

The Collaborative Approach to Substance Use Recovery

Understanding the Benefit of Counseling
and Occupational Therapy



Mind The Gap
Therapy and Consulting



01.

UNDERSTANDING SUBSTANCE USE AND LIFE
SKILLS DECLINE

02.

THE IMPORTANCE OF LIFE SKILLS IN
RECOVERY

03.

HOW SUBSTANCE USE IMPACTS LIFE SKILLS

04.

COLLABORATIVE ROLE OF COUNSELORS AND
OTS

05.

HOW COUNSELORS AND OTS CAN
COLLABORATE

06.

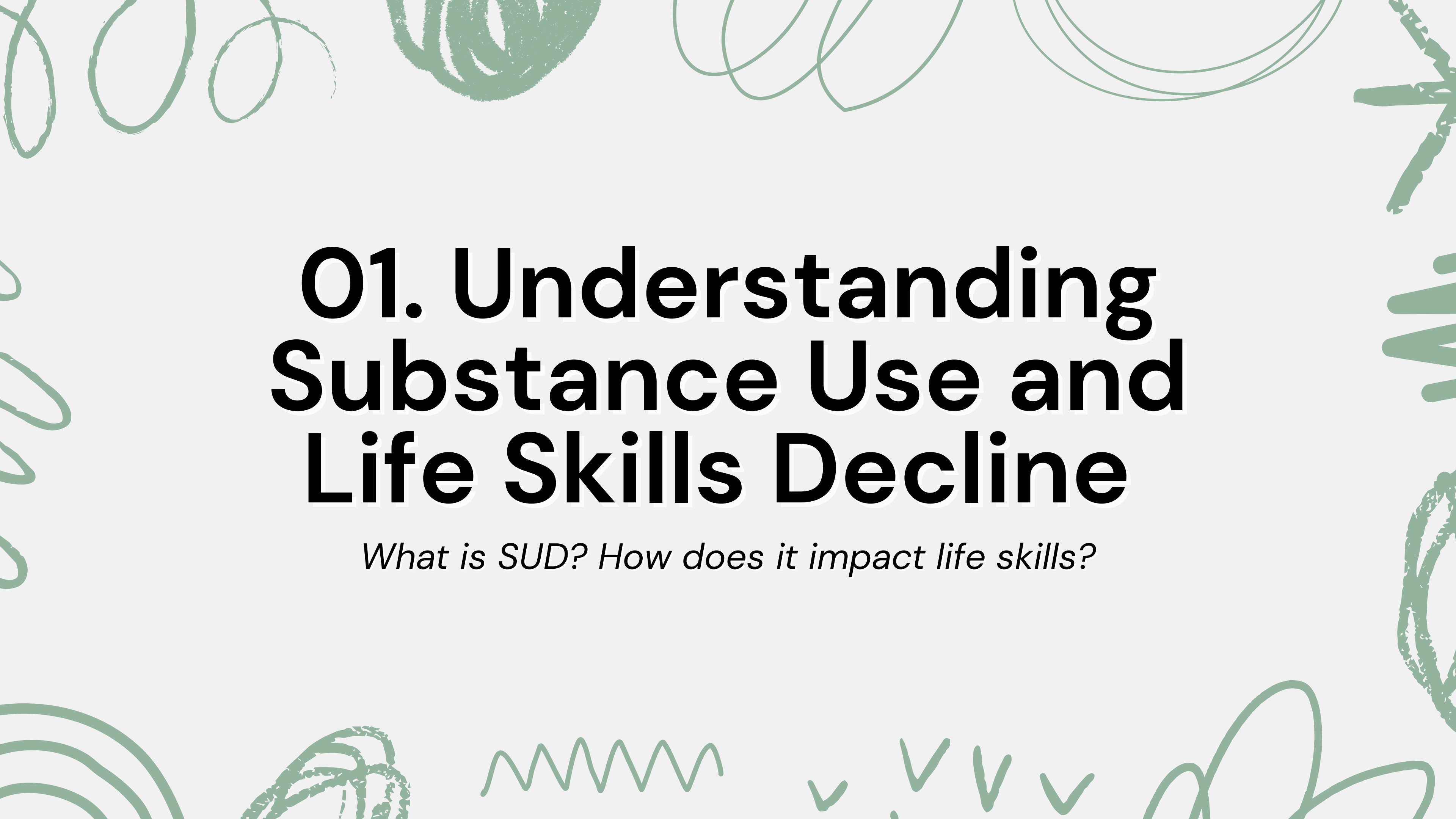
CASE STUDY

07.

