

GREENBRIAR TREATMENT CENTER

Restoring hope, recovering
lives

(724) 225-9700



TODAY'S DEPRESSING STATS

A survey of 5285 Americans completed in 9/20:

- 33.0% reported anxiety or depression symptoms,
- 29.6% reported COVID-19–related trauma- and stressor-related disorder symptoms,
- 15.1% reported increased substance use,
- 11.9% reported having seriously considered trying to kill themselves

SIGNS OF DEPRESSION

Anhedonia:
*a loss of pleasure,
especially in
things one
formerly enjoyed.*



Anne Hedonia Class '15

Neuro-Vegetative Signs

- Chronic insomnia
- Loss of appetite
- Loss of Libido



Thoughts
of death
and
deceased
loved ones

Diminished ability to think
or concentrate.

Slowing down of
thought/reduction of
physical movement.



Feelings of:

- Worthlessness
- Helplessness
- Hopelessness

Depressed
mood most
of the day,
nearly
every day.



*THERE IS NO PROBLEM SO BAD A DRINK
CANNOT MAKE IT WORSE.*



DSM 5

SUBSTANCE USE DISORDER*

1. Taking the substance in larger amounts or for longer than you meant to.



2.
Unsuccessful
attempts to
manage
substance use.



3. Spending a lot of time getting, using, or recovering from use of the substance.

