



LOMA LINDA UNIVERSITY
BEHAVIORAL MEDICINE CENTER

Staying with Sobriety

SPRING 2012

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We want to hear from you

To inspire our readers and recognize your accomplishments, we would like to feature your story in one of our upcoming newsletters. Please send us a personal article or poem depicting your experience with addiction and/or alcoholism to:

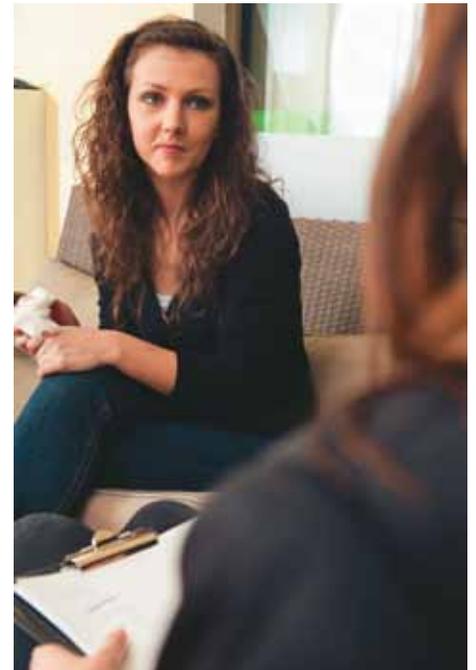
Attn: Elaine Coyazo
LLUBMC
1710 Barton Road
Redlands, CA 92373

The Complexities of Treating Dual Diagnosis

It is often surprising to hear that research has shown that approximately 60% of those with an addiction disorder also have some type of co-occurring mental health issue. These findings make chemical dependency treatment more complex for the patient and more challenging for the treatment center. Traditionally, individuals who suffered from what is known as Dual Diagnosis or Co-Occurring Disorders were treated first for one part of the illness and then the other by completely different professionals, often in separate facilities. More often than not, this did not produce the best outcomes for patients. It meant that many of those seeking treatment for alcoholism/addiction were not getting their mental health needs met.

It is helpful to understand that dual diagnosis is defined as someone who suffers from a diagnosed mental health disorder in addition to having a substance dependency problem, which may include alcohol, drugs, or prescription pills. For an individual to be considered a true dual diagnosis patient, they must show the symptoms for both diagnoses independently. This means they have substance dependence when not depressed or manic and display their mental health issue when not under the influence or withdrawing from substances.

Some of the problems that are encountered include the stigma that is often attached to one or both parts of the diagnosis. Often the patient doesn't want to admit to any history of problems that



may point to a mental health problem for fear of being labeled in some derogatory fashion. Or they may continue to be in denial of their substance dependence and/or do not want the label of addict or alcoholic. Mental Health patients often have been given medications which may be effective in treating their mental health symptoms, but are either non compliant with taking the medications or are using addictive substances that make it all but impossible for the medication to work.

The outcomes today for those with dual diagnosis are greatly improved due to improved treatment methods. Professionals in Mental Health and Addiction are now using a unique approach which is treating both illnesses

Meet Jennifer Fuchs, Family Therapist

Jennifer Fuchs' two years at the LLUBMC has proven to be a very rewarding experience for her. As a family therapist for the Chemical Dependency program Jennifer has the opportunity to not only treat her patients but also their families. Jennifer holds a Masters degree in Marriage and Family Therapy from Loma Linda University and a Master's degree in Psychology from Walden University.

The family therapist is part of the multidisciplinary treatment team at LLUBMC. She interacts very closely with the medical director, addiction counselors and nurses in order to achieve the best possible outcome for each of her patients. In her role Jennifer meets with her patients to discuss ways to cope with their issues in order to treat their addiction. During the treatment process

she brings in the patient's family because addiction affects the entire family. Educating and providing the family with skills will improve the patient's chances of successful recovery.

When asked what she enjoyed most about her job she stated that working with patients and family members in a group setting is definitely at the top of her list. In the groups that she facilitates, she often marvels at the wisdom and insight that people in recovery are able to offer to each other. This confirms her belief that people hold all of their own answers, and she feels fortunate to work in a position where she can help guide them to these answers.

Working in a culture where people love what they do and have been employed for many years contributes to this



healing environment. At the LLUBMC, Jennifer feels that she's truly living out the health system's motto which is to "make man whole".

