If a cancer patient were to receive a single treatment episode for their illness; no follow-up visits to the oncologist, no regular check-ups with their physician, no network of community support and without the encouragement of their family, we wouldn’t think much of their chances of recovering. If a person suffering from asthma, heart disease, arthritis or any one of a number of other chronic diseases was expected to recover without professional treatment, consistent follow-up and support we would know their chances for maintaining good health were, at best, questionable.

For more than 200 years addiction has been identified as “a chronic, progressive disease” but until fairly recently, treatment has consisted of a period of specialized care, after which it is assumed that the individual is capable of staying clean, sober and maintaining prolonged abstinence. Unfortunately, post-treatment relapse rates tell a different story.

**Treatment Just the Beginning**

Services that help individuals and families recognize the disease, providing support in their consideration of treatment is ideally, the first introduction to the continuum of care. This level of engagement can be the catalyst for timely intervention and referral to effective treatment. What is

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**SAM Program Integrates Recovery Monitoring and Long-term Support Services**

“If you were to ask a room full of people in treatment ‘who wants to be monitored?’ not one hand is going to go up. But if you include monitoring as part of their overall treatment program, it’s just built in, and everyone gets monitoring. You avoid the ‘Gee, how come I have to be monitored and he doesn’t?’ thinking. Once you start, it’s for everybody.”

So says John Southworth of Southworth Associates in Idaho. As an intervention specialist and program coordinator, John has been in the field of substance abuse and mental health for more than 40 years. His experience in the coordination of successful recovery monitoring programs for professionals (physicians, nurses, dentists, attorneys are just a few) led him to develop

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**This Edition**

- The Promise of Recovery Management
- Recovery Monitoring
- Alumni/Extended Care Survey Results
- Alumni Golf Tournament
- Expansion Project Concludes
- New Perspectives Conference a Success

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Today we are filled with gratitude! EDGEWOOD has been blessed with so many positive events and support that have enhanced our treatment program, our patients and our staff. As I write this article, our building expansion is in the final days and the results are truly breathtaking.

Many dedicated and talented people have contributed their skills and energy, at times above and beyond, in order to help us reach our expansion objectives. Our sincere thanks to all of those men and women who worked so hard on our behalf. I would like to extend an invitation to all of our referral agents, alumni, and others in the EDGEWOOD ‘family’ to come and see how we’ve grown and share our delight in our new campus.

We are grateful also for those who organized our ‘New Perspectives’ conference, our guest speakers who presented at this, our first educational event on this scale and specifically for the generous financial support received from the Edgewood Foundation. Thanks also to all the visiting delegates from across Canada and the US who attended. A project of this scale necessarily provides opportunities for success as well as room for improvement, but by all accounts the conference was a success and deemed very worthwhile by all. My particular thanks to our keynote speaker Carl Erikson, an addictions researcher from the University of Texas whose brilliant observations have contributed immensely to our understanding and treatment of addictions as well as to our intervention specialists, Bill Maher, Heather Hayes and Joyce Sundin.

I am excited to see an article about my good friend John Southworth in this edition of the newsletter, highlighting his insightful and cutting edge work with monitoring programs for people in recovery. John inspired us many years ago and EDGEWOOD has accepted the challenge of trying to offer a similar service to as many of our patients as possible over the next few years. Results from the recovery monitoring and support program show that extremely high rates of sobriety are possible for all forms of addictions and from all socioeconomic classes. It was this promise of recovery and monitoring programming that convinced us to open a Vancouver Office and develop the Seattle Office. As we gain experience in this area we will attempt to make this service available across Canada and the US.

Addiction has been called a chronic, relapsing disease, but perhaps the relapse occurs when there is no follow up, support or accountability. As our ability to effectively treat addiction and positively influence recovery rates with progressive and comprehensive programming grows we are bolstered in our efforts by the proven success of recovery monitoring. It is EDGEWOOD’s commitment to long term sobriety that guides our path.

This aerial shot gives a bird’s eye view of the scale of our most recent expansion.
SAM Program Integrates Recovery Monitoring (cont’d.)

a similar program for those in the general recovery population. SAM (Southworth Associates Monitoring) has been providing a range of support services employing the same diagnostic and recovery monitoring protocols that have been successfully applied in recovery programs developed for professional groups. We spoke to John in early September to find out more about his monitoring program.

How did your recovery monitoring program start?
“We were under contract with the Idaho Medical Association through the Board of Medicine and we began a program that monitored doctors first, then we added nurses, dentists, attorneys, judges and finally pharmacists. Our recovery data was so good we decided we wanted to share with everybody.”

“How long is the monitoring program?
“First of all, what we have found is that anything less than 90 days in treatment was largely ineffective, so we don’t use the 28 day ‘spin dry’, we’re strictly 90 days in treatment followed by monitoring for 5 years. We do it one year at a time, letting mom, dad, husband, wife or employer know that our best results are over 5 years, but we start out offering one year of monitoring with the option of renewing.”

How effective is the program?
“Well, you’re either in compliance or you’re not in compliance. We aren’t going to babysit you. Basically we’ll call mom, dad, employer and tell them you are out of compliance if that’s the case, but I can tell you from my experience, that with treatment over 90 days and monitoring for one year post-treatment, we go to a 75% recovery rate. If we can monitor for 5 years, we jump to a 85-95% recovery rate.”

What part does the family play in recovery?
“I think the biggest killer of recovery is codependency. At EDGEWOOD you do work with the families at the time the patient goes into treatment. Down here we’re intervening on the family after the intervention on the patient. We get the person into treatment and then we go back to do an intervention on the family. Usually, during the intervention rehearsal we have identified who we need to look at.”

So the family is involved in the monitoring?
“The disease of addiction is a lonely disease. As a former addict with 26 years in recovery, I remember feeling very badly about myself during that time. But when the whole family is involved in moni-