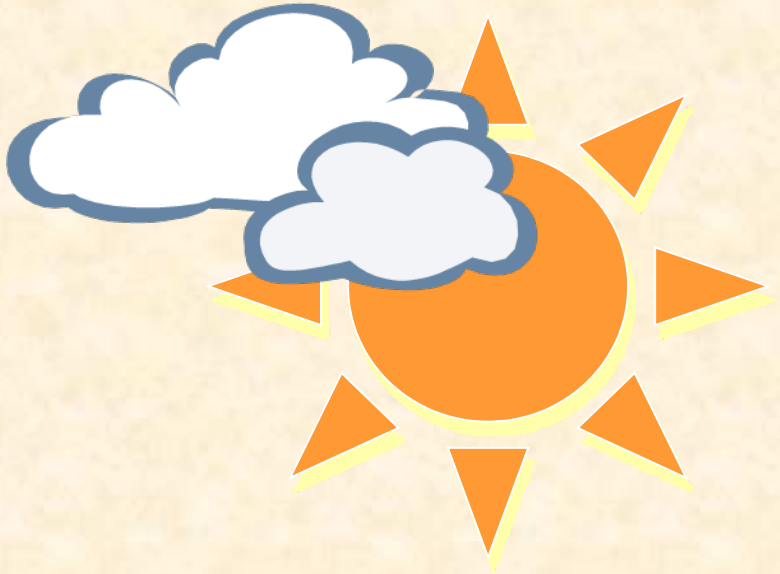
What resources are available?

- **Alcoholics Anonymous (AA)**
  800-923-8722
  www.lacoaa.org
- **Narcotics Anonymous (NA)**
  818-773-9999
  www.na.org
- **Recovery Inc.**
  866-221-0302
  www.recovery-inc.org
- **Depression and Bipolar Support Alliance (DBSA)**
  800-826-3632
  www.dbsalliance.org
- **National Alliance for the Mentally Ill (NAMI)**
  800-950-6264
  www.nami.org
- **Academy of Cognitive Therapy**
  www.academyofct.org

BRIGHT

Building Recovery by Improving Goals, Habits, and Thoughts

BRIGHT was developed at the RAND Corporation with funding from the National Institute on Alcohol Abuse and Alcoholism.



Is there...

H O P E

when feeling down?

What can I do to...

C H A N G E

how I think, feel, and act?

What steps can I take to get...

R E L I E F

from negative feelings?

What is depression?

Depression is a serious medical illness that negatively affects how you **feel**, the way you **think**, how you **act,** and **how you relate with other people**. Your depression is not your fault. It is not a personal weakness, a personality flaw, or laziness.

Depression and substance abuse

Depression and the abuse of drugs or alcohol frequently occur together. Depression can worsen substance abuse and substance abuse can worsen depression – it can be a harmful cycle.

depression ⟳ substance abuse

Getting treatment for depression may help you get and stay sober and drug free.

What are the symptoms of depression?

- Feeling down
- Loss of interest or pleasure in activities that you normally enjoy
- Significant increase or decrease in your weight or appetite
- Sleeping too much or too little
- Change in the way you move (moving restlessly or slowed down)
- Feeling really tired or exhausted
- Feeling worthless or having terrible guilt
- Trouble concentrating or making decisions
- Repeated thoughts of death or suicide

Is there…

H O P E?

Yes! Remember that **you can get help for your depression.** With help, the majority of people with depression **will** get better.

Can I…

C H A N G E?

Yes! CBT will be most helpful to you if at the end of the treatment you have learned many skills for controlling your mood, and you feel confident using them in your daily life. The skills take practice.

How can I get…

R E L I E F?

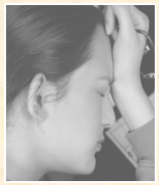
The goal of CBT is not to get rid of all feelings of sadness in your life. That would be unrealistic. **The goal is to give you tools to reduce:**

- How often you feel sad,
- How intense or painful the feelings get, and
- How long the feelings last.

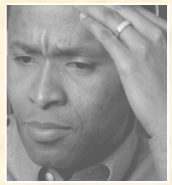
A hopeful future!

You can't control whether you become depressed, but you can get help for it. Even people who are struggling with recovery from alcohol and drug abuse can learn how to find things to enjoy and to be hopeful about. And even people who have a family history of depression can learn different ways of thinking and behaving that can help them fight depression in their own lives.

What are the possible causes of depression?



- **Biology.** When people are stressed, their brain chemistry changes, causing both physical and emotional changes.
- **Family history.** Depression can run in families.



- **Medical illnesses or conditions.** Certain illnesses such as thyroid problems and some cancers can cause depression.
- **Stress.** Many cases of depression begin after a person experiences a stressful life event—like losing someone you love or having money problems. A person who has been abused verbally, physically, or sexually may be more likely to become depressed.
- **Use of drugs or alcohol.**

What can you do?

- Get help and support from family members, friends, and others.
- Discuss how you feel with your counselor, therapist, or doctor, and ask about possible treatment.
- Consider participating in the BRIGHT Group!

Remember - if a person who has depression gets treatment for it, that person is more likely to **get and stay sober or drug free**.

What is BRIGHT?

BRIGHT is short for **B**uilding **R**ecovery by **I**mproving **G**oals, **H**abits, and **T**houghts.

It is a group Cognitive Behavioral Therapy (CBT) that focuses on improving mood and treating depression in people with alcohol and drug use problems. **CBT for depression is a proven treatment for many different groups of people.** Also there are long-term benefits of CBT because you can continue to use the skills and tools learned in treatment to deal with your symptoms of depression after the treatment.

What is Cognitive Behavioral Therapy (CBT)?

COGNITIVE refers to THOUGHTS.
BEHAVIORAL refers to ACTIONS.

CBT teaches skills and strategies to help you:

- Make the feelings of depression less intense.
- Shorten the time that you are depressed.
- Prevent more periods of depression.
- Better manage your life, despite real difficulties and problems.

How does CBT treat depression?

Depression is sometimes looked at as a downward spiral. Usually people enter the spiral because something upsetting has happened to them. The upsetting events are real and almost anyone would feel a certain amount of sadness, anger, or frustration because of them.

CBT treats depression by helping you stop the downward spiral. By teaching you skills to change your:

- Thoughts
- Actions
  - activities
  - contacts with other people

…you can improve the way you feel.