

WHAT IS RECOVERY?

Recovery Definition:

"process of change through which individuals improve their health and wellness, live self-directed lives, and strive to reach their full potential" - Substance Abuse and Mental Health Administration

There are four major dimensions of recovery in which we depend on to have a successful recovery. Keep in mind these dimensions are unique to individuals current lifestyle.

- **Health** Overcoming or managing one's disease(s) or symptoms, seeking help through a medical provider, making informed choices to support emotional and physical well-being.
- **Home** Having stable housing as well as an environment that will ensure success in your recovery. If that is not an option finding ways to manage the space you do have to reduce risk of relapse.
- **Purpose** Creating short and long term goals, finding what really drives you to help motivate your through your recovery. (Finding new hobbies, job, volunteer opportunities, etc.)
- **Community** Finding a support group through social networks, relationships, and resources. Having a connections with other individuals that are having similar struggles and or successes is key to recovery.

Find more information: www.samhsa.gov/find-help/recovery

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WHAT IS SMART RECOVERY?

The Self Management and Recovery Training (SMART) Recovery method helps students learn and apply the skills necessary to limit addictive substances and negative behaviors. Meetings are focused on learning new coping mechanisms, identifying triggers, managing thoughts/feelings and most importantly building and maintaining motivation.

We offer weekly SMART meetings open to all SDSU students who are interested in or are seeking recovery support. We have a diverse group of individuals who are all in different places in their recovery journey.

This is a great way to connect with others who understand what you are going through and provide a safe space for sharing your experiences. It takes a lot of courage to ask for help, but know that there are people who want to support you in your journey.

These hour long meetings are led by discussion and self-help worksheets in which we will review new tools using SMART.

Can't forget to include that we also offer free food at our meetings!

Find more information: www.samhsa.gov/find-help/recovery



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What is an addictive behavior?

Addictive behavior refers to a pattern of behavior that leads to compulsive engagement in certain activities and/or misuse of substances such as alcohol and other drugs.

If you suspect that you have a behavioral disorder, it is important to seek help and support. Talk to your doctor or a mental health professional who can provide you with a diagnosis and a treatment plan.

People want to help, you are not alone. It is important to be open and honest with your loved ones about your struggles and to seek their support as well.

Examples of common behavioral disorders:

 **Eating Disorders**

 **PTSD**

 **Gaming**

 **Shopping**

 **Sex**

 **Risky Behavior**

Please contact Counseling and Psychology for further support:

(619) 594-5220
sacd.sdsu.edu/cps

WHAT ARE THE SIGNS AND SYMPTOMS OF SOMEONE WHO MAY NEED RECOVERY SUPPORT?

Character/ Behavioral traits to look out for...

- Isolation
- Secrecy
- Defensive/ in Denial
- Blame Shifting
- Risky Behavior
- Stealing
- Lack of motivation
- Low self-esteem

- Depression
- Anxious
- Obsessive
- Compulsive
- Irritable
- Mood Swings
- Dishonest

continued...

CONTINUED.....

Life/Environment changes...

- Financial Struggles
- Academic problems
- Strained Relationships
- Difficulty keeping job
- Priority shifting
- Legal Issues
- Social Isolation
- Drinking at irregular times

- Weight gain or loss
- Neglecting appearance
- Changes in hair, skin, and teeth
- Withdrawal symptoms
- Weakening of muscles and bones
- Bloodshot or droopy eyes
- Bloody, runny, or sniffing nose
- Lack of Coordination
- Slurred Speech

Physical traits to look out for...

What are potential causes of drug use?

Coping Mechanism



Some individuals use drugs to manage stress or emotional pain. This is only a temporary quick fix which leads to misuse. They may not be aware of other healthier options to cope.



Environmental Factors

Such as poverty, growing up in a community in which it is very normal to misuse and access alcohol and other drugs. Other environmental factors may include exposure to trauma that usually tends to stem from childhood following into one's adult life.



Social Pressures

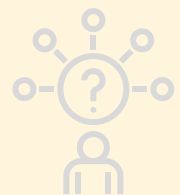


Social groups tend to peer pressure individuals into trying or doing things they usually do not do due to social pressures and expectations.



Curiosity

It is very common to hear about things and wanting to know what it is like to experience it ourselves. Without the knowledge/education of how a substance can impact one's life there is a higher risk of use.



