



Purple Certification Study Guide

How to lean in as a friend, family or co-worker to safely care for those in addiction and recovery as an informed resource.

“How to Care”

David Brooks, MA, LCADC, Brooks Behavioral Health Services, “The Cadillac Counselor”

- ❖ Does Treatment always work?
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- ❖ What is the big danger?
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- ❖ What do I do if I see someone?
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- ❖ How do you know if someone is struggling?
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- ❖ How do I approach someone when behaviors change?
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- ❖ How do I not enable?
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- ❖ What should Business owners do?
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“Boundaries”

Dr. Daniel Haffey, PSYD, Clinical Psychologist, Frederick, MD

- ❖ What is a boundary?
- ❖ What is an internal boundary?
- ❖ What is a verbal boundary?
- ❖ Do those struggling with addiction set good boundaries?
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- ❖ How do Helpers sometimes set poor boundaries?
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- ❖ What should a friend, family member do and not do to help?
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- ❖ When does trust get re-established?
- ❖ What is our part and what is theirs?
 - Our part:
 - Their part:

“Map of Recovery/Setting Expectations”

Lucinda Nelson - Mother of son who passed from addiction;
Founder of local recovery organization/non-profit - Listen, Love, Pray.

- ❖ What are the three results of addiction?
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- ❖ When is the best time to get someone into treatment?
- ❖ What is the Pink Cloud?
- ❖ What are the Recovery Coach Academy 5 stages of recovery?
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- ❖ Does honesty return right away for someone in recovery?
- ❖ Do these stages happen in a tidy organized fashion?
- ❖ Who is affected by addiction?
- ❖ Are the 12 steps considered a best practice?
- ❖ Who are they for?
- ❖ Are success rates for 12 steps and recovery high?

❖ What are 3 results from addiction?

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❖ Should family's of those in addiction also get help?

“ACEs”

**Karmin Jenkins - US Army Medical Specialist; MSSA (Master of Social Service Administration);
Licensed Clinical Social Worker/Supervisor, State of MD and OH**

- ❖ What are ACEs?

- ❖ How many stressor areas affect someone's ACEs score?

- ❖ Does long term unresolved stress affect brain development (Yes/No)?

- ❖ What is needed to replace chemical dependency?
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- ❖ Does economic standing change ACE scores?

- ❖ What affects our body's ability to manage chemical response and emotions?

- ❖ When breaking the body's dependency on addictive drugs is a replacement needed?

- ❖ Who should manage transition from addictive drugs?

- ❖ What support system is needed by those with ACEs?
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- ❖ Do I need to be an ACE expert to help someone struggling with Adverse Childhood Experiences (ACES)?

“Local Resources”

Jonathan Switzer; Co-Founder of non-profit Crossed Bridges and Frederick County Goes Purple

- ❖ What is your first emergency call?

- ❖ What is second level emergency?

- ❖ Coming out of Detox and professional counseling – what ongoing experts do those in recovery need?
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- ❖ What does Frederick County Goes Purple do?

- ❖ What month do they do it?