



LAS VEGAS RECOVERY CENTER

# Las Vegas Recovery Center's Twelve-Week Discover Recovery Inpatient Program

## Phase II (Weeks 6 - 9) *Chart Your Course*

### PURPOSE

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Participation in Phase II of the twelve-week Discover Recovery Inpatient Program increases your likelihood of sustaining recovery as you actively begin to implement the concepts you learned during Phase I. Phase II provides ongoing opportunities for guided practice using recovery-supportive skills you have started to develop. The primary purposes of Phase II are to:

- 1) Reinforce what you learned during the exploration and discovery process of the first phase.
- 2) Complete a comprehensive self-examination.
- 3) Begin the process of charting the course for your ongoing journey of recovery.

This phase of the program allows more time for you to build, strengthen, and deepen recovery skills through applying the knowledge and behaviors you learned in Phase I in a supportive, structured, and supervised environment.

### PHILOSOPHY

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Phase II extends the LVRC inpatient treatment experience beyond five weeks in order to create additional opportunities for you to learn, grow, and heal. This occurs through activities that facilitate deeper self-awareness and understanding, in addition to providing a recovery-reinforcing environment where you can continue to practice healthy attitudes and behaviors. For many people in earliest recovery who have spent years avoiding feelings and burying emotions, it generally takes five weeks before these feelings even begin to emerge. During this phase you will participate in a detailed process that reviews your life from beginning to the present. We believe the progress you can make in moving forward is only limited by how far you are willing to look back. In order for you to have the information you need to begin charting your course for recovery, you will complete a self-examination and inventory (fourth step) during Phase II. The fourth step is an in-depth exploration regarding how addiction has affected you across a range of important life areas.

### PROGRAM FOCUS

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The focus of Phase II is to build on the recovery process established during the first five weeks of treatment by completing a personal life inventory (fourth step), which will help you get a more clear and accurate picture of your life and patterns related to thoughts, beliefs, emotions, behaviors, and relationships. This process also includes identifying your assets, strengths, and resources so these can be applied in support of your recovery.

## PHASE II GOALS

- Continue to explore and clarify your understanding of the disease of addiction (mental, emotional, physical, and spiritual dimensions) and its potential manifestations in your life.
- Write daily in the guided journal, *My First Year in Recovery*.
- Complete life inventory (fourth step) and process with your counselor and temporary sponsor.
- Attend all assigned groups and complete specified writing assignments.
- Read and highlight Chapters Five and Eight in the Narcotics Anonymous basic text.
- Continue working with your temporary sponsor.
- Complete Step-Working Guides Four and Five and be able to verbalize a clear understanding of the patterns in your life that have contributed to your addiction.
- Demonstrate recovery-based attitudes and behaviors with increasing consistency.

### *For your family and friends*

- Participate in twelve-step meetings, Friday night family support groups, family sessions, and other recommended workshops (and if they did not attend in Phase I, attend Family Renewal Program).
- Practice the plan developed during Phase I as needed to utilize, maintain, and strengthen the leverage available to the family in setting and enforcing boundaries to support the recovery process for both you and your family.

## ASSESSMENT FOCUS

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The assessment in Phase II reviews changes you have made up to this point, determines what issues remain to be addressed, and identifies any new areas of concern, as well as supports you in addressing and resolving those issues. The assessment is also used to develop your individualized treatment plan and discharge/aftercare plan. If you are receiving enhanced services through participation in our Chronic Pain Rehabilitation program, the treatment plan will be developed to ensure that this complements the overall structure of your program rather than conflicts with it.

This ongoing assessment focuses on the following eleven life areas to determine the extent to which your functioning in these areas has helping or obstructing effects on your ability to stay clean and continue in the recovery process. If continuing through the third phase, some of the assessment categories may be deferred to weeks 10 - 12.

