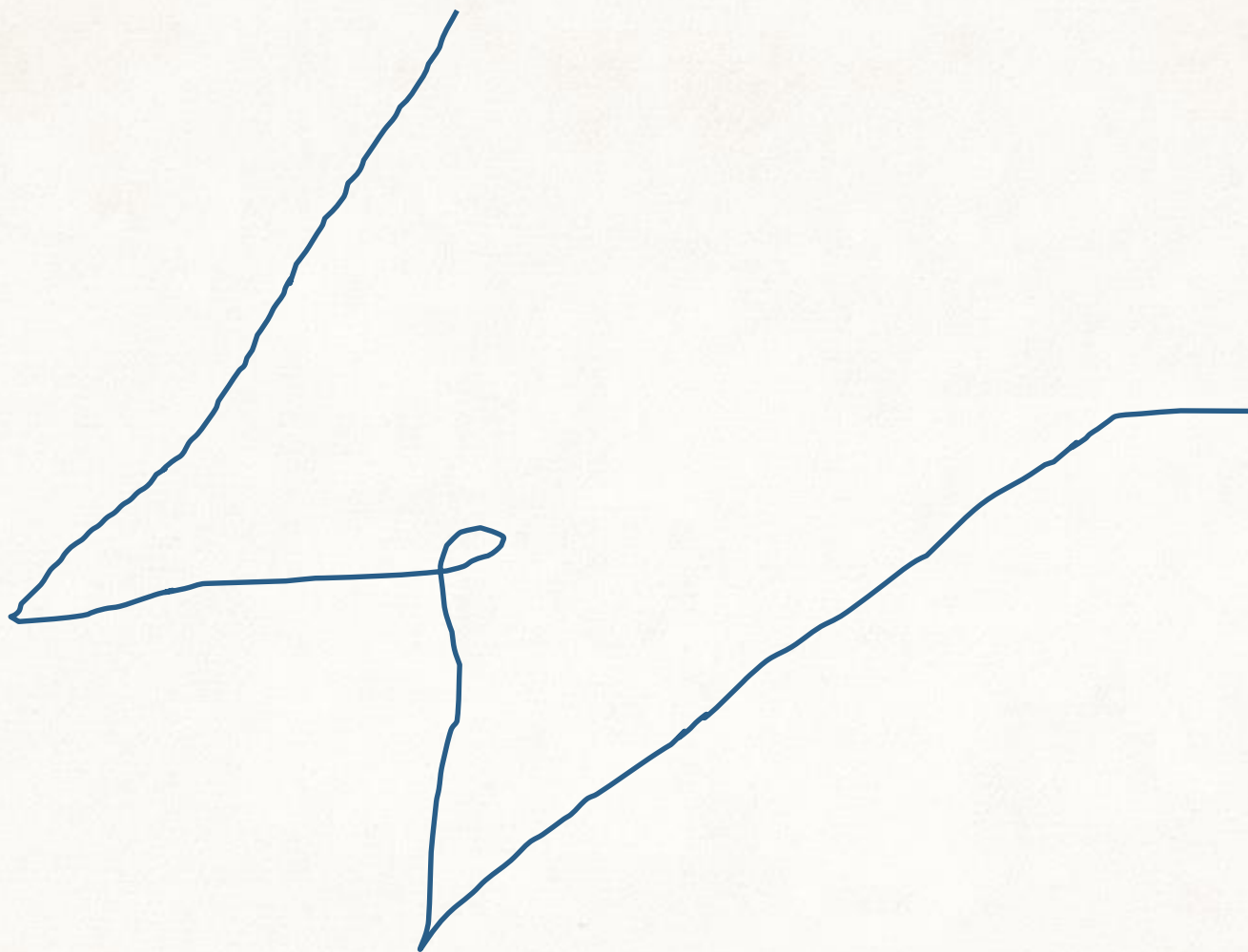


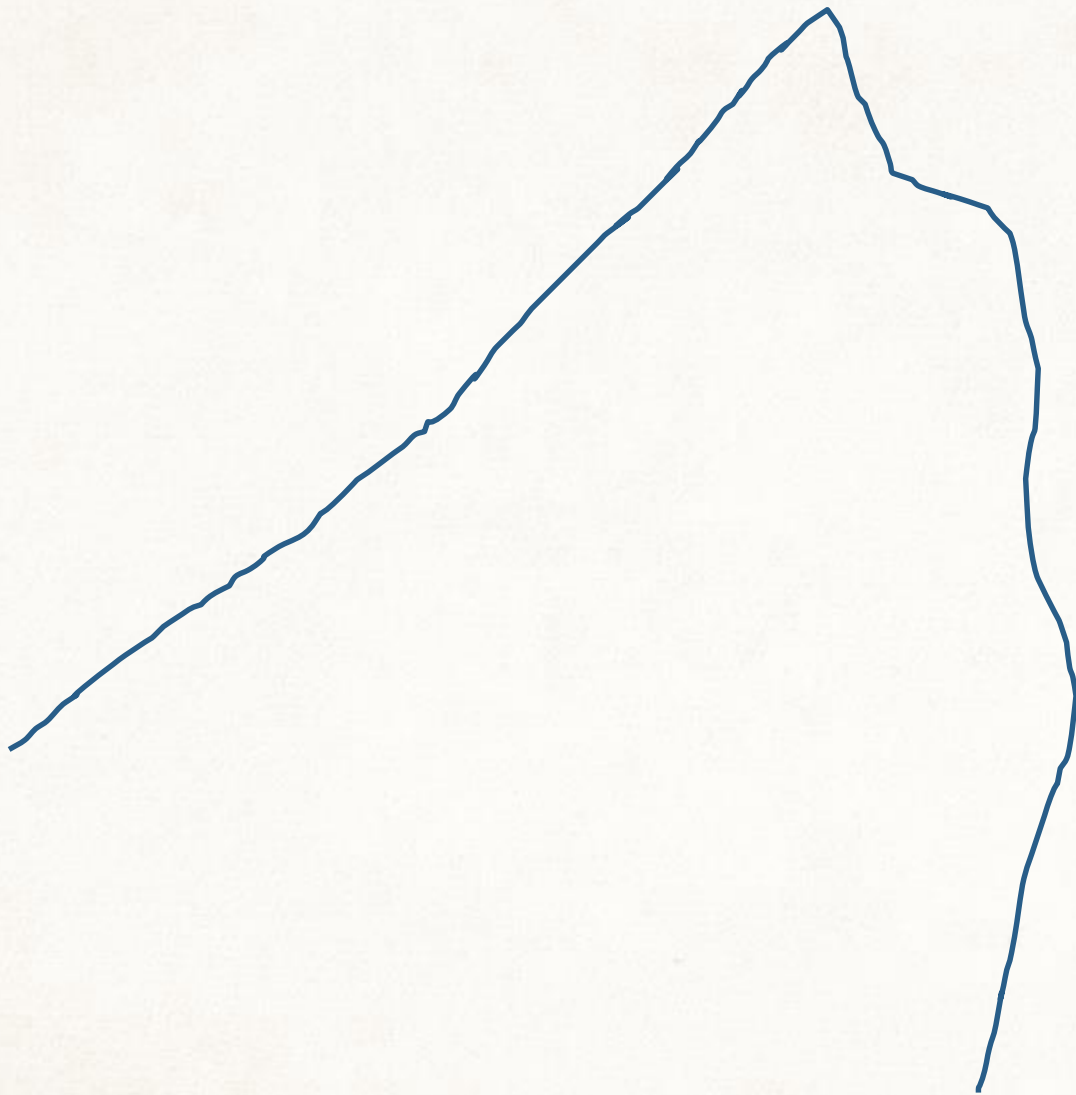
Addictions: A Systems Approach via Social Innovation, Creativity, and Mindfulness

A Social Systems Perspective



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(Torrance, 1962)

A Complex Challenge: Addiction

- ◆ 50% of Canadian males with chronic PTSD, have challenges with substance abuse.

(Veteran Affairs Canada, 2019)

PTSD

- ◆ Canada has one of the highest rates of PTSD, with about one in ten people having lifetime symptoms

(Van Ameringen, Mancini, Patterson & Boyle, 2008)

TRAUMA

- ◆ In the Canadian total population, 75.9% reported lifetime exposure to one or more traumatic events
(Van Ameringen, Mancini, Patterson & Boyle, 2008).

