



Addiction
Discover a lifetime of sobriety



Massage therapy
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September 2012

THERAPY & REHABILITATION

3
FACTS
ABOUT
PHYSICAL AND
MENTAL HEALTH

DISCOVER A BETTER YOU

Ways to **improve** your physical and mental **well-being**

Know your options — Change your life

Neglecting your health can negatively affect your wellbeing. In a society where numerous therapies and rehabilitation programs are available, it is important to take advantage of your options.

Knowledge is not only power, but it will save your life. Navigating health services and reaching out for help is the first brave step towards mental and physical wellness. Therapy and rehabilitation increases awareness about the body and mind. Whether you suffer from anxiety, depression, addiction, a sports injury or body pain, there's a treatment accessible to you. "Finding the right help at the right time isn't always easy, but recovery is real. Everyday you're surrounded by people who've been successfully treated for a mental illness and you just don't realize

it," says Bev Gutray, CEO, Canadian Mental Health Association, BC Division.

Finding your voice

There's strength in communicating that you have a problem that needs to be solved. Mental health consists of finding stability in every aspect of life: physically, mentally, emotionally and spiritually. "People achieve the results they seek," says Dr. Nicola Bird, founder of Self-Imaging Therapy, a transformational approach to psychotherapy which allows patients to gain insight and personal power by making changes from the inside out. Some mental illnesses respond very well to medication, but can also be coupled with self-help strategies and therapies such as: exercise, meditation, community service, social connections, cognitive-behaviour therapy, traditional talk therapy, cognitive the-

rapy, and group therapy. The treatment plan varies depending on the individual. "Healthy activities make us feel good and are good practice whether you have a mental illness or not," states Gutray.

Utilize your resources

With the click of a mouse, a wide range of information is at your fingertips, but it also can be misleading. "There are some ways to do your homework. Talk to alumni, go for a site visit and ask professionals who have seen many centres. A good treatment program will lay the foundation for recovery by facilitating a proper history and multiple assessments," affirms Michael Welsh, President & CEO, National Association of Addiction Treatment Providers. Some addiction treatments include: withdrawal management, counselling and aftercare. "Depending on the level of readiness, the



Bev Gutray
CEO, Canadian Mental Health Association, BC Division

results of single episodes of treatment range between 10 to 70% at 1 year post treatment," says Dr. Peter Selby, Chief of Addictions at Centre for Addiction and Mental Health.

Discover the power within

Maintenance of your physical health is a vital component of overall wellness. "It's important to seek treatment as early as possible to

prevent pain from becoming chronic," declares Dr. Nekessa Remy, a member of the Canadian Chiropractic Association. Therapies such as: laser therapy, acupuncture, chronic care, sports physiotherapy are various treatments which help recovery after injury. Physiotherapists, chiropractors and massage therapists are wellness advocates who understand firsthand the importance of mobility related issues and can help you take charge of your health. "The benefits can be life changing, allowing patients to move pain and injury free," Allison Ezzat, a member of the Physiotherapy Association of BC, says.

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**Dr. Johanna
 O'Flaherty**
 Abstinence: Key to
 treating the disease of
 addiction.

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**MEDIA
 PLANET**

Therapy & Rehabilitation
 1st Edition, September 2012

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 istockphoto.com unless otherwise accredited.

Distributed within:
 The Vancouver Sun, September 2012
 This section was created by Mediaplanet
 and did not involve The Vancouver Sun or
 its Editorial Departments.



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OCCUPATIONAL THERAPY

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- Modifications for seniors and their caregivers to both lifestyle and physical environment so they can live at home comfortably.
- Expertise and guidance to support the needs and wants of individuals.

CANADIAN ASSOCIATION OF
 OCCUPATIONAL THERAPISTS

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The natural approach to treating addiction

The Naturopathic Approach is a unique protocol to treat the underlying biochemical and physiological imbalances associated with drug and/or alcohol abuse.

How does it work?

