

Understanding Substance Misuse

Welcome everyone to understanding substance misuse. My name is Melanie. I will be one of your moderators today. Lacey is our guest speaker. Lacey started with Magellan in 2019 and is a senior EAPs consultant for our drug-free workplace program. She is a licensed counselor and certified addiction information professional. Lacey has taught psychology at Lindenwood University in Belleville in Illinois. She provided intensive outpatient care to people with substance use concerns. And currently is a private practice therapist specializing in the area of substance use mood and personality disorders. With that I will now turn it over to you Lacey. Lacey can you move your slides okay? Is there any text boxes in your way?

Just go up to the CC button at the top and click the ^ and hide those captions.

Hello everyone welcome to the presentation today. One understanding substance misuse. Thank you for the intro. I've been working in substance for quite a while. In different capacities. I taught -- substance abuse class for Lindenwood at one point. I taught normal psych which had a component of that as well. And then I ran an IOP for quite a while. Now I'm here at Magellan helping with our drug-free workplace program for the DOD. We are going to talk about understanding substance misuse. I'm going to the first slide. The objectives today are to define addiction and warning signs of substance misuse. Identify when it is time to get help. And list resources to help with recovery.

It looks like some people are having audio issues.

Just so everyone knows we don't have any cameras on. Just so you know audio will be up as well is the slight deck.

So what is addiction? Let's start there. American Society of addiction medicine defines addiction as a treatable chronic medical disease involving complex interactions among brain circuits the environment an individual's life experience. People with addiction use substances or engage in behaviors that become compulsive and often continue to have harmful consequences.

Everyone is saying there is no audio. I don't know.

That is where it starts. In terms of the official definition of substance that is what it says.

Misuse versus dependence. Substance misuse or previously known as substance abuse is involves excessive use of a substance which results in potentially hazardous behavior such as driving while intoxicated and continued use despite social psychological occupational or health problems. Typically as things continue on as get worse and worse for people. But they continue to use despite the negative consequences.

There are two different types of addiction which some people are not aware. Substance addiction which is the more basic one. That would involve a chemical of some kind be it alcohol marijuana all the way to methamphetamines and heroin. There is also process addiction. I think this is the one that does not get attention. I want to mention in case it is something that people struggle with. It is the same kind of treatment. Same kind of science we are looking for typically. Process addiction might be something like shopping sexual addiction would fall into that category. Anything that is not a substance but becomes an addictive thing in itself. Interestingly enough they do often overlap. Even food can be an addiction. Obviously so keep that in mind. A lot of my people I've worked with patients in the past two had major drug addiction with heroin methamphetamines things like that where they had to go locate the drug find someone to sell it to them. That became the process addiction for them. They were described waking up in the morning and then first we have to get money to get the job. They will come up with how are they were going to get money. They would go now we have to find a dealer. We are contacting the dealer getting the drugs. That all it became part of the

addiction. That was even a bigger addiction at some points for some people. Then the actual chemical or substance itself which was interesting.

Before we move on sorry I skipped ahead to quick. So one thing I want to start with was a poll question. I don't know if many people know the answer to this. How many drinks are classified as a substance misuse problem according to the national guidelines? How many drinks do you think any date would classify a drinking issue?

To answer this people are already answering. Type your answer in the text box at the bottom of the pole we are getting as high as 6. And as low as 1. Looks like so far Lacey, let me see if I have any more.

I have one 8. That is the highest. 6 to 8.

The lowest is 1. That is what we have for votes.

Okay. The official amount and we are talking about standard drinks. You may not know what a standard drink is. Some people think whatever I could fit in a glass. No. A standard drink would be considered one 12 ounce beer. 15 ounce glass of wine. And then one shot or 1.5 ounces of hard liquor. For standards drinks for women is substance misuse. Possibly. 50 men and one day. -- 44 men and 5 -- some people think that is pretty low or something. Especially someone who says 8. Somebody who said 1 it is pretty high. That is the national statistics on when it might be time to look at is this an issue for me or not.

