

WEBVTT

1 "Wanda russell" (1113766912)
00:00:03.329 --> 00:00:07.170
Hi, everybody.

2 "Wanda russell" (1113766912)
00:00:07.170 --> 00:00:10.739
Thank you for joining us for today's segments.

3 "Wanda russell" (1113766912)
00:00:10.739 --> 00:00:19.319
Substance abuse awareness series. My name is Wanda Russell and along with my coworkers Stephanie Jordan Nelson.

4 "Wanda russell" (1113766912)
00:00:19.319 --> 00:00:23.280
And Carrie Mac, we appreciate you for joining us today.

5 "Wanda russell" (1113766912)
00:00:23.280 --> 00:00:30.180
We are a team of nurses and behavioral conditions for the substance use disorder team here at North.

6 "Wanda russell" (1113766912)
00:00:30.180 --> 00:00:37.200
Part of stigma do the format of this seminar. You won't be able to ask questions during the presentation.

7 "Wanda russell" (1113766912)
00:00:37.200 --> 00:00:40.260
But you are able to ask questions at any time.

8 "Wanda russell" (1113766912)
00:00:40.260 --> 00:00:44.760
In the Q and a section found in the lower right side of your screen.

9 "Wanda russell" (1113766912)
00:00:44.760 --> 00:00:49.680
We will try to address as many questions as time permits during.

10 "Wanda russell" (1113766912)
00:00:49.680 --> 00:00:52.710
The last 15 minutes of our, our together.

11 "Wanda russell" (1113766912)
00:00:52.710 --> 00:00:56.130
But please limit your questions to the seminar topics.

12 "Wanda russell" (1113766912)
00:00:56.130 --> 00:01:01.230
If you have specific questions regarding substance use disorder.

13 "Wanda russell" (1113766912)

00:01:01.230 --> 00:01:07.350
Treatments or your policy, please contact me or 1 of my teammates.

14 "Wanda russell" (1113766912)
00:01:07.350 --> 00:01:13.410
Our contact information can be found on the last slide of this PowerPoint.

15 "Wanda russell" (1113766912)
00:01:13.410 --> 00:01:17.670
Today's PowerPoint will be part of the presentation here in Webex.

16 "Wanda russell" (1113766912)
00:01:17.670 --> 00:01:23.130
Or you can click the link found in the chat near the Q and a section.

17 "Wanda russell" (1113766912)
00:01:23.130 --> 00:01:27.240
Today I have the pleasure of introducing Cody and Kevin.

18 "Wanda russell" (1113766912)
00:01:27.240 --> 00:01:36.180
For our July webinar on working a 12 step program perspectives from persons in longterm recovery.

19 "Wanda russell" (1113766912)
00:01:36.180 --> 00:01:41.640
Cody is 29 years old, and he has been in recovery since October. 5th.

20 "Wanda russell" (1113766912)
00:01:41.640 --> 00:01:46.170
2018, and is approaching his 5 year milestone.

21 "Wanda russell" (1113766912)
00:01:46.170 --> 00:01:53.190
Kevin is 51 years old and has been in recovery since January. 7th. 990.

22 "Wanda russell" (1113766912)
00:01:53.190 --> 00:01:59.070
Making 33 and a half years, our speakers will share more about themselves.

23 "Wanda russell" (1113766912)
00:01:59.070 --> 00:02:07.470
And their journeys now, I'll turn it over to our seminar presenters.

24 "Cody Kagle" (1606217472)
00:02:07.470 --> 00:02:13.620
Hi, everyone, I'm Cody. Um, uh, could you go to the next slide?

25 "Cody Kagle" (1606217472)
00:02:13.620 --> 00:02:19.740
Um, there's a, you know, I'd like to.

26 "Cody Kagle" (1606217472)
00:02:19.740 --> 00:02:22.950
1st, start off by saying, you know, we don't.

27 "Cody Kagle" (1606217472)
00:02:22.950 --> 00:02:29.550
We're not affiliated with any certain specific, 12 step fellowship or not speaking for any single 1.

28 "Cody Kagle" (1606217472)
00:02:29.550 --> 00:02:40.200
Um, you know, we're just here based on the fact that we both found recovery and ask them spaced, 12 step fellowships. Um.

29 "Cody Kagle" (1606217472)
00:02:40.200 --> 00:02:48.300
And our language might align with 1 of them, but just know that we, we're not affiliated with them. And we're not speaking for them.

30 "Cody Kagle" (1606217472)
00:02:48.300 --> 00:02:52.500
And then could you go to the next slide and.

31 "Cody Kagle" (1606217472)
00:02:52.500 --> 00:02:58.020
On mute Kevin please.

32 "Kevin" (1423641344)
00:02:58.020 --> 00:03:11.130
Good afternoon everyone and appreciate being here 1 or 2 other little disclaimers, you know, Cody and I haven't done this before in this way, but we're honored to be invited to participate in this activity today.

33 "Kevin" (1423641344)
00:03:11.130 --> 00:03:14.670
Um, and again, you know, I would just echo with shared.

34 "Kevin" (1423641344)
00:03:14.670 --> 00:03:24.600
Um, in regard to, you know, our perspectives and why we're here and and also that, you know, we're not, we're not intending to discredit any other forms of help.

35 "Kevin" (1423641344)
00:03:24.600 --> 00:03:39.415
Um, we're not here to, um, you know, to, um, you know, kind of have debates or so on we're just really here to, uh, open up and have some personal, uh, reflections and share personal experience on what it's like to be an individual that,

36 "Kevin" (1423641344)
00:03:39.445 --> 00:03:43.795
um, that a suffers from a substance abuse disorder is it's called or addiction.

37 "Kevin" (1423641344)

00:03:44.600 --> 00:03:57.525

And more importantly what it's like to climb out of that, and find a way of life that's, you know, rich with hope, and prosperity and coping with life without those without substances.

38 "Kevin" (1423641344)

00:03:57.855 --> 00:04:02.865

So, our intended outcome is for participants to learn from us. You know, and we don't pretend to be.

39 "Kevin" (1423641344)

00:04:03.270 --> 00:04:15.750

The end all be all experts on the subject matter, but we certainly have combined experience and very valid experience real experience but our 1st hand accounts, um, the struggles that happen for individuals that go through.

40 "Kevin" (1423641344)

00:04:16.045 --> 00:04:22.555

Um, periods of their life, or their whole life with those issues. Um, we want you to hopefully understand that addiction.

41 "Kevin" (1423641344)

00:04:22.555 --> 00:04:35.515

We view it as a a spiritual, mental and physical disease that impacts every area of an individual's life and, and truly beyond the individual, the families and others around. We hope that you hear about attempts that finding.

42 "Kevin" (1423641344)

00:04:35.750 --> 00:04:39.089

Prior to embracing the current.

43 "Kevin" (1423641344)

00:04:39.089 --> 00:04:44.994

And for a long time practices that we both, um, participate in 12 step apps in the space recovery.

44 "Kevin" (1423641344)

00:04:45.444 --> 00:04:56.064

We hope that you learn about how recovery works from our perspectives and truly learned and appreciate walk away with an appreciation of what living this whole step recovery way of life looks like.

45 "Kevin" (1423641344)

00:04:56.579 --> 00:05:09.779

But starting point really is to go back to the beginning and the suffering portion of it. And so I'll want to tag Cody here and ask the, um, Kerry to move to the next slide.

46 "Kevin" (1423641344)

00:05:09.779 --> 00:05:12.959

Until you'll be up. Yeah. So, um.

47 "Cody Kagle" (1606217472)
00:05:12.959 --> 00:05:18.779

Yeah, I'm just I'm going to tell you a little bit about my story and how I ended up.

48 "Cody Kagle" (1606217472)
00:05:18.779 --> 00:05:25.169

You know, finding the need to recover in a 12 step fellowship. Um.

49 "Cody Kagle" (1606217472)
00:05:25.169 --> 00:05:40.109

You know, growing up, you know, I, my, my parents were still together, you know, they had a good healthy relationship. Um, you know, my mom mom suffered from addiction when she was younger, her brother suffered from addiction when he was younger.

50 "Cody Kagle" (1606217472)
00:05:40.109 --> 00:05:48.419

And, uh, you know, my mom actually found recovery just from, you know, uh, ultimatum given from my father.

51 "Cody Kagle" (1606217472)
00:05:48.419 --> 00:06:00.659

Her brother had found recovery from, uh, in the religious aspect. Um, but when I started using, I was about 13 years old. The 1st time that I ever.

52 "Cody Kagle" (1606217472)
00:06:00.659 --> 00:06:07.949

Put a substance in my body was with my grandmother, um, she was a functioning Alcoholics back then and, um.

53 "Cody Kagle" (1606217472)
00:06:07.949 --> 00:06:17.369

You know, it was just normal to see people drink and, you know, my grandma pretty much raised me for the majority of my life and.

54 "Cody Kagle" (1606217472)
00:06:17.369 --> 00:06:20.729

We just had a really close relationship, so.

55 "Cody Kagle" (1606217472)
00:06:20.729 --> 00:06:29.789

You know, I paired using or drinking, you know, with having a good time, because I've seen her having so much fun and just being the life of the party.

56 "Cody Kagle" (1606217472)
00:06:29.789 --> 00:06:35.639

Everybody loved there, everybody enjoyed being around her and that's what I wanted. That's what I was seeking.

57 "Cody Kagle" (1606217472)

00:06:35.639 --> 00:06:42.419

Um, and then when I got into high school, I ended up breaking my I broke my back when I was 17.

58 "Cody Kagle" (1606217472)

00:06:42.419 --> 00:06:46.439

And, uh, you know, I started using prescription medication.

59 "Cody Kagle" (1606217472)

00:06:46.439 --> 00:06:49.739

And my life quickly.

60 "Cody Kagle" (1606217472)

00:06:49.739 --> 00:06:57.599

Turned into a down spiral from there. Uh, the 1st time that I ever overdosed I was 17, almost 18 years old.

