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MINNESOTA MODEL

- Conviction that addict can change beliefs/attitudes/behaviours
- Addiction is a primary, chronic, multifaceted disease, characterised by loss of control over substances/behaviours
- Short and Long-term goals are specified
- 12-Step principles are fundamental to recovery

LONG-TERM GOALS

- **Abstinence from mood altering substances and activities**
- **Better quality of lifestyle, characterised by improved mental health and emotional adjustment**
.....i.e. abstinence alone does not constitute successful outcome

SHORT-TERM GOALS

- **To help the addict recognise the illness and it's implications**
- **To help the person admit the he/she needs help to live a constructive life with an incurable condition**
- **To help the person identify what behaviours need to be changed to do this**
- **To help the person translate that understanding into action**

12-STEP PRINCIPLES

- **CORE OBJECTIVES....**
 - Spiritual growth
 - Recognition of choice and personal responsibility
 - Acceptance of peer relationships
- **EMPHASIS ON....**
 - **CONFESSION (STEPS 1-3)**
 - **RECONSTRUCTION OF SELF (STEPS 4-11)**
 - **HELPING OTHERS (STEP 12)**

OBJECTIVES FOR RECOVERY

- **Cognitive**
- **Emotional**
- **Relationship related**
- **Behavioural**
- **Social**
- **Spiritual**

HOW IT WORKS.....

- AA improves outcomes in part by...
- increasing self-efficacy (the confidence to reduce and stop drinking),
- increasing social support for sobriety,
- and improving coping skills, which in turn increase abstinence.

12 STEP PROGRAMME

- **TWO PRIMARY GOALS.....**

- **ACCEPTANCE**

- **SURRENDER**

ACCEPTANCE

- **Breakdown of the illusion that willpower alone can limit/control substance abuse**
- **Acknowledgment that life has become unmanageable because of addiction**
- **Acceptance of abstinence as the only alternative**

SURRENDER

- **Reaching out for help by admitting to reality of situation**
- **Acknowledging that there is hope for recovery**
- **Belief in a higher power and the fellowship of other addicts who have been able to sustain recovery**

THE STEPS.....

- **STEPS 1 – 3 : Relationship with higher power**
- **STEPS 4 - 7 : Relationship with Self**
- **STEPS 8 – 9 : Relationship with others**
- **STEPS 10 – 12 : Consolidation**

THE STEPS....

- **Step 1 : Being willing to change**
- **Step 2 : Belief that change is possible**
- **Step 3 : Make a decision – Key!!!**
- **Steps 4,5,6,7,8,9 : taking the necessary actions**

THE STEPS....

- **Step 10 : Constant revision/practice of the programme**
- **Step 11 : Meditating.....letting go...freeing the mind**
- **Step 12 : Carry the message...live by the principles**