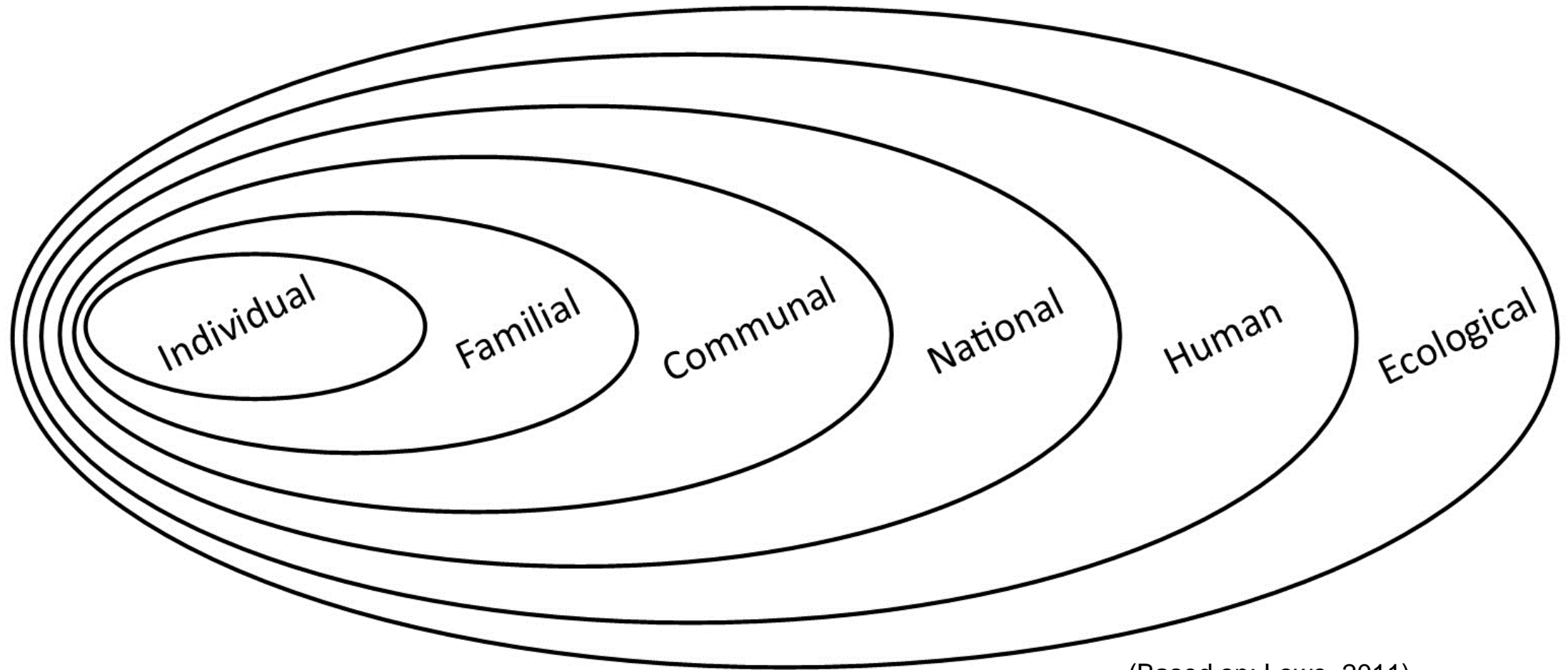
Collective Trauma

- ◆ Effects are: impacts on families and communities, loss of social trust, loss of communality, loss of social capital (Somasundaram, 2014)
- ◆ If we apply it to the “collective” of individuals who’ve experienced trauma or have PTSD:
 - ◆ 1 in 10 have PTSD
 - ◆ 76% of population reported lifetime exposure to trauma
- ◆ Could similar loss of communality and social capital result?

Complex Issue

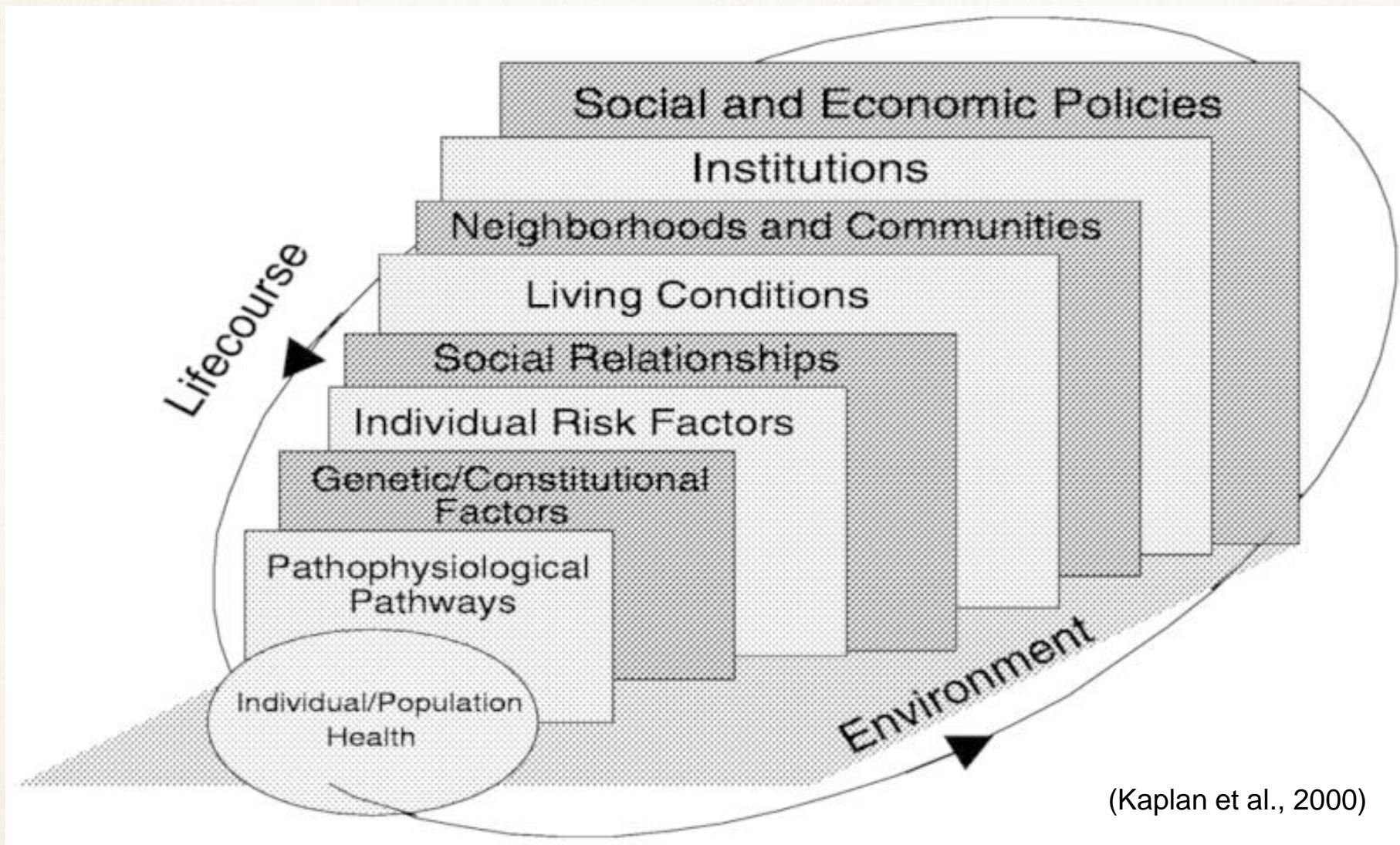
- ◆ “Wicked problem” or “social messes,” are complex problems that are ill-defined, not linear, are not causal, and require prototyping (Rittel & Webber, 1973)
- ◆ Relationship between Addictions, PTSD and trauma
American Addiction Centers, 2019

Systems View: BioSocial Horizon Lines



(Based on: Lowe, 2011)

Multi-Scale Approach to Mental Health



“The view of drug addiction as a systems failure should help refocus our general approach to developing dynamic models and early comprehensive interventions that optimize the ways in which we prevent and treat a complex, developmental disorder such as drug addiction.”

