

Tall Order

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About the Tall Order Newsletter

Issue 1 – 27 Jan 2008

Tall Order is a series of comprehensive reports on ideas, answers and solutions to the problem of addiction. We bring you material from ubiquitous sources. This Newsletter is slanted towards the practical and the real. In other words. . . **what now?** What's to do?

Real People

Contributions are chosen from a number of individuals who shall as the protocol of this newsletter dictates remain anonymous. However every one who writes and composes has a set of full contact details and can be asked questions about their compositions.

Timing & Content

Every few weeks or less if we are sent great material we will present a selection of interesting facts, snippets, articles etc. We shall also give links to the source material – informed comments in the form of articles & papers, speeches & lectures (audio), interviews & Seminars

AVMovies are collections of stills, words, song, instrumentals, videos and typography. We will build a series of ideas expressed in this way for the entertainment & education of our subscribers.

Social Treatment and Treatment Centres

Editor's Note

Certain drugs have been forbidden, in case we harm ourselves. The general approach in society has changed. 'Guidance' has gone out of the window and enforcement has taken its place. Black market suppliers and buyers alike are vilified and punished at expense to taxpayers, while ethical supply through doctors is almost impossible to obtain.

How do we treat addicts? Well if its a social drug pretty well. Lots of what they like is supplied liberally, they are encouraged to consume and there's peers by the score. Blame and shame riddles forbidden drugs.

Accepting all the facts as they are we have taken a look at some new treatments which do well when we want them to.

Lets think about this, results are what? Is a good result getting Johnny back to work? treading the mill? paying taxes, buying from approved suppliers and filling in forms. There's always another side to consider.

If this is about 'What's to do" there's more to life than selling the 'Big Issue' and we are going to get people back to....doing things they like. Creating, playing, contributing and being happy.

Where the system is failing the homeless. We want to plug in the gap - address the cause and the symptom.

This is not "How to get a better handout" it's about Direct Solution.

Articles don't reflect our view all the time. We hope to point you to a digestive (easy to digest) of interesting matters relating to the above.

We shall leave aside statistics of 'success rates' and such complex algorithms on what you might call success. They don't matter now. These expectations and forecasts mean little in the daily swings and roundabouts. All they do is to put limitations assessed by experts as a benchmark for the norm.

If astrology, numerology, energy cycles, Chinese astrology, business profiles, I Ching, Tarot, handwriting, physiognomy, Feng Shui and so forth, cast us into types – we shall never forget the word 'unique' and all its meanings to us.

Ollie Birchwood

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Re-hab

More than 170 treatment centres in the UK call themselves 'rehab' or recovery centres. Many more are taking on substance abuse, (more alcoholics) over eaters as well as workaholics and shopaholics, co-dependants, shoplifters. 2006/7, over 181,000 men and women used their services. That is an average through-put of 1000 a year per centre. With what successes ? and what is success anyway? Below are some types with a look at how they do what they do, and possibly why.

The PROMIS Recovery Centre

Promis, a large country house with a proper driveway hosts a family as they see it. They use whatever energy that arises out of NO TV to promote a community where they play games. They want to play them it's not a lesson or anything like that. 12 steps provides a foundation for the structure and meetings. Also there are plenty of events to look forward to - apart from family visits which are lightened somewhat by the atmosphere provided by friendly and rather understanding people who care for their guest patients.

They keep in touch very fluently with their alumni or past clients and have probably many stories of re-re-hab and ongoing support. They are long term faithful not drawing away because of no answers from their invitations and the news.

The founder Robert Lefever, his wife Margaret and his son Robin are the family who run Promis and are active in the field of addiction psychology. They are qualified both academically and by experience as a family.

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Phone (UK) 01304 841700 Email enquiries@promis.co.uk

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There is a growing trend in treatment centres to provide a non 12 Step approach to the patient. Brookside's Recovery protocol is one of them. They say:

"We now know that addiction is a medical disease – a disease which affects a person’s brain functions, behavior and health. Brookside Institute offers the only treatment protocol that combines the latest in neuroscience (brain), cognitive behavioral therapy and medicine to treat addiction and co-occurring disorders (dual diagnosis). "

A qualitative Comparison between the Brookside Centre's approach and Other Treatment Programmes

Brookside Recovery	Other Treatment Programs
<ul style="list-style-type: none"> Treats substance abuse as a brain-based disease, one that requires medical, neurological and behavioral treatment 	<ul style="list-style-type: none"> View addiction as a moral failing or illness attributed to a physical allergy that creates uncontrollable cravings coupled with psychological obsession
<ul style="list-style-type: none"> Access to the latest discoveries to treat addiction and co-occurring disorders: Brookside Institute neuroscience 	<ul style="list-style-type: none"> Do not have facilities or staff dedicated to innovations in neuroscience
<ul style="list-style-type: none"> Treats co-occurring disorders (dual diagnosis) such as ADHD, ADD, anxiety, depression, posttraumatic disorders and bipolar as part of a comprehensive treatment protocol 	<ul style="list-style-type: none"> Do not treat co-occurring disorders or use single psychiatric professionals instead of an integrated treatment team.