New Freedom/ Self Discovery



Leaving home and family is a major life change. All of a sudden you have this freedom and the choice to be whoever you want to be. This is a time to experience new things and it is important to be mindful of the choices you are making.



Relationships

Sometimes people find that using substances "helps" new and current relationships. Many students report to feel more at ease when under the influence. Our goal is to help support our students have safe fun while building their self-esteem to have safe relationships with or without the use of substances.



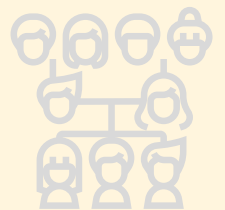
Social Media



Social media can create a pressure to conform to certain behaviors and lifestyles, which includes substance misuse. Research has shown that exposure to this content increases the likelihood of substance use and abuse.

Family History

If anyone in your family has a past of substance misuse there is a higher risk of substance misuse. Although one may be familiar with the consequences given seeing it first hand they are still more likely to fall into this pattern.



HOW DO I TELL MY FAMILY OR FRIENDS THAT I AM IN RECOVERY?

GOAL IN MIND

TO HAVE FAMILY AND FRIENDS SUPPORT THE CHANGES THAT ARE HAPPENING BY KEEPING THEM IN THE LOOP OF WHAT MY NEEDS AND WANTS ARE DURING MY RECOVERY. THIS IS ABOUT ME AND NOT ABOUT THEM.....

KEEP IN MIND

THERE IS NO RIGHT OR WRONG WAY TO DO THIS. USE THIS AS GUIDANCE TO WHAT COULD WORK IN YOUR SITUATION. HAVE A CONVERSATION WITH SOMEONE ELSE TO GET SOME FEEDBACK IF YOU FEEL THAT YOU ARE NOT READY.

Choose the Right Moment

- Decide if you would like to have this conversation in public or a private place.
- Make sure everyone is calm and sober.
- Only allow who needs to be present to be there.

Take Accountability

- Be willing to take full responsibility.
- Apologize if appropriate for past actions and decisions.
- This can be challenging, but it is an essential step.

Be Honest

- Honesty is key in rebuilding relationships.
- Lying is an unproductive coping skill which can actually set you back.
- This will create open communication within your circle which will allow them to be even more helpful/supportive.

HOW DO I TELL MY FAMILY OR FRIENDS THAT I AM IN RECOVERY?

Share Your Progress

- Be clear about what steps have been taken.
- Share your experiences good or bad.
- Involve them in your new journey if possible to create a better understanding of your recovery.

Prepare for All Reactions

- Everyone has their own experiences and perspectives.
- Some may be supportive while others could be dismissive.
- Try to plan how you will handle certain reactions you already may be expecting .

Communicate Wants and Needs

- Set boundaries with those who are unsupportive.
- Seek out additional support from those who are more understanding.
- Prioritize your own well-being.

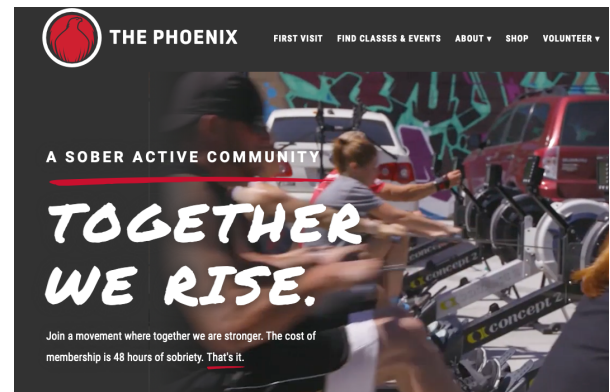


WHY IS COMMUNITY IMPORTANT IN RECOVERY?

Support • Accountability • Connection • Belonging •
Learning • Reducing Stigma • Inspiration

COMMUNITY ORGANIZATIONS

WE PARTNER WITH **THE PHOENIX** WHICH OFFERS MANY ACTIVITIES TO MEET NEW PEOPLE AND STAY BUSY IN SAN DIEGO ALL YOU NEED IS 48 HRS OF SOBRIETY



DISCOVER THE POWER OF COMMUNITY SUPPORT IN YOUR RECOVERY JOURNEY - FIND UNDERSTANDING, CONNECTION, AND INSPIRATION TO HELP YOU HEAL AND THRIVE

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HOW CAN I LIMIT MY ALCOHOL OR DRUG USE?

