

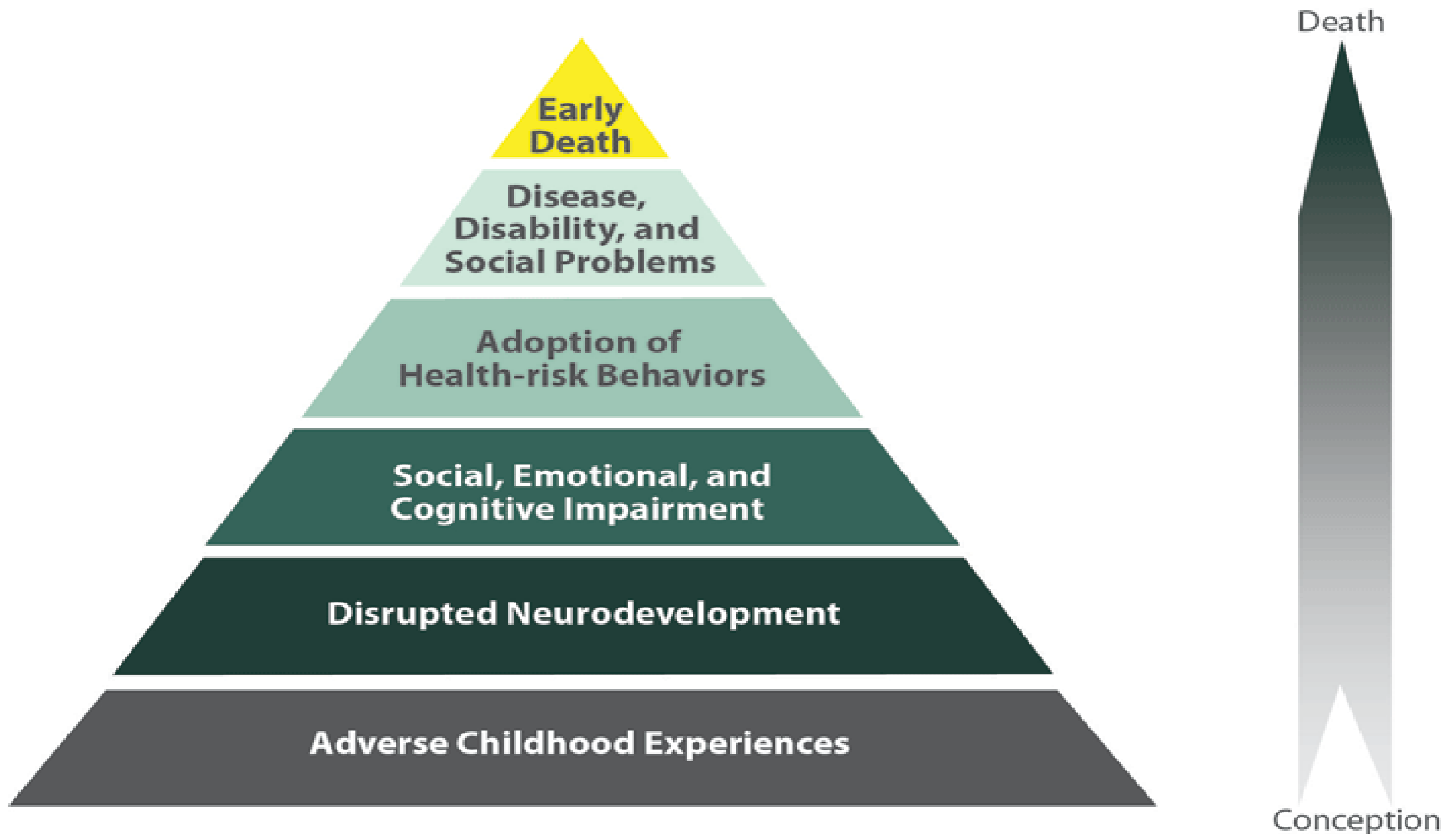
The Opposite of Addiction
Is
Connection

"In my beginning
is my end."

T.S. Eliot

Adverse Childhood Experiences

- Abuse
 - Emotional, Physical, Sexual
- Neglect
- Household Dysfunction
 - DV, Substance, MI, incarceration, breakdown



Mechanism by Which Adverse Childhood Experiences Influence Health and Well-being Throughout the Lifespan