At a Glance

46th Annual AA Gratitude Picnic

Sunday June 3, 2012
Sylvan Park in Redlands

Join us from 10:00 a.m.–4:00 p.m. Lunch served from 11:00 a.m.–1:30 p.m., Speaker Meeting at 2:00 p.m. Adults \$7, children \$4, 2 and under free. Burgers, hot dogs, beans, salads and chips – please bring a potluck dessert. Will include raffle prizes, volleyball and horseshoes, children's games DJ music and more

For further information call Inland Empire Central Office 909-825-4700

AA Desert Pow Wow

Thursday–Sunday, June 7–10, 2012
Renaissance Esmeralda Resort and Spa
Indian Wells, CA

Come and join in with AA and Al-Anon Meetings, including speakers, young people's meetings and more. Also will include ice cream social, banquet, 10 K run, and dance.

For further information see www.desertpowwow.com or call SherAli J 760-321-6568 or Sandy W. 760-776-1066

XIV California Inland Region Convention of Narcotics Anonymous

Friday–Sunday, June 29–July 1, 2012
Palm Springs Renaissance Hotel
888 East Tahquitz Canyon Way
Palm Springs, CA

Enjoy 24-Hour Marathon Meetings, speaker meetings, Spanish speaking meetings, hospitality room, pool side bands, dancing and much more.

For more information, please visit www.circna.com.

Recovering Alumni Association Weekly Meetings Thursday Evenings

Don't forget to come and join the alumni group for weekly meetings, bingo, celebrations and family fun. Come to the gym at the BMC every Thursday evening at 6:00 pm.

Recovering Alumni Association Pizza and a Movie Third Sunday of Each Month

Also come and enjoy pizza and a movie the third Sunday of every month for only \$10 per person. Meet at Antonius Pizza at 12:30 for the pizza, soda and movie ticket to Krikorian theater.

For more information please call Darlene H. 909-792-9005

Dual Diagnosis and the Family

Much like in addiction, it is important for family members of dual diagnosis patients to receive support while their loved one is in treatment. Providing care to someone with a chronic illness can put a heavy burden on a family – emotionally, financially, and sometimes even physically. In a study of female addicts with a co-occurring mental disorder, Biegel et al. (2007) found that caregivers without social support experienced higher levels of stress and worry. Recognizing a caregiver's own needs is often overlooked as the patient becomes the focus of both the family and of treatment. But it is important to maintain one's own health and receive

support separate from the patient. Family groups similar to Al-Anon are run for family members affected by addiction and mental illness, as well as other groups at various locations in the Inland Empire. Some resources are listed below.

- ♦ **Mental Illness Support Group**
For families and friends of the mentally ill.
Shepherd of the Hills Church
Rancho Cucamonga, CA
Information: 909.820.5987
- ♦ **Campus Hill**
Loma Linda, CA
Information: 909.496.3703

- ♦ **Codependents Anonymous**
Trinity Church
Information: 909.335.7333
- ♦ **Families Anonymous**
Redlands, CA
Information: 909.796.3510

Jennifer Fuchs, MS
Family Therapist

Biegel, D. E., Ishler, K. J., Katz, S., & Johnson, P. (2007). Predictors of Burden of Family Caregivers of Women with Substance Use Disorders or Co-Occurring Substance and Mental Disorders. *Journal of Social Work Practice in the Addictions*, 7(1/2), 25-49.

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The Complexities of Treating Dual Diagnosis

simultaneously. Often a patient must go through a medically assisted detox completed under the care of physicians, nurses and chemical dependency counseling staff to get them safely off the addictive substances and ready them for dual diagnosis treatment. Treatment consists of ongoing consultation with a Psychiatrist, Therapists, and Addiction Treatment specialists all working together with one goal in mind: long term success for the patient.

The patient becomes involved in group therapy using cognitive behavioral therapy, dialectical behavior therapy, process groups as well as didactic groups designed to educate the patient about their mental health issues as well as their substance abuse issues. Patients will work on developing effective tools (e.g., new coping skills, non-addictive medications, etc.). They are also required to attend daily twelve step meetings such as Alcoholics Anonymous, Narcotics Anonymous, or Dual Diagnosis Anonymous and are

encouraged to build sober support as well as obtain a sponsor to help them learn the recovery process. The family is encouraged to be active in the process as well.