Just another statistic that people may not know. 15% of adults 18 or older according to a research study done a few years ago our regular drinkers. Only 21% of people population-wise that report our lifetime abstainers. People who have never tried alcohol. Those stats are interesting. Half of the population considers themselves a regular drinker. Only 21% our lifetime abstainers.

Some warning signs of misuse. Things that maybe a thought like maybe I need to cut back or maybe I need to contact a professional. If this seems like it is getting out of hand. Experiencing intense cravings. I'm not talking about fleeting thoughts. It would be nice to have a beer right now. This is something occupies your time and takes up your time. A lot of people I've worked with will describe it turns into this I don't want people to know I have a problem. I go to this the gas station on Tuesdays to get my alcohol. I go to this grocery store on Thursdays. So everybody does not think I've got a problem if I'm not there every day. It turns into that where you are fixating on how you're going to get it. What you're going to do with it. It turns into this constant obsession. Your tolerance has increased. That is a key component. You are needing more and more to get the same effect. We want to do more and more. And half more and more. We need more to get the same intensity. Withdrawal systems symptoms. Some people may not know what withdrawal symptoms look like. It can vary from drug to drug. A lot of times some similarities. For if we are talking dope sick. That would be intense throwing up and needing to throw up intense sweating. It feels like you have the worst flu of your life. With alcohol it may be it could be up to that it might be some shaking. Some tremors. Feeling like you need to have a little bit in the morning to take the edge off if you have an intense hangover. Things like that can be signs of withdrawal.

Being physically and psychologically dependent on drugs. You can't function. The thought of attempting to do so terrifies you. I would ask people even people in my personal life I will say if it is not a problem that just don't drink. Well but it is fall and the pumpkin beers are out. Right, you cannot go a month without having one? I could but I don't want to. So that is coming psychological dependent. You claim you don't need it yet if someone challenges you to give it up for a week or a week and it becomes you feel anxious. You don't want to do that. Why would I have to do that? If that becomes a thing that is psychological dependence. The

physical dependence is where you have to have a little bit to not shake or not tremor or not have those withdrawal symptoms.

Your life revolves around getting using and finding ways and means to get more. Things that used to enjoy like maybe go to the movies where you used to go out and enjoy different activities. You're kind of shying away from those. Especially if they don't involve you being able to use alcohol. Alcohol is one of those it goes with a lot of events and different things. It is almost available everywhere now. It is very available where we live in St. Louis. At the movie theater. At the bowling alley. Our zoo. The recreation centers. Top golf is a big thing. Anywhere you go there's probably going to be alcohol available in some form or fashion in St. Louis. They make sure they get there alcohol is literally everything you can think of.

If that is a part of the activity but that is the main draw to the activity, I have patients I work with who will say -- I only want to do that because I know I can drink there. If it is becoming more important than the activity or you are shutting the activity altogether to focus on the using or to not go out because you would rather stay at home and drink or use that is probably a way to look at things that maybe this is becoming a bigger problem.

Some other warning signs of misuse. Like we talked about the topic, continuing to use despite negative consequences. That is a big one. I used to have people write down a list of what they are drinking or drug issues cost them. Everything from the alcohol or drug itself to legal fees, divorce fees. Having to move home. Having to change jobs. Anything and everything. DUIs. Medical bills. You would be surprised how much it adds up for some people. If you are seeing of these negative consequences your relationships are falling apart. Your work is struggling and you are continuing to use that might be a sign you are misusing the substance.

