

SUD Support Newsletter

Authority & Quality Improvement Services

November 2019

SUD Support Team

Azahar Lopez, PsyD, CHC
 John Crump, LMFT
 Joey Pham, PhD, LMFT
 Emi Tanaka, LCSW
 Angela Lee, LMFT
 Erica Spencer, MS, HCM
 Olga Gutierrez, MHS
 Marsi Hartwell, Secretary
 Faith Morrison, Staff Assistant

CONTACT
aqissudsupport@ochca.com
 (714) 834-8805

CalOMS Late Submission Rate	
Jan	17.7%
Feb	17.9%
Mar	9.5%
Apr	12.6%
May	9.6%
Jun	10.5%
Jul	9.2%
Aug	9.4%
Sep	11.3%
Oct	8.7%
Nov	13.3%

WHAT'S NEW?

We have a new Diagnosis Stand-Alone Form, which is to be completed by the LPHA at any point during treatment that falls between re-assessment periods. The "Justification for change/update to diagnosis" field is required to be completed with information pertaining to how the client meets the diagnostic criteria for the new diagnosis.

The LPHA can bill for the time spent completing the "Justification for change/update to diagnosis" field of the new Diagnosis Stand-Alone Form as a billable individual counseling note. The determination of a new diagnosis based on new or updated information is considered an assessment or re-assessment activity that falls under individual counseling.

If the LPHA is also the counselor working with the client directly and has had an interaction with the client that has resulted in the need for a diagnosis change, the LPHA would complete a



Upcoming Documentation Trainings

- January 22nd (1 day)*
- February 26th (1day)*
- March 9th & 11th (2 day)
- March 25th (1 day)*

*Prerequisites: ASAM A and ASAM B

For both county staff and contract staff: e-mail us at AQISSUDSupport@ochca.com or MHartwell@ochca.com.

9 Reasons Not to Drink or Use during the Holiday Season

Need some extra reasons not to drink or use drugs this holiday season? We've got you covered with these 9 benefits of staying sober. Keep this list or just take a mental note to remind yourself not to give into the urge this season.

1. No Embarrassing Behaviors

Drinking and using too much can bring out our wild side. Skip the table dancing at the company party, the brawl at the bar, passing out at the parents' house or the number of other embarrassing things we do when intoxicated and celebrate the dignity of maintaining control this year. Your future self will thank you!

2. Build Your Confidence in Your Ability to Pass Up Drugs and Alcohol

Take on the challenge of saying no during this time of indulgence. This experience of not giving into urges will set you up with a framework for success the next time you are faced with a choice of giving in or staying sober. Use this time to flex your confidence and show yourself you can stay sober (because you definitely can!).

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More of What's New?

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billable individual counseling note for that session. If the LPHA completes the new Diagnosis Stand-Alone Form on the *same day* as the session with the client, the LPHA can write one billable progress note. This progress note will account for both the time spent with the client (Face-to-Face time if the interaction was in-person) and time spent working on the form (Non-Face-to-Face time). If the LPHA works on the form on a different day than the interaction with the client, there would be two separate individual counseling notes.

If the need for a diagnosis change was determined based on a consultation between the non-LPHA who is the primary counselor for the client and the LPHA, the LPHA would bill individual counseling for the time spent working on the form. The consultation can be billed as any other case consultation between two providers.

In either case, there should be documentation to show how the need for a change in diagnosis came about.

Addiction as Mismatched Desire

Addiction develops when desire goes unchecked. Desire is a fundamental aspect of human life, and learning to manage desire is part of normal human development. Overcoming addiction is a special case of managing desire. Overcoming addiction is therefore managing desire.

In the Western tradition, life is about satisfying desire. Some desires have their own names: hunger, thirst, greed, lust. Otherwise, we speak of desiring (seeking, wanting, wishing for) various objects and situations in our lives. We feel these desires with varying degrees of intensity. We spend our time identifying, sorting and acting on our desires. We attempt to satisfy those reasonably within our reach. We feel lucky when we get something we were not sure we could obtain, and disappointed when we miss out on something we thought was within easy reach.

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Building Trust in Recovery

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Often, building trust with loved ones is a significant part of the recovery process. It is not uncommon for people in the midst of an addiction to engage in lying, sneaking, and other behaviors that create a loss of trust in relationships. While it can be daunting to think about repairing your important relationships, here are 5 ways to help you manage the process:

1. Be patient

First and foremost, recognize that rebuilding trust takes time. Addictive behaviors may have occurred over a span of many years, so it is not realistic to think that you will be able to regain trust immediately. Your friends and family members have their own feelings to work through, so give them time and space for that. It is normal to want to make things better right away in order to avoid discomfort or pain, but it is important to allow the necessary time for healing.

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The stuff of daily life is effort expended to satisfy desire. We work or go to school, possibly because we are satisfied by these activities in themselves, but also because we earn or hope to earn money to purchase items and experiences, to satisfy our desires. We seek satisfaction (we might also call it pleasure). What money buys will bring us satisfaction directly, or position us to obtain satisfaction. Besides money making, we engage in many other activities that are means to other ends. Those ends ultimately can be described as satisfaction, or as happiness. There are vast differences in what individuals find satisfying. There are also vast differences in their capacity to accept new satisfactions in place of old. Changing one's satisfactions is central to overcoming addiction.