(Baler & Volkow, 2011)

Complex Adaptive Systems:

- ◇ Complex social systems, have key features.
 - ◆ *Nonlinear* - dynamic, stochastic cross scales and domains
 - ◆ *Emergent* - inherently difficult as parts lead to whole properties that are different than parts
 - ◆ *Heterogeneity* - properties are different and distinctly non-uniform
 - ◆ *Feedback* - amplifying loops
 - ◆ *Adaptive* - change according to environment
 - ◆ *Autopoiesis* – self-maintain and self-regenerate

Complex Adaptive Systems:

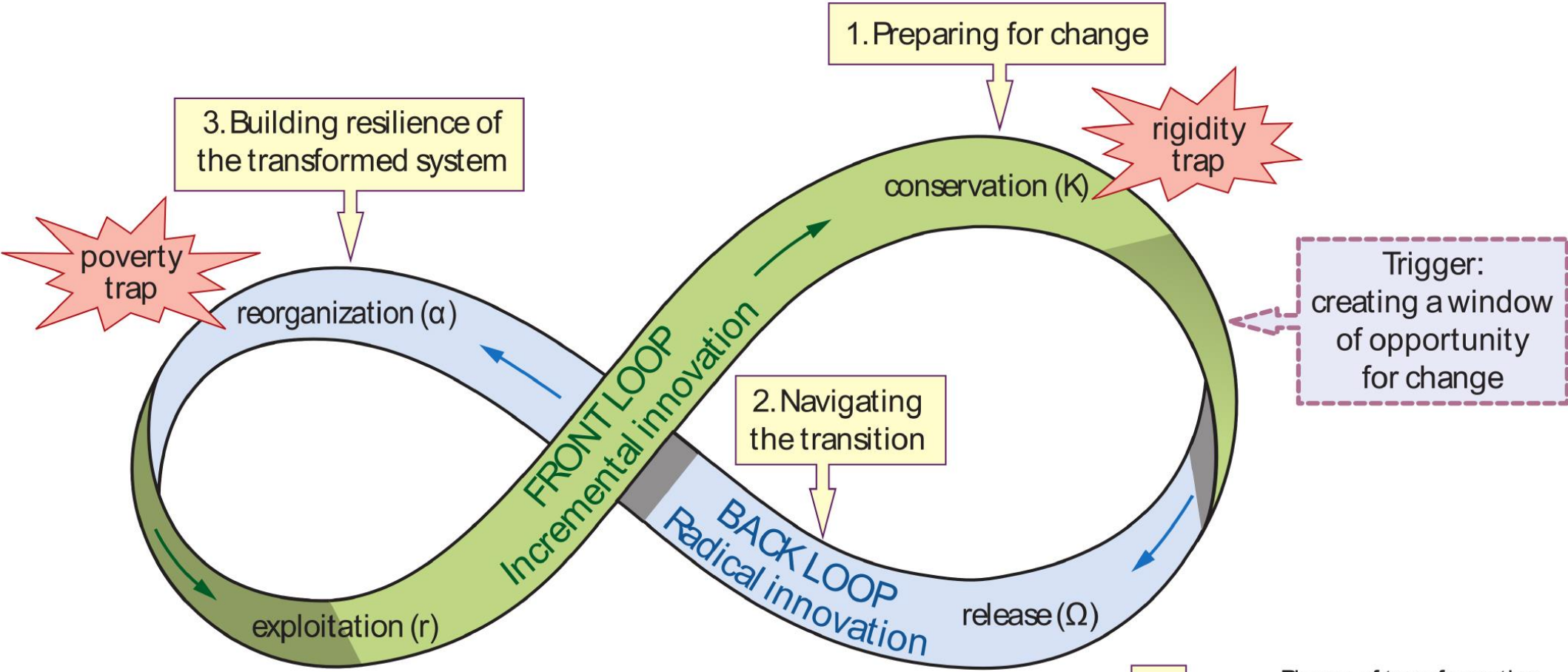
- ◆ Complex social systems, have key features.
 - ◆ *Nonlinear* – not cause and effect solution to addictions
 - ◆ *Emergent* – cultural norms, media, trade, new drugs
 - ◆ *Heterogeneity* – diverse backgrounds of clients, communities, drugs
 - ◆ *Feedback* – amplified: needs more drug to obtain the same effect
 - ◆ *Adaptive* – drug network adapts to enforcement, fall between cracks
 - ◆ *Autopoiesis* – low self esteem can retraumatize someone

“Towns adapt to citizens, while citizens also adapt to towns”

Miller & Page, 2009, p. 20

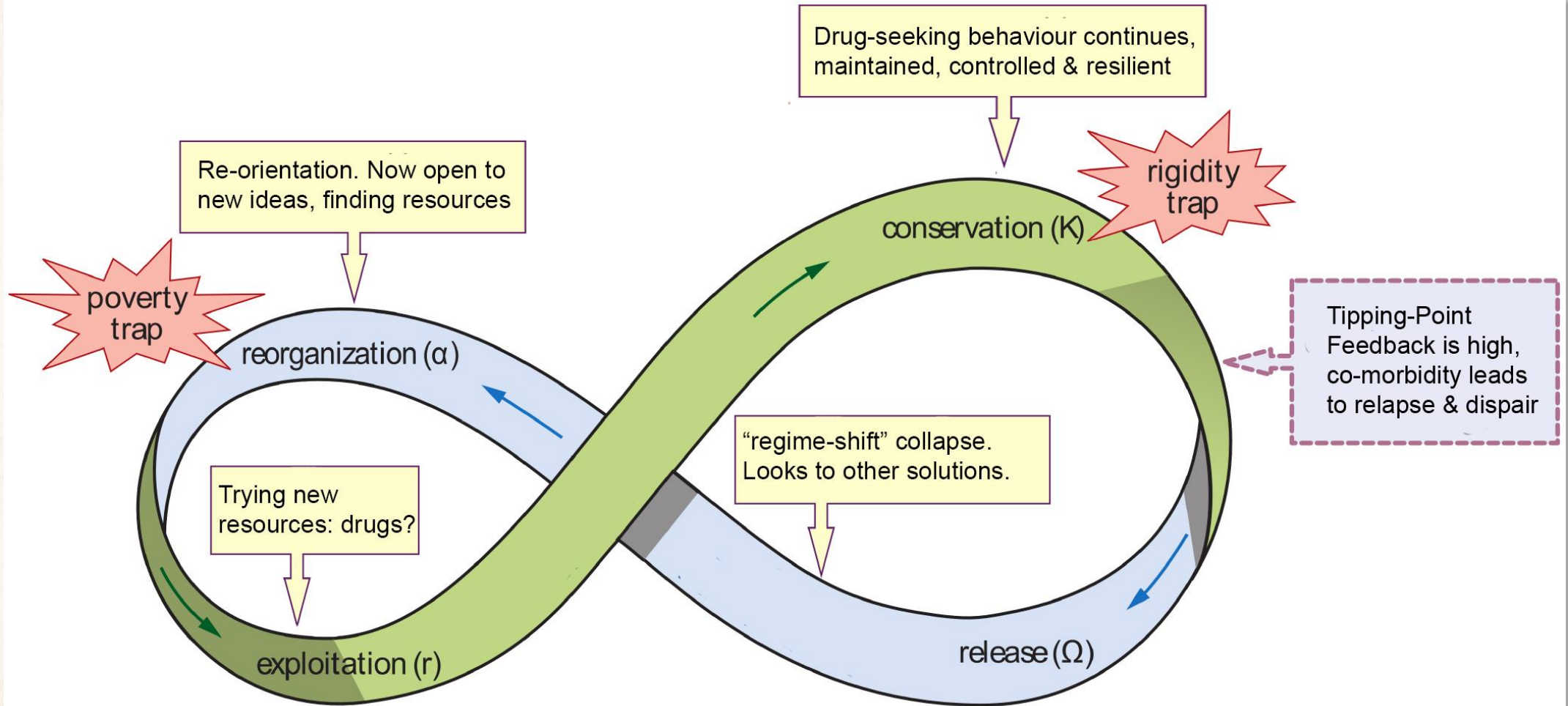
“Communities adapt to individuals,
while individuals also adapt to communities”