4. Cravings and urges to use the substance.

5. Not managing to do what you should at work, home, or school because of substance use.

6. Continuing to use, even when it causes problems in relationships.



7. Giving up
important
social,
occupational, or
recreational
activities
because of
substance use.

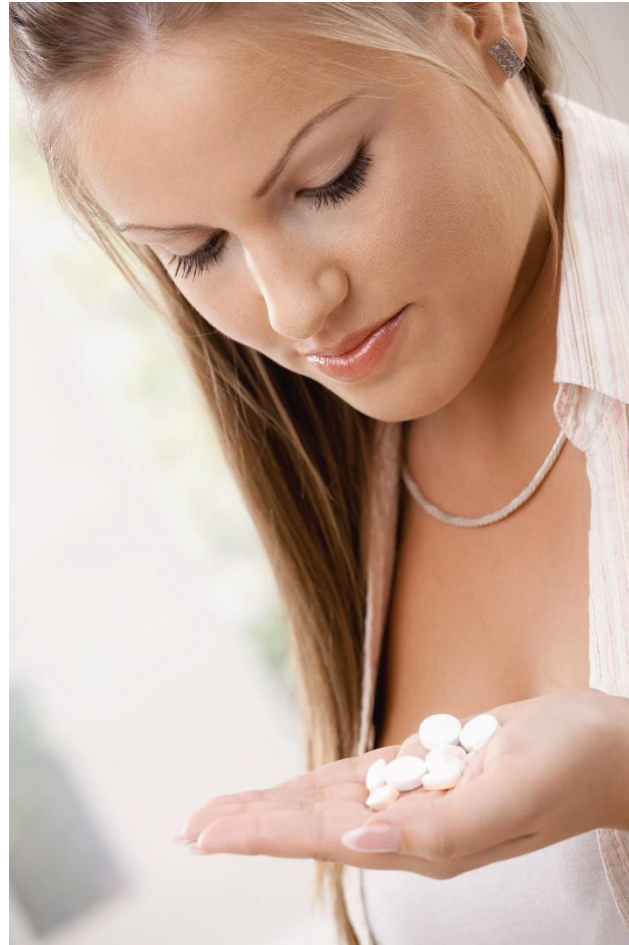


8. Using substances again and again, even when it puts you in danger

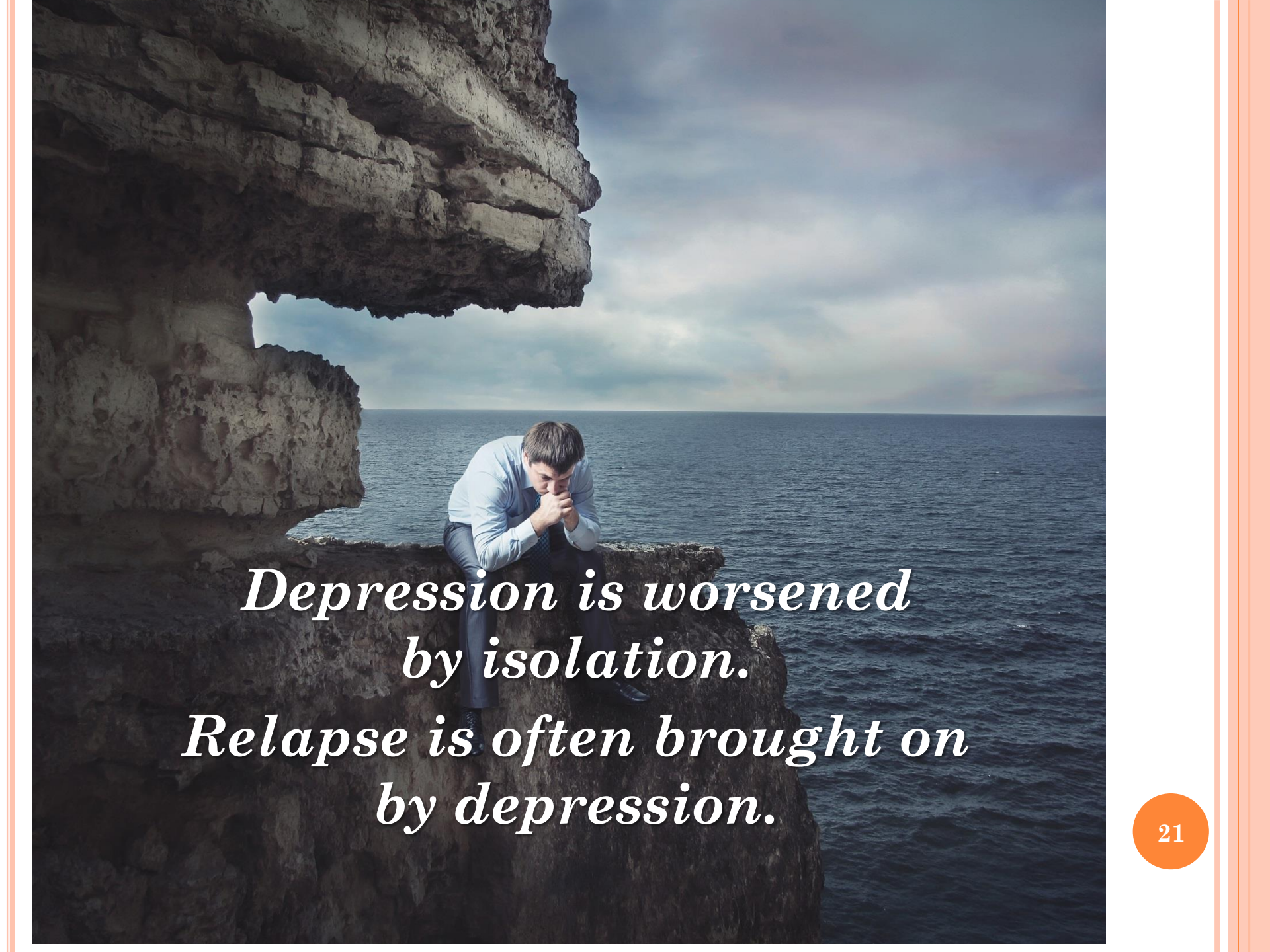


9. Continuing to use, even when you know you have a physical or psychological problem that could have been caused or made worse by the substance.

10. Needing more of the substance to get the effect you want (tolerance).



11. Development of withdrawal symptoms, which can be relieved by taking more of the substance.

A man in a light blue shirt and dark trousers is sitting on the edge of a dark, rocky cliff. He is leaning forward with his head buried in his hands, looking down at the ocean. The ocean is a deep blue-grey color, and the sky is overcast with grey clouds. To the left, a large, light-colored rock formation overhangs the cliff edge, creating a natural archway. The overall mood is somber and reflective.

