

Fred Brown Recovery Services - A Story of Success

Fred Brown Recovery Services (FBRS) is a non-profit 12-step based residential substance abuse treatment program in Southern California with over 28 years of service to our community. For the last 18 months FBRS has participated in the CTCP Wellness Quality Improvement Project (WQIP) grant as part of Cohort 1.

As many are aware, tobacco use continues to be a standing issue in the recovery community and at FBRS, we are striving to aid in changing that by offering opportunities to clients who use tobacco. These opportunities consist of incorporating tobacco use identification and treatment protocols during intake, providing education, and conducting a Quit Smoking class that offers Nicotine Replacement Therapy (NRT) and an active support system. Our residential clients have started a weekly yoga nidra class, a self-awareness yoga, similar to lucid dreaming. The goal is to regulate stress while focusing on wellness and reflecting on dependency. FBRS's goal is that between the Quit Smoking class and the yoga program, clients who use tobacco products are not only able to identify the risks with tobacco use, but find a focus on why they feel the need to use tobacco and realize the importance of quitting. Our focus remains on individual clients and how their narrative plays into treatment.

As an example of this, FBRS would like to share a **Story of Success:** A client, who grew up thinking that smoking was normal, and who was a product of a generation that smoked during pregnancy and where in some states the legal age to purchase cigarettes was just 14, has been generous enough to share his story with us. He began smoking at age 16 and has smoked most of the 25 years since. At times, while using drugs he would smoke a full pack of cigarettes a day. Although he smoked much less when sober, he still recognized that he was on a path to become ill, like his mother who lost a battle with COPD. He says that he cannot remember a time in his life when his mother did not smoke.

His journey to giving up tobacco use has been a little bumpy. In 2014 he spent a year in prison and didn't smoke during this time due to the restrictions, but after his release returned to smoking and found it harder to quit with his addiction to drugs. There were times during his drug use when he was homeless and would find himself scavenging garbage for cigarettes to smoke. He was able to quit smoking in April 2016 for about 17 months after substance use disorder (SUD) treatment, but relapsed along with the drugs. After a short lived switch to vaping,

many factors played into him giving up smoking this time; NRT's in the form of patches and gum, support and education he received at FBRs, and most importantly his desire for a healthier life. It's been 22 months since he came into treatment at FBRs and he's been able to remain quit smoking for 1 year and 7 months.

For more information, please contact Christina Blair