

Ohana Coaching Program

**Presented by Debby
Atkinson**

November 28, 2023



A. Mother

Feathers in the Soul

A Guide for Families Struggling
with a Child's Addiction

My Journey

2010: We find out our 19 year-old son is addicted to opiates/opioids.

We do not understand the disease/disorder, and the adolescent psychiatrist we consult doesn't seem to, either.

We can't find a place here that will admit him, but our HMSA insurance allows us to send him to Hazelden's Family and Youth Program in MN.

We learn that the process will be long, but we have no clue how long.

Several of the local friends with whom he used ODeD and died.

Our son relapses 10-12 times, and we are told this is typical; it is part of recovery.

No matter how bad the family situation gets, let the user know they are loved. Hate the disease, love the person!

2021-2023 He appears to be in long term recovery.

tinyurl.com/5e5a6u2s

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**End the stigma surrounding
Substance Use!**

To do this, we must talk.

A LOT!

'Ohana Coach Program

**'OHANA COACHES ARE TRAINED AS CONFIDANTS AND PEERS,
OFFERING EMOTIONAL SUPPORT AND COPING RESOURCES
FOR PEOPLE WHOSE LOVED ONES ARE DEALING WITH SUBSTANCE
USE.**

**'OHANA COUNSELORS DO NOT OFFER PROFESSIONAL COUNSELING
OR DRUG TREATMENT EXPERTISE.**

- **FOR INFORMATION CONTACT DEBORAH.ATKINSON@GMAIL.COM
OR THADDEUS.PHAM@DOH.HAWAII.GOV**
- **Call 808-523-7750**
- **Pilot program supported by the Hawai'i Rural Health Association
and the Hawai'i Opioid Initiative.**

'Ohana Coaches

Have either experienced a loved one with SUD or are in recovery themselves

We understand the anger, fear , and frustration that concerned loved ones feel.

We know how much shame and isolation the user and the family feel

We know firsthand the danger and difficulties that surround this disease

Concerned Loved Ones can make a difference!

- ...participants enrolled in SOIT (Significant Other Involved SUD Treatments) demonstrated significantly reduced substance use and substance-related problems compared with those enrolled in individually-based active comparator treatments.¹
- We also evaluated the effect of type of CSO and found that when dyads with both CRAFT-T and CSOs from parental family were compared to all others, the effect on retention was large (hazard ratio = 0.4, Cohen's $d = 0.95$) and significant. This is consistent with previous CRAFT research by Meyers et al., 1998 who found parents were significantly more effective than spouses. Retention in treatment is important as it is consistently associated with improved drug use outcomes.²

**Ohana Coaches have been trained by
the Center for Motivation & Change
(<https://motivationandchange.com/>)**

The Intersection of Science & Kindness

**Using the Invitation to Change
Approach, we are trained to use key
elements of:**

- **CRAFT (Community
Reinforcement and Family
Training**
- **MI (Motivational Interviewing**
- **ACT (Acceptance and
Commitment Therapy)**
- **And self compassion**

We have stood in your shoes!





Lessons Learned

from talking with local families

- SUD is a disease of isolation, and it affects entire families, communities. Not much difference among cultures.
- We need to shore up our communities, work on stigma around SUD. Power of community is in families.
- Families and loved ones have a lot of influence. According to SAMSHA, 94% of people with SUD don't think they need treatment. Families facilitate treatment and recovery.
- There is a huge amount of anguish and despair among family members
- Callers are initially cautious, then grateful and often emotional. It takes courage to call and overcome the stigma of the disease.
- Ohana coaches can act as a peer-to-peer bridge to help families interact with their loved ones and get them into treatment
- As a coach, it is vital to have resources and people to contact for information
- Consider genetic component of addiction, studies suggest 10-12% of population
- People need nonjudgmental peers, someone to talk to who has been there
- We need more treatment and detox facilities in HI. Treatment times need to be longer, with better follow-up



'Ohana Stories

Woman's son was arrested while driving high, in possession of an ounce of ice and a loaded gun. She pays a Hilo attorney \$10,000 to defend him, but the attorney dies before the court date, and she has no more money. The attorney's office is disorganized, and she fears they won't help her in time.

58 y.o. Alcoholic still living with his mother, urinates on the floor of his room, sneaks into her bedroom at night to find car keys.

Woman in long term recovery, now a nurse, and all 3 of her children have substance use issues. Oldest is in a mental hospital, but she's calling about her 16 y.o. son who is now selling, carrying a gun, and has been threatened by a gang.

Woman's 28 y.o. meth-using daughter is living with boyfriend, whose mother brings the girl home and drops her at front gate. Boyfriend comes to get her, and they break into the house to steal items. Has happened several times.





'Ohana Coach Services

*Referral Committee matches
person to 'Ohana Coach within
24 hours*

- 'Ohana Coach and client determine flexible schedule (e.g., weekly)
 - 5 phone sessions (1 hour max)
 - Can continue with another coach after completion
- **FREE!**



'Ohana Coach Referrals

8 AM – 8 PM, 7 Days a Week

**'Ohana Referral Number
808-523-7550**

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To do this, we must talk.

A LOT!

**This is a family disease and it is a
disease of isolation**

Questions?

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Reference Citations

1. (Ariss, T., & Fairbairn, C. E. (2020). “The effect of significant other involvement in treatment for substance use disorders: A meta-analysis.” *Journal of Consulting and Clinical Psychology*, 88(6), 526–540. <https://doi.org/10.1037/ccp0000495>; March 12, 2020)
2. (Grigham, G; Slesnich, N.; Winhusen, T.; Lewis, D.; Guo, X.; Somoza, E. “A randomized pilot clinical trial to evaluate the efficacy of Community Reinforcement and Family Training for Treatment Retention [CRAFT-T] for improving outcomes for patients completing opioid detoxification.” *Drug and Alcohol Dependence* 138, 240-243. 2014