

Behavioral  
Health  
Workforce  
Development



# Intergenerational Recovery

Presented by Faces and Voices of Recovery

# Indigenous Land Acknowledgement

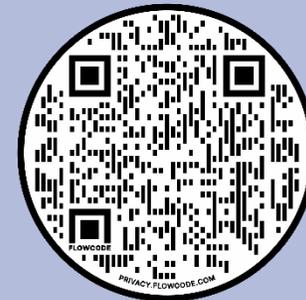
- We respectfully acknowledge that we live and work in territories where indigenous nations and tribal groups are traditional stewards of the land. Our California office currently resides in Tongva territory.
- Please join us in supporting efforts to affirm tribal sovereignty across what is now known as California and in displaying respect, honor, and gratitude for all indigenous people.

## Whose land are you on?

Option 1: Text your ZIP code to 1-907-312-5085

Option 2: Enter your location at [Native Land Digital](#)

Option 3: Access Native Land website via QR Code:





# Mentored Internship Program Purpose

To help achieve the BHWD goals, the Mentored Internship Program (MIP) is designed to provide

1. Opportunities for students 18 and older, and at multiple stages of their education, to gain practical on-the-job experience as paid interns in nonprofit organizations and county-operated provider settings providing behavioral health (BH) services; and
2. BH provider organizations with an increased workforce of diverse and talented interns who are potentially interested in being hired as members of the BH workforce upon graduation and/or following their internship.



**MIP's overarching goal is to enhance the professional development of diverse talent to help meet the urgent needs of California's BH workforce in the near term and develop ongoing partnerships with schools.**



# Modalities of TTA Participation

## TTA will include:

- Regional quarterly Learning Collaborative meetings
- Coaching calls and webinars
- Affinity Groups, organized by profession, populations served, topics of interest, local needs, age groups served, etc.
- Tailored TA based on grantee requests and needs



# Advocates for Human Potential (AHP) MIP Team



Kathleen West  
Project Director



Tammy Bernstein  
Project Manager



Kate Cox  
Operations Manager



Susan Lange  
TTA Provider



Vic Walker  
Operations  
Specialist



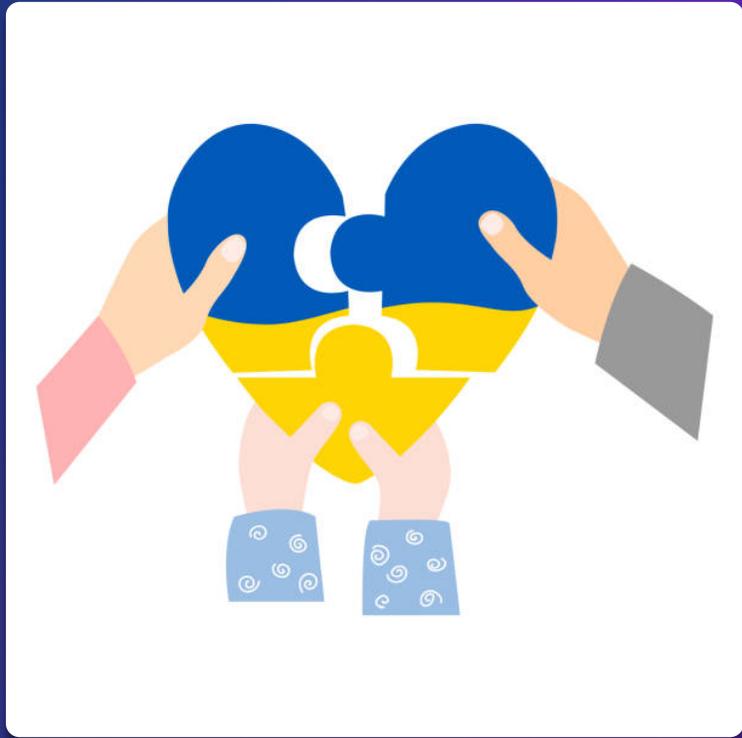
Tiffany Malone  
Grantee Coach



Caitlin Storm  
Quality Assurance



Christian Citlali  
Grantee Coach



# Understanding Intergenerational Healing

# The Impact of Intergenerational Trauma

- Negative effects of group trauma are not only passed on through generations, but also continue to accumulate over time.
- Traumas occurring at different points in history are part of a single traumatic trajectory.