The intravenous formula used to treat addiction is all natural - amino acids, vitamins, minerals and anti-oxidants, which repairs the damage to the neurotransmitters due to abusing drugs or alcohol.

What happens?

This treatment restores depleted neurotransmitters in the brain so there is greater clarity in thinking, short term memory loss is restored, and cravings are eliminated.

The naturopathic workup (blood,

urine, saliva and allergy testing) discovers what else is going on the body and addresses those issues through supplementation and herbs.

What does it include?

Infrared sauna daily to assist in total body detox, acupuncture on specific points in the ear to reduce stress and balance the meridians in the body while the detox is happening, and massage to both relax the client and enhance the detoxification process through lymphatic drainage.

A final and necessary part of Naturopathic treatment for addiction is Energy Psychology which supports individuals emotionally and psychologically during and after the treatment. It also assists in life changes and helps to create new directions and a better lifestyle. Energy Psychology removes

the effects of trauma at a cellular level and life circumstances which contributed to individuals using drugs or alcohol in the first place. This is highly effective as a tool to move the individual to a new place in life.

The Results?

There are minimal withdrawal symptoms and this type of treatment en-

ures long-term success, well beyond the usual three month benchmark. Almost without exception, the holistic naturopathic approach has kept its participating clients clean and clear for years.

DR. STEFAN KUPROWSKY
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Massage Therapy — Reap all of the benefits

There's a lot you may not know about massage therapy.

As a regulated health care professional, a Registered Massage Therapist (RMT) is acutely aware of your inner-workings in a more diverse way than you might realize.

"Much of the public feel that it's just for muscle aches and pains but there's a variety of pathologies and conditions that a massage therapist can be effective in treating," says Brent Rowland, a RMT who's practices out of Naramata, B.C., adding that illness and pathologies like constipation or IBS can often be treated with massage therapy.

And more importantly, says Rowland, RMTs know when a massage just won't cut it.

"We're educated enough to know when we don't know, and safely refer that patient," he adds.

As of November 2013, it will be mandatory for RMTs to have both CPR and First Aid training - which Rowland says adds to an already impressive vernacular of training RMTs have in B.C.

Bodhi Haraldsson, Director of Research for the Massage Therapist's Association, echoes Rowland's sentiments about the scope of treatment massage therapists can give.

"Labour and delivery, palliative care, end of life cancer care, supporting cancer therapies - there's a broad range," says Bodhi.

Angela Renyard - who works on a busy switchboard at a police station in B.C. - says repetitive stress from her job is the latest in a series of aches and pains that have pushed her to see an RMT.

"I have used massage therapy throughout my life for many reasons,"

she says adding that a painful episode of lockjaw from the habit she's formed of holding the phone was the latest.

"I was in a great deal of pain and realized that I would require massage therapy to relax the muscles in my neck and shoulder and find some relief from the pain in my jaw," adds Renyard. In the past, she's seen a massage therapist to treat a back injury from a car accident, muscle aches from pregnancy and hip problems as a result of years of dance training.

Renyard used word of mouth and searching around online to find her massage therapist.

"Choose the therapist that you want to go to based on the people around you and their experiences," says Haraldsson.

In B.C. there are close to 3000 RMTs but that doesn't mean the profession isn't accepting new recruits.

"There's a lot of opportunities - from sports to elderly assistance to women's health," adds Haraldsson.

But Rowland recommends people interested in becoming massage therapists do it out of love for helping people.

"An unregistered massage therapist that doesn't have a registration may have a lot of training but there's no guarantee to the public," adds Rowland who has seen both sides of the coin as member of the College of Massage Therapists B.C.'s Inquiry Committee - which handles complaints against RMTs.

"There's a very thorough investigation process if you feel you've been wronged," he adds. "The regulatory body is there to protect the public."

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 editorial@mediaplanet.com

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INSPIRATION



Question: After years of struggling with addiction, how did one man finally find sobriety?

Answer: He enrolled in a therapeutic community, in an effort to help himself — and others.