When you begin to do things you never thought you would do in order to get drugs or get high. People report stealing from their grandma. I worked at a cancer clinic when I was an undergrad. One is saddest things is people calling to say their pain pills have been stolen by a family member or picked up at the pharmacy by a family member and they brought them to them. The family member stole the drugs to use them. And now this person who has an addiction -- this person who needs it for their cancer treatment who is in pain does not have access to their pain meds. The only way we can provide them another script when I was doing this kind of work was we had to have go file a police report and indicate that family member stole these from you. Once we receive the report we could issue a new script. That is how serious it had gotten with theft of pain medications at one point. That was really tough to have those conversations. Now you're asking someone to choose between their pain management and essentially turning a family member in to the authorities. That was really tough conversations a half.

When you're doing things like that like stilling your grandma's pain medications. Stealing from your mom and dad to sell something to turn around and get money for drugs. Women will often turn to secs work. And men will often turn to secs work in terms of using a girlfriends for secs work to get money for drugs. Or to get free be drugs from dealers. There is a lot of bad paths that people go down at times. When we are talking about harder drugs. If you're doing things you would never thought you would do that is probably a sign there is something wrong. It could be something as small as a drinking when I drive to work. I've got a stash at my desk. If that is something you never thought you were doing that is something to look at. Hiding or downplaying drug use and minimizing. Even a small is going to your PCP for your normal yearly checkup. How many drinks do you have a week? Probably 2. It is more like 10. Or even like 6. If you are feeling anxious about saying how much you are using or drinking or anything like that, or you are lying to people around you. I had a patient who used to say she would have a couple drinks at home before she went out because she could have as much as everybody else

was having when she was out. She was junk around people and did not know. It was this whole thing around making sure she had enough. And it did not look suspicious to people. Even things like that.

Beginning to change her circle of friends to accommodate your drug use. People who are using heavily are hanging out in groups of people that are also using heavily. One for their own feeling of this is comfortable. Everyone else is using two. And also as you get deeper into an addiction you typically tend to surround yourself with people who are also in that addiction. So that is the focus of that hanging out with those certain people.

And then life seems to have no meaning. Some people don't get to this point. A lot of people do. When you're just it is no longer about getting high or having the excitement of getting high. You need the drug with alcohol to just feel normal. Or you need to it tonight be in pain physically. When you are not chasing the high anymore you just using to exist and not feel sick. A lot of people report and other addiction. It wasn't enjoyable anymore. It was just something I had to do. If you get to that point definitely there is probably some misuse going on.

Lacey can we stop for a second. I've had people asking about is it just one of the symptoms that I need to worry about or multiple of them? Anyway I can no? What might be the best way of someone thinks they have an issue to get help?

Where is that something we will talk about?

We will talk about help at the end. Are you asking essentially, do I need to have all of these things to have a problem?

All of it were just one of them?

I mean we are going to get into that more. So maybe hold onto that thought I will address it will we get deeper into the slides.

Great >> We've talked about how you might know if you are misusing. I thought we might touch on a little bit signs that somebody you know may be struggling. Obviously outside physical appearances you might see extreme weight loss or gain. A more disheveled look. Dilated pupils. These are things you might pick up on. Some people will notice checkmarks which would be injection marks. On people's arms. Or other places people find other ways to hide things like that. They will inject themselves and their foot in their veins or places that are more covered. If you notice somebody wearing long sleeves even though it is 90 degrees out that could be a thought of something is going on here. They are hiding their arms and things like that. Looking at overall physical symptoms that is some stuff you might look for.

Other things to look for outside of physical. Changes in social groups. New and unusual friends. Odd phone conversations. Again people often start spending more time with people who are using and less time with their typical friends and families. They may isolate more frequently. Some people prefer to use a drink alone. And so if they're not going out as much not seeing people as much holdup in their house that could be a sign there is something going on. Phone conversations, odd phone conversations. They might be short. They might be bizarre. There might be odd references that you don't understand. Someone I know used to call their dealer because they smoked marijuana. They will call it their landscaper. On phone conversations. I can come over I'm waiting for the landscaper to come by. That was code for waiting for my dealer to come by. And then I will come over with the paraphernalia. Things like that. You pick up I remember someone in my personal life that I knew. I remember thinking he doesn't have a landscaper. When I was hearing his conversations. I remember thinking he doesn't even have a landscaper what is he talking about? Grass like marijuana. Okay. If you hear weird bizarre short strange conversations, that could be a tipoff. Drug or alcohol paraphernalia or stashes. You might see unusual pipes. Tinfoil spoons and cigarette papers small scales for weighing things. If you notice some of that laying around that might be some drug paraphernalia.