Adaptive Cycle: How Systems Work



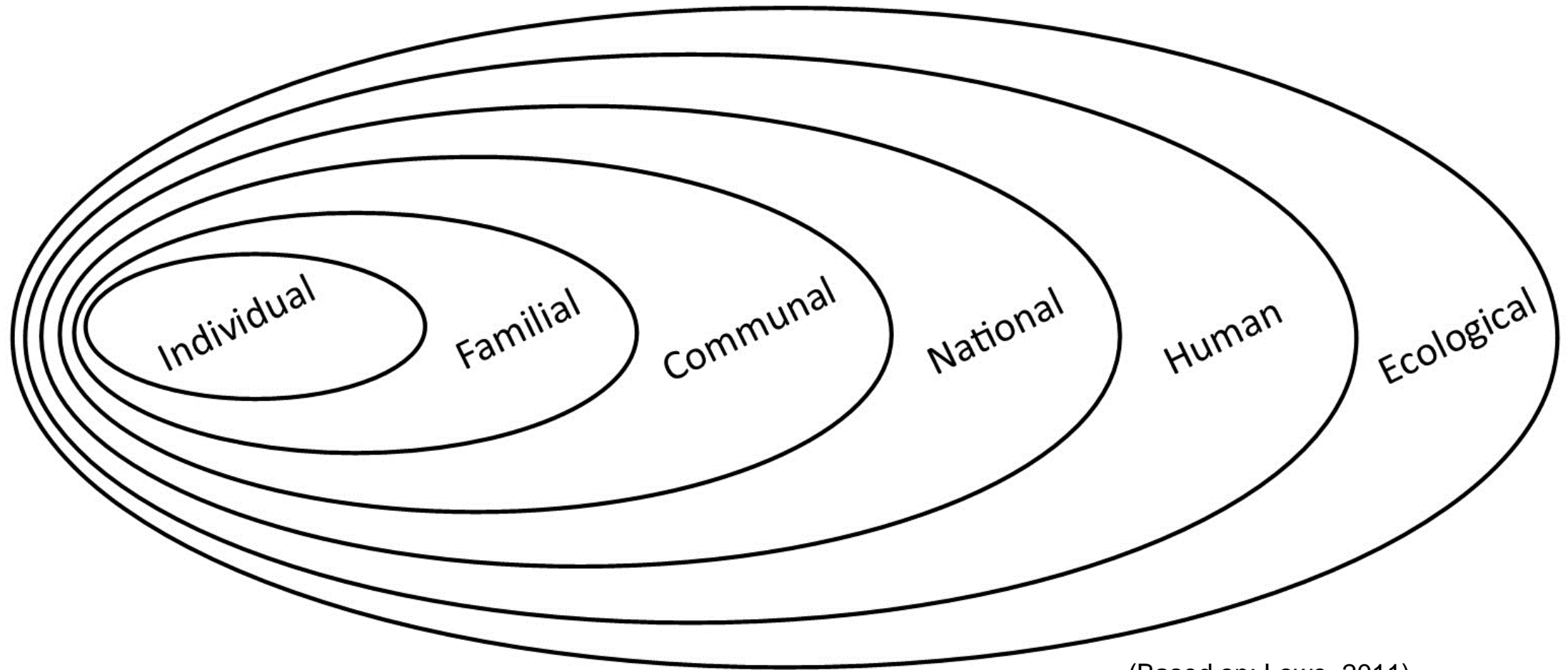
(Biggs, Westley & Carpenter, 2010)

Adaptive Cycle for Addictions



(Adapted from Biggs, Westley & Carpenter, 2010)

Systems View: BioSocial Horizon Lines



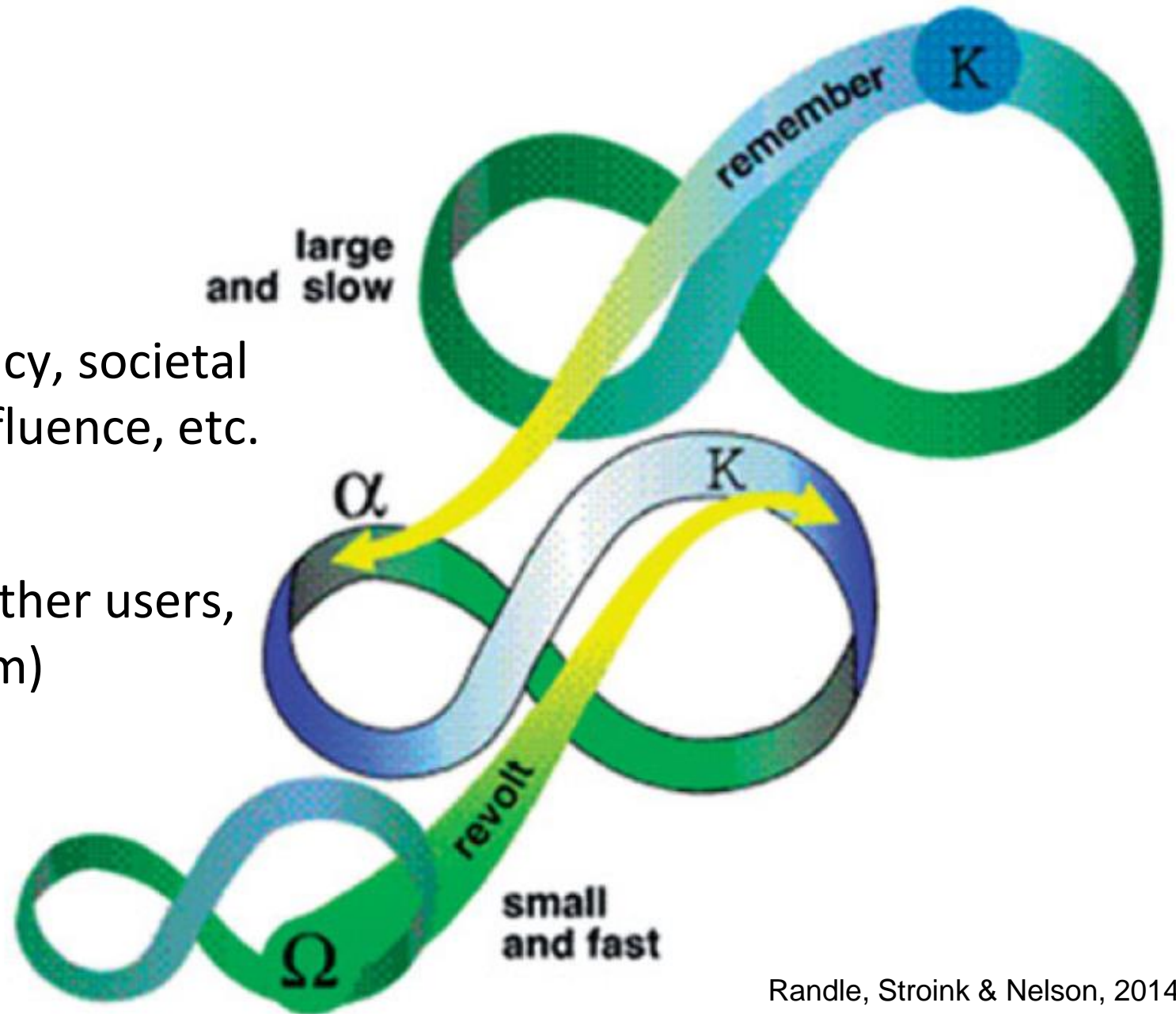
(Based on: Lowe, 2011)

Panarchy

System 3: Gov't policy, societal structures, media influence, etc.

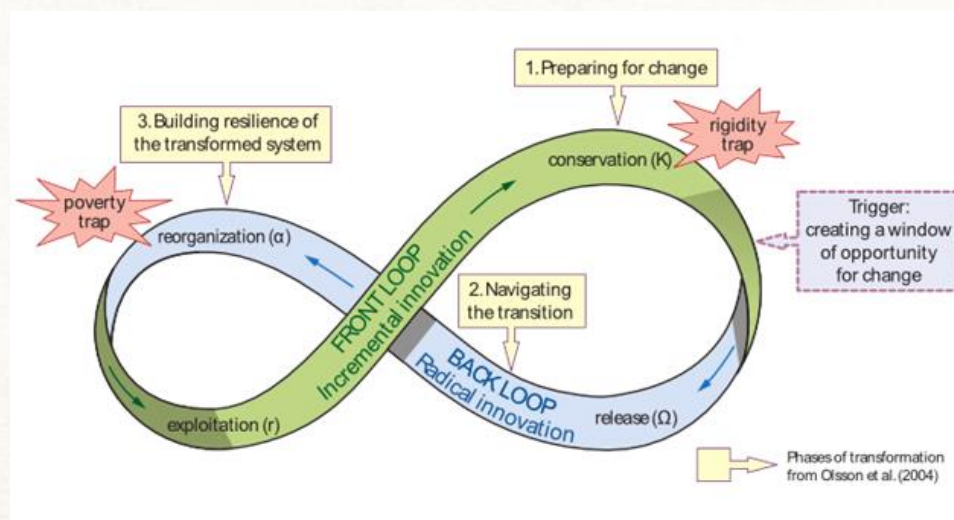
System 2: Community, (other users, resources – or lack of them)

System 1: Individual, Trauma response, etc.