Who are you really? Long-term rehabilitation will turn your life around!

Nick Runowski used to live multiple lives. At work, he was a crane operator. At home, he was a family man. And the rest of the time, he was an addict. But after 15 years of cocaine use and prescription pills, those three lives started to catch up to him.

“It got really messy,” he says. “The addict would show up at the job sight and vice versa. I started to lose family, I started to lose my career.”

After struggling in secret, Runowski finally came forward and at the encouragement of his family, sought help.

Seeking the best option

He did some research and became discouraged with the options available. Most of the facilities were short-term and structured in classroom settings. Then discovered therapeutic communities, which followed a format that

appealed to him.

“The thing that stuck out to me was that it was a long-term program,” he says. “Everything else I was looking at was three months, six months. I thought man, if I’m going to do this, I’m going to do it right. How am I going to turn around 15 years of addiction in three months?”

The unique concept

Therapeutic communities are unique, long-term rehabilitation programs that incorporate group sessions, personal development and career preparation over the years that a person lives within the community. It also follows an “each one, teach one” philosophy, so that everyone in the program is required to help one another, as well as themselves.

“The treatment is conducted by the community, as opposed to the top down, councilor, person-served kind of level,” Says Nikki Migas, with CARF International, a private non-profit

that does accreditation of rehabilitation providers.

“It’s not the councilor who spends the majority of the time trying to help the person understand their addiction or their illness. It is other people within the residential setting, the community, which works with the people who are moving towards recovery.”

The term “community” refers to the group structure of the facility, and the fact that everything - from training to group sessions - is done on site.

Another unique aspect of therapeutic communities is the skill training received in the program, usually at an on-site facility. For Runowski, that meant working at a non-profit grocery store, which employed and was run by members of his community. He appreciated the experience, since it was a safe place to make mistakes.

“If someone told me to sit in a class, read a book about my addictions, I



Nick receiving a framed leadership message at his graduation.

would have told them they were crazy,” he says. “The store makes you feel fulfilled, to do things throughout the day, to learn a skill, a trade.”

He adds that many of the patients who enter the program don’t have skills aside from drug dealing. The employment aspect of therapeutic community is hugely successful, as it provides members with skills like baking and butchering, that they can take with them for life.

New beginnings

Runowski has certainly learned valuable skills since entering treat-

ment nearly three years ago. He’s now a program director at a therapeutic community in Vancouver.

“The structure there was exactly what I needed. My life was upside down,” Runowski says. “Idle time for an addict is the devil’s time. You’re thinking about why you shouldn’t be there. Having the regiment, the structure and the daily routine really built me back up to the person I once was and pointed me in the right direction.”

ELIANNA LEV
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INSIGHT

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The secret to treating the disease of addiction

Addiction is a chronic disease, which when left untreated can have very adverse consequences. “The addicted person has an obsessive compulsive relationship with their drug of choice,” says Dr. Johanna O’Flaherty, Vice President of Treatment Services at the Betty Ford Center. “Addiction to alcohol or drugs is a primary disease that affects the entire family.”

Abstinence vs. harm reduction

Treatment for the disease can be bro-

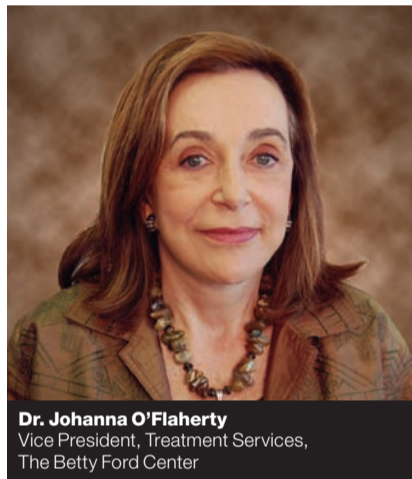
ken down into two pillars - harm reduction (the gentle moderation or “weaning off”) and abstinence (quitting “cold turkey”).