Financial problems. This is often a thing with substance use. It was interesting when I would ask people how much they were spending a day. I would think I cannot come up with that amount of money if I had to pick I don't know how people were doing this. They got creative and there were ways people were finding. Even if it is not to the point of you are stealing and robbing and pawning what if you are just choosing to buy alcohol instead of food. For yourself or your family or I would just cut the cable off so I can keep drinking this month. If you're giving up other things to support your habit that might be an issue.

Financial problems if someone in your life is asking to borrow money or you notice they are spending money they don't have when you go out they are a little more cautious with their money when it comes to basic needs but they have no problems bending at the casino. No problem spending money on alcohol. That could be a tip that maybe this person is having an issue with drugs or alcohol.

And then behavioral signs. Someone might be struggling. Lying minimizing their use for lying about their whereabouts. I was at my brothers and then you find out they were actually somewhere else. Sometimes it is not even the lying gets so deep that they just automatically say things. Things come out of their mouth and they lie before they think about it. They did not have to lie. They could've just said I was at my cousins. They are so used to lying they made something else up. And you find out it turns out you were at Brian's. Well yeah I was at Brian's. Just repeated lying. Or intentional lies. Repeated unexplained outings. Often with a sense of urgency. Out of nowhere they have to run out for a minute. That is an interesting one. I have to run to the hardware store real quick. I have to run to the grocery store and they are making more of these run out last minute quickly typically that can be there starting to feel sick or they just really need a fix. They're going to run out and grab what they need and use and come back. Secretiveness needing a lot of privacy. Withdrawing from people. Hiding out more. That can be a sign. Stealing again. If you notice things come up missing or they have an expensive item one day and the next day it is gone. Meaning they sold it pond it's get money. That could be a sign someone is struggling or using. I did not list this one on the slide. Another one is sudden mood swings. Irritability and anger are frequently part of addiction. If they fly off the handle out of nowhere because you asking something they might feel a big question. Just unprovoked. It seems out of nowhere this person is just snapping on you. That could be an indication there struggling with some of that.

We've got another poll question here. For someone with a serious addiction how many times do you think they have to attempt sobriety before they are successful? The average number it takes.

When I say sobriety that can mean going to AA to checking into a rehab center. How many times do you think it takes for people ?

It looks like we are getting a good amount of people saying 10. A few people are saying at least 3. Three plus. Someone said until they truly are ready to do it for themselves.

The wording we use is I'm in recovery. Not I'm recovered. This is something the people Army recovery for their whole life. 100%. It has to be that person is ready. They want to do it. The IOP we ran we had a residential center. Sometimes I would help out. I would have perished showing up and bringing their kids in their early 20s who were shooting heroin on the way to rehab in the backseat of the parents car. I'm someone -- the parents will be dropping them off. The kid would be so out of it. They are signing papers. I know they don't know what they are signing. We would talk about the plan. These were adults. But the parents were like I'm so worried about him. He's been on the streets and I want him to get sober. The thing was they are not ready. The people would be frustrated day was spent 20 or \$30,000 on treatment and the person would be on the phone with her dealer for the left treatment. If the person is not

ready they are not ready. Even if they think they are ready they are not ready. The average number is 7. The answer to that poll question is 7. I don't say that to be discouraging or to be pessimistic or make people think what is the point? I feel like kind of positive. If you have someone in your life who has struggled in the past and they want to treatment and then they slept back again. Just know it is possible even if they have had slips and slides and been and now. It is possible people do finally eventually get there. Some people it doesn't take 7. If it has only been 2 and you feel like this is never going to work. It can be hopeful to tell people I know it can be frustrating but there is hope here. This person can get better when they are ready to put it just takes time.