*Depression is worsened
by isolation.
Relapse is often brought on
by depression.*

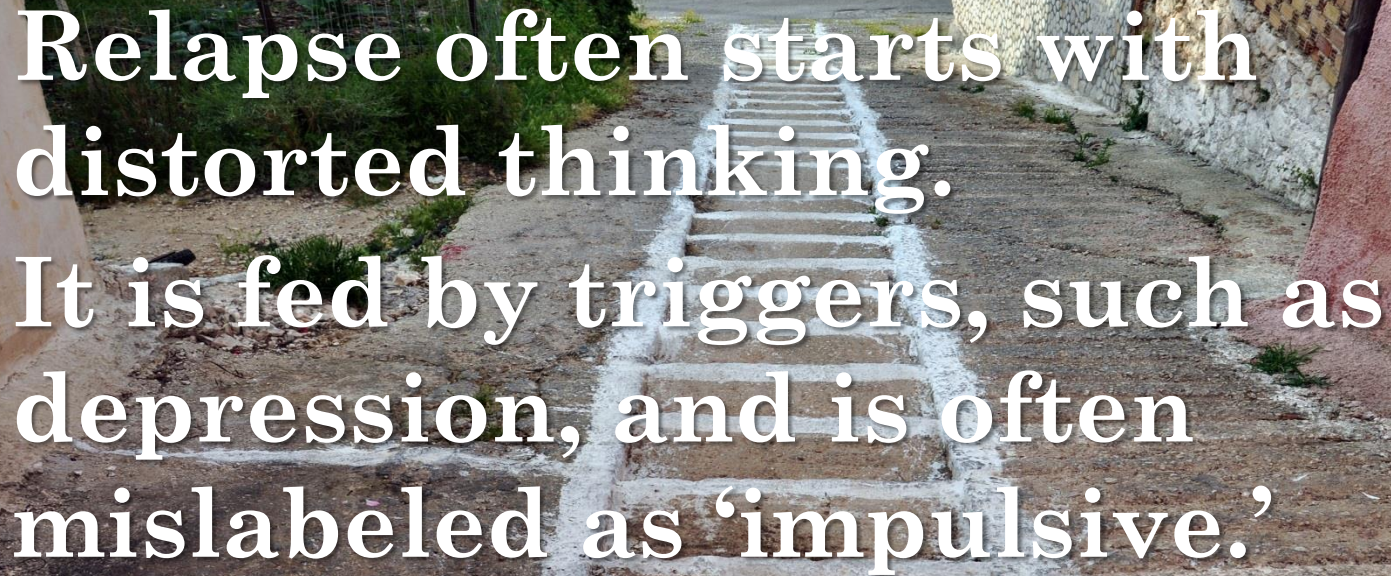
ISOLATION

- Can be painful. Solitary confinement is considered a punishment for a reason.
- Who we are cut off from are often the people most capable of helping us deal with depression.
- Isolation makes us susceptible to distorted thinking.



“The worst thing that can happen to an addict is time on his hands with money in his pockets.”

RELAPSE IS MOST OFTEN A PROCESS



Relapse often starts with distorted thinking. It is fed by triggers, such as depression, and is often mislabeled as 'impulsive.'