# Historical Adversity, Trauma, & Unresolved Grief



# Research on Historical Trauma

- Emphasizes the intergenerational effects of adversity on individuals, families, and cultures.
- Remnants of institutional violence and oppression in our emerging social, political, and economic environments further intensify these effects.
- Recent studies illustrate how the effects of historical trauma amplify effects of current stressors.
  - Increased rates of guilt, depression, suicidality, substance use, aggression, pessimism, apathy, sleep disorders, and interpersonal conflicts

# Mechanisms of Intergenerational Transmission



Physiological



Social



Political



Psychological



Religious



Economical

# Mechanisms of Intergenerational Transmission

- All the mechanisms collectively create a snowball effect of increased stress and impaired coping capacity.
  - Linked to intergenerational transmission of alcohol and substance use
- Research suggests that this cycle can be broken through:
  - Recognition
  - Resistance
  - Resilience
  - Recovery



Questions?

A graphic featuring several stylized hands. One hand in the foreground is filled with a purple-to-blue gradient and has a dark blue outline. Behind it are several other hands in a light grey color, all with thick, rounded outlines. The hands are arranged in a way that suggests they are reaching out or holding something together. The background is white, and there is a small blue square in the top right corner.

# Family Recovery 101

# Family Recovery

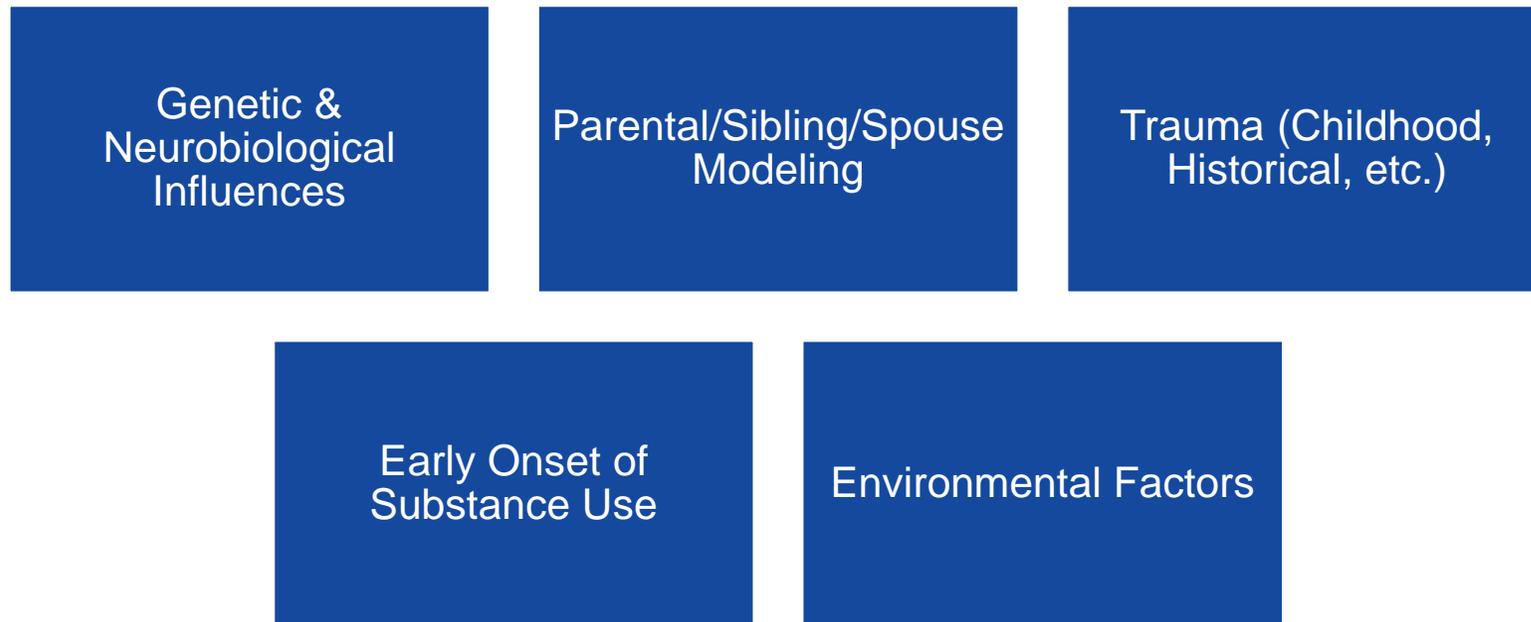
- Our knowledge and understanding of the effects addiction has on families has grown exponentially.
- With this knowledge comes a better understanding of how families recover.
- Scientific studies and clinical experience has informed what we know about families and recovery.

# Family Recovery

- Alcohol and other substance use disorders arise from a wide variety of influencing factors.
- Addiction can manifest in different levels of severity, complexity, and duration.
- But it can be resolved through **multiple** pathways and styles of personal and family recovery.