What happens if they are minors? Then parents consigned them in. Against their will. Into treatment. That is a whole different ballgame. We won't go into that. It can be the thing where they get admitted against their will.

Now we will talk about how do I know it is time to seek help? Do I have to have all these things to check off the list. That means I have a problem or is it just one. What is the threshold? When I taught at the University and substance misuse was part of that. What I would tell my students. This was anything. Substance use, this was gambling. This was even depression anxiety. How do I know it is time to seek help? What is the tipping point? And so I said you can basically always boil it down to the same thing no matter what we are talking about. This goes for mental health or physical health whatever. When it is time to address it and get professional help time to seek something out. We will talk more about those in a minute. When it is affecting your day-to-day life. If this is impacting your day-to-day life meaning when you go to work this morning you are dragging. When you get home you will have a fight with your wife about you drink too much again. When you go to look at your bank account you see how much you spent on alcohol in your like how are we going to for groceries? When you see little things throughout the day kind of this is a daily struggle that I'm going through. It doesn't have to be to the point of that is everyday all the time. But when you're just noticing this is impacting my day-to-day life it is probably time to look at some professional help. That probably goes beyond trying AA or something on your own.

Am I supposed to be addressing the questions or are we going to hold off?

We will hold off.

So that can be anything. That can be your anxiety is out of control. You are to a point it is affecting your day-to-day life. When it is affecting your life this probably time to look at some help for that.

Again going back through some of those. How do I know it is time to seek help? You have a higher tolerance to substance use. When you're just noting you have to have more and more you're using substances to cope with stress or anxiety. I talked to people and I'm not saying because you had a bad day then you can't have a beer when you get home or a glass of wine. That is not the case. If that is your go to every time you have a bad day -- it doesn't just mean alcohol. If that means you grab the cookies or the cake. Or the pasta whatever. If that is your go to and the only thing you get comfort from her the only way you cope it is probably time to look at some other coping skills. I tell people all the time if you're doing yoga. If you're meditating. If you're going for a run or going to the gym. If those things are part of your coping that is not to say you can have a glass of wine after a tough day. It is also one of those things where people will create reasons. I had a bad day let's have a drink. I had a good day let's have a drink. It is Tuesday let's have a drink. It is my birthday let's have a drink. If everything you can create a reason to have a drink maybe that is something to consider. If we are looking for reasons or for identifying or creating reasons to drink. Again you are no longer interested in the things you enjoy. Going back to that you are not doing the things you still love. You are not

into your hobbies anymore. Often people report even when they get sober I don't get the same thrill from golfing at that I get from using. Obviously. But it will point you did get a dopamine hit from something as basic as going golfing with your friends for the day. You have to let your brain or your body recalibrate the joy and excitement you used to feel. Also came with some heavy consequences in pretty negative things he used to feel that you don't have to feel anymore now that you are sober. Looking at that in terms of the things he used to enjoy and how they are not bringing the same feelings getting back to those things again and how you can get back to those feelings again eventually.

Your health is declining physical and mental. Alcohol is a depressant. Marijuana is a depressant. People drink to feel better. They may feel better after one drink. After three or four they feel worse. You may have a friend the joint crier. Everyone I feel has a friend like that. As the evening goes on to get more emotional. They are hard to manage. Things like that can be a trigger that may be it is time to seek help. And noticing distinct mood changes. Hair trigger irritability and anger.