61 "Cody Kagle" (1606217472)

00:06:57.599 --> 00:07:02.099

My little sister had to perform CPR on me. She was just 11.

62 "Cody Kagle" (1606217472)

00:07:02.099 --> 00:07:09.629

You know, and that was just a catalyst for the next 7 years of my life. I, um.

63 "Cody Kagle" (1606217472)

00:07:10.374 --> 00:07:23.034

I, you know, I've been in and out of recovery. I was trying therapy I was trying, um, and medically assistant treatment, drug replacement therapy throughout, throughout my whole process.

64 "Cody Kagle" (1606217472)

00:07:23.034 --> 00:07:28.704

Like, I, I tried every which way to get clean and stay clean and throughout my addiction.

65 "Cody Kagle" (1606217472)

00:07:29.629 --> 00:07:33.929

I eventually moved into intravenous drug use, um.

66 "Cody Kagle" (1606217472)

00:07:33.929 --> 00:07:39.599

And, you know, that took a toll on my body. I never.

67 "Cody Kagle" (1606217472)

00:07:39.599 --> 00:07:49.859

Made it to jail or prison, but I always ended up in the hospital or an institution. Um, I've overdosed a total of 2006 times.

68 "Cody Kagle" (1606217472)

00:07:49.859 --> 00:07:57.599

Um, I, I've been through kidney failure twice. I've had myocarditis.

69 "Cody Kagle" (1606217472)
00:07:57.599 --> 00:08:10.739

Uh, 5 times, um, you know, my, my body just can't handle the way that I use drugs. And, um, you know, I was just trying to escape the way that I was feeling cause like, I was molested when I was younger.

70 "Cody Kagle" (1606217472)
00:08:10.739 --> 00:08:13.829

And, you know, I never felt a part of.

71 "Cody Kagle" (1606217472)
00:08:13.829 --> 00:08:24.714

When I was in 8th grade, my parents moved me from a valley to, which was, you know, a school with 400 kids in migrate to 400 kids in the whole school district.

72 "Cody Kagle" (1606217472)
00:08:24.714 --> 00:08:31.254

You know, and I just, I, I never felt a part of I never felt good enough. I never felt wanted. felt wanted

73 "Cody Kagle" (1606217472)
00:08:31.589 --> 00:08:42.294

And, like, those are the reasons that I've decided to use, you know, in the last time I was 1000 miles away. The last time that I used, I was a 1000 miles away from my house.

74 "Cody Kagle" (1606217472)
00:08:42.294 --> 00:08:51.564

I ended up overdosing and I had nobody I was completely alone. Everybody had completely written me off and. and

75 "Cody Kagle" (1606217472)
00:08:52.079 --> 00:09:05.484

You know, I just I kept asking myself, how did I end up here how did I get back here, you know, cause like I had been in recovery I've tried multiple other avenues of recovery, and I just could never get anything to stick.

76 "Cody Kagle" (1606217472)
00:09:05.964 --> 00:09:11.904

I could never, you know, buy in all the way, and, you know, gain long term bouts of.

77 "Cody Kagle" (1606217472)
00:09:12.079 --> 00:09:24.299

Accidents and recovery, um, you know, and I ended up making a phone call and then, you know, like, that's what led me to find the 12 step fellowship that I recover in today. Um.

78 "Cody Kagle" (1606217472)
00:09:24.684 --> 00:09:38.904

You know, and it was a painful, painful journey, you know, I remember going to quite a few different doctors and therapists and, you know, just feeling like, I I wasn't understood or that I wasn't being listened to.

79 "Cody Kagle" (1606217472)
00:09:38.934 --> 00:09:44.094

And, um, you know, and I've also been the multiple different therapists where, like, I did.

80 "Cody Kagle" (1606217472)
00:09:44.299 --> 00:09:49.529

To listen to and heard and, you know, they were actually trying to help, um.

81 "Cody Kagle" (1606217472)
00:09:49.529 --> 00:09:52.739

But it wasn't until I decided to.

82 "Cody Kagle" (1606217472)
00:09:52.739 --> 00:10:05.754

You know, follow the complete absence, complete and total apps, and that they speak of in the 12 step fellowship that, like, I found myself being able to gain the open mind that's needed to recover in this fellowship.

83 "Cody Kagle" (1606217472)
00:10:05.934 --> 00:10:12.714

Um, and, you know, as far as my story goes, I think that's it. So I'm gonna switch back over to Kevin.

84 "Cody Kagle" (1606217472)
00:10:12.739 --> 00:10:16.469

Let him tell you a little bit about himself.

85 "Kevin" (1423641344)
00:10:16.469 --> 00:10:21.119

Sure, and and, you know, my, um.

86 "Kevin" (1423641344)
00:10:21.414 --> 00:10:35.844

My suffering with addiction story is similar with, uh, with that what you just heard from Cody, although there's a lot of differences and obviously you had heard earlier that I've been cleaned since January 7, 1999 or 33 years. and ninety nine or thirty three years

87 "Kevin" (1423641344)
00:10:36.119 --> 00:10:45.299

And the, the primary period of time, uh, the whole period of time that my active addiction took place was my adolescence. Um.

88 "Kevin" (1423641344)
00:10:45.299 --> 00:10:57.209

And the 1 thing that I totally connect with Cody, and it's really a part of the commonality that we shared with others in recovery is is some kind of a, of a.

89 "Kevin" (1423641344)
00:10:57.774 --> 00:11:03.984
Uh, a gap that exists for reasons unknown and at this point, I've learned a long time ago.

90 "Kevin" (1423641344)
00:11:03.984 --> 00:11:16.704
It's not important to identify why it exists, but it's that, that never not filling a part of not feeling kind of okay with with being myself. Not feeling. Good enough. And, uh, you know, sure, there's.

91 "Kevin" (1423641344)
00:11:16.824 --> 00:11:23.004
Lots of research that looks into that matter, but that's really a predisposition that I held long.

92 "Kevin" (1423641344)
00:11:23.004 --> 00:11:36.564
Before I picked up a 1st drug, I could go back to, you know, just being a child and I came similar to coding from, uh, an intact family, the siblings and while it wasn't perfect, we had what we needed. We had traditions and we.

93 "Kevin" (1423641344)
00:11:36.799 --> 00:11:43.349
Holidays and I had cakes on my birthday and, you know, I wasn't by any stretch neglected.

94 "Kevin" (1423641344)
00:11:43.349 --> 00:11:54.954
I mean, and I know that that is the experience of some people, um, in and out of recovery and people that don't suffer addiction. But for, for a lot of folks, you know, there's those things that are present. That wasn't my story.

95 "Kevin" (1423641344)
00:11:54.954 --> 00:12:03.144
I came from a family, you know, where there was exposure to values and right. And wrong and work ethic and all those things. Um.

96 "Kevin" (1423641344)
00:12:03.349 --> 00:12:12.479
But there was this, something missing, you know, and I'm looking back retrospectively. You know, that's that's what sort of primed me and made me I think a candidate.

97 "Kevin" (1423641344)
00:12:12.479 --> 00:12:16.439
For someone who would suffer from addiction, um.

98 "Kevin" (1423641344)
00:12:16.439 --> 00:12:30.564

You know, there was acting out behavior president before I started over, finding a chemical, um, as a child, I remember the seeking attention perhaps, you know, just a feeling like like, I deserved it without acting out,

99 "Kevin" (1423641344)

00:12:31.494 --> 00:12:36.204

even to the degree. And I recall a very vividly situation in elementary school where.

100 "Kevin" (1423641344)

00:12:36.439 --> 00:12:48.899

A person in class had an accident that came to the school with a cast on their arm and that cast on their arm, made it really popular and everybody wanted to sign their cast. And so I had.

101 "Kevin" (1423641344)

00:12:48.899 --> 00:12:52.589

Um, uh, decided I needed 1, 2.

102 "Kevin" (1423641344)

00:12:52.589 --> 00:13:04.139

And made efforts to break my own arm, and I had to be probably in 3rd grade. I would say something like that. And I was unsuccessful breaking my own arm, but I did get injured. But those are just examples of what.

103 "Kevin" (1423641344)

00:13:04.139 --> 00:13:17.994

But my experience is and many other people in recovery that even before touching a chemical, that was just something not. Right and that really was the setup for ones. I did find a chemical that that that seemed to be an answer that seemed to take care of all of that.

104 "Kevin" (1423641344)

00:13:18.324 --> 00:13:23.754

Um, any feelings of inadequacy or low self worth or not feeling a part of others.

105 "Kevin" (1423641344)

00:13:23.849 --> 00:13:28.079

I'm not feeling worthy, just all went away and.

106 "Kevin" (1423641344)

00:13:28.079 --> 00:13:34.529

You know, I, I, unlike Cody, I didn't go down the path of opiate opioid use. Um.

107 "Kevin" (1423641344)

00:13:34.529 --> 00:13:46.649

But I connected immediately, you know, at a very young age, 8 years old. I mean, and I was able to calculate that later on in life and recovery as to when exactly. It happened. But, you know, my 1st, use.

108 "Kevin" (1423641344)

00:13:46.649 --> 00:13:52.979

Uh, on purpose, um, where I sought to feel the effects of substances, was it 8 years of age.

109 "Kevin" (1423641344)

00:13:52.979 --> 00:13:58.049

And between the age of 8, and the age of 18 and a half, I used.

110 "Kevin" (1423641344)

00:13:58.049 --> 00:14:03.209

As often as I could whatever I could what was available, I found things I preferred over others.

111 "Kevin" (1423641344)

00:14:03.209 --> 00:14:06.209

Um, and and honestly in recovery.

112 "Kevin" (1423641344)

00:14:06.209 --> 00:14:09.329

Once we make that decision to get cleaned.

113 "Kevin" (1423641344)

00:14:09.329 --> 00:14:22.409

Um, there's, there's, there's a turning point for me where the focus became not about the substance, but more about living without it and I know in treatment I had spent 70 days of my life in treatment centers back then.

114 "Kevin" (1423641344)

00:14:22.409 --> 00:14:35.939

Our patient counseling, religious organizations, other forms of help, but it wasn't really until I connected with others like me that I was truly able to begin the process of of healing. Um.