# Genetic & Generational Transmission

- Addiction can be passed on across generations via several mechanisms:



# Impact of Addiction on Families

- Addiction can disrupt the roles, rules, rituals, and relationships within the family unit.
- Frequency and quality of the family's interactions and relationships both internally and with social networks can be affected.
- The overall health and functioning of the family are impacted as a result.
- Overarching effects on children in these families can extend well into adulthood, affecting both family and intimate relationships.

# Substance Use & Pregnancy

- Substance use during pregnancy is a prominent public health concern.
- Outcomes are harmful to both mother and baby.
- Type of substance, degree of use, and point of exposure directly influence effects of use during pregnancy.
- Comorbidity, polysubstance use, poor prenatal care, and environmental stressors can further contribute to harmful outcomes.
- In a recent study conducted by the National Institute of Health, it was found that people with a close family member with SUD or MH Challenge, experienced depression and anxiety at a rate 5x higher than the general public.
- People with a family member with SUD or severe MH Challenges experienced PTSD & Major Depressive Disorder at a rate 16x higher than the general public

# Substance Use & Pregnancy

- Effective and well-timed care and intervention can reduce risk and impact of harm.
- Contingency management has shown high effectiveness as therapy for substance use in recent studies.
- However, more research on evidence-based interventions for prenatal substance use is needed.
- There is a clear need for the development of individualized, safe, and acceptable care viewing pregnancy as a “teachable” experience to motivate risk-reducing behaviors.

# Healing Families

- Families often adapt to survive the immediate threats of addiction to enhance safety and emotional survival, but only in the short term.
- While this lowers the chances of the family dissolving, it creates roadblocks to long-term personal and family recovery.
- Having access to adequate supports and coaching plays a pivotal role in the initiation and maintenance of recovery for the individual and the family, holistically.

# Recovery Is for the Family, Too

- Affected family members can start their recovery before the individual does.
- Improved health of the family = increased pressure for positive change.
- Families can strategize their actions to increase opportunities for the initiation of recovery.

# Supporting the Family

- Ongoing support throughout the recovery process is key to preserving the stability of the family.
- Families need that “scaffolding” of support to manage the transitions that are happening.
- Lack of support for families may increase the likelihood of family dissolution during the recovery process.

# Support Allows for Healing

- When the proper supports are accessible and in place, families can not only heal, but also break the intra- and inter-generational cycles of addiction and trauma.
- The recovery of one family member increases the likelihood of other family members successfully recovering.
- It is important to note that families who have lost a family member to addiction or overdose also need a recovery process to heal.

# Families in Recovery Give Back to Their Communities

- Both the individuals and families in recovery can play a role in healing their communities that have been impacted by addiction.
- This can be accomplished through supporting others who have been affected, advocating for recovery supports, and actively participating in larger service to their communities.

# Shifting the Focus of Recovery Support Services



## Breakout Group Activity

- How can your organization support recovering families?
- What does your organization currently offer to families seeking recovery?
- What challenges has your organization overcome in order to be more inclusive of families seeking recovery?

Questions?

# Upcoming Events and Important Reminders

- [MIP Educational Institution Program Capacity Survey](#): **Was due June 17, 2022**, for all MIP Educational Partners. Please ask your Ed Partners to submit ASAP.
- [MIP Intern Self-Assessment](#): Please distribute this link to your interns. **Each intern must take this self-assessment survey as soon as their internship is confirmed with your agency and no later than 1 work week after the first day of their internship.**
- [MIP Mentor Self-Assessment](#): Each mentor must take this self-assessment survey as soon as their role as a mentor is confirmed within your organization and no later than 1 month before they are assigned their first intern.
- **Contracts**: Contracts have begun to go out! Please be sure to follow the instructions in the email and submit the signed contract to [ahpcontracts@ahpnet.com](mailto:ahpcontracts@ahpnet.com).
- **Invoices**: The MIP Invoice Template was sent out Friday, June 17, 2022, and may be submitted upon execution of contract.

# Save the Dates!

The Learning Collaboratives will be 2-hour regional interactive sessions from 10:00 a.m. to 12:00 p.m. and 1:00 p.m. to 3:00 p.m. An email with registration links has been sent; please contact your Grantee Coach or the general MIP inbox at [ca\\_mip@ahpnet.com](mailto:ca_mip@ahpnet.com) if you have any questions.

## **Learning Collaborative Dates:**

- December 14 & 15, 2022

## **Next Webinar :**

- October 4, 2022, 12:00 p.m. – 1:00 p.m.

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