

Transformations

Stop the Cycle

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RIDGEHOUSE

restoring lives for our community

- Ridge House, Inc. established in Reno in 1982 from the Kairos prison ministry program. Ridge House has maintained a presence in Nevada serving clients with substance use, mental health, and legal involvement in the criminal justice system.
- Now is the time for Ridge House to transform to a dynamic, effective, and current agency that promotes success for clients, families, and the community of northern Nevada.
- It is well known that in general, substance use treatment has dismal results and often requires 7 episodes of care for change at the level of recovery. That statistic does not depict the true recidivism rates for individuals struggling with substance use and mental health and the legal system.

What needs to change? Why? How?

- Addiction and criminal behaviors often intersect with a variety of other life stressors that are often overlooked or ignored in the treatment process. Criminal behavior is addictive.
- Criminality must be addressed specifically and explicitly to expose these intersections that leave each unique client at risk for relapse at all levels.
- By history, SUD and MH treatment programs have been and continue to be “one size fits all”.
- Treatment must be customized in the beginning and continue to create course corrections for the individual client to achieve true change. Change that is transformative.

Addiction treatment at the cellular level

- The human body and brain system operate with homeostatic governing principles. Ancient evolutionary survival depended on it, and it is still the driving force.
- Homeostasis is supported by deep process patterns that dictate aspects of biology, physiology, psychology, and even spirituality within our human experience.
- Human beings are social mammals that bond together and survive together. This truth is a powerful reality that cannot be ignored within the recovery treatment process.

Nervous System Development

- Neuropathways

“What fires together, wires together”

- Our earliest patterns stay in place throughout our lifetime.
- This driven pattern making system stays in place and continues to operate throughout the lifetime.
- Criminal behavior, addiction, mental health, and being incarcerated creates overlapping exponential patterns.
- Neuroplasticity allows the brain to reform and change over time.



Learning and Unlearning

- Behaviors can become habits that with repetition and reward can become imbedded in the body and brain system at the reflex level.
- Reflex level behaviors operate below the consciousness and have the potential to create or influence a sense of identity.
- Neuropathways cannot be removed but they can fade with decreased utilization over time
- The potential to create NEW neuropathways is inherent and available in all living human beings.



Introduction phase of learning



Training/practice phase



Early stages of competence

Transformation requires both-learning and unlearning

- Prison re-entry clients will benefit from the time in treatment for the body and nervous system to stabilize and begin the unlearning process. Socialization and recovery community involvement are an important part of the unlearning.
- Treatment that focuses on individual patterns and involves body awareness is critical to the learning and the unlearning process.
- Beginning to understand the internal state of being, connected to these patterns helps to bring reflex level behaviors (including all addictions) up into awareness to support the capacity for personal choice and introspection of individual history and values.

Challenges of new learning

- Individuals with crime and substance use history may have several sources of the addiction cycle
 - Adrenaline
 - Sense of Power from crime
 - Sense of belonging with peers
 - Inverted and distorted sense of loyalty
 - Distorted beliefs and experience with social status
 - Many, many, many, more based on individual experience

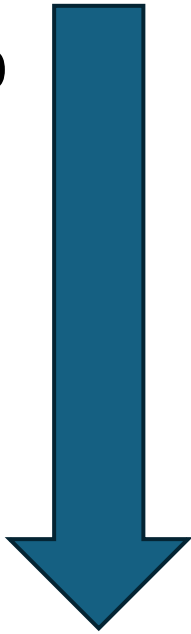


Mastery to Expert

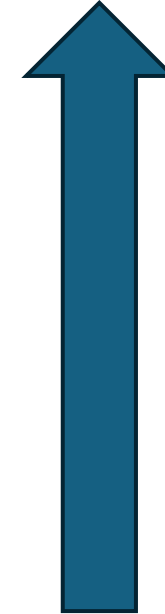
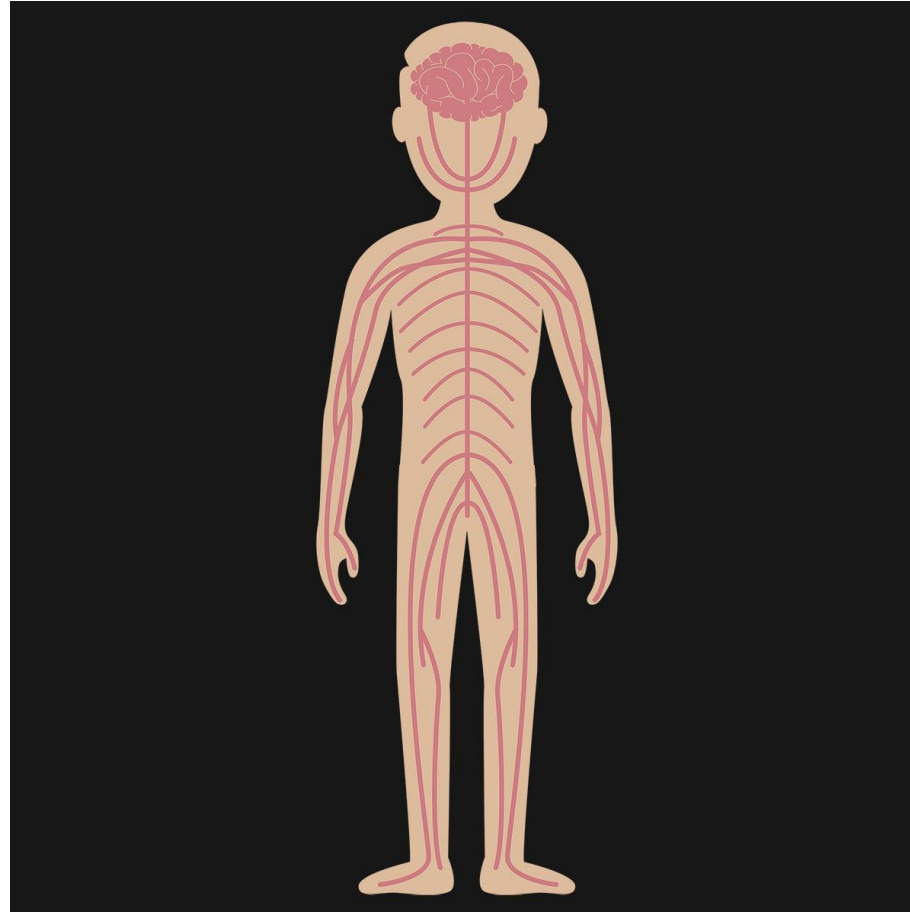
- Learning progresses through all the stages over time for any task.
- Persons progressing through prison reentry will learn to tolerate new experiences and states of being.
- Stability-emotional, financial, physical, psychological
- Socialization-acceptance and belonging with a healthy environment/society

Whole person care is multi-directional

Top



Cognitive focused activities and experiences with treatment and recovery



Bottom

Activities that involve the body and internal states connected to new and old patterns