CHALLENGES IN COLLABORATION



TABLE OF CONTENTS

The background features various green hand-drawn patterns, including loops, swirls, and zig-zags, scattered across the light gray background.

01. Understanding Substance Use and Life Skills Decline

What is SUD? How does it impact life skills?

Understanding Substance Use and Life Skills Decline

- *What is Substance Use Disorder (SUD)?*
 - Substance Use Disorder is a chronic condition affecting cognitive, emotional, and social skills.
- *Impact on Life Skills:*
 - Cognitive decline affecting concentration and memory
 - Emotional difficulties impacting relationships
 - Social consequences including isolation and impulsive behavior



The background of the slide is decorated with various hand-drawn green doodles. These include several overlapping circles and loops at the top, a series of horizontal lines on the right side, a wavy line at the bottom center, and several checkmarks at the bottom right. There are also some abstract scribbles and loops scattered throughout the corners.

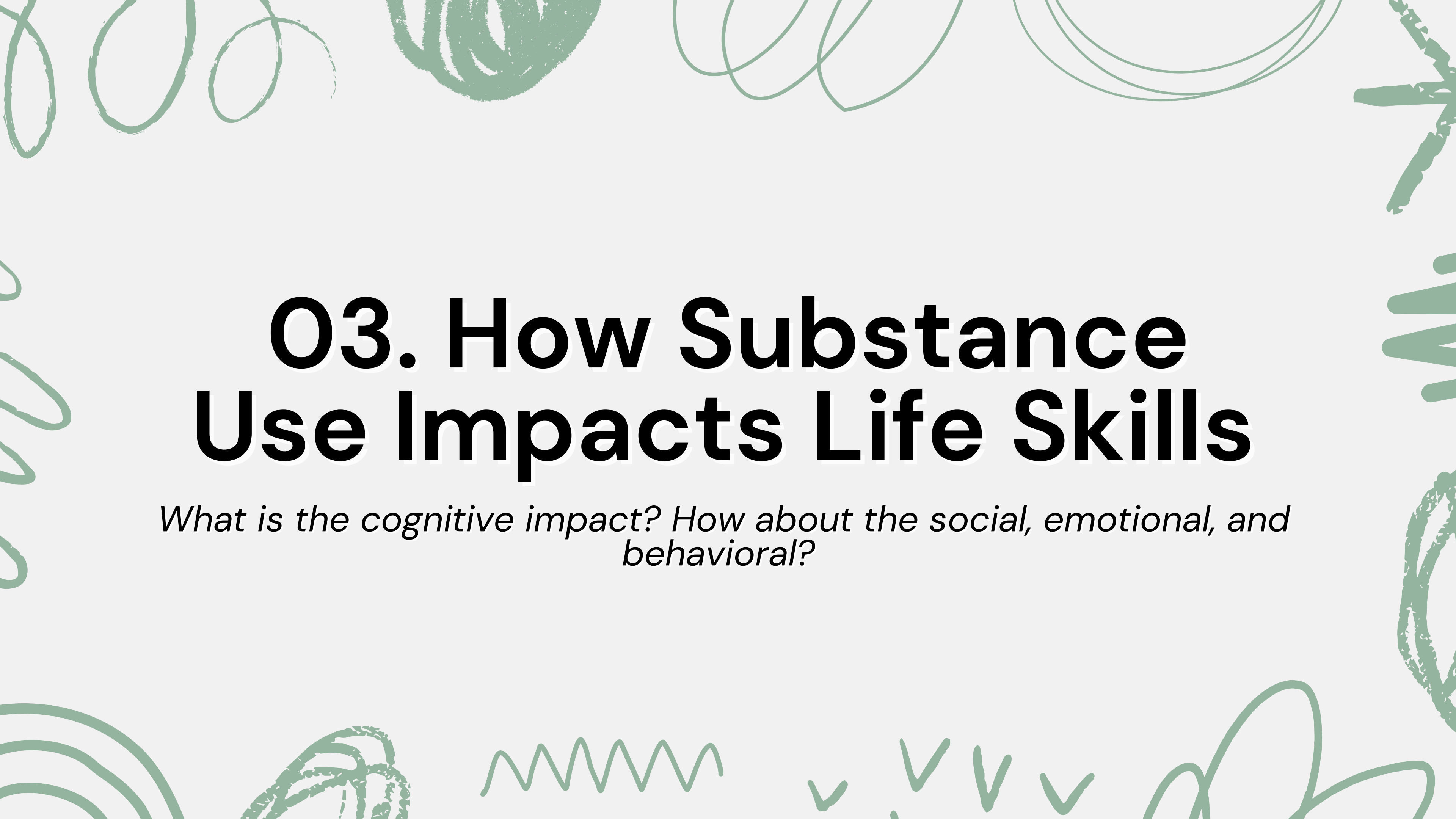
02. The Importance of Life Skills in Recovery