115 "Kevin" (1423641344)

00:14:35.939 --> 00:14:43.589

The lifestyle I lived in between 8 and 18 included violence included, dishonest living.

116 "Kevin" (1423641344)

00:14:43.589 --> 00:14:49.529

You know, making very bad decisions being a very, um, you know, uh, uh.

117 "Kevin" (1423641344)

00:14:49.529 --> 00:14:53.784

Desperate situations included people being harmed.

118 "Kevin" (1423641344)

00:14:53.814 --> 00:15:05.214

I mean, it was just, you know, I'll leave it your imagination, but it's, it's, you know, it's a lifestyle that is all that you see in here about and maybe some of you that are listening or watching have experienced it.

119 "Kevin" (1423641344)

00:15:05.214 --> 00:15:09.354

Yourself, um, but again, you know, what I learned in recovery is it's not a.

120 "Kevin" (1423641344)

00:15:09.529 --> 00:15:24.254

From what I used for, how much, um, the, the, the, the street drugs were, uh, were dangerous and the, uh, the, what it took to get those and what it took to be in that environment was was not healthy, especially for anyone little on an adolescent someone in earlier lessons, you know,

121 "Kevin" (1423641344)

00:15:24.254 --> 00:15:28.874

really from age of 12 to 18 is when it really ramped up and the last year or so.

122 "Kevin" (1423641344)

00:15:29.529 --> 00:15:37.949

Between 17 and 18 is whenever it was at its worst and, uh, and so, yeah, um, you know, it started out with an emptiness.

123 "Kevin" (1423641344)

00:15:37.949 --> 00:15:44.639

The using seem to make it all better and then the using became the problem and all the behaviors and all the, uh.

124 "Kevin" (1423641344)

00:15:44.639 --> 00:15:49.049

Circumstances that surrounded pursuing that relief.

125 "Kevin" (1423641344)

00:15:49.049 --> 00:15:55.619

Obviously became a problem and a huge disappointment to the family. Um, my parents and others, and just.

126 "Kevin" (1423641344)

00:15:55.619 --> 00:16:02.489

Causing lots of problems in that way and, um, throughout the, you know, some, the subsequent slides and portion, we're going to.

127 "Kevin" (1423641344)

00:16:02.934 --> 00:16:14.694

Transition into just sort of wanted to get that out of the way until a little bit of our addiction story. I could tell you about car wrecks. I can tell you about, you know, issues with authorities, you know, be in front out of school.

128 "Kevin" (1423641344)

00:16:14.724 --> 00:16:22.464

Lots of things like that as an adolescent, but we're going to transition over and talk. Now more about the way that we view with addiction.

129 "Kevin" (1423641344)

00:16:22.514 --> 00:16:33.254

Minutes and, uh, I was able to watch a previous presentation and the presenter again, this is a great resource that you provide for your, your stakeholders, your clients and others.

130 "Kevin" (1423641344)

00:16:33.764 --> 00:16:40.424

Um, but it the, the presentation I happen to watch or remembered portion of referred to.

131 "Kevin" (1423641344)

00:16:40.709 --> 00:16:46.949

This problem of addiction or substance abuse disorder, whatever you want to call it as a, um.

132 "Kevin" (1423641344)

00:16:46.949 --> 00:16:51.089

As a, uh, um, bio.

133 "Kevin" (1423641344)

00:16:51.894 --> 00:17:03.354

Bakers bio psychological no, neuro neuro biological disorder and we view that a little bit differently, you know, we build on that sort of viewpoint our definition and add another component to it.

134 "Kevin" (1423641344)

00:17:03.354 --> 00:17:07.314

So, I'm going to turn over to Cody to talk about the 3 parts of this problem.

135 "Cody Kagle" (1606217472)

00:17:07.619 --> 00:17:17.699

Yeah, so we, uh, we understand addiction to be a physical mental and spiritual disease, you know, of course, when we 1st get in the recovery.

136 "Cody Kagle" (1606217472)

00:17:17.699 --> 00:17:31.794

You know, we're physically addicted to the drugs, you know, we, we're going through withdraw, you know, we're going crazy. Our skin's crawling. We're puking throwing up, you know, all the physical elements that you see when you think of an addict.

137 "Cody Kagle" (1606217472)

00:17:32.184 --> 00:17:37.674

Um, but what you don't see is the mental in the spiritual part and, you know, the mental is just.

138 "Cody Kagle" (1606217472)

00:17:37.699 --> 00:17:47.819

The obsession and the compulsion to use, you know, we, once our brain gets locked in on it, we can not stop that thought until it's acted upon. Um.

139 "Cody Kagle" (1606217472)

00:17:47.819 --> 00:17:51.899

You know, and and like, that's the hardest part to get over.

140 "Cody Kagle" (1606217472)

00:17:51.899 --> 00:18:04.979

You know, an early recovery, because that's all our brains telling us every fiber and sell in our body is telling us that we have to use. Um, but I think the, you know, the main part.

141 "Cody Kagle" (1606217472)

00:18:04.979 --> 00:18:14.094

Of this disease is the spiritual aspect of it, you know, because when we get here, a lot of us are stuck in isolation. We're not communicating with others.

142 "Cody Kagle" (1606217472)

00:18:14.334 --> 00:18:24.744

We have no, uh, people or personal skills whatsoever and, you know, to develop spirituality, we need to begin to connect with others in the world around us.

143 "Cody Kagle" (1606217472)

00:18:24.979 --> 00:18:31.769

And, uh, you know, I think that's the biggest change in myself this time around is that, like, I.

144 "Cody Kagle" (1606217472)

00:18:31.769 --> 00:18:43.529

Actively sought out relationships with others and, like, that began the foundation on, which, you know, the, the people that I chose to have into my life and, um.

145 "Cody Kagle" (1606217472)

00:18:44.544 --> 00:18:57.924

You know, that was also the hardest part, you know, because I hadn't spoken to anyone when I got cleaned this time in a long, long time. I hadn't built any connections because everybody in my life wanted. Nothing to do with me.

146 "Cody Kagle" (1606217472)

00:18:58.164 --> 00:19:03.144

So, like, I had to learn how to communicate with another human being again, I had to learn how to.

147 "Cody Kagle" (1606217472)

00:19:03.529 --> 00:19:15.449

You know, care for and talk to and have conversations with him like, that was extremely uncomfortable but when I broke it down and I was able to work through that, that's when I gained the most.

148 "Cody Kagle" (1606217472)

00:19:15.449 --> 00:19:20.039

Most out of my recovery and, you know, we.

149 "Cody Kagle" (1606217472)

00:19:20.039 --> 00:19:33.929

It says in the rooms, a lot of, you know, we talk a lot about God and everything like that. But the spiritual part of this disease is really just based on our connection with others. And with that, you know, if Kevin has anything to say on that.

150 "Kevin" (1423641344)

00:19:35.304 --> 00:19:46.764

Yeah, look, I just kind of alluded to earlier I mean, you know, to look at this, simply from a Neuro biological standpoint for us is limiting, because there's that intangible.

151 "Kevin" (1423641344)

00:19:47.034 --> 00:19:53.844

And this is a really important distinction, because on the recovery side of it, we have to fix more than just our minds and bodies. Um.

152 "Kevin" (1423641344)

00:19:53.929 --> 00:20:04.484

You know, our, our, our, uh, approach to living life our desire to be of service to others and to connect to, um, while Cody mentioned, you know,

153 "Kevin" (1423641344)

00:20:04.484 --> 00:20:13.664

the spiritual part oftentimes is considered we talk about prayer and connecting with higher power. That is part of it. The amazing thing about in general, the most.

154 "Kevin" (1423641344)

00:20:13.929 --> 00:20:18.934

Programs while there is references to to the word God and different things.

155 "Kevin" (1423641344)

00:20:19.744 --> 00:20:33.904

There's many people that I know that are agnostic or atheist that don't have a specific belief in some type of type of, you know, a figure, but they do have their own ways of connecting with that spiritual part. And some folks.

156 "Kevin" (1423641344)

00:20:33.929 --> 00:20:43.404

It's, you know, just being part of the world nature, and people really get connected with that some people go really deep into other aspects of spiritual belief systems.

157 "Kevin" (1423641344)

00:20:43.764 --> 00:20:53.634

Um, but that's really the part that that we know in the recovery process that is just so, you know, important, you know, you, you can, you can, you know.

158 "Kevin" (1423641344)

00:20:53.929 --> 00:21:04.334

Kind of a crude, uh, way of of describing it, but, you know, for folks that get involved in, for example, the criminal justice system, and they have to be put into recovery through probation,

159 "Kevin" (1423641344)

00:21:04.334 --> 00:21:13.274

or those kinds of things they've got to get urine tests you can have clean pee that doesn't mean you're in recovery necessarily. You're not getting all the benefits of recovery in that particular. Um.

160 "Kevin" (1423641344)

00:21:13.589 --> 00:21:20.549

You know, context and so something happened. I'm not seeing the presentation screen.

161 "Kevin" (1423641344)

00:21:20.549 --> 00:21:28.649

There's something wrong here maybe 1 of our facilitators can help out.

162 "Kevin" (1423641344)

00:21:28.649 --> 00:21:32.249

Does the presentation screen show up with the guy? Maybe in a button.

163 "Cody Kagle" (1606217472)

00:21:32.249 --> 00:21:38.909

Yeah, I still see the presentation screen Kevin, so then I can see it too.

164 "Kevin" (1423641344)

00:21:38.909 --> 00:21:43.049

Okay, um, do I hit to lay on button?

165 "Kevin" (1423641344)

00:21:43.049 --> 00:21:47.909

Side by side, what am I doing here? You know, some reason the presentation is not on my screen.

166 "Kevin" (1423641344)

00:21:47.909 --> 00:21:53.459

All of a sudden, and I didn't really hit any buttons so.

167 "Mack, Kari" (3124488704)

00:21:53.459 --> 00:21:56.789

It may be your connection to.