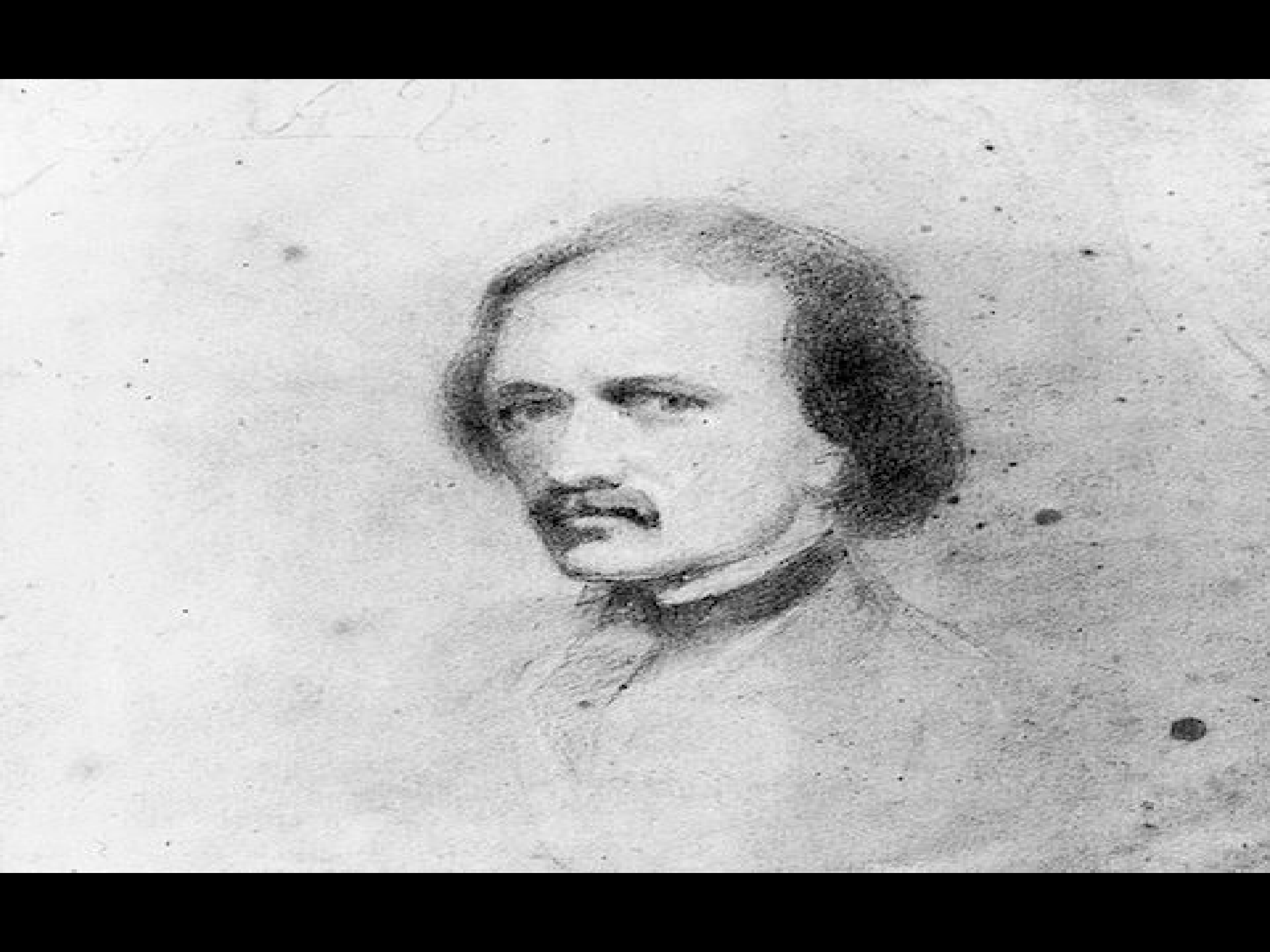
ACEs in Criminal Justice

- Offenders reported 4x as many adverse events as normative adult sampling.
- 8 of 10 of the events significantly higher among offender population.
- Convicted sex offenders and child abusers more likely to report experiencing sexual abuse as children than other offender types.

The Permanente Journal, Spring 2013

“Addiction is a primary, chronic disease of brain reward, motivation, memory and related circuitry.”

ASAM



“I have absolutely no pleasure in the stimulants in which I sometimes so madly indulge. It has not been in the pursuit of pleasure that I have periled life and reputation and reason. It has been the desperate attempt to escape from torturing memories, from a sense of insupportable loneliness and a dread of some strange impending doom.”

Recovery

A process or change through which individuals improve their health and wellness, live self-directed lives, and strive to reach their full potential.

SAMHSA

“Don’t ask why the
addiction. Ask why the
pain?”

Dr. Gabor Mate’

“If you do not transform
your pain, you will surely
transmit it to those around
you and even to the next
generation.”

Richard Rohr



“We are like islands in the sea, separate on the surface but connected in the deep.”

William James

“Authentic social connection has a profound effect on your mental health – it even exceeds the value of exercise and ideal body weight on your physical health. It triggers the same reward centers in your brain that are triggered when people do drugs, or drink alcohol, or eat chocolate. In other words, we get sick alone, and we get well together.”