Resilience

- ◇ move out of the self-orientation stage
- ◇ into a new exploitation stage
- ◇ while still providing a certain level of net social utility



Social Innovation

“a complex process of introducing new products, processes or programs that profoundly change the basic routines, resource and authority flows, or beliefs of the social system in which the innovation occurs. Such successful social innovations have durability and broad impact”

Westley & Antadze, 2010, p. 2.

Social Innovation – Example 1:

◆ Chemical (USFDA)

- ◆ naltrexone to treat alcohol / opioid addictions in 2010

US Dept. of Health & Human Services, 2013

◆ Harm Reduction:

- ◆ Vermont's *Second Chance Act*. Minor charges kept clean
- ◆ Project VISION: crime, prevention & neighborhoods

US Senate, 2015

- ◆ Portugal's harm-reduction orientation, decriminalization (Burger, 2013)
- ◆ Recovery Guidance (<https://recoveryguidance.com/>)

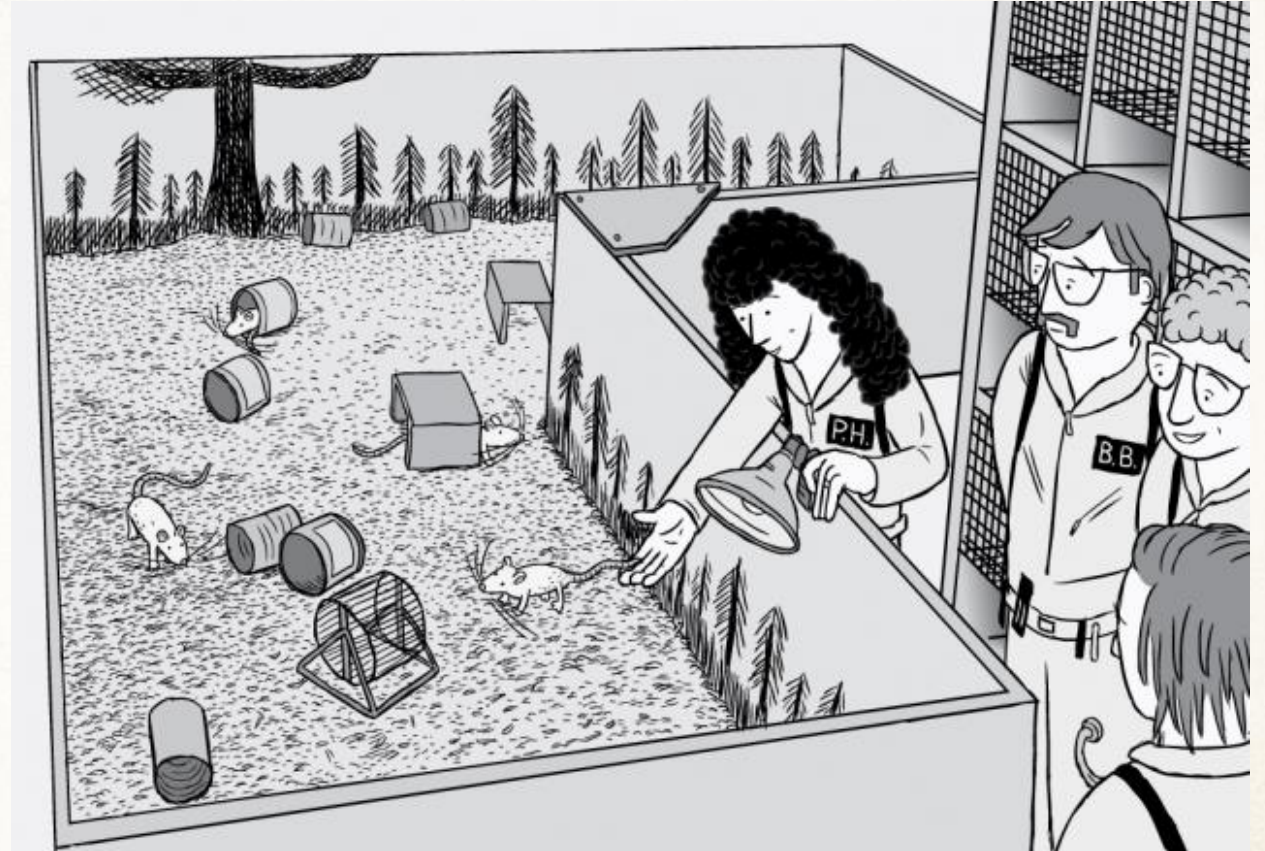
◆ Impact Canada:

- ◆ HarmCheck: Rapid, Quantitative Opioid Drug Checking by Paper Spray Mass Spectrometry (PS-MS) (Health Canada, 2019)

Social Innovation – Example 2:

Rat Park

- ◆ *addiction is more than chemical.*
- ◆ Since, mixed results
- ◆ Contemporary results:
Addiction is environment
Gage & Sumnall, 2018;
Mate, 2009, Hari, 2017)
- ◆ Or... is it?



Social Innovation – Example 3:

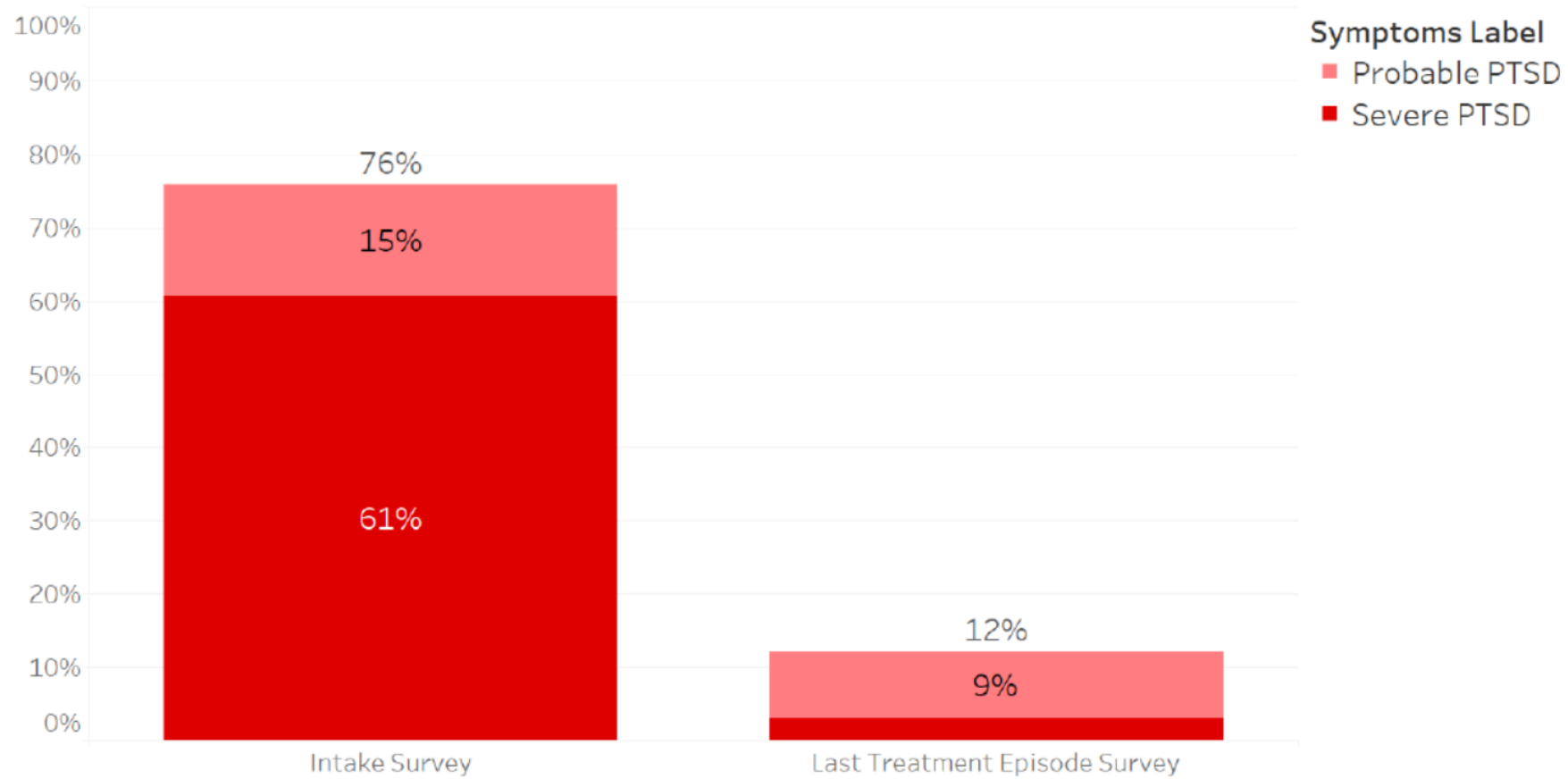


The Kiloby Center for Recovery, CA

- ◆ 1st substance abuse treatment center in the U.S. to focus primarily on mindfulness.
- ◆ The Natural Rest House specializes in the treatment of addiction along with co-occurring disorders such as trauma/PTSD, depression and anxiety.
- ◆ www.kilobycenter.com