168 "Kevin" (1423641344)

00:21:56.789 --> 00:22:00.869

Okay, well, I have as a backup.

169 "Kevin" (1423641344)

00:22:00.869 --> 00:22:07.049

Um, I had a presentation on my another device, so I can just reference it to see the slide is wrong.

170 "Kevin" (1423641344)

00:22:07.049 --> 00:22:21.989

Keep that moving. Um, so, yeah, the 3 part disease, you know, is the point of that part of the conversation and next 1 to tag back to Cody, just kind of get into more details about his quest for help.

171 "Kevin" (1423641344)

00:22:21.989 --> 00:22:28.529

And the journey that took him from addiction into actual, some of the stops along the way and then I'll do the same.

172 "Cody Kagle" (1606217472)

00:22:28.529 --> 00:22:40.859

Yeah, so, um, yeah, I kind of alluded to it and, you know, when I was talking about my story and my history, um, you know, like I said, I've tried.

173 "Cody Kagle" (1606217472)

00:22:40.859 --> 00:22:47.999

Pretty much every option to try to try to find recovery or any, just any sort of.

174 "Cody Kagle" (1606217472)

00:22:47.999 --> 00:22:52.169

You know, change in my life, um, and.

175 "Cody Kagle" (1606217472)

00:22:52.169 --> 00:22:57.569

You know, a lot of them worked somewhat, and a lot of them didn't, um.

176 "Cody Kagle" (1606217472)

00:22:57.569 --> 00:23:07.349

You know, like I said, I, I tried to and the, I've been I've been gone to therapy for many, many years. Um.

177 "Cody Kagle" (1606217472)

00:23:07.349 --> 00:23:12.599

No, I've tried psychiatry I've tried getting on the presence and.

178 "Cody Kagle" (1606217472)

00:23:12.804 --> 00:23:27.624

Everything like that, uh, you know, and throughout my addiction, I was introduced to the rooms and, you know, I was going to a bunch of different meetings and, you know, I have multiple lengths of clean time throughout my recovery.

179 "Cody Kagle" (1606217472)

00:23:27.654 --> 00:23:29.124

Um, but I just.

180 "Cody Kagle" (1606217472)

00:23:29.309 --> 00:23:42.239

I never truly bought in that like that. I'd never wanted to use again. And I, I think that was the biggest issue for myself was, like, always in the back of my mind I had a reservation that.

181 "Cody Kagle" (1606217472)
00:23:42.239 --> 00:23:46.559

You know that I could use again that I could successfully go back and drink.

182 "Cody Kagle" (1606217472)
00:23:46.559 --> 00:23:54.059

Every now and then or, you know, not go to the lengths that I always always went to and know.

183 "Cody Kagle" (1606217472)
00:23:54.059 --> 00:24:02.999

I account a lot of my addiction is to just gaining research on what what I couldn't do. And ultimately, I found that, like.

184 "Cody Kagle" (1606217472)
00:24:02.999 --> 00:24:11.249

The moment that I put a substance in my body, all bets are off obsession and takes over and I'm off to the races again.

185 "Cody Kagle" (1606217472)
00:24:11.249 --> 00:24:18.479

You know, and it's only through sponsorship and, you know.

186 "Cody Kagle" (1606217472)
00:24:18.479 --> 00:24:23.489

Finding these rooms that I'm even still alive today, you know, because.

187 "Cody Kagle" (1606217472)
00:24:23.489 --> 00:24:34.229

Along with the fellowship and therapy, like, you know, I was actively suicidal for multiple years of my addiction and in my recovery.

188 "Cody Kagle" (1606217472)
00:24:34.229 --> 00:24:44.999

And, you know, just the support is like, the only reason that I'm still alive today. So, and if Kevin has anything that he wants to say.

189 "Kevin" (1423641344)
00:24:45.474 --> 00:24:57.594

Sure, and, um, we could advance a slide. Um, you know, like Cody, I, we have in common is throughout the portion of my life where they're using was was prevalent.

190 "Kevin" (1423641344)
00:24:57.774 --> 00:25:04.584

I had suicidal thoughts and I think that's common. You know, I think that runs concurrence to the.

191 "Kevin" (1423641344)

00:25:04.999 --> 00:25:14.024

Of someone who's seeking relief substances are issues. That would maybe be classified by some of his mental health issues, depression, and so on and so forth.

192 "Kevin" (1423641344)

00:25:14.444 --> 00:25:22.154

Um, and I think that because that's part of the that goes along with it, when folks come in to the process of recovery.

193 "Kevin" (1423641344)

00:25:22.499 --> 00:25:36.299

In our seeking help, and this was the case with me that oftentimes, depending on the clinician or the program or the treatment modality. Um, there's some that just for me personally weren't.

194 "Kevin" (1423641344)

00:25:36.299 --> 00:25:39.054

Helpful or weren't sufficient, for example.

195 "Kevin" (1423641344)

00:25:39.084 --> 00:25:53.124

Um, when I got clean this time, um, you know, again, after my last relapse, I had, um, clinicians insisting that I needed to be on, um, you know, psychotropic, anti, anxiety,

196 "Kevin" (1423641344)

00:25:53.124 --> 00:25:55.374

anti depression medications.

197 "Kevin" (1423641344)

00:25:56.324 --> 00:26:03.704

Through through the helping process, counseling and so on, you know, it was being open and honest and talking about my feelings and that.

198 "Kevin" (1423641344)

00:26:03.704 --> 00:26:13.064

I did feel terrible about myself and I had blown an opportunity to go to college just a few months earlier while while using.

199 "Kevin" (1423641344)

00:26:14.099 --> 00:26:21.149

Again, disappointed my family, I had some consequences that, you know, I didn't have a driver's license was suspended those kinds of things.

200 "Kevin" (1423641344)

00:26:21.149 --> 00:26:31.259

And so the clinic was insistent that I needed to be on anti depressants, cause I was depressed and I remember having the presence of mind, even then at 18 years old to tell her name is sue. It's like.

201 "Kevin" (1423641344)

00:26:31.259 --> 00:26:34.409

So, if I were happy, you should put me on medication.

202 "Kevin" (1423641344)
00:26:34.409 --> 00:26:41.789
You know, I've all these things going on in my life that have brought me down and drove me down. And, you know, what was helpful to me, was to feel.

203 "Kevin" (1423641344)
00:26:41.789 --> 00:26:50.939
Those consequences to feel the gravity of what my addiction had done to me and to simply put me on some medication that's going to, you know.

204 "Kevin" (1423641344)
00:26:51.504 --> 00:26:56.904
You know, put that in a different direction, I would have denied need the opportunity to feel those consequences.

205 "Kevin" (1423641344)
00:26:57.234 --> 00:27:10.854
Those those, those feelings of desperation, those feelings of depression and feelings of of, you know, regret, if you want to call them, that that becomes the wood and the fuel that burns the fire recovery. You know.

206 "Kevin" (1423641344)
00:27:10.939 --> 00:27:19.409
It's been my experience in over 3 decades of watching individuals succeed and fail recovery and different doses and increments.

207 "Kevin" (1423641344)
00:27:19.409 --> 00:27:22.499
That often times, it's folks that have a real easy.

208 "Kevin" (1423641344)
00:27:22.499 --> 00:27:28.139
Right to have a real easy. So somehow things magically make their life appear to be great.

209 "Kevin" (1423641344)
00:27:28.139 --> 00:27:31.769
Within a very short period of time and so, you know, they're all getting high again.

210 "Kevin" (1423641344)
00:27:31.769 --> 00:27:35.549
And in my case, you know, my search for help included that.

211 "Kevin" (1423641344)
00:27:35.574 --> 00:27:47.514
Now, again, we started out with our disclaimer. We're not just proving other. We're doing here to debate other forms of help and this is just our lives experience and I would be dishonest if I were to to not share that or to speak. Otherwise.

212 "Kevin" (1423641344)

00:27:48.024 --> 00:27:50.664
Um, and truly, you know, well, intended.

213 "Kevin" (1423641344)
00:27:50.939 --> 00:27:56.759
Good people, the clinicians, the helpers, the people in 1 case, a couple of places, clergy.

214 "Kevin" (1423641344)
00:27:56.759 --> 00:28:02.369
Um, you know, just weren't able to reach me and to get me impacted impact me in a way.

215 "Kevin" (1423641344)
00:28:02.369 --> 00:28:08.579
That was helpful. A lot of it was counterproductive and and like, Cody coming into the, the rooms of recovery.

216 "Kevin" (1423641344)
00:28:08.579 --> 00:28:13.529
You encounter people that have just walked the same journey that had burned their life to the ground.

217 "Kevin" (1423641344)
00:28:13.529 --> 00:28:17.429
And instead of shaming those folks, we clap for them.

218 "Kevin" (1423641344)
00:28:17.429 --> 00:28:31.434
You know, we cloud for them and walk them them and give them a big smile and a big hug and tell them they're in the right place. That's what happened to me. I was welcomed into that, rather than being told that my, my life was chemical or my body was chemically imbalanced. And again, maybe that's true.

219 "Kevin" (1423641344)
00:28:31.434 --> 00:28:32.454
For other folks.

220 "Kevin" (1423641344)
00:28:32.549 --> 00:28:39.809
But that wasn't my journey. My journey included it. I didn't, I declined that form of help and treatment.

221 "Kevin" (1423641344)
00:28:39.809 --> 00:28:43.529
And stayed in a place where I was motivated because of.

222 "Kevin" (1423641344)
00:28:43.529 --> 00:28:46.889
The disparate that I had, and then build my life back up from there.

223 "Kevin" (1423641344)
00:28:46.889 --> 00:28:55.619

And I think we're going to move on to the next slide and just sort of hit on the touchstones and the real components of what is 12 recovery what's it look like.

224 "Kevin" (1423641344)

00:28:55.619 --> 00:28:58.769

What is it specifically when we say you're in the recovery process?

225 "Kevin" (1423641344)

00:28:58.769 --> 00:29:03.689

And I could jump in on that. Yeah. So, you know, at.