COMMON COGNITIVE DISTORTIONS

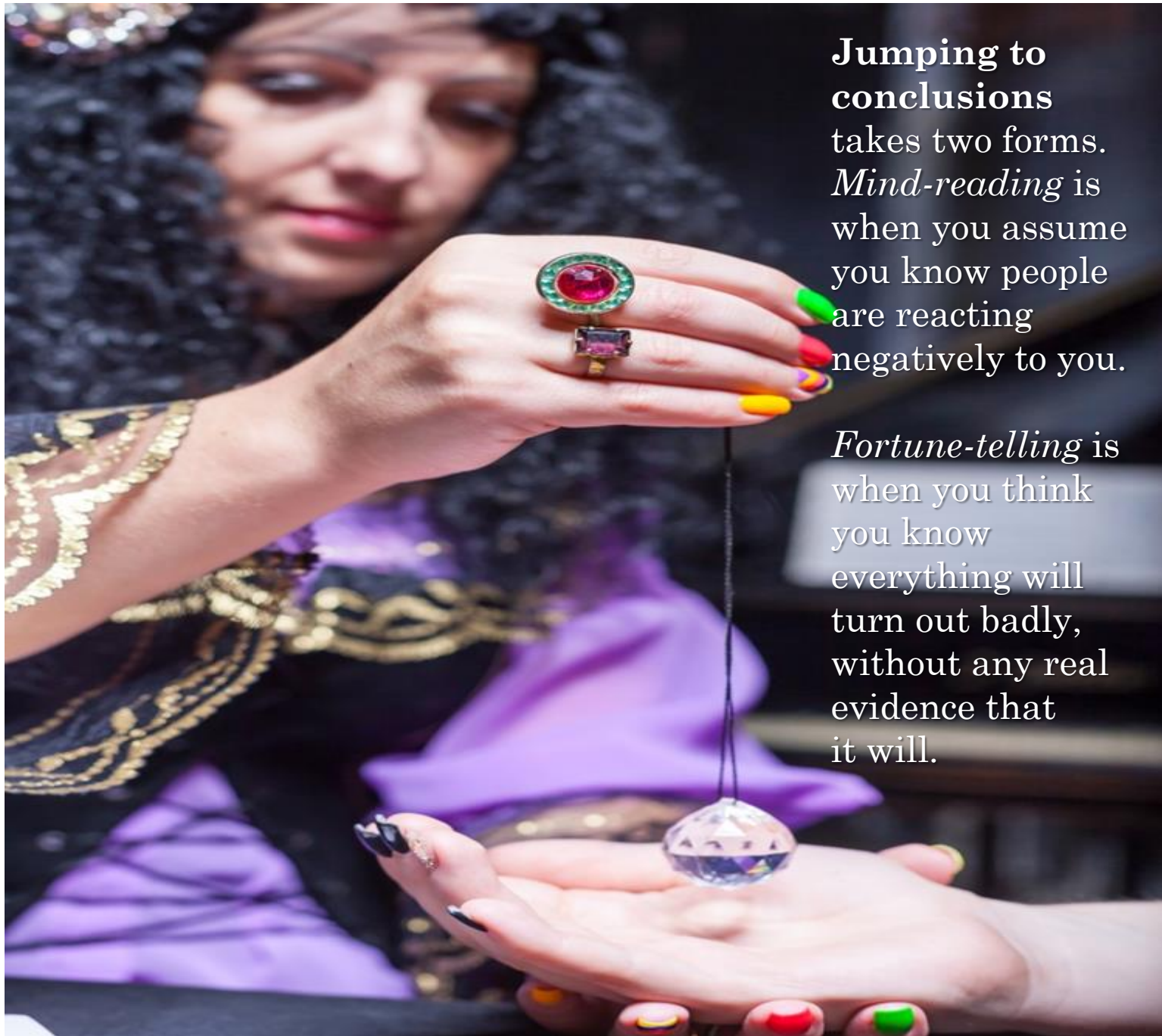
- Demand for Approval: You want everyone to like you and agree with you.
- High Self Expectations: You think you ought to be the best at everything or you are worthless.
- Blame proneness: Certain people are bad and it bothers you a great deal that they are not punished.
- Lack of Acceptance: You cannot stand it when things are not the way you would like them to be.
- Emotional Helplessness: Believing that misery comes from the outside world and that you have no control over your feelings

COGNITIVE DISTORTIONS: CONT'D.

- Anxious Over-concern: Dwelling on all the horrible possibilities you can imagine or worrying that they will occur if you are not watchful.
- Problem Avoidance: Believing that it is easier to avoid than to face life's difficulties.
- Dependency: Believing that you need someone stronger or greater than you to depend upon.
- Indelible Past: Whatever has happened to you in the past is seen as determining your future. Whatever you have done in the past is seen as the way you will always do things.
- Perfectionism: Everything must be done just right and you must remain in control of all things.
- All or Nothing Thinking: Things are black and white. You are having a wonderful day or the whole world is aligned against you.

COGNITIVE DISTORTIONS CONT'D.

- Mental Filter: You ignore the positive and focus on the smallest of negatives.
- Emotional Reasoning: You assume the way you feel is the way you are. I feel stupid so I must be stupid.
- Shoulding on Yourself: There is an endless list of things you should be doing, and you make yourself feel guilty that you are not doing them.



Jumping to conclusions takes two forms. *Mind-reading* is when you assume you know people are reacting negatively to you.

Fortune-telling is when you think you know everything will turn out badly, without any real evidence that it will.

DISTORTED THINKING: ADDICTION SPECIFIC

Thoughts and Words Equal Actions: “I meant to do it.” “I plan to cut back on my drinking.”

Permission-giving beliefs: “If you had to spend the day with my kids you’d get high too.”