But there are many types of addictions, so the treatments must be equally diverse, says Rob Hadley, head of the Vancouver Addiction Centre and Vancouver Hypnotherapy.

“The population in general nowadays is so overmedicated that we have many longtime users of pharmacy that could be called addicts,” says Hadley.

Of course, Hadley says, some addictions present a more severe challenge.

“Take alcohol for example - in so-



Dr. Johanna O’Flaherty
Vice President, Treatment Services,
The Betty Ford Center

me cases you can get to a place where you get moderated, perfectly healthy use,” says Hadley of the practice of

harm reduction.

“But when you’re looking at something like crystal meth, there’s not really going to be a massively reduced level of harm just by using less of it,” adds Hadley.

O’Flaherty agrees pointing out that abstinence - in most cases - is the best treatment.

“The addicted brain is very susceptible to any mood-altering substances and the patient needs to abstain from all (mood-altering substances) as these could lead to a full blown relapse leading the patient back to his or her drug of choice,” says O’Flaherty.

Driving forces of success

Both O’Flaherty and Hadley agree that abstinence in addition to an improved lifestyle geared with sobriety, nutritional dietary choices and separation from social circles that may drive addicts to relapse are vital to them kicking the addiction.

“Science substantiates that abstinence based treatment approaches coupled with the Twelve Steps of Alcoholics Anonymous have been successful for millions of people,” adds Flaherty.

ANDREW SEALE

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How tailoring addiction treatment positively impacts women

While strides are being made in addressing issues of women and addiction, we are still far behind in where we should be. And one of the biggest obstacles is the continued stigma associated with women and substance use. “This stigma most definitely defers treatment. Many women are afraid to go for help,” says Nancy Poole, an addictions re-

searcher with the BC Centre of Excellence for Women’s Health. “Women are seen as nurturers, and often hide their substance use and don’t seek help.” And if they do want help, women face a number of obstacles, such as family responsibilities, lack of child care facilities, fear of job loss, and loss of friends.

Root of the problem

Those working in the field say that treatment for women needs to be unique and treating the root causes that

led them into to substance use is critical. This might involve one on one sessions to provide a safe environment, where women can freely disclose issues they are struggling with. While traditional therapies are important, so too are holistic ones—such as leisure and recreational skills, dance and art therapy, personal growth development and fitness. These are important for socialization and help women develop a stronger sense of self, confidence and self-esteem. Fostering a healthy lifestyle is helps in relapse

prevention.

Addressing the issues

As a recovering addict, Patricia Pike knows too well the challenges that women face in having substance use issues addressed. That’s why for the past 20 years she has worked with addicted persons. “More so for women, it’s often more than just drugs and alcohol,” says Pike. “Many women come from abusive and co-dependent relationships, and often find themselves with men that enable their addiction. And women

can become more isolated.” Treatment needs to be tailored toward women, so these underlying issues can be addressed, and what are often missing from treatment are the psychological and emotional supports. “Because issues of women and addiction are often hidden and not talked about openly, there are more treatment options for men, and we are now playing catch-up to do more for women,” says Pike.

KEN DONOHUE

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NEWS



Question: Are you or your loved ones struggling with addiction?

Answer: Find out how a lifetime of sobriety can be achieved.

Relapse prevention — The importance of aftercare and highly trained medical staff

For the past 10 years, Dr. Gary Richardson has been practicing addiction medicine. It's a job that gives him great satisfaction. "I love seeing the positive change that treatment brings to people's lives," he says. "I see them when they are completely broken, and in a relatively short time there is an incredible transformation. It's pretty special to be a part of that."

Aftercare options

But Richardson admits that while progress is being made, there is still a stigma associated with addiction even amongst physicians, many of whom don't understand that it is a

chronic disease not unlike diabetes or heart disease.

"As an emergency physician I used to see people with addictions frequently coming in and out of hospital—it was like a revolving door," Richardson says. "That's where a personalized and realistic aftercare plan following treatment is so important." This plan could include simple things like eating regular meals, going to AA meetings, seeing their doctor regularly and taking any medications as prescribed. Richardson adds that people must take care of the basics, or they'll have a greater chance of relapsing. People living or working in remote areas of the province can even access aftercare programs online. All they need is a computer and webcam

and they can participate in aftercare programs.

