

# **Integrated Motivational Recovery for Adolescent with Substance Abuse : An Initial Reflection**

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# A Person with Addiction/ Substance Abuse

## As a person:

1. A holistic person (Integration mind, body, emotion, self system, meaning of life)
2. A developmental person (childhood, adolescence, adulthood, aging)
3. A existing person (past, present and future)
4. A Unique person (unique experience, personality, will and decision)
5. A surviving person (struggle, endeavor, traumas, coping and resilience)

## As addiction/ Substance

1. Types of substance/ addiction
2. Physical, social and psychological Harmful effects of substance/ media of addiction
3. Process, dosage, intensity and frequency of substance and addiction
4. Sources, ordinance and supply and demand of substance and media of addiction
5. Venue, format, related aspect of substance abuse/ media of addiction

# Various Orientations

Focus on Substance

Focus on Person

Focus on How substance/ media of addiction seduce and affect the person

Focus on Why the person being tempted and absorbed by the addiction

Focus on how the person changed by the substance/ media of addiction

# The Challenges of in Working with Clients with Substance Abuse:

1. Clients in a stage of endless social and self isolation from normal society
  2. Clients that are highly unmotivated to quite from addiction and have frequent relapse
  3. Clients in spontaneous physical and mental deterioration
  4. Clients in endless physical and social temptation
  5. Clients are resistant, tempting and testing
  6. Clients may encounter numerous crises, self harm, emotional fluctuation and emergency
1. Workers in a stage of professional isolation from clients' subjective experiences and contexts of substance abuse.
  2. Workers feel unmotivated and helpless in working with clients with frequent relapse and drop out from service
  3. Workers feel a sense of impotence and helplessness in facing and understanding complicated mental illness and physical illness
  4. Workers are frequently challenged by clients in their simplicity and naïve in facing physical temptation
  5. Workers may be highly defensive or go native in facing endless temptations and testing.
  6. Workers feel fatigue, burn out and tense in facing clients' intensive emotions, crises and emergency

# Pathological Coping of Professionals in working with Clients with Addiction

- Isolated practice
- Apathetic practice
- Depowered practice
- Keep clients at a distance
- Labeling clients as unmotivated to change
- Straight application of models and skills without considering the suitability to clients to prove that they are professionals
- Diagnosed clients' mental problems and physical problems and referring out to medical professionals
- Hospitalization, Legalization, Medicalization served as the professional defense

# Re-articulation of Adolescent with substance abuse

## Label and Articulation

- Substance abusers
- Patients with physical and mental illness
- Juvenile delinquents
- Problem adolescents
- Adolescents with substance abuse
- Adolescents with frustration and difficulties in life

## Focus of Intervention

1. Drugs, Substance and Addiction (Social Control of Drug and Sanction of Addiction)
2. Physical Deficits and Illness (Medical Treatments)
3. Moral and Illegal Deviance (Punishment and Correction)
4. Personal and family problem (solution and remedies)
5. Subjective experiences and Gratification in addiction (Understanding and healthy life as replacement)
6. Hindrance and burdens in Adolescents' development (Support, Need, and Facilitation of adolescents development, removal of hindrance in various contexts)

# The Vicious Cycle in Addiction & Substance Abuse

## Vicious Cycle in Substance Abuse

- Deprivation and Difficulties in Life / Boredom/ Hindrance in life development
- Exposure and Availability of Drug
- Stimulation and Excitement as well as Substitution by Substance Abuse
- Further Deprivation/ Boredom/ Hindrance
- Psychological/ Physical/ Social Dependence on Addiction
- Social Isolation, Social Exclusion/ Self Isolation together with Psychosocial and physical impairments
- Further Substitution/ Stimulation by Intensive Substance Abuse
- Total Reliance and self exclusion by Substance Abuse

## Vicious Cycle

### Occurs in:

Body experiences  
Emotion  
Attachment and relationship  
Stress and Coping  
Self Assertion  
Meaning of Life

# Service, Intervention and Orientation

## Intervention and Service

**De-doxification and Harm  
Reduction**

**Residential Care and  
Therapeutic Community**

**Spiritual Recovery**

**Outreaching and Community  
Based Service**

**Peer Advice, Mentoring and  
Guidance**

**Individual and Family Work**

**Motivatioanl Interviewing,  
Counseling and  
Psychotherapy**

## Challenges

**Drug Oriented Vs Problems Vs  
Person Oriented**

**Social Control Vs Humanistic  
Concern**

**Institutionalization Vs  
Community Integration**

**Isolation from Society Vs  
Resistance from Temptation**

**Frustration in Life Vs Self  
Inflicted Harm**

**Deterioration Vs Will to Recover  
Child Vs Adolescent Vs Adult**

# Levels: Ideologies and Models

Level 1 Models: Using 'Psychiatric Drugs' to Deal with  
'Psychotropic Drug (*Medical treatment and de-toxification*)