What are life skills? How does it impact recovery?

The Importance of Life Skills in Recovery

- *What are Life Skills?*
 - *Communication, time management, self-care, budgeting, decision making skills.*
- *Life Skills and Recovery:*
 - Rebuilding independence and self-esteem
 - Prepare for future employment or education opportunities



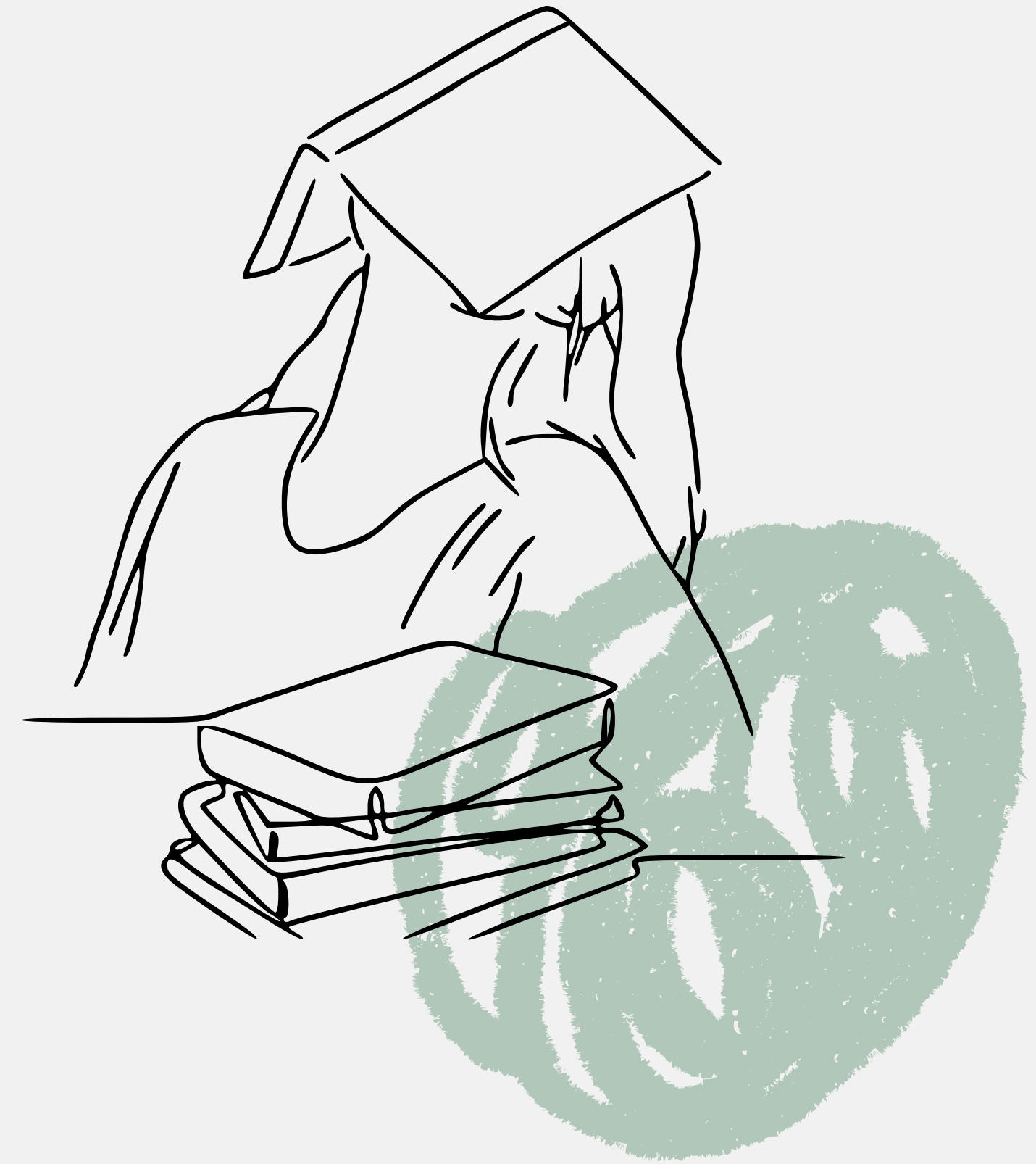
The background features various green hand-drawn patterns, including loops, swirls, and zig-zags, scattered across the white background.

