

# Bottom Line Conference



**GINA VANDERHAM**

**MY STORY OF ADDICTION RECOVERY**



# Family of Origin



- **Multigenerational transmission of dysfunction: trauma, addiction, mental illness (Epigenetics)**
- **Types of trauma: emotional, sexual, physical, mental, spiritual trauma**
- **Boundaries: enmeshed or distant**
- **Families: closed or open**
- **Individual stages of development – trust vs mistrust etc.**
- **Rules: “Don’t talk, don’t trust, don’t feel”- (Claudia Black)**
- **Shame**

# Enabling Systems



- Spouse/partner
- Other family members (parents, siblings)
- Friends
- Co-workers
- Supervisors
- Unions
- Doctors
- Lawyers



**“IT TAKES WHAT IT TAKES”  
to Bottom Out!**

# Stages of Change in the Transtheoretical Model



- Pre-contemplative
- Contemplative
- Determination
- Action
- Maintenance
- Lapse
- Relapse



# Types of Addictions



- Alcoholism
- Illicit Drug Use
- Prescription/Over the Counter Drug Use
- Process Addictions: gambling, sex, shopping, food
- Other: collecting, smoking, email, internet, shoplifting, lying, risky behaviors, sleeping, exercise, TV, Texting, Video games, working
- Concurrent Disorders (40%)- Mood Disorders, PD etc.
- Multiple Addictions

# RANGE OF SUPPORT AVAILABLE TO EMPLOYEES



- **Intervention**
- **Detox**
- **Outpatient/Daytox**
- **Residential Treatment**
- **Supportive Recovery Housing**
- **Trauma Therapy – EMDR**
- **Skills based therapy**



# Thank you!



- Psychological Health and Safety Advisor
- Substance Abuse Professional
- Certified Employee Assistance Professional
- Licensed Marriage and Family Therapist
- Registered Clinical Counsellor
- Spiritual Director
- EMDR Therapist

But for the Grace of God go I



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