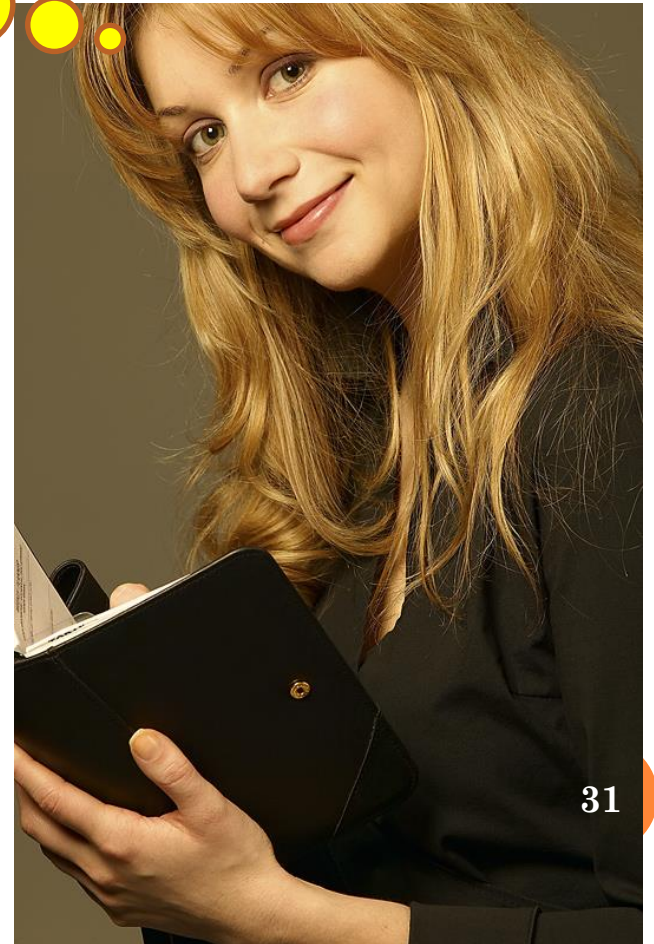
Distorted view of fairness: “The whole pandemic is unfair. If I’m not entitled to a drink, who is?”

SO HOW ARE YOU HOLDING UP?



Let me just add your
name to my little
book of the damned.

Smiling on
the outside?





Spending
too much
time alone?

A woman with long brown hair is sitting at a dark desk, looking down at a silver laptop. She is wearing a grey button-down shirt. In the foreground, a hand holds a tall, elegant wine glass filled with red wine. The background is softly blurred, showing a window and some office supplies. The overall mood is professional yet relaxed.

Are you
drinking
more?

ARE YOU HAVING TROUBLE GETTING ALONG WITH PEOPLE?

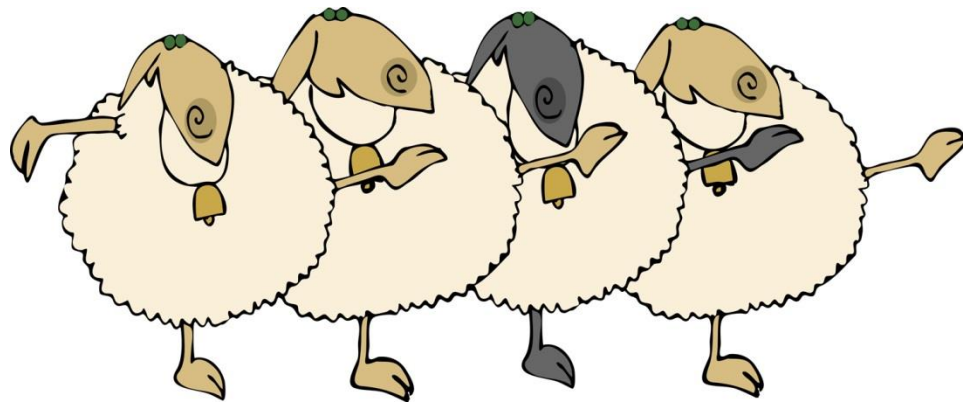


ARE YOU FALLING BEHIND?



The paperwork crept closer and closer.

Practice Gratitude



Twelve Step and other programs offer online meetings.

Many recovery programs are still meeting in person.

*WE TEND TO ROMANTICIZE ...
WHAT DON'T YOU MISS ABOUT GOING INTO WORK?*



ARE YOU DEVELOPING UNHEALTHY HABITS?

BEFORE DOING SOMETHING, ASK YOURSELF:

- What will happen if I do this?
- What would happen if everyone did this?
- What if this became a habit?

*Beware of People
who are relapse
triggers, and/or
depressing.*

Ask Yourself:

Does this person bring out the
best in you?