Conflict is also the stuff of daily life. Conflict occurs when one person desires this, and another desires that, or the same person desires both this and that (two incompatible things). In addiction a conflict can occur, for instance, between a desire for substance-induced euphoria, and a desire for health. Recognizing and examining this conflict are the first steps to managing addiction, just as they are for managing other conflicts. Both sides need to sit at the negotiating table and air their agendas before resolution can be found.

If there is no conflict there is no addiction. Under certain circumstances what might look like addiction is not addiction, because the conflict does not exist. "Morphine addiction" in the terminal patient is a clear example.

We can outgrow earlier or excessive pursuits (and the desires that prompt them), by developing equally (even if somewhat differently) satisfying pursuits. Freud called the process of reaching higher satisfactions 'sublimation.' Socrates called it ascending the 'ladder of love.' Our goal is to transform desire itself. Otherwise we are, in varying degrees, slaves to it. Our hard-wired desires, or drives, such as hunger, prompt us to do what we need to do to survive. Our learned desires motivate us to pursue experiences that lead to pleasure, satisfaction, and at times, euphoria. Without desire we would not survive, nor pursue activities. We would have no reason to. However, desire can be unmanaged or mismanaged. Addiction is one form of this mismanagement.

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3. Connect With Family

Sure, we get it if you are not exactly looking forward to heading home for the holidays, for many of us, family is a sore subject. However, you can still use this time to connect with others and maybe build/re-build some relationships. What about that cousin you have never really gotten to know? Or your sister who you haven't really seen? Now that you are sober, you have the mental capacity to ask some thoughtful questions and really listen to their answers. It is worth a try and who knows, you just might walk away excited about the spark of a new connection.

4. No DUI

This one is a no-brainer. Nobody wants to be in trouble with the law, and it is no secret that the holiday season is the peak season for DUIs. Avoid being a statistic by not even putting yourself in that situation in the first place. If you do not get drunk or high, you cannot drive while under the influence.

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In severe addiction, our learned desires (those related to satisfaction) appear to become confused with our hard-wired desires (those related to survival: food, sex, attention from others). Over time, our satisfactions actually decrease, but we pursue our addictions as if our survival depended on them. Even though our survival is not at stake, we act as if it is! Fortunately, it is possible to overcome this situation. Although the path to recovery can be long, getting onto that path requires recognizing that by acting on some of our desires we are not surviving, but perhaps killing ourselves!

Reference: retrieved from <https://www.practicalrecovery.com/addiction-as-mismanaged-desire/>

2. Be honest

When attempting to repair a loss of trust, honesty is definitely the best policy. Even a minor lie will bring up old wounds and memories of past hurts, so make sure that you are truthful in your communications.

3. Be transparent

Go beyond simply being honest and make an effort to be as forthcoming and transparent as possible. Trust will start to rebuild more quickly if your loved ones feel like you are openly sharing information, and they will not have to pry. To the extent that you feel comfortable, tell your loved ones about the steps that you are taking in your recovery and your typical daily activities. They will feel grateful to be included in the process.

4. Follow through

Reliability is an important component of trust. If you say you are going to do something, do it. Show that you are dependable and that your word really does mean something.

5. Be understanding

While you have taken significant steps toward recovery, your family members may need time to recognize and appreciate the changes you have made. Your loved ones are also likely to have a lot of anxiety about the possibility of a slip, which is understandable considering that slips are part of the recovery process for many people. Be understanding of the fact that your friends and family have to go through their own process of change, and that they will have their own feelings to manage and work through. They will likely make mistakes, so try to be compassionate rather than defensive. Like you, they are probably doing the best they can.

Reference: Retrieved from <https://www.practicalrecovery.com/prblog/building-trust-in-recovery/>

5. A Holiday to Remember

How many holidays can you really remember? The increased drinking and using during this time of year makes it easy to go overboard and blackout. Make this year one to remember by deciding not to drink or use, and allow yourself a chance to collect some special memories.

6. No Guilt

If drinking and using brought you feelings of shame and guilt, this could be a strong motivator not to give into the addictive behavior. If you do not give in, you will not have to face the consequence of feeling disappointed in yourself. Make a choice you know you will feel great about and leave the guilt behind.

7. No Hangover

If you do not drink or use, you do not have to worry about those nasty hangovers or crashes that can be a nasty follow-up to holiday fun. If you are tempted to imbibe, think a few steps ahead and picture the next day spent hungover or coming down. Skip the alcohol and drugs and treat yourself to something fun the next day instead.

8. Head into the New Year with a Healthy Start

Many of us have done years of damage to our bodies and now we are finally nurturing ourselves and healing from all that drinking and using. The holiday season is no reason to take a break from self-care. Not using and drinking gives our body a break and allows us to start the New Year right.

9. Be a Good Role Model for the Kids

Whether you have your own or are around someone else's, be a positive influence on the kids this year. They are likely surrounded by adults who are celebrating and in the party spirit, show them what it looks like to have fun without alcohol and drugs.

Whatever your motivation is for staying sober this holiday, remember that while you cannot control temptation, you *can* control your response to it. Stay the course and commit to getting through temptation without giving in because recovery really is the best gift you can give yourself!

Reference: retrieved from <https://www.practicalrecovery.com/prblog/9-reasons-not-to-drink-or-use-during-the-holiday/>