03. How Substance Use Impacts Life Skills

What is the cognitive impact? How about the social, emotional, and behavioral?

How Substance Use Impacts Life Skills

- *Cognitive Decline:*
 - *Difficulty concentrating, learning, and decision-making*
- *Emotional and Social Impact:*
 - Impulsivity, mood swings, and social isolation.
 - Difficulty managing relationships and communicating effectively.
- *Behavioral Consequences:*
 - Neglect of personal hygiene and disorganized living spaces.





04. Collaborative Role of Counselors and OTs

What are our distinct roles?

Collaborative Role of Counselors and OTs

- *Role of Counselors:*
 - Provide emotional support and therapy
 - Help develop relapse prevention plans
- *Role of Occupational Therapists:*
 - Address functional deficits in daily activities
 - Assist with building healthy routines and habits





05. How Counselors and OTs Can Collaborate

How can we make the best team?

How Counselors and OTs Can Collaborate

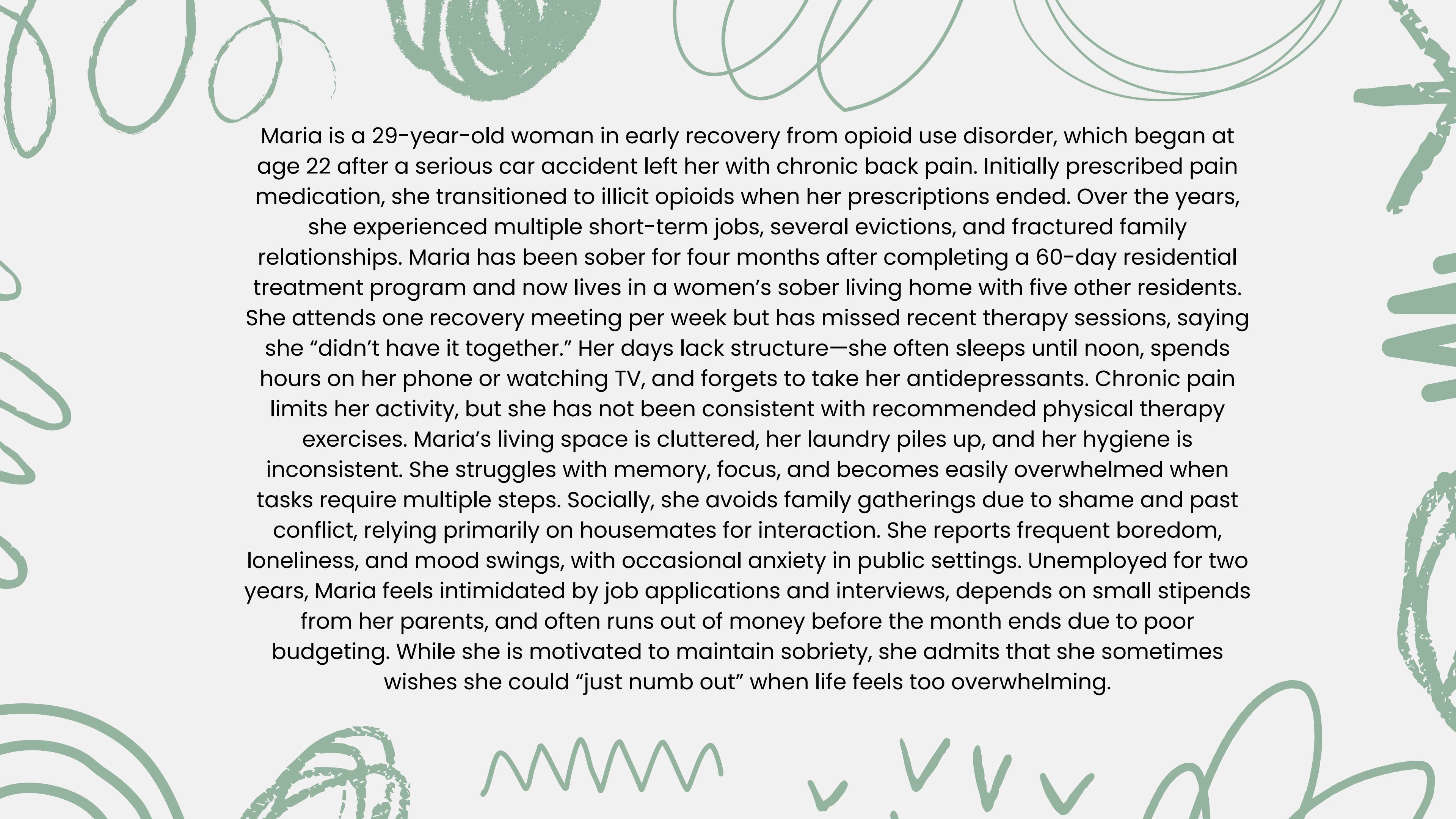
- *Holistic Assessment:*
 - *Counselor: Addresses emotional and physiological issues*
 - *OT: Focuses on functional abilities and life skills*
- Co-Developing Interventions
 - Joint planning for addressing recovery and life skills
- Goal Setting and Joint Sessions:
 - Set short and long term goals for both sobriety and functional independence