SET LIMITS

Create daily and weekly limits, write them down, and keep it with you at all times. This can help remind you and stay on track.

ASK FOR SUPPORT

Tell a friend who does not drink or use drugs about your limit and ask them to help you stick to it.

AVOID TRIGGERS

Certain situations, people, or places may trigger drug or alcohol use. Be aware of what these may be and consider distancing yourself.

MANAGE STRESS

Develop a set of healthy coping mechanisms to use when faced with stressful situations.

BUILD A ROUTINE

Engage in activities that promote a healthy lifestyle and help you avoid cravings. This can include exercise, hobbies, spending time with loved ones, or pursuing personal interests

CELEBRATE MILESTONES

Acknowledge and reward yourself for your achievements, both big and small.

WHAT ARE SOME COPING SKILLS AND TOOLS BENEFICIAL TO RECOVERY?

1 ATTEND GROUP THERAPY

Becoming an active member of a group who shares similar experiences is a great way to navigate the recovery process.

2 BE HONEST

Being open and accepting of emotions as they come can help reduce anxiety and stress.

3 PRACTICE SELF-CARE

Treat yourself with kindness and compassion through acts of self-care.

4 MINDFULNESS AND MEDITATION

Different techniques, such as deep breathing, can help build resilience and raise present-moment awareness.

**“ EACH DAY
AT A TIME**

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WHAT ARE SOME COPING SKILLS AND TOOLS BENEFICIAL TO RECOVERY?

5 THERAPY AND COUNSELING

Engage in individual therapy or counseling sessions with a qualified addition professional . They can help address underlying issues and provide valuable insights and support.

6 JOURNAL

Expressing feelings and gratitude through a daily journal can help process difficult emotions.

7 HEALTHY LIFESTYLE

Prioritize a regular routine that helps you feel your best, such as exercise, diet, and sufficient sleep.

8 COGNITIVE BEHAVIORAL THERAPY (CBT)

CBT strategies can be learned and practiced to deescalate situations.

“ LIVE YOUR PURPOSE ”

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Why am I having trouble being consistent in recovery?

Recovery is a dynamic process that requires suitable time to develop and maintain significant lifestyle changes. Consistency in routine is an important part, but may feel hard to achieve. Here are some common reasons that may influence maintaining consistency:

1. **Unrealistic Expectations:** Sometimes individuals expect their recovery progress to be linear, with constant improvement. However, setbacks and relapses are common in the recovery process. It's important to set realistic expectations and understand that setbacks are part of the journey.
2. **Inadequate Support System:** A strong support system is crucial for recovery. If you lack a supportive network of family, friends, or professionals, it can be challenging to maintain consistency. Consider reaching out to support groups, therapists, or counselors who can provide guidance and encouragement.
3. **Stress and Triggers:** Life stressors, challenging circumstances, or triggering situations can significantly impact recovery consistency. Identify potential stressors or triggers in your environment and develop coping strategies to manage them effectively.
4. **Self-Sabotaging Patterns:** Sometimes individuals engage in self-sabotaging behaviors that hinder their recovery progress. This could include engaging in negative thought patterns, avoiding support, or falling back into old habits. Recognizing these patterns and working on developing healthier coping mechanisms is crucial.
5. **Underlying Issues:** Recovery is not just about addressing the surface-level symptoms but also understanding and addressing the underlying causes of the problem. It's possible that there are unresolved issues or deeper emotional challenges that need attention. Exploring these underlying issues with a specialist can be helpful.

How does substance misuse and/or behavioral disorders affect my relationships?

- 1** Lack of honesty and lying are common in substance misuse and behavioral disorders, which can create **trust issues**.
- 2** Difficulty expressing yourself, understanding others' perspectives, and issues with openness can contribute to **communication problems** within your relationships.
- 3** Preoccupation or fixation with a substance or behavior can lead to **emotional distancing**, where you may feel detached from others and find it hard to make connections.
- 4** It can be common to form **codependency** on another person, where you rely on them for emotional or practical support. This can enable and perpetuate the cycle of behaviors.
- 5** When a substance takes priority, **responsibilities** can become **neglected**. As these duties fall to others, this can burden or strain relationships and create tension.
- 6** The stigma associated with substance use can make you distance or withdrawal yourself from others, creating **social isolation**.
- 7** 40% to 60% of intimate partner **abuse** (including physical and emotional) is linked with substance use disorder.