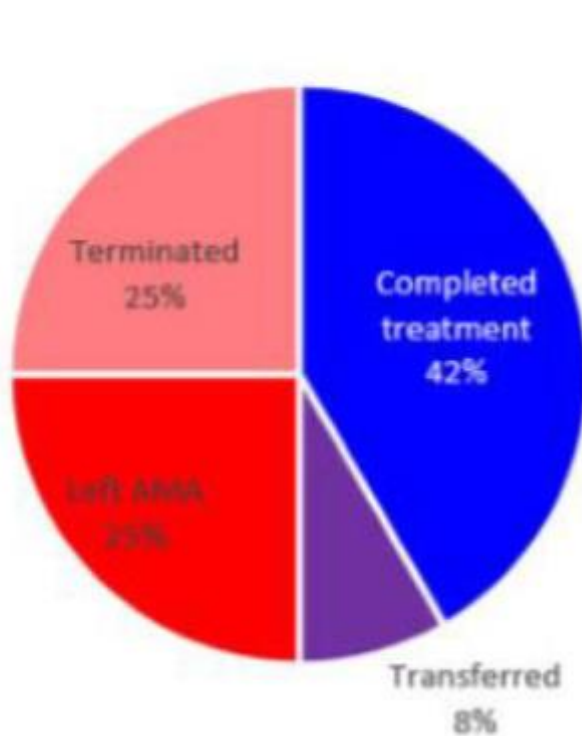
Patient Progress on Trauma

(Among 33 patients in treatment between 11/27/2017 and 12/31/2018 with at least 1 progress survey response)

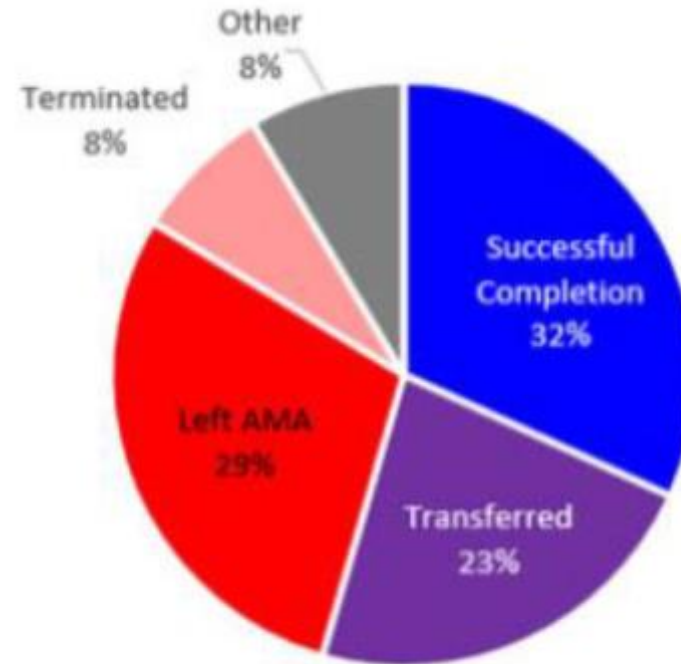


Treatment Completion Rate vs. National Average

(24 Kiloby IOP discharges vs. 185,451 2016 TEDS-D IOP discharges)



**Kiloby IOP: 42%
Successful Completion**



**IOP National Avg.: 32%
Successful Completion**

Social Innovation – Example 4:



(Unrau, 2016)

Expressive Arts Group Intervention (controlled study)

- ◆ alleviate symptoms of trauma and enhance life satisfaction and hope?
- ◆ age between 15 and 18 were allocated into a 10 session 5 weeks

Tests: PTSS, HSCL-25A, CLS, ELS.

- ◆ Creativity may help construct meaning & connection

DeMott, et al., 2017

Social Innovation – Example 4:



World Arts, 2019

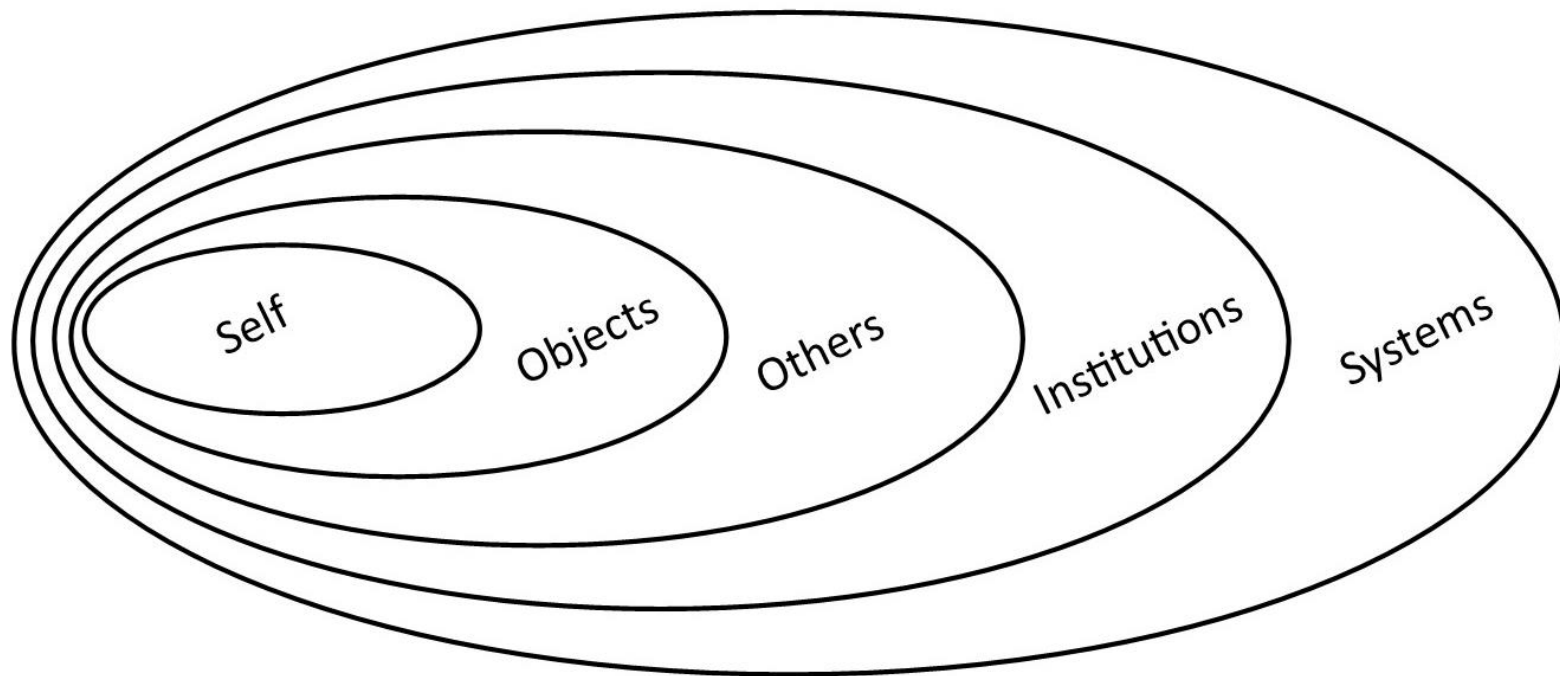
- ◆ World Arts Organization: www.worldartsorg.com
- ◆ *Expressive Arts in Transition (EXIT) and Community Ritual: Moving towards Belonging after Trauma and Displacement.*
- ◆ The European Graduate School
 - ◆ *PhD's in Expressive Arts*
(expressivearts.egs.edu)

Social Innovation Framework

Practitioners, Agencies, Policies

If we want to understand how complex challenges work,
we need to *understand how we understand*.