06. Case Study

Maria



Maria is a 29-year-old woman in early recovery from opioid use disorder, which began at age 22 after a serious car accident left her with chronic back pain. Initially prescribed pain medication, she transitioned to illicit opioids when her prescriptions ended. Over the years, she experienced multiple short-term jobs, several evictions, and fractured family relationships. Maria has been sober for four months after completing a 60-day residential treatment program and now lives in a women's sober living home with five other residents. She attends one recovery meeting per week but has missed recent therapy sessions, saying she "didn't have it together." Her days lack structure—she often sleeps until noon, spends hours on her phone or watching TV, and forgets to take her antidepressants. Chronic pain limits her activity, but she has not been consistent with recommended physical therapy exercises. Maria's living space is cluttered, her laundry piles up, and her hygiene is inconsistent. She struggles with memory, focus, and becomes easily overwhelmed when tasks require multiple steps. Socially, she avoids family gatherings due to shame and past conflict, relying primarily on housemates for interaction. She reports frequent boredom, loneliness, and mood swings, with occasional anxiety in public settings. Unemployed for two years, Maria feels intimidated by job applications and interviews, depends on small stipends from her parents, and often runs out of money before the month ends due to poor budgeting. While she is motivated to maintain sobriety, she admits that she sometimes wishes she could "just numb out" when life feels too overwhelming.