226 "Cody Kagle" (1606217472)

00:29:04.134 --> 00:29:16.764

In every institution that I've ever been in, you know, they, they suggest that you, you know, do a 909 to get a home group, find a sponsor and start building relationships with other people.

227 "Cody Kagle" (1606217472)

00:29:16.764 --> 00:29:23.484

But, like, what I didn't understand is, like, how important that was for me, personally. for me personally

228 "Cody Kagle" (1606217472)

00:29:23.689 --> 00:29:24.719

You know.

229 "Cody Kagle" (1606217472)

00:29:24.719 --> 00:29:35.064

The other addicts that are in my life that, you know, I, I, I've seen this program work for them, you know, in the whole 90 meetings in 90 days like, when you're 1st getting clean, you know,

230 "Cody Kagle" (1606217472)

00:29:35.064 --> 00:29:44.574

that sounds like it's gonna sounds like it's gonna take years to to accomplish, um, but like, that was a pivotal moment because like, that was the.

231 "Cody Kagle" (1606217472)

00:29:44.719 --> 00:29:59.234

1st time that I ever completed anything in my life throughout my act of addiction, and, you know, trying to get clean because, like, I, I would never start something and I sure would never finish it. Um, and then getting involved with the home group.

232 "Cody Kagle" (1606217472)

00:29:59.324 --> 00:29:59.804

Um.

233 "Cody Kagle" (1606217472)

00:30:00.119 --> 00:30:04.649

You know, just being accountable to the people that go to that.

234 "Cody Kagle" (1606217472)
00:30:04.649 --> 00:30:16.169
That meeting every week, you know, and if you don't show up, they're calling you and asking you where you're at. Or are you okay. Do they need it? Like, is there anything that they can do? And, um.

235 "Cody Kagle" (1606217472)
00:30:16.169 --> 00:30:20.219
You know, I'm really glad that the line, you know.

236 "Cody Kagle" (1606217472)
00:30:20.219 --> 00:30:26.159
Someone who believes in me, wants to help me, you know, that that's my favorite line in all of our literature.

237 "Cody Kagle" (1606217472)
00:30:26.159 --> 00:30:32.009
And, you know, because I do believe in the sponsorship.

238 "Cody Kagle" (1606217472)
00:30:32.009 --> 00:30:37.049
Aspect, you know, and it also says in our literature.

239 "Cody Kagle" (1606217472)
00:30:37.049 --> 00:30:50.699
To whom sponsorship is important, we'll get the most out of your recovery. And, like, I believe in that, man, because, like, I love every sponsor that I've ever had they've changed my life and they've made such an impact on me as a human being.

240 "Cody Kagle" (1606217472)
00:30:50.699 --> 00:30:56.579
And as a recovering addict, it's just undeniable the love and care that they have.

241 "Cody Kagle" (1606217472)
00:30:56.579 --> 00:31:06.449
In that I'm able to transfer to the people that I sponsor today. Um, you know, sponsorship is the heartbeat of a 12 step fellowship.

242 "Cody Kagle" (1606217472)
00:31:06.449 --> 00:31:12.149
You know, we can only keep what we have by giving it away and, you know, we learned that.

243 "Cody Kagle" (1606217472)
00:31:12.149 --> 00:31:17.099
You know, through our sponsor and sponsoring people, we, we, we learn that.

244 "Cody Kagle" (1606217472)
00:31:17.099 --> 00:31:20.159
The most important person is the person you have to come.

245 "Cody Kagle" (1606217472)
00:31:21.624 --> 00:31:35.784

And then, you know, developing a week, finding the people that we really, really connect with, like the people in my way today, man, we have the greatest relationship. We do everything together. We go to concerts, you know, we have a bunch of fun.

246 "Cody Kagle" (1606217472)
00:31:35.784 --> 00:31:38.184

We show up for each other, and when others are hurting.

247 "Cody Kagle" (1606217472)
00:31:38.489 --> 00:31:50.424

We just took a meeting into 1 of my friends, because he's in the hospital, because he's paralyzed now and, you know, a bunch of us got together and we took a meeting into him daily prayer.

248 "Cody Kagle" (1606217472)
00:31:50.784 --> 00:31:58.314

You know, this is a new aspect for me. I, um, I've just recently started the prey, um, because I had a whole.

249 "Cody Kagle" (1606217472)
00:31:58.489 --> 00:32:11.639

Personal conundrum with that whole thing. Um, and, like, I didn't see the need for it. Um, so I am here to say that, like, you can stay clean and, you know, obtain the process of recovery without prayer.

250 "Cody Kagle" (1606217472)
00:32:11.639 --> 00:32:17.429

Um, I definitely wouldn't allow that to, you know, sway people from this.

251 "Cody Kagle" (1606217472)
00:32:17.429 --> 00:32:29.039

Because it is possible, but it is just it's important to build that connection with your higher power then, you know, reading recovery literature, you know, I.

252 "Cody Kagle" (1606217472)
00:32:29.039 --> 00:32:43.949

I I read all the time. I, I'm a book reader. I'm not a T. V. watcher, so it's a little bit easier for me but, you know, that's how we really learn and understand this program and, you know, we're able to identify when we read it because.

253 "Cody Kagle" (1606217472)
00:32:44.034 --> 00:32:51.744

All, you know, the 12 step literature is written by the people that attend these meetings and who work this program.

254 "Cody Kagle" (1606217472)
00:32:52.224 --> 00:33:03.924

Um, and then to become a service to the program and recovery, you know, being asked to speak at a meeting or, you know, showing up and setting up the coffee so that the meeting can go on, you know, all those.

255 "Cody Kagle" (1606217472)

00:33:03.949 --> 00:33:09.449

Things just make you feel so good and, you know, it, it removes that self centered part.

256 "Cody Kagle" (1606217472)

00:33:09.449 --> 00:33:13.199

That we all suffer from in our disease, um.

257 "Cody Kagle" (1606217472)

00:33:13.199 --> 00:33:20.189

You know, and there's just so many different ways to serve the fellowship and, you know, at any form of recovery.

258 "Cody Kagle" (1606217472)

00:33:20.189 --> 00:33:27.509

You know, that we're always in need of people there's always physicians available, you know, and it's 1 of the most freeing.

259 "Cody Kagle" (1606217472)

00:33:27.509 --> 00:33:36.209

Bringing things that I've done, you know, it's, it's given me the most self confidence that I've ever had by, you know, being of service.

260 "Cody Kagle" (1606217472)

00:33:36.209 --> 00:33:42.539

And, uh, you know, Kevin can talk a little bit about how it works.

261 "Kevin" (1423641344)

00:33:42.539 --> 00:33:54.444

In advance a slide there and and all those components are important. This is just a fundamental tool that you'll find and basically any 12 step self help type of program. For our purposes.

262 "Kevin" (1423641344)

00:33:54.474 --> 00:33:58.944

We reference the narcotics anonymous. Um.

263 "Kevin" (1423641344)

00:33:59.189 --> 00:34:08.214

12 steps, and, as I understand it Cigna has had a couple of years ago um, a presenter from the narcotics anonymous organization.

264 "Kevin" (1423641344)

00:34:08.214 --> 00:34:19.164

And I think if I'm not mistaken from 1 of my contacts at Cigna, we'll be having an individual from anonymous again. Sometime later this year. Get drill more into this process, but.

265 "Kevin" (1423641344)

00:34:19.514 --> 00:34:33.944

Essentially, you know, the 12 steps of recovery, or or how it works and, you know, you could see the foundation of that the very 1st, step of this process. And really you know, it's been referred to as mutual aid societies or mutual aid organizations.

266 "Kevin" (1423641344)

00:34:34.304 --> 00:34:36.194

But the 1st step is just to Nikki, have the problem.

267 "Kevin" (1423641344)

00:34:36.719 --> 00:34:48.324

You know, to have that, that, that acceptance that, you know, the problem exists and and, and a surrender to that, you know, and an acceptance of a problem. I mean, that's the turning point for any individual to start to go.

268 "Kevin" (1423641344)

00:34:48.324 --> 00:34:56.424

A different direction is to 1st, come to terms that they have it and how bad it is the, the gravity of it, you know, in the case of, of a person of substance.

269 "Kevin" (1423641344)

00:34:56.719 --> 00:35:06.299

Use or addiction, you know, an unmanageable life, certainly other forms of, you know, sicknesses. I mean, you know, I guess are similar.

270 "Kevin" (1423641344)

00:35:06.299 --> 00:35:16.439

Um, whether someone's a gambler or other kinds of addictions, but yeah, that 1st step and then I'm not gonna go through this, but, you know, just wanted to put it through here as a reference point. If you could jump to the next slide.

271 "Kevin" (1423641344)

00:35:17.034 --> 00:35:27.264

You'll see, Cody references earlier, this piece of material or literature was developed by that any program and in 1856 and to this day,

272 "Kevin" (1423641344)

00:35:27.264 --> 00:35:36.144

these same words are used and woven into the meetings that are held and the other. that are held and the other

273 "Kevin" (1423641344)

00:35:36.464 --> 00:35:49.934

Literature, but this is what it's all about, you know, having a person focus on the recovery, having faith in someone that will help them following a program daily, getting a better perspective on their life and an important component.

274 "Kevin" (1423641344)

00:35:49.934 --> 00:35:56.294

This was a shortfall of mine with, with, with letting go of that old life was.

275 "Kevin" (1423641344)

00:35:56.464 --> 00:36:03.394

Moving on having new associations that could be alluded to that and we're going to talk about that a little more depth shortly, but those new associations,

276 "Kevin" (1423641344)

00:36:03.394 --> 00:36:14.764

people who are also of the same it will be people that have suffered and are found a better way to live and they're doing it together and these are just some real cornerstone components of the recovery process.

277 "Kevin" (1423641344)

00:36:15.269 --> 00:36:29.994

You know, as it's experienced in that program. Um, and if you want to go 1 more slide, um, you know, when people hear about spirituality or, you know, higher powers, you know, within the context of the NBA program.

