingly uncontrollable, your thoughts continue like a series of recordings selected at random. You can't stop or maybe you don't want to stop. If you think about it a little longer, you believe a solution to your problem will appear. Round and round they go, your thoughts ride a merry-go-round. Mesmerized, you find it impossible to stem the tide. Suddenly, you are exhausted and wish you could stop.

This is rumination and it is not healthy. Research has shown that "rumination is associated with a variety of negative consequences, including depression, anxiety, and post-traumatic stress disorder, binge-drinking and binge-eating." The research was conducted by Susan Nolen-Hoeksema, a psychologist and professor at Yale University. Rumination increases feelings of helplessness and can lead to the paralysis of problem-solving skills and can even lead to the alienation of people who had previously been supporters. Nolen-Hoeksema explains her finding that women ruminate more than men by suggesting that women are more concerned about their relationships.

Elizabeth Scott, editor of the Stress Management Newsletter, breaks rumination into two components, reflection and brooding. Reflecting on a problem can lead to a solution to a problem and allows for the working through of strong emotions. Brooding, replaying of thoughts and events over and over again, leads to a negative mood and more stress.

Rumination in general leads to increased stress, a negative frame of mind, the inability to take charge of and solve problems and self-sabotaging behaviors such as binge eating. A link has also been found between hypertension and rumination.

Ways to reduce rumination include:

- Take your mind off it by doing something active; distract yourself from your thoughts
- Problem solve by identifying one concrete thing you can do to help solve your problem
- Practice positive self-reflection by concentrating on the concrete parts of a situation and the improvements you can make

By Heather Frenette



Why Ruminating is Unhealthy and How to Stop. Margarita Tartakovsky. World of Psychology. <http://psychcentral.com/blog/archives/2011/01/20/why-ruminating-is-unhealthy-and-how-to-stop/comment-page-1/>
Rumination – How Rumination Affects Your Life. Elizabeth Scott. <http://stress.about.com/od/psychologicalconditions/a/rumination.htm>

WORKING FAMILY IN NEED

The **working poor** are people who work but whose incomes fall below a given poverty line.

While poverty is often associated with joblessness, a significant proportion of the poor in our community are actually employed. The wages the working poor receive are insufficient to provide basic necessities and lead to people making choices between having food on the table or heat in the house. Largely because they are earning such low wages, the working poor face numerous obstacles that make it difficult for many of them to find and keep a job, save up money, and maintain a sense of self-worth.

YOU CAN HELP

Shelter Me and CMHA Kings have chosen a Family in Need and are taking donations to assist this family with some home improvements before the winter is upon us again. If you would like to make a donation please call the Canadian Mental Health Association- Kings branch at 902-679-7464 or 902-679-7573.



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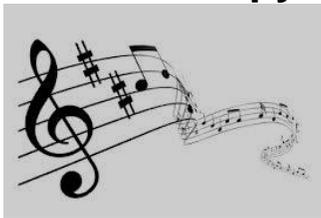
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Music Therapy



(Music therapy) can make the difference between withdrawal and awareness, between isolation and interaction, between chronic pain and comfort -- between demoralization and dignity.

-Barbara Crowe (past president of the National Association for Music Therapy)

Music therapy has always existed in one form or other, for it was recognized in ancient times by healers who used it as a means of driving away illness and promoting peace in the community. It was only recognized as a profession as recently as the 1950s when musical instruments were provided to veterans in US Veterans Hospitals to help ease the psychological effects of the war.

So what is a music therapist and how is music used to help people? A music therapist is a credentialed professional who has obtained a music therapy degree from an approved university. Treatment begins with an assessment of an individual's goals, and then the development of a suitable program based on this assessment. The program may include singing, creating, movement, and listening to music. The idea is that through music, a client's skills are strengthened which may also benefit other areas of life. Music also provides alternative ways of communicating for those who have difficulty expressing themselves in words and also motivates them to become involved in their treatment plan. It also gives emotional support to them and their families.

The benefits of music therapy are great. Music can relax the body, ease muscle strain, promote healing, improve productivity and sharpen memory and learning. Studies show that music therapy reduces stress, relieves habitual pain, and provides a means of self-expression. This professional and therapeutic intervention addresses one's needs whether they are emotional, mental, physical, or psychological. Although music is used as a form of treatment for patients, its healing effects benefit everyone, especially young children and older adults.

Music affects the emotions. Just as kicking a soccer ball around or undergoing an intense aerobic workout gives vent to stress, banging on piano keys or listening to a song that has a particular meaning for you pulls your feelings out even when you are not conscious of what they are. Music also motivates you to move, to create, and to feel according to the mood of a musical piece. The positive effects of music are valuable to all of us.

By Dena Walker

References

<http://www.musictherapy.org/about/quotes/>

<http://musicworkswonders.org>

***For more information please read the "Nordic Journal of Music Therapy" and "Australian Journal of Music Therapy" which is available at the public library. To learn more about what a music therapy session involves, check out the following website: <http://www.musictherapymaven.com/what-is-a-typical-music-therapy-session-like/>*



A Mental Health Perspective Mission Statement:

The purpose of this newsletter is to bring faith, hope and courage to members of the local mental health community of Kings County, Nova Scotia, as well as others who are involved with a mental, emotional or psychological condition.

Donations (cheque or money order) to support this newsletter and other important programs and services can be made to CMHA, 11 Opportunity Lane Suite 3 Box 10 Coldbrook NS B4R 0A5

Staff & Volunteers

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