Maria's Hidden Issues

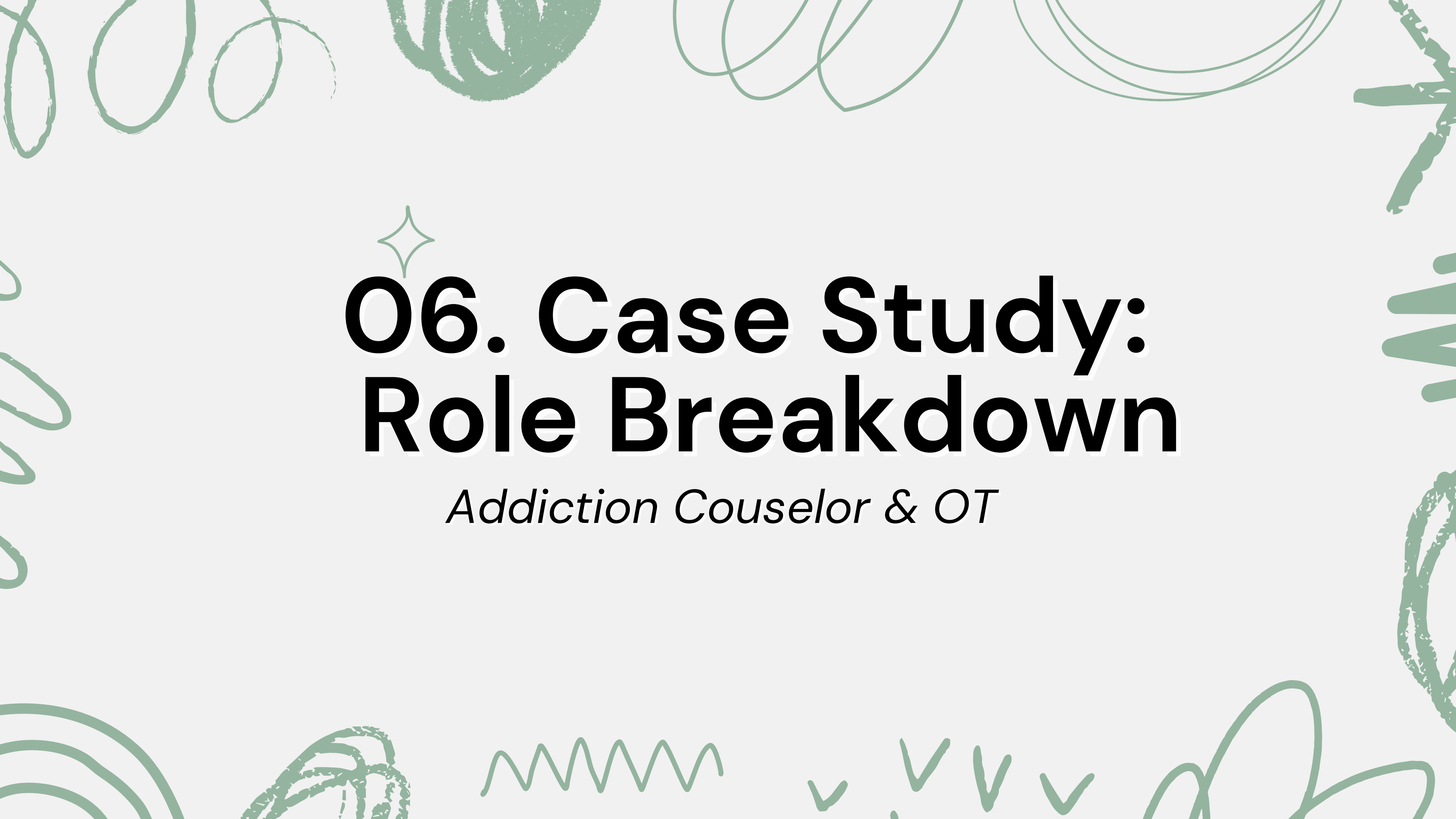
01. Daily Functioning and Routine

03. Social and Emotional Health

02. Physical and Cognitive Health

04. Employment and Financial Stability





06. Case Study: Role Breakdown

Addiction Counselor & OT

Role Breakdown for Maria

- *Occupational Therapist (OT)*
 - *Develop routines and habits*
 - *Medication management strategies*
 - *Household management strategies*
 - *Adapt activities to manage pain*
 - *Executive functioning strategies for focus and memory*
 - *Job Readiness and financial planning*
- *Addiction Counselor*
 - *Relapse prevention planning*
 - *Trauma informed therapy to address shame*
 - *CBT or DBT for emotional regulation*
 - *Motivational interviewing for engagement*
 - *Support for building sober networks*



Role Breakdown for Maria Cont.

- Joint Collaboration
 - Gradual exposure plan for public and social situations
 - Role play job interviews with stress management strategies
 - Integrate emotional coping skills into daily routines
 - Co-create balanced weekly schedules with both therapy and functional activities



The background of the slide is decorated with various hand-drawn green doodles. These include several overlapping circles and loops at the top, a series of horizontal lines on the right side, a wavy line at the bottom center, and several checkmarks at the bottom right. There are also some abstract scribbles and loops scattered throughout the corners.

07. Challenges in Collaboration

Collaboration is not always easy.

Challenges in Collaboration

- *Differing Approaches:*
 - *Counselors focus on emotional healing; OTs on functional tasks.*
- *Limited Resources:*
 - Not all centers have both counselors and OTs available.
- *Client Resistance:*
 - Some clients may resist either therapy or OT interventions.





Conclusions

For SUD Counseling and OT



Final Thoughts:

Recovery is a multifaceted process that includes life skills restoration.

A holistic, collaborative approach improves recovery outcomes.

Recovery requires both personal growth and practical skills.





Thank you very much!

Any Questions?

Kathy@mindthegaptn.com
Cassidy@mindthegaptn.com