WHY SHOULD I HAVE NALOXONE (NARCAN™) ON HAND?



What is naloxone?

Naloxone (brand name Narcan™) is an opioid antagonist, meaning it quickly reverses the effects of an opioid overdose. It attaches to the opioid receptors in the body, blocking the effects of the drug and restores normal breathing.

Why is it important to carry naloxone?

Overdoses happen unexpectedly and require fast intervention in order to prevent death. Regularly carrying Narcan can save lives.

NARCAN UPSTANDER DISTRIBUTION PROGRAM

Fortunately our students have access to the Asynchronous Virtual Online Training which once completed gives you the tools to administer Naloxone to an individual who is overdosing.

Step 1: Complete online Training

Step 2: Pick-up personal supply of Narcan at Student Health Services Pharmacy

Step 3: Be ready to save lives!

Now including!

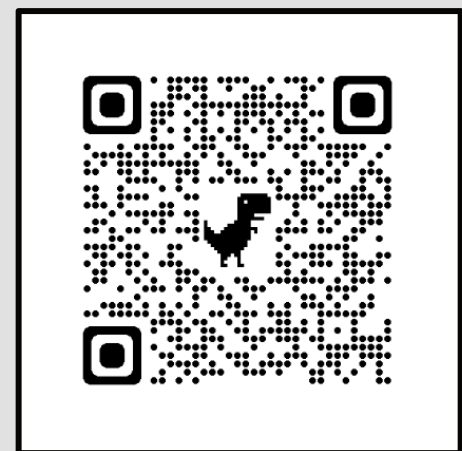


If you have any questions please contact:

Aaron Brown
Alcohol & Other Drugs (AOD)
Public Health Specialist

Email: adbrown@sdsu.edu
Office Location: Calpulli
Bldg., 3rd Floor, Ste 3201

QR Code to Complete Narcan Training



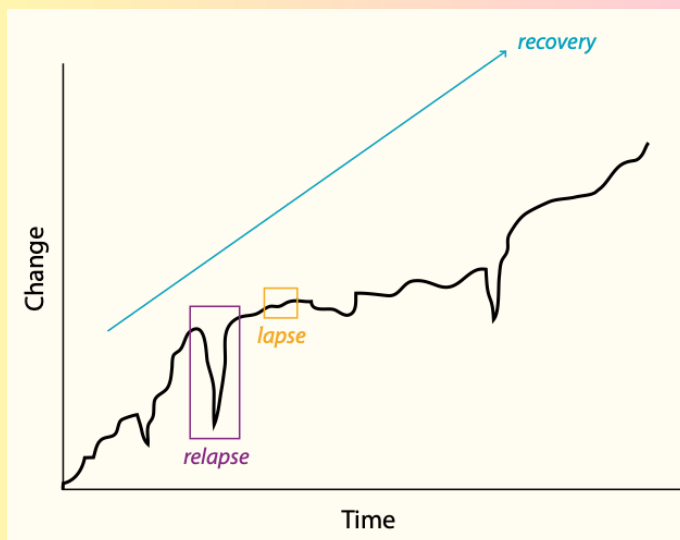
WHAT IS A RELAPSE VS A LAPSE?

LAPSE

A lapse is a temporary or short-term return to substance use or behavior during a recovery journey. It is typically a one time occurrence that may be a product of a trigger, such as a person, place, or emotion.

RELAPSE

A relapse is the return to a substance or behavior after a period of abstinence or controlled use. The return is typically back to the same or similar levels as before the person started recovery.



If a lapse does occur it does not mean you have to start the process all over again. Pick up right where you left off and identify what caused the lapse in order to prevent it from happening again.

SHOULD I BE RECEIVING MEDICAL CARE?

There are several reasons why you should receive medical care when dealing with substance misuse and/or behavioral disorders.

Substance misuse can have serious mental and physical health consequences that require medical support.

This may include overdose, withdrawal symptoms, and development of mental health conditions such as depression or anxiety.

A medical provider will assess the individuals needs and will provide support and guidance in managing current use.

The medical provider can also prescribe certain medications if appropriate to help manage cravings and/or mental health support.

1 How is this useful?

Not only will you be able to get all boxes checked to make sure your body is functioning correctly and is not in danger, but you will also have a provider who will help you throughout your recovery.