The goal with dual diagnosis treatment is to encourage patients and their families to let go of the stigma and denial while improving mental health and addiction recovery. Patients are encouraged to build a spiritual connection and to develop a sober supportive recovery system with others who have learned that staying clean and mentally healthy is a one day at a time process.

Written by the following counselors/therapists at Loma Linda University Behavioral Medicine Center:

Vern Holm, AODC
Rob Decker, MA
Rik Rusovick, PhD

When You're Feeling the Heat of the Fire...

In Malachi 3:3 of the Old Testament, God is referred to as a “refiner and purifier of silver”. This puzzled some women in a Bible study and they wondered what this statement meant about the character and nature of God. One of the women offered to find out the process of refining silver and get back to the group at their next Bible Study.

That week, the woman called a silversmith and made an appointment to watch him at work. She didn't mention anything about the reason for her interest beyond her curiosity about the process of refining Silver.

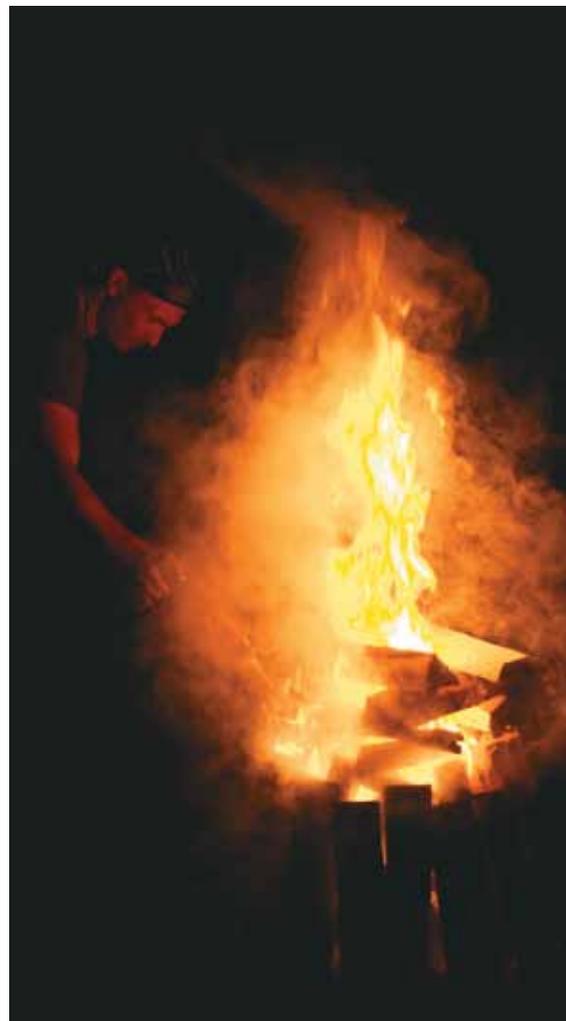
As she watched the silversmith, he held a piece of silver over the fire and let it heat up. He explained that in refining silver, one needed to hold the silver in the middle of the fire where the flames were hottest as to burn away all the impurities. The woman thought about God holding us in such a hot spot; then she thought again about the verse that says: ‘He sits as a refiner and purifier of silver.’

She asked the silversmith if it was true that he had to sit there in front of the fire the whole time. The man answered that yes, he not only had to sit there holding the silver, but he had to keep his eyes on the silver the entire time it was in the fire. If the silver was left a moment too long in the flames, it would be destroyed.

The woman was silent for a moment. Then she asked the silversmith, ‘How do you know when the silver is fully refined?’ He smiled at her and answered, ‘Oh, that's easy—when I see my image in it.’

If today you are feeling the heat of the fire, remember that God has his eye on you and will keep watching you until He sees His image in you.

D. Leigh Aveling, DMin, LMFT
Chaplain, Loma Linda University Medical Center



Believe and act as if it were impossible to fail.

—Charles Kettering



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BEHAVIORAL MEDICINE CENTER

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Chemical Dependency Services
1710 Barton Road
Redlands, CA 92373

Please write to the address below if you wish to have your name removed from the list to receive announcements or notices introducing new services, health educational programs and events or products of Loma Linda University Behavioral Medicine Center. All reasonable efforts will be taken to ensure that your request is honored.

Promotional Services
c/o Access Center
245 East Redlands Blvd. Suite A
San Bernardino, CA 92408

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