278 "Kevin" (1423641344)

00:36:30.894 --> 00:36:36.714

Again, this is copy written literature you could find on their website, but there's references to spiritual principles.

279 "Kevin" (1423641344)

00:36:37.104 --> 00:36:50.004

And so, whereas some may have conjure up visions of, you know, religious dogma, those kinds of things or specific religious activities for the purposes of recovery. These are the spiritual principles that are.

280 "Kevin" (1423641344)

00:36:50.384 --> 00:37:03.644

Are developed by members that choose to be part of that process to be someone who, who has hope in their life that understands the surrender portion that can that can find acceptance, honesty, open mindedness, willingness,

281 "Kevin" (1423641344)

00:37:03.854 --> 00:37:05.774

faith tolerance.

282 "Kevin" (1423641344)

00:37:05.849 --> 00:37:12.834

Patients humility, unconditional love and sharing and caring. These are the, the types of spiritual principles that are part of the recovery process.

283 "Kevin" (1423641344)

00:37:13.164 --> 00:37:25.764

And as you see, they're highlighted in yellow was recovery processes, spiritual principles, touch every area of our lives similar to the

disease. Every area of your life, spiritual, mental, physical, um, because we simply try to.

284 "Kevin" (1423641344)

00:37:25.849 --> 00:37:30.884

Of this program in here, and now we find joy, we start to learn how to live by the principles of recovery.

285 "Kevin" (1423641344)

00:37:30.884 --> 00:37:45.704

And so this is a model that is easy to access and follow and obviously, Cody, and I are familiar with and I think the next place we want to jump into and hand off to Cody is to really talk about, you know, the recovery lifestyle. What does it mean to be.

286 "Kevin" (1423641344)

00:37:45.849 --> 00:37:48.899

Recovery, what does that look like? So go ahead there. So.

287 "Cody Kagle" (1606217472)

00:37:48.899 --> 00:38:00.779

Yeah, you know, I, I kind of alluded to it earlier, you know, when I got clean like, I didn't understand how I was supposed to live my life without the use of drugs. Um.

288 "Cody Kagle" (1606217472)

00:38:01.104 --> 00:38:13.254

And what I've come to find out is, like, I just I live it exactly how I want to live it, you know, I'm free and able to do anything in the world that I could ever dream imaginable, you know,

289 "Cody Kagle" (1606217472)

00:38:13.284 --> 00:38:20.694

this past weekend I was at a music festival and I attended a meeting while I was at the festival.

290 "Cody Kagle" (1606217472)

00:38:20.779 --> 00:38:28.350

You know, because like, I think that's really cool and what, you know, the recovery community starting to build around is.

291 "Cody Kagle" (1606217472)

00:38:28.350 --> 00:38:38.910

You know, they see the need to have, you know, like a gathering place for people in recovery at these music festivals, and, you know, concerts and things like that. And, um.

292 "Cody Kagle" (1606217472)

00:38:38.910 --> 00:38:45.480

You know, like me and a group of my sponsors, the people that I sponsor, we go golfing every week and.

293 "Cody Kagle" (1606217472)

00:38:45.480 --> 00:39:00.445

You know, we're traveling, um, you know, my fiance's in recovery also and, you know, we're gone to different states to hit meetings and doing things and don't fishing and camping and spiritual retreats with, you know, a whole bunch of addicts from all over the area,

294 "Cody Kagle" (1606217472)

00:39:00.445 --> 00:39:05.155

get together. And we just have meetings all weekend, enjoy each other's company and, you know.

295 "Cody Kagle" (1606217472)

00:39:05.480 --> 00:39:07.950

Our experience strength and hope.

296 "Cody Kagle" (1606217472)

00:39:07.950 --> 00:39:22.405

Um, you know, my, my fiance is having plans going back to college and furthering her career and, you know, we're the world is just so open to us when we aren't hindered by the use of our drugs.

297 "Cody Kagle" (1606217472)

00:39:22.435 --> 00:39:27.025

And, um, you know, I'm just, I'm so grateful that, you know, that I'm clean today.

298 "Cody Kagle" (1606217472)

00:39:27.950 --> 00:39:30.330

Can switch back to Kevin.

299 "Kevin" (1423641344)

00:39:31.165 --> 00:39:33.595

Yeah, and we want to beat this slide in the next slide.

300 "Kevin" (1423641344)

00:39:33.595 --> 00:39:46.705

If you want to advance, if they really represent that, that just to show that there's interests and hobbies, and, you know, part of our, you know, a person's vocational part of their life but they do for a living career wise.

301 "Kevin" (1423641344)

00:39:46.705 --> 00:39:49.645

And so on the personal interest people take on.

302 "Kevin" (1423641344)

00:39:51.285 --> 00:40:01.575

You know, Cody, and I spoke to the other night about his experience over the weekend, and it was really cool and, and he didn't go into the details, but there was a young person there who was kind of going through a really rough time.

303 "Kevin" (1423641344)

00:40:01.935 --> 00:40:10.245

And by that mutual meeting, pointed out music festival, Cody was able to reach out and spend time with that with that, you know, with that struggling addict and to help them. And, and.

304 "Kevin" (1423641344)

00:40:10.330 --> 00:40:19.290

To help himself and so, you know, you know, the previous slide showed a depiction of people on a beach. I was, you know, on a beach vacation with my family last week.

305 "Kevin" (1423641344)

00:40:19.290 --> 00:40:32.970

Um, I've developed a career professionally. Part of my experience is included, uh, going to Washington D. C to the halls of Congress and meeting with legislators and advocating for the particular field that I work in.

306 "Kevin" (1423641344)

00:40:32.970 --> 00:40:42.175

And I've done that both in a state and federal level um, you know, uh, could you mentioned, you know, camping and traveling and those kinds of things this particular slide that's up on the screen.

307 "Kevin" (1423641344)

00:40:42.175 --> 00:40:50.095

Now, I've gone through life transitions as most of us will or definitely will, um, depends on your circumstances.

308 "Kevin" (1423641344)

00:40:50.460 --> 00:41:00.990

With my elderly parents, and being fortunate enough to be present and healthy enough to take care of or be part of their caretaking and be, you know, be there. Conversely I've watched.

309 "Kevin" (1423641344)

00:41:00.990 --> 00:41:14.820

Adults who struggle, who aren't able to be there for their parents, and the parents die, or have tragedies and, you know, they, they are not able to be part of that journey with their, their families. Um, 1 of these. I admire about Cody and he's a lot younger than I am.

310 "Kevin" (1423641344)

00:41:15.265 --> 00:41:28.285

And, uh, he's got really varied interest, but we connect on a music level, but he listens to Mozart and stuff like that. Like, that's not really my bad. But I think that just adds such a cool dimension to who he is as a person.

311 "Kevin" (1423641344)

00:41:28.555 --> 00:41:34.615

And that's the point of these couple of slides, like living in recovery. It truly is a way of life. And I go back to.

312 "Kevin" (1423641344)

00:41:34.820 --> 00:41:47.190

Of earlier discussion where we're talking about over 3 decades into this process, if somehow there was a magic cure, if there was ironically enough, oftentimes the pharmaceutical industry thinks.

313 "Kevin" (1423641344)

00:41:47.190 --> 00:41:57.390

That appeal is the answer to a problem caused by pill. I don't know how that works, but, um, if there was a magic pill, and you can give it to me, and I would never, ever want to be a part of a drug using lifestyle again.

314 "Kevin" (1423641344)

00:41:57.390 --> 00:42:01.080

I would be I would have lost out so much.

315 "Kevin" (1423641344)

00:42:01.080 --> 00:42:07.260

On the richness that life has offered me through the relationships in the recovery process.

316 "Kevin" (1423641344)

00:42:07.260 --> 00:42:20.160

Through the, the foundation of spiritual principles that have been embedded in my life through the recovery process. Um, but really, it's about the relationships. And, you know, I have friends over the country in other parts of the world.

317 "Kevin" (1423641344)

00:42:20.160 --> 00:42:31.650

That are all connected if any, anything you can imagine, you know, friends that are lawyers and I also have friends that had ankle bracelets on that have to check in with their probation officer, or they're going to go to jail.

318 "Kevin" (1423641344)

00:42:31.650 --> 00:42:35.340

Um, the richness of life experience and humanity and sharing.

319 "Kevin" (1423641344)

00:42:35.340 --> 00:42:43.620

And connecting with other humans that some are very self actualized and very successful, and others are struggling and having that as part of my life.

320 "Kevin" (1423641344)

00:42:43.620 --> 00:42:52.770

And walking through the, the recovery way of life has just added a richness and continues to add a richness that even if there was some magic cure for the problem.

321 "Kevin" (1423641344)

00:42:53.035 --> 00:43:06.775

That that magic cure. Well, there is a magic cure. It's it's recovery, but if there were another magic cure, it would be that would be absent those, those relationships and all those experiences. Then you really wouldn't be worthwhile.

322 "Kevin" (1423641344)

00:43:06.955 --> 00:43:12.745

If you've been to the next slide, you sort of see that Samsung puts together. A lot of great information is a great.

323 "Kevin" (1423641344)

00:43:12.770 --> 00:43:16.860

Resource for those of you, they're interested in the recovery and the addiction space.

324 "Kevin" (1423641344)

00:43:16.860 --> 00:43:25.470

You know, the 8 dimensions of wellness and this truly, you know, just gloss over. If you look at that this truly is the benefits of being involved in recovery.

325 "Kevin" (1423641344)

00:43:25.470 --> 00:43:35.850

It covers all these different areas of one's life and I know myself and I'll also I'll speak for Cody. I know that all these areas of his life has gotten better to recovery.

326 "Kevin" (1423641344)

00:43:35.850 --> 00:43:41.250

And I would ask him to invite him to to add to that discussion.

327 "Cody Kagle" (1606217472)

00:43:41.250 --> 00:43:55.680

Yeah, I, um, yeah, you know, every area of my life, you know, recovery has touched it from my work to my personal to my intimate to my family, you know, financially like it, it's just it's.