Withdrawal symptoms make you want to use again. You wake up in the morning and you feel like wrap as the night before. Instead of adjusting that let's go to brunch and have mimosas or a bloody Mary. Let's keep the party going. Your performance is suffering. Maybe things at work are starting to get harder. You are struggling and maybe your relationships. I being negatively impacted. You are dishonest about your use. Like we talk about minimizing or saying I'm not really using that much. Even starting to bargain with yourself. People will be dishonest with themselves about their use. I can stop if I want to. I only had 2 drinks when they had 6. They will start bargaining themselves I'm going to quit on Monday. Then Monday comes and then they have a drink on Monday. They are right back on that whole circle. You've tried to stop on your own but can't. That is common. People will again bargain with themselves. I don't need help. If you have tried several times and you always end up back at that point then it may be time to consider some professional help. Or at a minimum attending AA meetings or something to get some feedback and help.

Something I like to point out. Something to consider. When you're looking at all the information and taking it all in your thinking is this something I need to address or something I want to look at. Do you have a family history of substance abuse or substance issues? If your family if it tends to run in your family it might be you need to look at treatment. It can -- it is learned behavior. If your family tends to be big drinkers or uses. It could be something you are more prone to. Statistically a third of people who struggle with addiction have at least one parent who struggles with it as well. 33% of people who struggle with addiction have a parent who also struggles. Specifically if you have a direct parent or sibling someone that close and your family that struggles you might want to catch things sooner rather than later. In terms of your own help.

Let's talk about resources for recovery. Probably most people in here are familiar or have heard of AA which is Alcoholics Anonymous. These are peer focused support groups. You go and you typically most people the first couple times they just listen. Eventually you might share your story and what has brought you to AA. It is peer supporting peers. They do fun activities. They will have sober Super Bowl. Sober years. Groups like that we can do things that might be focused around alcohol that are focused more on just enjoying the game or enjoying the event or the holiday without alcohol being part of it. Another thing same kind of process is Alcoholics Anonymous but slightly different is narcotics anonymous. That is for people who might use cocaine or heroin or pain pills. But honestly I've had a lot of people who struggle with alcohol who prefer narcotics anonymous. Drug use that prefer AA. I encourage people to try both and see which one is the better fit for you. Don't just go to one meeting. Each meeting is going to

be different. Even if it is the same meeting the next week it will be different. It depends on who shows up that day. Who is helping facilitate it. Don't think just because you went to one meeting that AA or any of this is not for you. Try at least three different ones. Three different places. Try open try close only men are only women. Because you might be surprised. How much this is actually helping. And how much you might connect to it. You just have to try a couple different options. Celebrate recovery is a program available at many churches. In most areas. It focuses on everything from sustenance to process even relationship and wealth addiction. It is a place to get support and to feel validated that kind of peer support option. Smart recovery is one that I'm a big fan of. I encourage people to try it. Especially if AA or celebrates is not your thing. Or if you're just like there's a component that is not for me. For some people that is the religious aspect. Smart recovery is a psychology-based program. It is a peer support program also. It is going through the psychology of addiction. And verses AA celebrate where it might be more of a turn yourself over to a higher power. The higher powers want to help you with your addiction. Smart is more of a you have the power to change your life looking inside of yourself. Refuge to recovery is a Buddhist system of recovery. A really cool group an option for people. Al-Anon is for if you've got a friend or family member struggling is support for you to get it is peer support base so you can get help with helping yourself help stop enabling and help support that person who is struggling with addiction. One thing I did not put on here is ACA. If you have a parent growing up who was an alcoholic. It is an adult children of alcoholics. People who grew up in dysfunctional addiction homes often have these issues. The same issues in terms of their emotional struggles when they are adults. ACA is a great peer support for people who grew up with addiction. In one support as an adult to untangle some of that.

These are all free programs. Available to the population. Every one of these we listed is a free program.

Lacey also someone mentioned healthcare professionals only can go to ID AA. It is a specific AA that is for healthcare professionals only.

