Learning Objectives

Define the 12 steps in layman's terms

Explain the link between the 12 steps and their spiritual principles

Is addiction a disease?

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A Visit To The Minnesota Model

"Debunking" Misconceptions Of The 12 Steps

History Of The Minnesota Model Three Crucial Experiments

- Pioneer House – Patrick Cronin
- Hazelden
- Willmar State Hospital – Daniel Anderson

Personal Declaration

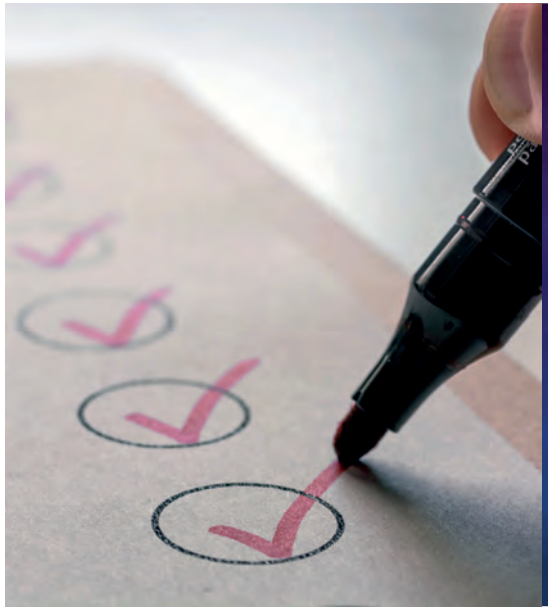
- I am an addict, and I am in Recovery
- I have a Sponsor but am not sponsoring at present
- I work the 12 Step Programme of Narcotics Anonymous
- I attend meetings
- I do Step work through the Green & Gold of Narcotics Anonymous
- I am Head of all things Therapeutic of the first 12 Step Treatment Centre in the UK (Minnesota Model)
- I am neither on the "militant left" or the "far right" of the 12 Step programme

Willmar State Hospital For The Mentally Ill

- Nelson Bradley (a medical student) car broke down in 1947 on the way to Michigan. He ended up finishing his medical training in Minnesota.
- The only hospital required to admit alcoholics, aka inebriates.
- Described as a snake pit.
- 1950 Bradley became the Hospital Superintendent responsible for the overall management and operation of the hospital and Daniel Anderson became Recreation Director
- Unlocked the doors for non-psychotic inebriates.
- Hired recovering alcoholics as counsellors working alongside physicians, psychologists, social workers and clergy.

Pioneer House

- Patrick Cronin was the first recorded person to gain sobriety through AA in Minnesota
- In 1940 Patrick Cronin read a review of the Big Book and wrote to the General Service Office of AA
- On 9 November 1940, two AA members showed up and stayed with him for four days, grounding him in the AA ideas.
- 1948 Mission Farms opened holding AA meetings and offering overnight stays.
- Pioneer House was born in 1953 having moved onto a potato warehouse stone building on Mission Farms.
- Pioneer House became the first AA-based treatment centre in Minnesota.
- Each resident was given the Big Book, 12 Steps and 12 Traditions.



Willmar – A Working Set Of Assumptions

- Alcoholism exists.
- Alcoholism is an illness.
- Alcoholism is a no-fault illness.
- Alcoholism is a multiphasic illness – physical, mental and spiritual.
- Alcoholism is a chronic, primary illness.
- Initial motivation for treatment is unrelated to outcome.
- Education about alcoholism must begin in the community.

Hazelden

- An asylum for alcoholics of the professional class.
- Richard Coyle Lilly, financier and philanthropist, had a near-fatal accident.
- 1947 purchased the Powers Estate through the Coyle Foundation.
- Charles Power had purchased the 215-acre farm in 1925 and named it after his wife Hazel.
- 10th January 1949 Hazelden was incorporated as a charitable hospital corporation.
- Early programme hinged on 4 key principles, practice responsible behaviour, attend lectures on the steps, associate and talk with each other and make their beds.
- Hired Daniel Anderson as Director in 1961, one of the pioneers of Willmar State Hospital.