Level 2 Models: Separation of Persons with Substance Abuse  
to Availability of Drug (*Residential Care, Therapeutic community  
and hospitalization, Isolated Spiritual Recovery*)

Level 3 Models: Helping Persons with Substance Abuse to  
Resist from Drug (*Peer counseling, Mentoring and Guidance,  
Motivational Interviewing*)

Level 4 Models: Dealing the 'Persons' of the Persons with  
Substance Abuse so they do not need to use drug to  
gratify themselves (*Counseling, Family work, psychotherapy,  
Casework, Normalized life and respect*)

Level 5 Models: Developing a Supportive and Caring Social  
Environment so that no one Need to Take Drug (*Community  
resilience, Networking, Work & Vocational Training*)

# The Integrated Motivational Recovery of Adolescent with Substance Abuse

## Ideologies:

- **Motivating** Adolescents to Change from Substance Abuse to Healthy Life Activities
- Developing Adolescents' Potentials and Resilience to **Recovery** to Substance Abuse
- Facilitating Adolescents to **Integrate** into Constructive Normal Community Life and Development

# Motivating Clients to Change

## Process of Changes (Miller & Rollinick, 1991)

1. **Pre-contemplation** (The individual does not aware that a problem exists and would generally be surprised to learn that others perceive a problem)
2. **Contemplation** (The individual become aware that other perceive a problem and vacillates between considering change and rejecting it (Ambivalence about change))
3. **Determination** (The client is determined to change)
4. **Action** (The client intentionally act, with or without assistance, tolerating about change)
5. **Maintenance** (Help the client to identify and use strategies to prevent relapse)
6. **Relapse** (Client may cycle among stages of determination, action, maintenance, and relapse until long term maintenance occurs  
(Motivation, Aspiration, Necessity, & Interpretation to Change))

# Social Integration

Inclusive Peer system

Inclusive School system

Inclusive Family system

Inclusive Community



Develop Inclusive Support  
Network

Negotiate a Gradual  
Inclusion Process

Prepare Clients to Include  
in Normal Integrated Life

Integration as a client right

Integration as an Inherent  
urge to relate with other  
(Integrated Tendencies)

Integration as a way to  
detach from absorption in  
substance abuse,

Integration as a duties and  
responsibility of related  
professionals

# Recovery of Addiction (Betty Ford Institute)

Definition: a voluntarily maintained lifestyle composed of sobriety, personal health and citizenship'

Recovery as a lived experience

Recovery as away from addiction/ temptation

Recovery as a connectedness with families and community

Recovery as a mission, goal and commitment

Recovery as an acceptable and accountable process

(White, 2007)

# Intervention Pattern in Integrated Motivational Recovery

1. Practice Empathy, Acceptance and Respect for Adolescents with Substance Abuse
2. Help Adolescent to beware of the Vicious Cycle of Addiction and provide measure to prevent further deterioration and potential risks
3. Explore, Recognize and Understand Adolescents' Deprivations and Difficulties in Life behind their addiction
4. Facilitate Adolescent to express, ventilate and accept their emotional turmoil, anxious and insecure attachment, unhealthy coping, sense of inferiority and meaninglessness of life behind their prolonged Addiction
5. Connect, Build Rapport and Use of Transference with Adolescents to facilitate their determination and change to recovery
6. Establish a Healthy Supportive and Inclusive Network For Adolescents with Addiction for Recovery
7. Develop Adolescents' ability, interest, potentials, and strengths to live a normal life and contribution the society.

# A Final Remarks

Are we concern harm or concern recovery in substance abuse intervention?

Do we care about our service accountability or care about clients' needs and experience?

Do persons with addiction addict to substance, experience or his own deprived need?

Can we really control clients from all sorts of temptations?

Is our intervention effective in helping clients to resist temptation, gratify deprived needs, as well as reconstruct client's dignity, competence and ability to live an integrated and normal work, family and community life.

How do the client perceive our intervention and service. Do they really know what we are doing?

# Further Reference and Readings:

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