**1. Family/Significant Others**

- Quantity and quality of relationships with family members/significant others and degree to which these relationships help or hinder your recovery process.
- Knowledge of addiction and family recovery.
- Motivation and willingness to continue providing agreed upon leverage.
- Use of and involvement in recovery resources, including family support group, Family Renewal Program, workshops, lectures, and, and twelve-step programs.

**2. Social**

- Quantity and quality of your social relationships and degree they help or hinder your recovery process.
- Strategies for strengthening your “helping” relationships and reconsidering, modifying, or ending your “hindering” relationships.
- Strategies for establishing new supportive relationships.

**3. Work**

- Employment status, history, and skills.
- Transitional issues regarding returning to work.
- If applicable, the quality of your relationships with your employer and other coworkers.
- Financial status and viability.

**4. Health**

- Current state of health.
- Health issues needing attention or treatment, e.g., medical conditions, exercise, nutrition.

**5. Emotional**

- Emotional state and degree of balance.
- Style of emotional expression.
- Areas of greatest emotional discomfort and their connections to your substance use.
- Ability to identify and cope with feelings and emotions.
- Remaining “secrets” in your emotional closet that may need to be addressed in this phase.

**6. Mental/Thoughts**

- Mental health status and history, including treatment and medications.
- Cognitive/thinking style and degree of balance.
- Status of your recovery-oriented thoughts and patterns of thinking.
- Capacity for using reading and writing resources, including recovery literature.

**7. Spiritual**

- Spiritual beliefs and practices.
- Current state of acceptance regarding the disease of addiction, including powerlessness and willingness to seek support.
- Capacity to use the spiritual aspects of recovery, e.g., meditations and prayer.
- Reservations or obstacles related to spirituality as a recovery-supportive resource.

**8. Financial**

- Current financial issues affecting recovery process.
- Financial status, stressors, and viability.
- Actions needed to stabilize your financial situation.

**9. Hobbies/Interests**

- Use of down time in treatment and plans for use of free time post-treatment.
- Activities you engage in for fun and recreation.

**10. Legal**

- Need for a plan to resolve any pending legal issues upon discharge.
- Need for LVRC contact with probation, parole, judges, attorneys, etc.
- Need for documentation of your completion of treatment/discharge plan.

**11. Patterns of Recovery**

- Degree of your understanding of the recovery process.
- Previous recovery and related experience.
- Extent to which your motivation for treatment and recovery is internal vs. external.
- Degree of your demonstrated honesty, open-mindedness, and willingness.
- Specifics of how you are working a program of recovery.
- Quality of work on Steps Four and Five.

**PHASE II GROUPS, LECTURES, AND ASSIGNMENTS**

Your primary counselor will assign groups, lectures, reading, writing, and experiential exercises consistent with the issues identified consistent with the above assessment.

**Groups**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Yoga	Peer on Peer Group	Peer on Peer Group	Peer on Peer Group	Chi Kung	Peer on Peer Group	Peer on Peer Group
Meditation	Explore and Discovery Lecture Series	Explor and Discovery Lecture Series	Explore and Discovery Lecture Series	Explore and Discovery Lecture Series	Dr. Hunter's Group	Process/ Lecture Group
Dr. Shiode's Lecture	Process/ Lecture Group	Men's/ Women's Groups	Process/Pain Group	Process/ Lecture Group		
Process Group	Explore and Discover Process Group	Explore and Discovery Process Group	Explore and Discover Process Group	Explore and Discovery Process Group		

## Lectures

TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
What is Treatment?	Disease of Addiction	Manifestations of Addiction	Introduction to Twelve-Step Fellowships
Stages of Change	Thoughts, Feelings, and Emotions	More Will be Revealed	Recovery, Not Relapse
Anxiety and Depression	Grief and Loss	Shame and Guilt	Denial and Self-Deception
Resentments	Anger Management	Addiction: A Family Disease	Communication and Boundaries
Values, Beliefs, and Spirituality	Step One	Step Two	Step Three