Is Alcoholism/Addiction A Disease?

DSM-5's chapter on addictions was changed from "substance-related disorders" to "substance-related and addictive disorders" to reflect developing understandings regarding addictions.

DSM-5 previously referred to "alcoholism" or "alcohol abuse/dependence" is now categorised as alcohol use disorder (AUD).

Polyvagal theory does not look at addiction as a disease.

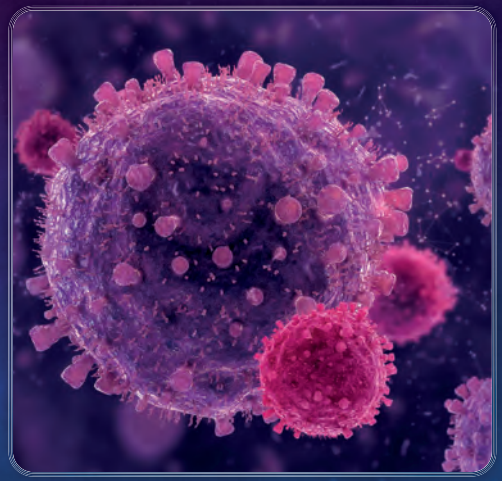
Diagnostic and Statistical Manual of Mental Disorders (DSM)

The Minnesota Model

- 3-fold illness,-Physical, Mental and Spiritual.
- Adds up to the malady that AA labels spiritual.
- The Minnesota Model was 'holistic' long before that term became fashionable.
- The model aimed to treat the whole person.
- Brought together the expertise of many disciplines, physicians, psychiatrists, clinical psychologists, social workers, counsellors, members of the clergy and recovering alcoholics.
- Introduced the term Chemical Dependency
- Introduced the 12 Steps, 12 Traditions & Spiritual Principles

The Disease

- The concept of addiction being a disease was initially used for research purposes, and the ability to gain funding from the government and for insurance companies to pay for treatment.
- The disease concept is a primary symptom that usually brings people to their rock bottom.
- The primary symptom is often mistaken for the primary problem.
- The disease is bigger than the primary symptom.
- When you put down the 'alcohol', you can still have the disease.
- The disease of addiction can 'morph' into other things.



Spiritual Principles

- Spiritual principles are a set of laws or truths that do not change, no matter what city, country or context.
- Spiritual principles do not change, no matter the circumstances, colour, creed, class or religion.
- You practice the principle no matter who you are dealing with, money, fame, or homelessness.
- Spiritual principles become values of how you live, no matter who is in front of you.
- Principles before personalities – spiritual principles guide your actions, no matter who you are dealing with.

Step 1

We admitted we were powerless over addiction/alcohol —that our lives had become unmanageable.

"I've got a problem" (any problem) "can't solve it. I'm fucked" (stuck).

Honesty.

That Geezer God

- What does Sigmund Freud say about GOD?
- What does Carl Rogers say about GOD?
- What does John Bowlby say about GOD?

Step 2

We believed that a power greater than ourselves could restore us to sanity.

Help me with this problem.

Hope

God

- Higher Power – you don't have to have a strong theological concept of God to have one of these!
- Good Orderly Direction
- Spirituality is the solution
- You can be religious but not have healthy spirituality.
- You can have religion (Sikh, Hindu, Muslim, Christianity, Judaism, Buddhism) and not have healthy spirituality.
- You can have pseudo-spirituality (fake, not real, a mirage)

Step 5

We admitted to god, to ourselves, and to another human being the exact nature of our wrongs.

Admit your part in the problem and let someone into what you protect from the world.

Integrity

Step 3

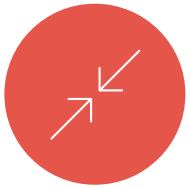
We decided to turn our will and our lives over to the care of god as we understood him.

Accept and follow the direction given.

Faith

Step 6

We were entirely ready to have god remove all these defects of character.



Develop a willingness to change.

Willingness

Step 4

We made a searching and fearless moral inventory of ourselves.