Whole Systems View: Relational Spheres



Whole Systems: Experiential Relating

External

Objects

Institutions /
Community

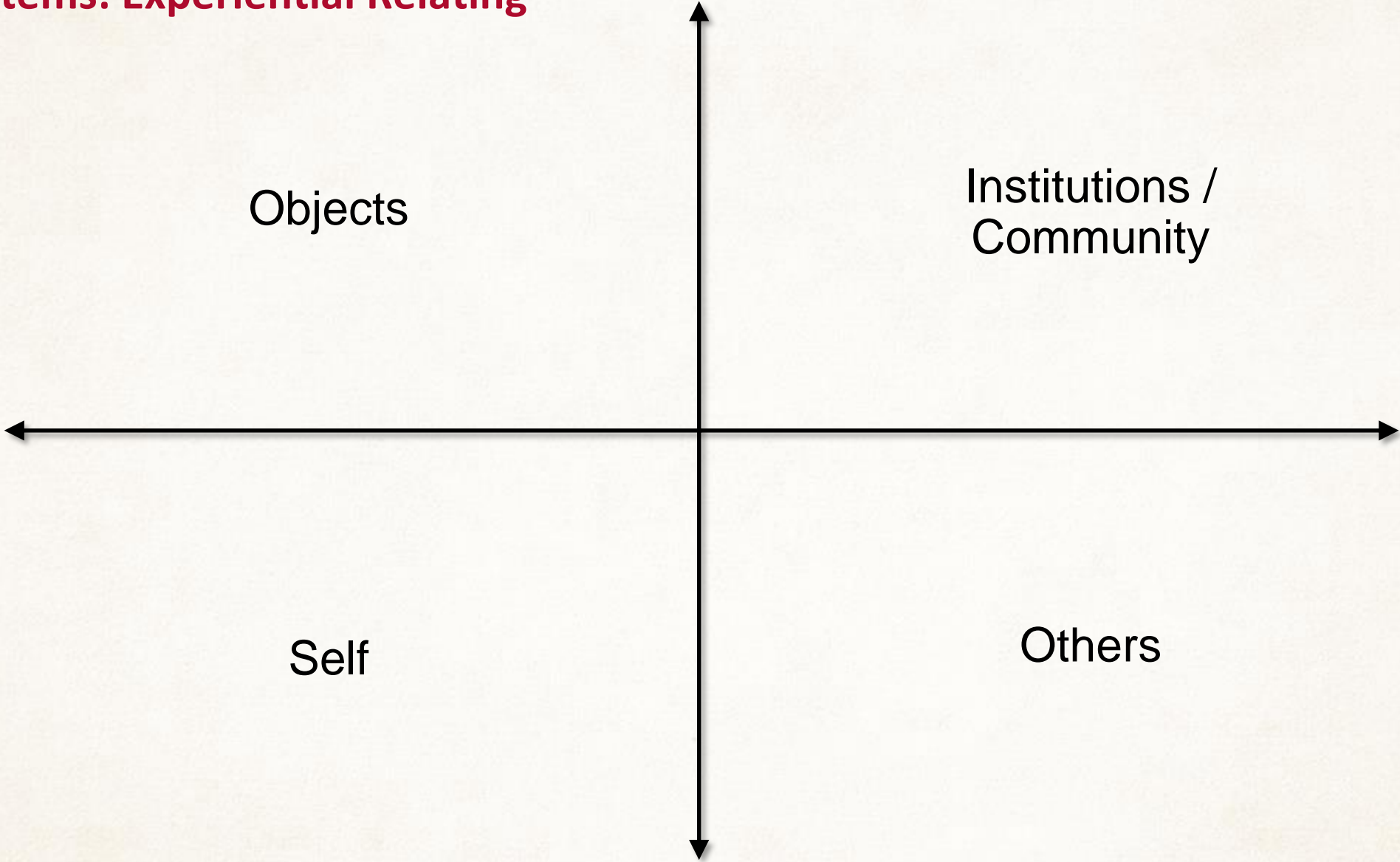
Personal

Social

Self

Others

Internal



Whole Systems: Addictions

External

Objects:
Relationship of control,
release

Institutions / Community:
Relationship of isolation

Personal

Social

Self:
Relationship of deficiency

Others:
Relationship of need

Internal

Whole Systems: Client

External

4.

2.

Object - Relating

Community - Relating

Usage-reduction,
harm-reduction,
non-objectification

Peer-to-peer programs,
volunteerism, responsibilities,
lawfulness, employment

Personal

Social

Self - Relating

Other – Relating

Trauma-reduction,
self-love, mindfulness,
creativity, self-care

Boundary creation,
communication skills,
non-judgement, compassion

1.

3.

Internal

Personal Innovation

Social Innovation

Whole Systems: Agencies in Innovation

External

4.

2.

Innovation - Objects

New ways of substance-use & harm-reduction

Innovations - Systems

Law reform, policy-change, inter-departmental relating

Social

Personal

Innovations - Individual

How do we relate? (self, objects / ideas, others, institution)
- creativity, mindfulness

Innovations - Social

Community economic development, peer-to-peer group development, social-entrepreneurship

3.

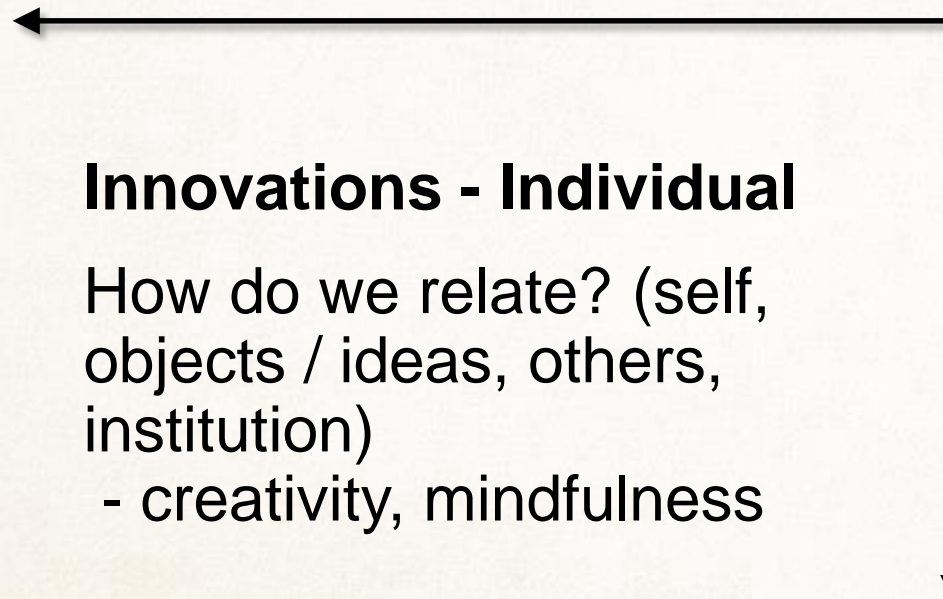
1.