A key component

Cynthia Tuohy, executive director of the Association for Addiction Professionals, concurs that aftercare is vitally important, though she likes to refer to it as continuing care. "Research shows that it often takes up to five years to help someone recover," she says. "The treatment concentrates on the addiction and the disease, but much work is required for the brain to foster a healthy lifestyle. We need to peel away the layers that are contributing to the addiction."

Tuohy comes to her role with personal experience. She became a ward of the state when she was just eight

months old, as her mother was addicted to drugs. "I started using drugs when I was 10 years old," Tuohy says candidly. "It was the only way I could communicate with my mother when I saw her." She was bounced around to more than 40 foster homes growing up, and after trying to commit suicide three times, she decided she needed to do something more positive. She got treatment, and then became an addictions counsellor, so she could help others like her.

Tuohy says we're still not sure what causes the light switch to go on in the brain, but continuing care is critical to managing that, and so is learning what healthy relationships are. "Many are still uncomfortable talking about addiction, but people are star-

ting to talk more freely, even if in a joking manner," she says. "You hear people saying they are addicted to shoes or chocolate, or their cell phone. At least there is awareness of some compulsive behaviors."

Both Tuohy and Richardson agree that physicians and family members need to be aware of the signs of addiction and seek help early. And those in treatment or in recovery need to be involved, because if they are not invested in the process, it won't work.

KEN DONOHUE
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Drug and alcohol addiction isn't just an adult problem; **ten of thousands of youth under the age of 18 in British Columbia are struggling everyday with addiction.** According to the BC Medical Association, 1 in 10 in BC suffer from some form of addiction.

Youth and addiction within British Columbia

What is even more alarming is if one considers that 20% of those struggling with addiction are under the age of 18 and that the average age of first use of illegal substances reported in Vancouver is as young as 11 years old.

"Addiction can strike youth in any home, in any corner of our province, but public resources are failing to meet the treatment needs of our families in crisis," says Susie Ruttan, co-founder of the parent support group, From Grief to Action. "Investing in substance abuse treatment

has an incredible return on investment for our youth, families and society...through treatment we have the opportunity to help young people transform their lives, regain their health, complete their education and fulfill the promise of their youth" says Jennifer Johnstone, the President & CEO of Central City Foundation, an organization that has led the BC community in efforts to make treatment accessible to youth and families and address the gap in services that parents have brought to light.

All too accessible

The availability of drugs partly explains the level of drug addiction that exists in our community, particularly among



Dr. Shao-Hua Lu
Psychiatrist, Vancouver General Hospital,
Representative of the BC Medical Association

youth. According to Dr. Evan Wood, an internal medicine physician and senior author of a recent Study by BC Centre for Excellence in HIV/AIDS, Vancouver youth can access hard drugs within minutes.

Early treatment is crucial

Dr. Shao-Hua Lu, a psychiatrist at Vancouver General Hospital and representative of the BC Medical Association, states that it's particularly critical to have access to care at the early stages in an addicted person's search for recovery: "The majority of people struggling with addiction start using when they are young and develop problematic use by 20 years old. This often robs the individual the ability to develop life skills - psychological, social, and vocational - that can have lasting negative effects on their lives. Early intervention is key in preventing the accumulation of losses."

All too often in the past, pessimism has been an obstacle to recovery. Over

the last 15 years, there has been a formidable evolution in care and a major focus on youth. Research has consistently shown that treatment works especially for those that stay in treatment longer than 3 months. According to Dr. Paul Garfinkel, Professor of Psychiatry, University of Toronto and former CEO of the Centre of Addiction and Mental Health, robust residential treatment programs are very effective in meeting the needs of those youth with serious dependencies so that they can return to their communities as positive and productive citizens.

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