James Doty, MD

T.S. Elliot is wrong...

“I am the master of my
fate, I am the captain
of my soul.”

Invictus, William Ernest Henley

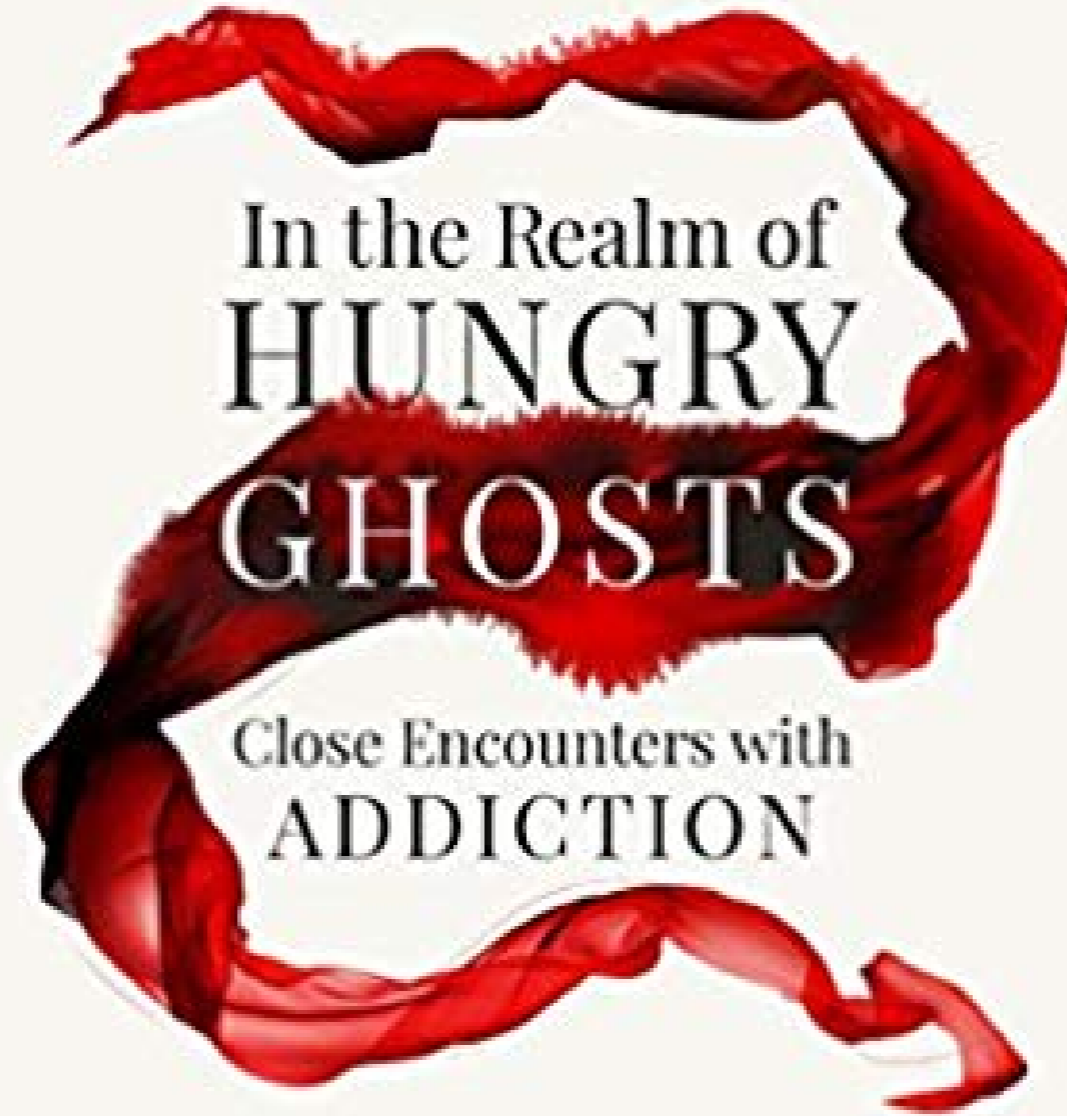
The Work

- Everything I've ever done of value started over a cup of coffee...
 - DWI Court
 - Domestic Violence Restorative Circles
 - Safe Babies Court
 - MAT Jail
- Community Collaboration

Books

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GABOR MATÉ



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OF THE SCIENTIST, THE ERUDITION OF THE SCHOLAR, AND THE PASSION
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UNLOCKING THE POWER OF
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Matthew Walker, PhD

"A neuroscientist has found a revolutionary way of being cleverer, more attractive, slimmer, happier, healthier, and of warding off cancer—a good night's shut-eye." —THE GUARDIAN

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