Internal

Whole Systems: Barriers to Systems Innovation

- Worldviews
- Ideologies
- Belief-orientations
- Habituations
- Dispositional patterns
- Collective histories

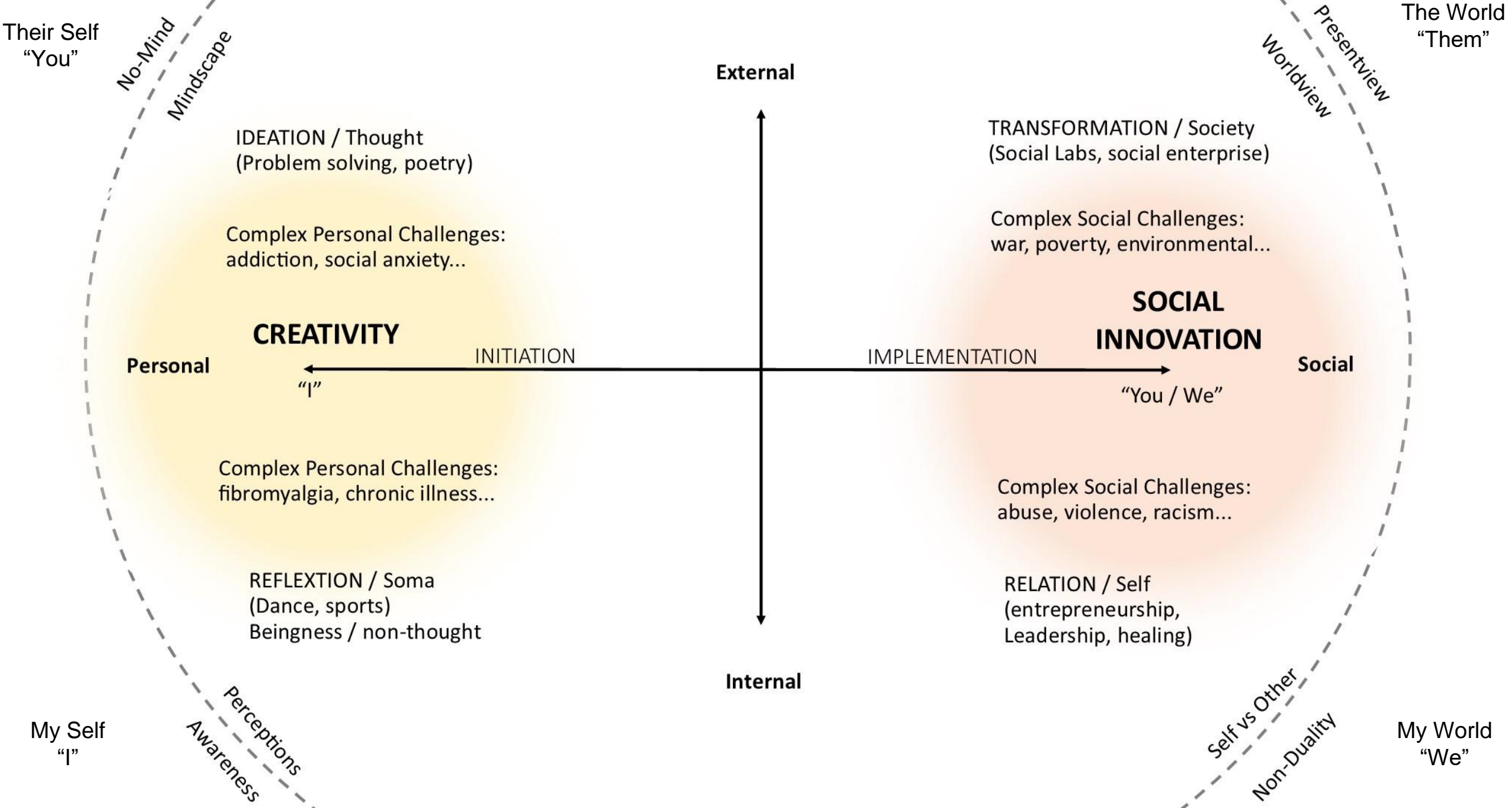
Personal



1.

Internal

Scale of Human Experience – Creative Expression & Challenges



Social Innovations Example of Process

Social Lab

- ◆ Addresses complex challenges that are systemic, creative and participative, done in a systematic way
- ◆ **Multi-stakeholder**, collaborative
- ◆ Intensive, **uncomfortable**
- ◆ **experimental** interventions – prototyping
- ◆ Seeks **root causes** behind problems
- ◆ **Tests** solutions, aimed at key **leverage points**

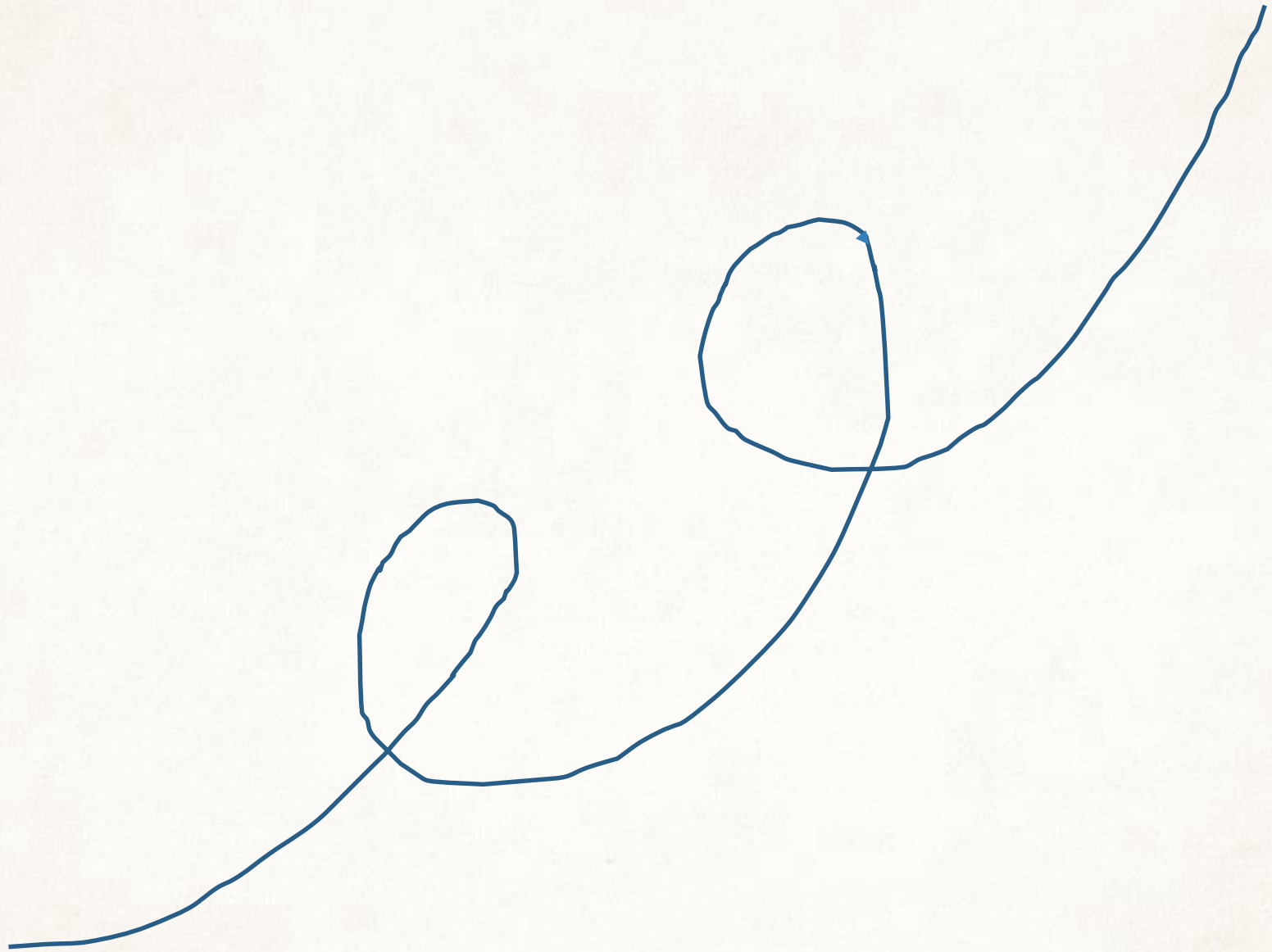
Social Innovations Example of Process

- ◆ Mental Health Lab, UK (Reos Partners, 2019)
 - ◆ SouthWest Yorkshire Social Lab brought together mental health practitioners and service users
 - ◆ innovative traditional divide between them—and ultimately to change the culture of the system and deliver better care.
 - ◆ Participants included doctors, psychiatrists, district nurses, district managers, caregivers, and people with mental health issues.

Social Innovations Example of Process

◆ Mental Health Lab, UK, **8 Prototypes** (Reos Partners, 2019)

1. New Service (ideas) Incubator: service improvement
2. No Decision about Me without Me: service users with influence over decision making
3. Thinking with Your Heart: working environment that staff put service users first
4. Integrated Health and Well-being Navigator Model: helps users through the system
5. Operation Demist: booklet of mental health services
6. Story Circles: sharing stories breaking down of “us” and “them”
7. Krafty Koffee: clubs empower people to set up peer support & self-help groups
8. Breaking Down Barriers to Well-being: museum of real-life experiences



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Thank you.

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