## Assignments

Assignments in phase II are an integrated combination of reading, writing, and activities designed to correlate with your needs and status on a continuum known as the “stages of change,” and to help you progress from one stage of change to the next. Assignments provide structured opportunities for you to practice applying the knowledge you have learned in order to build and strengthen recovery skills. Phase II assignments include but are not limited to the following:

- Read and highlight Chapters Five and Eight in the Narcotics Anonymous basic text.
- Continue daily writing in the guided journal *My First Year in Recovery*.
- Complete life inventory (fourth step) and process with your primary counselor and temporary sponsor.
- Complete Step-Working Guides Four and Five and be able to verbalize a clear understanding of the patterns in your life that have contributed to and resulted from addiction.
- Review twelve-step meeting lists for your home area and, taking into consideration family, work, aftercare requirements, and commitments, develop a written meeting attendance plan to be reviewed and discussed with your primary counselor and temporary sponsor.
- Write a sponsor-sponsee job description that addresses the following questions:  
1) What is a sponsor? 2) What is a sponsee? 3) What do you expect to get from this relationship?  
4) What do you expect to contribute to this relationship?
- Compose a description of the three external or environmental factors and three internal factors, characteristics, attitudes, or behavior patterns that you identify as the most active threats to maintaining your recovery after you leave LVRC.
- Using the information from the above activity, you will develop at least three behavioral strategies per threat that you can begin to practice as solutions to deal with these potential risks.

Areas of concern and need will be addressed with you on an individualized basis. You may be asked to repeat Phase I activities that are relevant for you based on where you are in your treatment and recovery. In the event of this, you will be informed that you are being referred back to these activities and told specifically why you are being referred back. In many cases, repeating activities refreshes and enriches your awareness of the information covered. And because of attention, concentration, and memory challenges that are normal to post-acute withdrawal, many people benefit from attending these activities a second time. Post-acute withdrawal is a process that can last from weeks to up to six to nine months, as your body and brain go through a process of rebalancing themselves to life without mood-altering substances. As a result, repetition in early recovery can be helpful in clarifying and reinforcing new information. Another reason you may be referred to attend Phase I activities again is to participate in the capacity of mentor or role model for new clients in an area in which you are doing well.

## DISCHARGE AND AFTERCARE PLANNING

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### **Living Situation**

If you will be discharged after Phase II, the clinical staff will work with you to finalize details of arrangements for the living situation to which you are returning and coordinate referrals to other levels of care as appropriate. This will include discussions with your family/significant others to reinforce established leverage; clarify and solidify expectations, boundaries, and goals; and develop a detailed plan to implement leverage and apply consequences in the event that you do not follow through with the agreed upon recovery plan.

Staff will also collaborate with you to assess your plan for maintaining your recovery after discharge and to modify and strengthen your recovery plan as appropriate. If you are considering or referred to a transitional living setting, staff will work with you to gather information, narrow the selection, and finalize the details of those arrangements.

### **Recovery Plan**

In preparation for discharge, it is essential for you to have a detailed and comprehensive recovery plan in place. Your recovery plan will be developed in collaboration with you, LVRC clinical staff, and your family and will address physical, mental, emotional, and spiritual needs, as well as follow-up treatment/aftercare, NA or other twelve-step meetings, sponsorship, literature, etc. Your current level of motivation for making changes recommended to continue your recovery will be assessed and any barriers to making such changes will be addressed with you and your family at this time.

Your recovery plan will also include referral to the LVRC alumni group. As appropriate, staff will arrange for you to meet with LVRC Alumni and attend some Alumni group meetings to facilitate smooth transitioning. Referrals and other arrangements for follow-up treatment/aftercare will be finalized in advance of discharge. You will be given responsibility to participate directly in this process. Whenever possible, direct connection between you and the Intensive Outpatient Program (IOP) or other levels of care or services that you will be attending will be arranged in advance of your discharge from LVRC in order to help prepare you for the next part of your journey in recovery.