

# CO-OCCURRING NOTICE

The McShin Foundation is a recovery community organization established to help individuals and families in recovery or seeking recovery from alcohol or other drug addiction. Through our hard-won experience in recovering from all facets of the disease of addiction, we understand that all recovering individuals, including our peers, may have co-occurring conditions and other issues that can affect the recovery process and the recovery journeys of others.

Some of these co-occurring conditions may include, but are not limited to: bipolar, manic depression, clinical depression, schizophrenia, compulsive gambling, sex addiction and eating disorders such as anorexia, bulimia, and obesity.

To safeguard both individual and collective recovery, we ask McShin peers to acknowledge their co-occurring disorders so that we can help improve their long-term recovery outcomes. An example of a co-occurring condition affecting both personal and collective recovery is a compulsive gambler buying stacks of lottery tickets and then being unable to buy his or her basic necessities.

At McShin, while we are not clinical experts in co-occurring conditions, many of us have successfully faced and addressed these co-occurring conditions or are in ongoing recovery from them. We want our peers to enjoy the benefit of full recovery, and we will help them establish a recovery plan from these co-occurring conditions.

Components of this recovery plan from co-occurring conditions may include, but are not limited to: drug testing, witnessing peers taking their medication, proper money management skills and accountability for expenditures, proper nutrition and health guidance and meeting with peers in long-term recovery from the co-occurring illness in the broader recovery community.

From our personal experience, we are aware that the disease of addiction comes in many shapes and sizes and has many twists and turns. We encourage all in our community to be open-minded and willing to trust the process. For our part, we will also show our peers the compassion and patience that others showed us while we awaited the rewards that recovery offered.

McShin will initiate a co-occurring recovery plan with a peer on an as-needed basis, and will work to establish a plan that is mutually beneficial. We understand that if a peer's co-occurring condition is jeopardizing another's personal recovery or the collective recovery and the peer is unable or unwilling to establish such a plan that this could be grounds for dismissal from the program.

Unfortunately, there are instances when an individual's co-occurring illness has become their primary illness and is better suited to treatment in a setting other than The McShin Foundation. In these instances, McShin will work with the individual and their support network to identify a more effective setting for their care.

NAME (signed): \_\_\_\_\_ DATE \_\_\_\_\_

NAME (printed): \_\_\_\_\_