HAVE YOU TAKEN ON TOO MUCH?



BEWARE OF CRAVINGS

- If the bottle is in the nightstand, it doesn't take much of a craving to take a drink.
- If the bottle is in the basement it takes more of a desire.
- If there's no alcohol in the house, relapsing takes some effort.



Ever wished you needed surgery just so you could get a break?

DAYDREAMING

Only 32 years, three months,
and five days until
I retire. . . .



Greenbriar Treatment Center
Restoring Hope... Recovering Lives

COGNITIVE THERAPY



- ❖ Identify cognitive distortions
- ❖ Eliminate double standards
- ❖ Conduct experiments
- ❖ Conduct surveys
- ❖ Define Terms
- ❖ Quit shoulding on yourself
- ❖ Correctly identify the cause of your problems.

REMEMBER THAT YOU ARE MANAGING YOUR STRESS.



- People who are completely stress free tend to be a little creepy,
- Or high,
- Or dead.



CHANGE YOUR ATTITUDE: IT IS THE ONLY THING YOU TRULY CONTROL.



“Can I add just one more project to your workload?”

- ❖ You may have no control over the three p’s, **p**olicy, **p**aperwork, and **p**eople. That’s why you feel p’d on.

HALT!



- Hungry
- Angry
- Lonely
- Tired



Greenbriar Treatment Center
Restoring Hope... Recovering Lives

PRACTICE SOBER HEDONISM



Squeeze the joy out
of everything
that isn't
addictive. Savor,
Savor, Savor....



Greenbriar Treatment Center
Restoring Hope... Recovering Lives

KNOW THAT NOT ALL PLEASURE
IS PHYSICAL.



Greenbriar Treatment Center
Restoring Hope... Recovering Lives

SOBER HEDONISM HAS NOTHING TO DO WITH GLUTTONY.



Greenbriar Treatment Center
Restoring Hope... Recovering Lives

HALF OF SOBER HEDONISM IS COMPARING TODAY'S JOY WITH WHAT WAS, OR WITH WHAT MIGHT HAVE BEEN.



TAKE A LESSON FROM TWELVE-STEP RECOVERY PROGRAMS



Admit you have a problem. Know the signs of stress. Be aware of how stress affects you. Learn your stress triggers.



TAKE AN INVENTORY

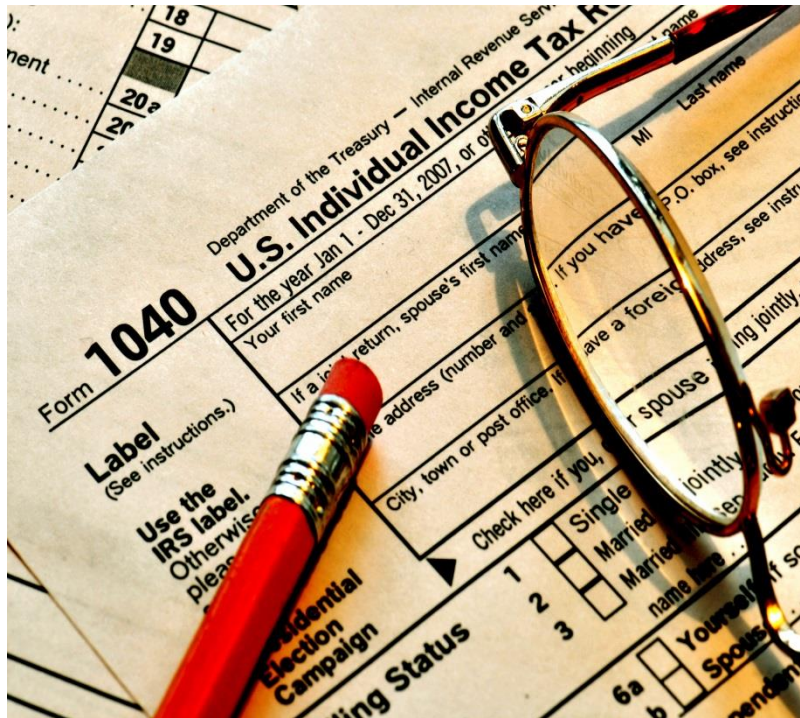


Don't go to sleep until you've RAPT'd up the day:

- ❖ Review
- ❖ Apologize
- ❖ Plan/Petition
- ❖ Thank



PRACTICE ACCEPTANCE



What do you have to accept in life?