Discover your part in the problem.

Courage

Step 9

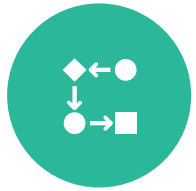
We made direct amends to such people wherever possible, except when to do so would injure them or others.

Attempt to make amends and make peace with those you have adversely affected.

Forgiveness

Step 7

Humbly asked him to remove our shortcomings.



Do what it takes to change.

Humility

Step 10

We continued to take personal inventory, and when we were wrong promptly admitted it.

Keep an eye on yourself, try not to make the same mistakes again.

Acceptance

Step 8

We made a list of all persons we had harmed and became willing to make amends to them all.

Stop being so self-centred and realise your actions affect others.

Discipline and action

MINNESOTA METHOD A CALL TO ARMS

- Designed to bring those with chemical dependency into the healthcare system.
- The model can incorporate all modes of therapy.
- Multi-disciplinary.
- The goal is abstinence.
- Harm Reduction.
- Treatment vs Recovery
- It does not work for everybody.
- AND
- It is not the only way to recover but .....

Step 11

We sought through prayer and meditation to improve our conscious contact with god as we understood him, praying only for knowledge of his will for us and the power to carry that out.

Practice makes perfect (proper).

Knowledge and awareness.

Summary

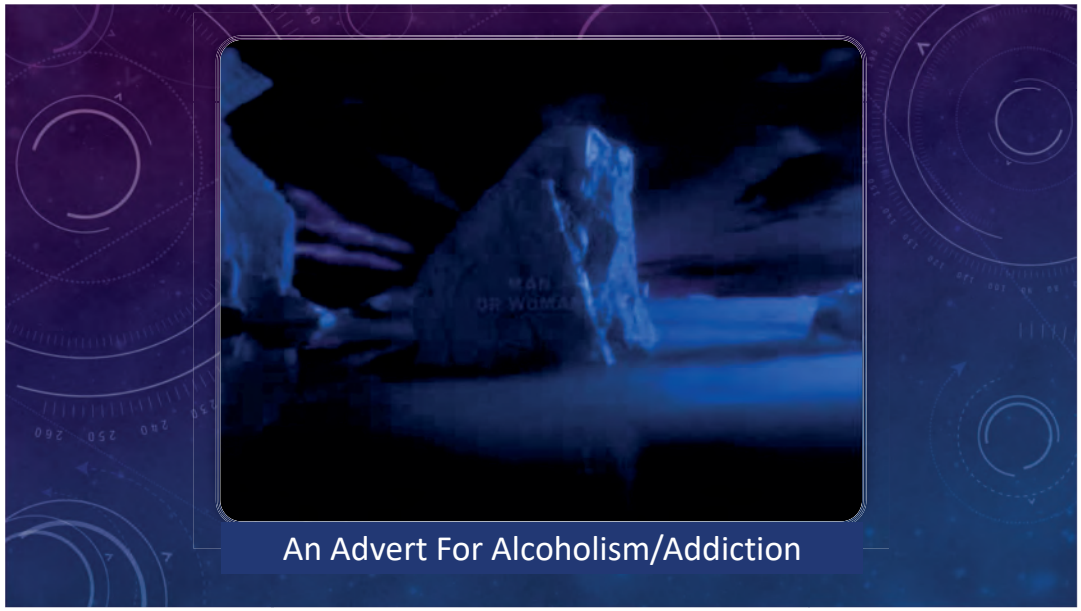
- The Minnesota Model represents a social reform movement for change that humanised the treatment of people addicted to alcohol and drugs.
- At one time the Minnesota Model was the leading method for treating alcohol and drug abuse.
- Most people today in treatment will have experienced the influence of this model firsthand.
- One of its strengths is its flexibility and openness to change.
- The Minnesota Model to stay relevant must be reinvented and reaffirmed for each generation.

Step 12

Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics/addicts, and to practice these principles in all our affairs.

Keep up the good work.

Service and gratitude



An Advert For Alcoholism/Addiction

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THANK YOU!