



December 5, 2021

From the Addiction & Recovery Taskforce: About Relapse

The following information was taken from the national Institute on Drug Abuse. It gives us some important information on relapse in recovery.

Like other chronic diseases such as heart disease or asthma, treatment for drug addiction usually isn't a cure. But addiction *can* be managed successfully. Treatment enables people to counteract addiction's disruptive effects on their brain and behavior and regain control of their lives.

The chronic nature of addiction means that for some people relapse, or a return to drug use after an attempt to stop, can be part of the process, but newer treatments are designed to help with relapse prevention. Relapse rates for drug use are similar to rates for other chronic medical illnesses.

Treatment of chronic diseases involves changing deeply rooted behaviors, and relapse doesn't mean treatment has failed. When a person recovering from an addiction relapses, it indicates that the person needs to speak with their doctor to resume treatment, modify it, or try another treatment.⁵²

While relapse is a normal part of recovery, for some drugs, it can be very dangerous—even deadly. If a person uses as much of the drug as they did before quitting, they can easily overdose because their bodies are no longer adapted to their previous level of drug exposure. An overdose happens when the person uses enough of a drug to produce uncomfortable feelings, life-threatening symptoms, or death.

Science has taught us that stress cues linked to the drug use (such as people, places, things, and moods), and contact with drugs are the most common triggers for relapse. Scientists have been developing therapies to interfere with these triggers to help patients stay in recovery.

NIDA. 2020, July 10. Treatment and Recovery. Retrieved from the *National Institute on Drug Abuse* website on 2021, November 9

What did you *miss* if you weren't at the PSEC Fall Meeting?

On Sunday, November 14th lay delegates, clergy and guests joined together via zoom to enjoy visiting together and to do the work of the Conference.

Attendees were blessed with musical selections from our member churches, worship services that inspired and centered us to do God's work, heard from our social justice groups and of course, addressed the business that came before the body.

Prior to the business session, attendees were blessed to hear from Rev. Nishan Bakalian and Mrs. Maria Bakalian regarding their work as UCC Global Missionaries in Lebanon. It was a truly moving segment that was a wonderful way to set the tone for the meeting. The Bakalian's presentation was followed by short presentations from The Addiction and Recovery Task Force, The Environmental Task Force and the Racial Justice Initiative.

The business session began with a review of 2021 spending and the presentation of the 2022 Spending Plan. With little discussion the 2022 Spending Plan was approved.

Prior to the last agenda item, thanks and appreciation were given to the Rev. Dr. Susan Minasian for all her work as our Interim Associate Conference Minister for Search & Call.

Last and certainly not least was the election of the ACM for Search and Call Candidate, The Rev. Kevin J. McLemore. Rev. McLemore address the body and took questions which was followed by an overwhelming vote of support, naming Rev. McLemore our new settled Associate Conference Minister for Search and Call! Rev. McLemore will begin February 1, 2022. The meeting closed in worship with Rev. McLemore giving the homily.

The PSEC Spring Annual Meeting is scheduled for June 2-4, 2022.