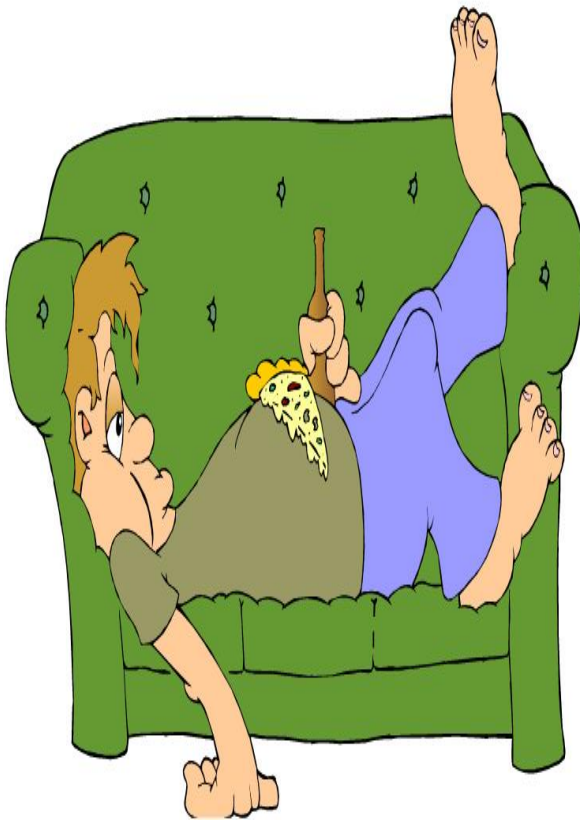
Greenbriar Treatment Center
Restoring Hope... Recovering Lives

Get some exercise and eat healthy -- a donut, two cups of coffee, and three cigarettes are not a balanced diet.



SIDE NOTE:

ACCEPT CHANGING BAD HABITS ISN'T ALWAYS EASY.
ESPECIALLY IF:



- Marlboro makes your favorite appetizers and desserts.
- You get winded tying your tie.
- You swerve to hit the squirrel crossing the road, you chase deer with your car. (You have anger issues...)

HOW STRESSED ARE YOU?

__1. Do you tire easily? Feel fatigued rather than energetic?

__ *Ever tried to inject the coffee directly into your veins?*

__2. Are you annoyed when people say “You don’t look so good lately.”

__ *Do people call the paramedics whenever you stop moving?*

__3. Are you working harder and accomplishing less?

__ *Is it a good day when you fall only a little further behind?*

__4. Are you increasingly cynical, paranoid, and disenchanted?

__ *Do you suspect squirrels are a little too chipper?*

__5. Are you often invaded by a sadness you can’t explain?

__ *Do you whimper at the site of your car keys, laptop, or briefcase?*

__6. Do you forget appointments, deadlines, and responsibilities?

__ *At the end of a long day, have you ever forgotten where you live?*

__7. Are you increasingly irritable? More short tempered?

__ *Ever extended your middle finger to another driver leaving the parking lot after a religious service?*

__8. Do you have less contact with friends and family members?

__ *Ever wondered whose pictures are in your wallet and why they look so much like you?*

__9. Are you too busy to do routine household chores?

__ *Has the EPA obtained a court order forcing you to clean your apartment?*

__10. Have you experienced physical complaints?

__ *Do detox patients tell you that you don't look healthy?*

__11. Do you feel disoriented when the activity of the day ends?

__ *Have you ever enjoyed the scenery without any idea where you were?*

__12. Is joy elusive?

__ *Do you define “happiness” as an absence of heart burn?*

__13. Are you less able to laugh at yourself?

__ *Do you laugh at catastrophes, spontaneously giggling and drooling in a crowded elevator as you remember last night’s news about natural disasters?*

__14. Does sex seem like more trouble than it’s worth?

__ *Do you panic after sex because you can’t remember how to bill for your time?*

__15. Do you have less and less to say?

__ *Are you giving your pets ‘the silent treatment’?*

Behavioral Health Awareness Series

If you are an Evernorth or Cigna customer and have questions about Substance Use treatment or about your benefits and how to use them, please contact:

Stephanie Gissal - 800.274.7603 x398516

Alex Turner - 800.274.7603 x513597

Wanda Russell – 800.274.7603 x342063