There is probably 1 million things like that. That I did not specifically put on here. You would be amazed at how specific you can get in terms of treatment. Overeaters anonymous. Literally everything you can think of for support in these areas. It is pretty cool. If you start going down that rabbit hole you can find a lot of stuff. I put something on here on our professional help and resources which is specifically for veterans. Veterans often struggle with substance use issues. The military teaches one coping skill from what I've learned. It is a joke. Often it is drinking. It is just pushed away. And the drinking becomes a real issue for a lot of people coming out of the military. There is specific if you went to that link that would help you find specific help and support for veterans.

I've got at the top the national helpline. Also known as the treatment referral routing service. You call them and they will help you get connected to a service in your area. Obviously to reach out to your AEP. They can help get you connected with everything. In terms of what kind of treatment we are looking at. Everything from counseling services to outpatient programs. To intensive outpatient programs. Partial hospitalization programs. Inpatient and residential programs. There is a lot of ways to get help in a lot of different levels of care of help. There is always something that can fit whatever that need might be.

That is it for today. That is what I've got presentation lies. I will turn it over to Melanie.

Thank you so much. We have some questions. Some very specific questions. We are going to have time to get to all those questions today. I want to remind you that your program is a great option for you. If you want questions to your answers please call your toll-free number. Or call log into your member website. I do not have everyone's links or everyone's toll-free numbers today. I wish I did and could give that to you. We have people from all over the U.S. I

just ask that you reach out to your leadership to your HR. Just ask what the phone number is to either your EAP or embrace program. Let them know you want to get you want to use your services they are free services for you. You don't have to use them because you have a problem. There all kinds of great benefits you can use your program for. You can definitely get more information on this topic. We do have we had several people ask about what if you have someone when you step away or when do you would you do if you have been trying to get help for somebody and you are their family and they won't get help? We only have a minute. Any words of advice?

Enabling is such a tough one. When I think about I have a son who is seven months old. What would it take for me to say, if anyone has singing the basketball diaries. Amazing movie. Is God Leonardo DiCaprio. He is playing Jim Carroll. The author of the book. Who it is based on. At one point his mom he comes to the door and he is on heroin. He is begging her to let him in to stay the night. He is a teenager. An older teenager. She shuts the door in his face. He's out in the cold. And I think could I ever do that. To my son. It is such a case-by-case basis. When you walk away. If it is starting to affect your life and you are being negatively up affected. Given the money and paid for treatments. How far can you extend yourself? At one point does it fall on them? They have to be ready for it. I have people who walk away from moms dads spouses. Children. Moms dads. It is very difficult. Sometimes that is the tipping point for people. When they have no more options. When they have burned every bridge and now they have worked nowhere to go when they need anything. That is the only time they make the change. It is really such a case-by-case basis.

That is good words of advice. Thank you so much. No way to really tell. That is why your program is such a great way to be able to talk to somebody. It professional. And get some information. You don't have to have a diagnosis to use your program. You can just reach out and say I want to talk to somebody. I want to get some information. Maybe for yourself or somebody you know. I want to let you know it is there for you. It is a way you can sort things out.

I saw someone asking about do you offer webinars for enablers. I don't know if we do or not. Really great resource for enablers is called codependent no more. There's a website. There are books from all kinds of stuff. If you know somebody in your life with enabling. If you're struggling with your own enabling. Codependent no more. It is a great option for looking at how do I pull myself out of this enabling cycle.

Great. Thank you so much. Just want to remind everybody to please fill out the closing poll. It does make a difference what you think. Not broadcasting to everyone. Please rate your overall satisfaction. It is very satisfied. -- Is satisfied very dissatisfied. Click the button next to your response. We are not broadcasting again. You will be up to tell but I can guarantee we will be able to see your vote. Give us feedback if you would like to we are willing to take it. We are appreciative of you spending your time with us. We hope you got something out of this. Please feel free to use your benefits. They are there for you. This does and our webinar today. Thank you Lacey for your wonderful expertise in sharing your time with us.