328 "Cody Kagle" (1606217472)

00:43:55.680 --> 00:44:02.250

Changed every area in my life and, you know, ultimately, it's because I'm not the 1 screwing it up anymore.

329 "Cody Kagle" (1606217472)

00:44:02.755 --> 00:44:17.035

You know, just outside issues and life itself is what causes me issues today and, you know, I'm just I'm super excited and if you could just switch to the next slide and we'll touch on that and then we'll be ready for some questions. You know.

330 "Cody Kagle" (1606217472)

00:44:17.340 --> 00:44:27.025

In our literature, it says complete surrender is the key to recover in total apps sentences. The only thing that has ever worked for myself and many, many other addicts.

331 "Cody Kagle" (1606217472)
00:44:27.055 --> 00:44:33.715
You know, in our experience, no addict to is completely surrendered to this program has ever failed to find recovery.

332 "Kevin" (1423641344)
00:44:34.260 --> 00:44:44.550
And I think that's it. Yeah. Yeah. Not to be confused again that we don't think that there are other things that are benefit.

333 "Kevin" (1423641344)
00:44:44.550 --> 00:44:56.665
And other folks may find help in other ways, but, you know, we certainly stand on a very firm ground, being part of a movement, a movement that's changed the world.

334 "Kevin" (1423641344)
00:44:57.115 --> 00:45:04.435
You know, the, the particular program could not participate in is is in 134 countries 77,000 meetings all over the. seven thousand meetings all over the

335 "Kevin" (1423641344)
00:45:04.575 --> 00:45:18.435
Load all of the planet Earth, it translates culture it translates age translates religions, translate trans transfers across all those spectrums. And so so there it is.

336 "Kevin" (1423641344)
00:45:18.435 --> 00:45:24.465
And the last thing I would finish up with the both of us felt it was important to show our faces. I work in.

337 "Kevin" (1423641344)
00:45:24.550 --> 00:45:29.820
Industry and Cody works in industry where people could be judgmental. Well, well, that's life.

338 "Kevin" (1423641344)
00:45:29.820 --> 00:45:33.090
Um, there's nothing to be ashamed of, of finding help and developing.

339 "Kevin" (1423641344)
00:45:33.595 --> 00:45:43.705
A healthy lifestyle through the right process and the right interventions and, you know, and it's important to reduce the stigma to know. The people have the problem.

340 "Kevin" (1423641344)
00:45:43.705 --> 00:45:51.685
Find help get help move on with life and have families and live very productive lives and so yeah, there it is. And we're ready for questions.

341 "Mack, Kari" (3124488704)
00:45:53.965 --> 00:46:03.115
Thank you guys so much for sharing that information both educational and personal. We appreciate that we do have a lot of really good question. So I think we'll just jump right?

342 "Mack, Kari" (3124488704)
00:46:03.115 --> 00:46:10.645
In 1st question is, what advice do you have for someone who's trying to find a home group, but struggling to find a place where they feel comfortable or welcomed.

343 "Mack, Kari" (3124488704)
00:46:10.950 --> 00:46:15.150
Hmm, I wanna jump in 1st code.

344 "Cody Kagle" (1606217472)
00:46:15.150 --> 00:46:27.480
Yeah, sure my advice would be to just hit as many meetings as you possibly can, you know you know, I'm not sure what area you are. I know a lot. Some of the areas are a lot more.

345 "Cody Kagle" (1606217472)
00:46:28.045 --> 00:46:36.445
You know, scattered, and they don't have very many meetings every day. Um, you know, but sometimes you just have to drive when it's got clean.

346 "Cody Kagle" (1606217472)
00:46:36.445 --> 00:46:47.365
You know, I found meetings that I liked to narrow about 45 minutes away from my house and, you know, I could have went the meetings that were 2 minutes away from my house but I felt more comfortable. more comfortable

347 "Cody Kagle" (1606217472)
00:46:47.480 --> 00:46:53.640
At the meetings further away, and I made the decision to go to those meetings and to get.

348 "Cody Kagle" (1606217472)
00:46:53.640 --> 00:47:02.490
Get in touch with those people. Yeah. So I would just say to go to as many meetings as you can, and find any ones that you like.

349 "Kevin" (1423641344)
00:47:02.490 --> 00:47:15.750
Yeah, I would say to that, add to that, 1st of all when folks are new, and they're looking for that home group, or just trying to get themselves as part of the process expect to feel uncomfortable.

350 "Kevin" (1423641344)
00:47:16.105 --> 00:47:22.435
When you come from a way of living where you get relief through substances, and now you take that away,

351 "Kevin" (1423641344)
00:47:22.675 --> 00:47:31.855
that's that changes the whole demeanor whole changes our whole being and
so going anywhere felt uncomfortable for me when I got cleaned for a
long time. time

352 "Kevin" (1423641344)
00:47:32.430 --> 00:47:35.730
And so oftentimes I need to remember that that part of it's me.

353 "Kevin" (1423641344)
00:47:35.730 --> 00:47:41.700
And that if I just, you know, as you say, go try different ones out, but
just take that chance.

354 "Kevin" (1423641344)
00:47:41.725 --> 00:47:55.735
Reach out to 1 person, talk to 1 person after the meeting, get a phone
number. Um, you know, I believe that it's easy to find where you fit. But
but but do expect it to be uncomfortable if we go in and think. Well, you
know, I heard that this program, some kind of magic answer you go there
and it's all wonderful.

355 "Kevin" (1423641344)
00:47:55.885 --> 00:47:57.145
Well, no, there's struggles.

356 "Kevin" (1423641344)
00:47:57.240 --> 00:48:03.120
And then there's probably the 1st, and I think it's important for people
to be realistic and give themselves a break. Remember.

357 "Kevin" (1423641344)
00:48:03.120 --> 00:48:08.370
The misery that you come from, it can't be anywhere near as bad as
feeling a little bit uncomfortable on a church basement.

358 "Mack, Kari" (3124488704)
00:48:08.370 --> 00:48:16.590
But that's a great question. Sure. Great. Thank you. All next question.
What are qualities? I should look for in a sponsor.

359 "Cody Kagle" (1606217472)
00:48:16.590 --> 00:48:20.190
Um.

360 "Cody Kagle" (1606217472)
00:48:20.190 --> 00:48:32.160
Yeah, I, uh, I've had 4 sponsors since I got cleaned this time and every
1 of them was my sponsor for different reason. Um, you know, my 1st, 1
was.

361 "Cody Kagle" (1606217472)
00:48:32.160 --> 00:48:39.240

You know, somebody who had had their life together on the outside, you know, they had a nice car, a nice house.

362 "Cody Kagle" (1606217472)
00:48:39.240 --> 00:48:49.200

Beautiful wife and everything like that. Like, that's what I thought I wanted and, you know, throughout my process and recovery journey like, I've found that I wanted somebody with.

363 "Cody Kagle" (1606217472)
00:48:49.200 --> 00:49:01.225

A, very good working knowledge of how the 12 step fellowship works, you know, somebody who lives and breathes the spiritual principles and somebody who made an effort to make the new comer.

364 "Cody Kagle" (1606217472)
00:49:01.405 --> 00:49:07.075

Feel like, they were the most important person there, you know, because like, it, it changed for me, I didn't care.

365 "Cody Kagle" (1606217472)
00:49:07.320 --> 00:49:16.380

What what I was wearing, or who I was with, you know, all that matters was helping the still suffering at it. And, like, that's what I look for in a sponsor today.

366 "Kevin" (1423641344)
00:49:17.965 --> 00:49:32.065

Yeah, you know, they, they say it basically just to find someone who has what you want, you know, who, who, you know, when you, when you watch how they walk out the carolyn's already you listen to them speak meetings that they have experience that you connect with or there's something about them that you think, wow, you know,

367 "Kevin" (1423641344)
00:49:32.065 --> 00:49:36.025

if I could overcome this the way they did, that would be a good thing. I too had a couple of.

368 "Kevin" (1423641344)
00:49:36.380 --> 00:49:45.810

Because, um, early on, and my 1st, few attempts of getting clean, had other sponsors. Um, but the person who's been my sponsor for the majority of my 30 years is very different than me.

369 "Kevin" (1423641344)
00:49:45.810 --> 00:49:49.260

He grew up in the inner city in the projects. I grew up in a rural setting.

370 "Kevin" (1423641344)
00:49:49.260 --> 00:49:52.260

You know, our types of drugs we use for different.

371 "Kevin" (1423641344)
00:49:52.260 --> 00:49:56.280
But, but he had a spirit about him, and I was really convinced that.

372 "Kevin" (1423641344)
00:49:56.280 --> 00:50:08.010
He had overcome so much that there was this a rule compelling nature about him and, and a spirit about him that I really wanted to to be around and it's turned out to be a really, you know, 1 of the most.

373 "Kevin" (1423641344)
00:50:08.010 --> 00:50:17.490
Um, dynamic and an awesome incredible relationships I would ever imagine having in my whole life and I love him very dearly. He's, he's been formula through more than 3 decades. So.

374 "Kevin" (1423641344)
00:50:17.490 --> 00:50:22.920
That's important and the last thing I'll say is, if you get a sponsor is not working out. It's okay to get a different sponsor.

375 "Kevin" (1423641344)
00:50:22.920 --> 00:50:28.050
You know, uh, my sponsor told me that when I asked him, he said, if you ever feel like you're not getting what you need.

376 "Kevin" (1423641344)
00:50:28.050 --> 00:50:31.290
You know, get yourself a different sponsor. You know, this isn't a marriage.

377 "Kevin" (1423641344)
00:50:31.290 --> 00:50:38.130
You don't have to have divorced papers, but oftentimes people will stay in that sponsorship sort of limbo and they're not using a sponsor.

378 "Kevin" (1423641344)
00:50:38.130 --> 00:50:47.760
Because they don't connect with the person they ask, and they're afraid to get another 1 it's important to do that. You know, it's important to do that to switch. If you're not getting what you need.