Being able to identify a team/individuals who support you will increase the chances of having a successful recovery.

2 How else can a provider help?

A medical provider is a great source to connect and refer to other resources.

This may be outpatient or inpatient facilities, therapy, recovery community organizations, and so much more.

3 What if I do not want my family to know?

There are many ways to protect individuals from keeping medical information private.

It is best to ask and to be honest with your provider so they can find the best way to assist you.

4 Resources at SDSU

Counseling and Psychology Services

Calpulli Bldg, 4th Floor

Email: psycserv@mail.sdsu.edu

Phone: 619-594-5220

Student Health Services

Calpulli Bldg., 1st Floor

Email: shs@sdsu.edu

Phone: 619-594-4325

Student Health Pharmacy

Calpulli Bldg., 1st Floor

Phone: 619-594-5924

Well-being & Health Promotion

Calpulli Bldg, 3rd Floor

Email: whp@sdsu.edu

Phone: 619-594-4133

What is alcohol and/or drug detox?

Drug detox is the body's natural process of removing a substance from the body.

People with drug or alcohol dependencies typically have a higher tolerance, meaning they require a higher dose or intake in order to feel the effects. This can make the detox process more difficult because they are more likely to experience **withdrawal**.

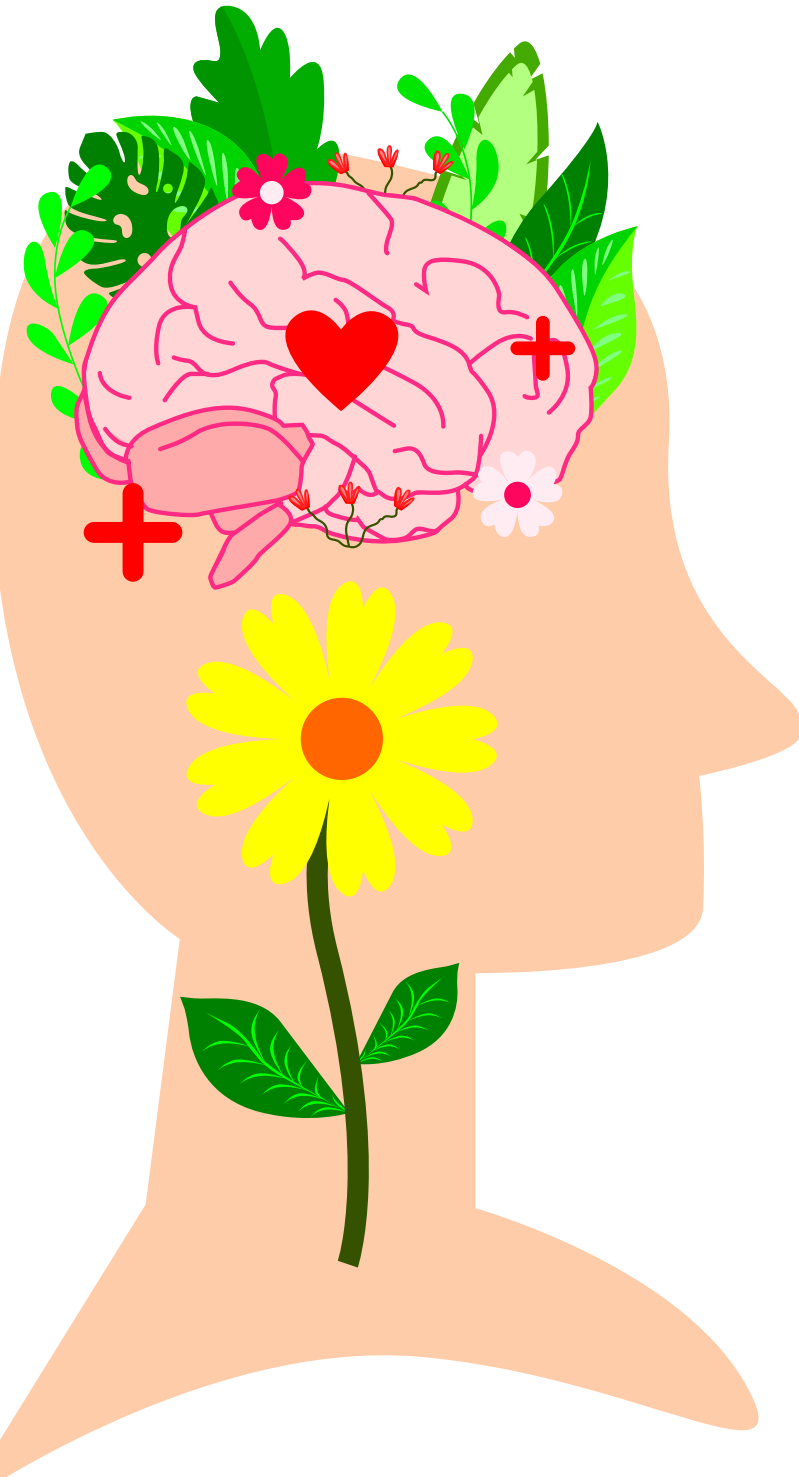
Withdrawal symptoms can include:

- mood swings/changes
- depression, anxiety, or agitation
- cravings
- difficulty sleeping
- body aches and pains
- nausea and vomiting
- diarrhea
- sweating or shaking
- flu-like symptoms

Drug detox may affect one person differently due to several characteristics depending on the individual. Age, physical health, length of dependency, type of substance, and emotional or mental state can all impact the severity of symptoms. Medical support or intervention may be necessary during the detox process, but not in all cases. Consulting a doctor or medical professional before detox is important to ensure your safety throughout the process.

MENTAL
HEALTH

PHYSICAL
HEALTH



WHAT IS DUAL DIAGNOSIS?

SUBSTANCE USE DISORDERS — THE REPEATED MISUSE OF ALCOHOL AND/OR DRUGS — OFTEN OCCUR SIMULTANEOUSLY IN INDIVIDUALS WITH MENTAL ILLNESS, USUALLY TO COPE WITH OVERWHELMING SYMPTOMS. THE COMBINATION OF THESE TWO ILLNESSES HAS ITS OWN TERM: DUAL DIAGNOSIS, OR CO-OCCURRING DISORDERS. EITHER DISORDER (SUBSTANCE USE OR MENTAL ILLNESS) CAN DEVELOP FIRST.

-NATIONAL ALLIANCE ON MENTAL ILLNESS (NAMI)

MENTAL HEALTH CLINICS HAVE BEGUN TO INCORPORATE ALCOHOL AND DRUG SCREENING TOOLS TO HELP IDENTIFY WHETHER OR NOT INDIVIDUALS MAY ALSO BE AT RISK FOR ALCOHOL AND DRUG MISUSE.

IT IS IMPORTANT TO DIAGNOSE A PATIENT AS EARLY AS POSSIBLE SO THAT WE CAN PROVIDE THE BEST POSSIBLE ASSISTANCE.

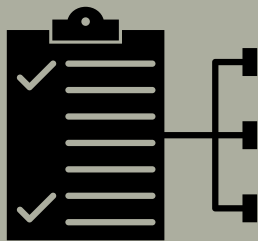
RECEIVING CARE FOR BOTH MENTAL HEALTH AND SUBSTANCE MISUSE ALSO KNOWN AS INTEGRATED INTERVENTION REQUIRE BOTH ISSUES TO BE ADDRESSED. A COUPLE OF OPTIONS INCLUDE DETOXIFICATION, INPATIENT REHABILITATION, PSYCHOTHERAPY, SUPPORTIVE HOUSING MEDICATIONS, AND SUPPORT GROUPS.

What to expect during a withdrawal?

Everyone will have a different experience during their withdrawal. It is important to identify what type of support you will need during this time whether it is from your family, friends or simply medical support.

Once you have spoken to a medical provider they will be able to explain in detail what changes in your body and emotions may come up. We do not want you to be surprised we want you to be prepared and confident about this change that is now happening.

During this time it is extremely important to identify what may **trigger** this behavior. A **trigger** is anything that can bring up a feeling/stimuli that reminds you of the behavior in this case drug or alcohol misuse causing you to want to give in.



Triggering Event

Common examples of triggers:

- Events
- Places
- People
- Boredom
- Financial Issues
- Anxiety
- Specific Dates
- Memories
- Feelings
- Isolation
- Objects
- Employment

Tips to Help Overcome Triggers

There are many strategies one can learn to use to manage a moment of distress when dealing with a trigger. These strategies could be self-taught through personal research or by working with a therapist and/or recovery specialist.

Be mindful of keeping track of what is a potential trigger as well as recognizing that these triggers can change over time.

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