<ul style="list-style-type: none"> • Uses individual and group cognitive behavioral therapy (CBT) conducted by licensed, Masters level therapists 	<ul style="list-style-type: none"> • Rely on support groups (AA meetings) conducted by peers or limited therapy sessions conducted by unlicensed counselors
<ul style="list-style-type: none"> • Uses addiction medications (i.e. Suboxone, Naltrexone, etc.) to ease discomfort from cravings during withdrawal and other psychiatric medications where indicated for treatment of co-occurring disorders 	<ul style="list-style-type: none"> • Do not use addiction medications and do not offer medication management for co-occurring disorders
<ul style="list-style-type: none"> • Uses the latest in brainwave analysis (rEEG) and other breakthroughs in neuroscience 	<ul style="list-style-type: none"> • Do not use any diagnosis or treatment that target the focus of the disease – the brain in current thinking.
<ul style="list-style-type: none"> • Requires a multi-disciplinary team trained in the treatment of both addictive disorders and mental health issues that includes psychiatrists, <ul style="list-style-type: none"> • Physicians, neurologists, licensed Masters level therapists and nurses 	<ul style="list-style-type: none"> • Do not provide the same type of care or credentialed staff; most use unlicensed counselors often ex addicts thought to provide encouragement, for the majority of their program

A Recovery Protocol Through Science & Medicine

Brookside Institute is spearheading a new era of addiction and substance abuse treatment programs with a recovery protocol that includes breakthroughs in neuroscience (brainwave analysis), cognitive behavioral therapy (CBT), medication, and adjunctive therapy addressing a patient's own life. Individuals are supplied with a choice of multiple disciplines based on their own specific needs.

Complete Assessment

Drug and alcohol addiction begins with a full medical, social and psychological assessment. The physician will create a customized treatment program based on individualized needs and history.

NeuroScience Center

The Center is dedicated to providing skilled personnel and recent discoveries in science. It begins with a state-of-the-art brainwave analysis, (EEG - Electroencephalogram), that identifies areas of the brain which are not functioning at capacity. Their approach through the latest in non-invasive neuroscience technologies minimizes or eliminates the need for medication to treat addiction and/or co-occurring disorders.

This includes access to innovative, non-medication alternatives such as Neurofeedback and Magno-EEG Resonant Therapy (MERT), a new way to assess brain response and function. The rEEG (referenced Electroencephalogram) uses years of medication studies to help us quickly identify those medications that will best treat the individual

disorders if medication is recommended.

Addiction Medications

From heroin addiction to the prescription drug addict, opiate withdrawal creates high relapse rates, sometimes requiring hospitalization.

Brookside Institute uses the latest FDA approved medications including buprenorphine (Suboxone) to ease withdrawal symptoms. Naltrexone, an anti-craving medication, can help alcohol dependency and other addiction disorders. A short regimen of naltrexone may provide a critical period of sobriety, during which patients learn to stay sober without it. It is possible now to take medication once a month instead of every day.

Cognitive Behavioral Therapy

Medication aids assist in long-term recovery that is highly successful. CBT teaches how to identify and alter destructive thought patterns and behaviors. Also to discover and identify different ways of behaving, coping and re-framing formerly overwhelming issues. It is emphasized that the lifestyles and habits attached to addiction require major changes in the thought processes as well as behavior.

Patients receive **individual and group therapy sessions** conducted by a staff of licensed Masters level therapists none of whom are counselors.

Adjunctive Therapy

To counteract addiction and destructive co-occurring disorders, a wide range of adjunctive therapies are introduced, such as relapse prevention, psychodrama, creative expression, meditation and communication, techniques that can be integrated throughout a lifetime. Good nutrition and exercise are key aspects to physical fitness which is at the core of a healthy and happy existence.

Contact the Brookside Center. Give them a call +1(866) 405-8787.

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Practical Recovery Services

These centres are built around the premise of a 'cure' an **end** to damaging the self and others around in the process. Plain and simple.

They treat any kind of substance or activity addiction or obsession also using current scientifically supported treatments. They put an emphasis on the new knowledge (*editors' ref Bruce Lipton*) that behaviour can be changed at the level of DNA - to quote

*"Although biological predisposition is important, ultimately **addictive behaviour is learned**, not a disease: We have the power to change itSo set aside ideas about addiction as a disease, being an alcoholic or addict, lifelong recovery, lifelong support groups, and powerlessness, and consider an alternative."*

Their delivery of treatments ranges from VIP privacy to basic luxury. They start by accepting that no two cases are alike and give 'dual' diagnosis. Their point is - not only is everyone different but causes are mostly multiple.

One person may have minimum cravings and max recidivism built in. Another may not really be an addict and doesn't like it anyway but craves it like crazy -