379 "Mack, Kari" (3124488704)
00:50:47.760 --> 00:50:56.520
Great can you talk about the idea or concept of needing to hit rock bottom before people can really engage in recovery?

380 "Cody Kagle" (1606217472)
00:50:56.520 --> 00:51:03.600
Um, so, you know, for me, personally, in our literature.

381 "Cody Kagle" (1606217472)
00:51:03.600 --> 00:51:08.850
Yeah, I just forgot I was going to say, but for me personally, like.

382 "Cody Kagle" (1606217472)
00:51:08.850 --> 00:51:14.340
I had to exhaust every reservation that I had could possibly have that like.

383 "Cody Kagle" (1606217472)
00:51:14.340 --> 00:51:26.455
I knew, without a doubt in my mind that I was done and, you know, in my active addiction, you know, the, the desire to use drugs had long gone, you know, I, I, I didn't want to use and I just couldn't stop.

384 "Cody Kagle" (1606217472)
00:51:26.875 --> 00:51:30.865
So, when I got to recovery this time, like, it was such a breath of fresh air.

385 "Cody Kagle" (1606217472)
00:51:31.080 --> 00:51:42.835
To not have to put something in me that I didn't want to use. Um, and, you know, rock bottoms are all personal to each individual. You know, I I know people who got clean after.

386 "Cody Kagle" (1606217472)
00:51:42.835 --> 00:51:50.875
They were smoking weed and, you know, I know people who got clean when they were homeless, you know, to everybody, their personal rock bottoms.

387 "Cody Kagle" (1606217472)
00:51:51.080 --> 00:51:59.460
Completely different and I, you know, I guess that's why they say that you can't judge the desire because ultimately, you never know.

388 "Kevin" (1423641344)
00:51:59.845 --> 00:52:11.425
Well, if for folks that have any experience, either, they're an ad themselves, or they have a family member, that's an addict, you know, even folks you hit rock bottom, somehow can find a Jack hammer and go a little bit lower. Right?

389 "Kevin" (1423641344)
00:52:11.875 --> 00:52:15.445
Um, you know, it's important that 1 gets.

390 "Kevin" (1423641344)
00:52:16.075 --> 00:52:29.965
Just, you know, sick and tired of the way they're living in. In my case that happened at an early age. I had early interventions, and, you know, the, the moment in time and I remember very vividly. It happened in an alley and a small town.

391 "Kevin" (1423641344)
00:52:29.965 --> 00:52:34.795

That was like, relative to where I live was, like, tenable 1 of those towns. You don't go into. It's there's a lot of trouble there.

392 "Kevin" (1423641344)

00:52:35.600 --> 00:52:42.330

And it was just a moment of clarity that I had. Um, but, you know, I think, ultimately, rock bottom for folks.

393 "Kevin" (1423641344)

00:52:42.330 --> 00:52:54.145

Is deaf is in jail and corporations institutions. Those are, those are areas that oftentimes people find themselves in and only once you're, you're dead. You can't reverse that.

394 "Kevin" (1423641344)

00:52:54.475 --> 00:53:02.245

So, I think that even though it's important to to, to embrace the desperation and, and the low point that you have, and.

395 "Kevin" (1423641344)

00:53:02.330 --> 00:53:10.770

Feel as much as possible that's what I mentioned earlier. My own experience was that I, I didn't need a artificial lift to get out of that feeling of being low.

396 "Kevin" (1423641344)

00:53:10.770 --> 00:53:14.280

You know, that was a starting point, and a foundation for building a life.

397 "Kevin" (1423641344)

00:53:14.280 --> 00:53:17.640

Was to realize it that I need to help and, um.

398 "Kevin" (1423641344)

00:53:17.640 --> 00:53:29.815

You know, enabling, and those kinds of things I think is hard. It doesn't help the add it, but the rock bottom is important, but there's always worse bottoms until you die. I mean, I think that's the truth. I always go further further.

399 "Kevin" (1423641344)

00:53:29.815 --> 00:53:37.555

I I have friends at 1 point, they had 5 fingers on each hand, and now they're missing a hand because something happened after they.

400 "Kevin" (1423641344)

00:53:37.640 --> 00:53:46.650

Not relaxed and they were in an accident, lost their hand. Um, you know, so there's always worse, uh, outcomes, I guess.

401 "Mack, Kari" (3124488704)

00:53:46.650 --> 00:54:00.090

Great and I think we'll just finish up here with 1 last question. What do you suggest for people who feel that by going to meetings and talking about their substance use will make them want to use more therefore they don't attend meetings.

402 "Cody Kagle" (1606217472)
00:54:00.090 --> 00:54:04.800
For me personally, I know the meetings that I attend.

403 "Cody Kagle" (1606217472)
00:54:04.800 --> 00:54:08.190
Drug actually using.

404 "Cody Kagle" (1606217472)
00:54:08.875 --> 00:54:17.905
Very seldomly comes up, you know, I, I choose to go to meetings where there's an atmosphere recovery where that's what we're talking about.

405 "Cody Kagle" (1606217472)
00:54:17.905 --> 00:54:28.075
We're talking about how can I recover from the disease of addiction or how can I learn to deal with this emotion that I'm going through? Um, you know.

406 "Cody Kagle" (1606217472)
00:54:28.190 --> 00:54:33.450
I would just suggest if they feel like they need to, you know, talk about.

407 "Cody Kagle" (1606217472)
00:54:33.450 --> 00:54:39.060
You know, their drug use, maybe to just go to a different meeting with a little bit older crowd.

408 "Cody Kagle" (1606217472)
00:54:39.060 --> 00:54:42.870
Or, you know, just try to change your meeting attendants up.

409 "Cody Kagle" (1606217472)
00:54:42.870 --> 00:54:55.980
To where that, you know, there is an atmosphere recovery, and it's not just sharing more stories and talking about the disease, you know, because recovery ultimately isn't about to disease it. You know, it's about building a life worth living.

410 "Kevin" (1423641344)
00:54:55.980 --> 00:55:08.845
It's not about using any more at the beginning of any recovery meeting. There's a series of readings that are shared out with, you know, with all those that are attending and a cornerstone principle in the program.

411 "Kevin" (1423641344)
00:55:08.845 --> 00:55:15.925

That we recover in says, you know, we're not interested in what, or how much you used for your connections.

412 "Kevin" (1423641344)

00:55:16.005 --> 00:55:28.815

Or how much, or how do you have what you've done in the past but only what you want to do about your problem and how we can help and I think there's another line in recovery literature that says most addicts resist recovery.

413 "Kevin" (1423641344)

00:55:29.205 --> 00:55:35.895

So, when you when you, the drugs are out of the picture, you come into a meeting, or you walk into a convenience store, you walk into your.

414 "Kevin" (1423641344)

00:55:35.980 --> 00:55:47.195

Employment your family's house, without the drugs in your body, or without that part of your life, you feel like an alien to begin with so going into a meeting and hearing stories. And I think that that a lot of us that are suffering from addiction.

415 "Kevin" (1423641344)

00:55:47.315 --> 00:55:55.685

We'll look for an excuse, not not to go to meetings and that certainly sounds like 1 that would be reasonable. But, you know, like Cody said, I mean, you know.

416 "Kevin" (1423641344)

00:55:55.980 --> 00:56:05.850

The real basic understanding of how recovery works for someone that's struggling and needs to go, or wants to go, but they fight it is to chase the recovery. Like, we chase the addiction.

417 "Kevin" (1423641344)

00:56:05.850 --> 00:56:10.470

Now, if they got a bad if they got a bad, uh, you know.

418 "Kevin" (1423641344)

00:56:10.470 --> 00:56:21.925

You know, uh, bad score, a bad, you know, uh, you know, set pills or powder or whatever it is they used, but it didn't stop them from going back the next time and try and get more an hour later half hour later.

419 "Kevin" (1423641344)

00:56:22.375 --> 00:56:30.385

You know, if they got beat, we call those getting beat bags or if you're getting beat but that doesn't stop it. So if you go to a meeting, you're not hearing somebody like, you know well, I'm not going to go any.

420 "Kevin" (1423641344)

00:56:30.470 --> 00:56:42.270

Well, again, that logic of apply, apply some of the same transferable skills to recovery, that tenacity that chase the drugs, use that to chase recovery and do that for 90 days, do that for a year.

421 "Kevin" (1423641344)

00:56:42.270 --> 00:56:50.670

Hey, if it's not working on, you still go back to what you had before. Um, that's always available, going back to the active drug drug lifestyle. But but if you stick around.

422 "Kevin" (1423641344)

00:56:50.670 --> 00:56:57.780

Well, you'll be surprised if the doors would open up the amazing things that happen for people.

423 "Mack, Kari" (3124488704)

00:56:57.780 --> 00:57:10.740

Wonderful Thank you. Thank you so much for that information for answering all those questions we are at the top of the hour here. So thank you again, Cody and Kevin for the informative presentation and for all of your sharing of both.

424 "Mack, Kari" (3124488704)

00:57:10.740 --> 00:57:21.420

Educational and personal information, we really appreciate you being able to do that. I am going to turn it over to Stephanie here. Who's just going to finish us up for our time together here today?

425 "Stephanie gissal" (2797003008)

00:57:31.135 --> 00:57:40.735

Alright, I think I was on mute just wanted to let, you know, there's a 5 question survey on the side panel. We kindly ask that. You just take a few moments to fill out the questionnaire.

426 "Stephanie gissal" (2797003008)

00:57:40.980 --> 00:57:44.725

To help us, keep our seminars relevant to you.

427 "Stephanie gissal" (2797003008)

00:57:45.085 --> 00:57:58.735

And if you haven't already done, so feel free to listen to the replays of any of the seminars and be sure to sign up to receive automatic email reminders for upcoming sessions be. Sure. To join us next month.

428 "Stephanie gissal" (2797003008)

00:57:58.765 --> 00:58:00.955

When our topic will be on chronic pain.

429 "Stephanie gissal" (2797003008)

00:58:00.980 --> 00:58:08.550

An addiction that is on Wednesday, August 16th at noon Central Thank you. And have a great rest of your day.