

# “People Recover” Comic Book

## Transcription

Page/ Panel	Illustration/Text	Dialog
Cover	<p>The comic book title is “People Recover.”</p> <p>Hal and Nikki are embracing. Behind Hal, a voice from inside his head says, “Everything’s wrong nothing’s right.” In front of Hal, the voice says, “It’s okay you’re doing fine.” Behind Nikki is a dark wisp of cloud. In front of Nikki is a white wisp of cloud.</p> <p>Logos are included:</p> <p>U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES</p> <p>Substance Abuse and Mental Health Services Administration <a href="http://www.samhsa.gov/">http://www.samhsa.gov/</a> 1-877-SAMHSA-7 (1-877-726-4727)</p>	None.

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Inside front cover	<p>The SAMHSA slogan is presented at the top of the page: Behavioral Health is Essential to Health, Prevention Works, People Recover, Treatment is Effective.</p> <p>The title is below the slogan: People Recover.</p> <p>The main characters of the story are introduced: Hal; Nikki; Paula, Nikki's sister; Ava, Nikki's counselor; Jered, Nikki's friend; Stephon, Hal's counselor; Dr. Kapoor, Hal's academic advisor; and Keisha, Nikki's case manager.</p> <p>This text appears below the introduction of the characters:</p> <p>This publication was developed as a collateral product to Treatment Improvement Protocol (TIP) 42, <i>Substance Abuse Treatment for Persons With Co-Occurring Disorders</i>. It was prepared for the Substance Abuse and Mental Health Services Administration (SAMHSA) by the Knowledge Application Program (KAP), a Joint Venture of The CDM Group, Inc., and JBS International, Inc., under contract number 270-09-0307, with SAMHSA, U.S. Department of Health and Human Services (HHS). Christina Currier served as the Contracting Officer's Representative.</p> <p>All materials appearing in this document except those taken directly from copyrighted sources are in the public domain and may be reproduced or copied without permission from SAMHSA or the authors. However, this publication may not be reproduced or distributed for a fee without the specific, written authorization of the Office of Communications, SAMHSA, HHS.</p> <p>The views, opinions, and content of this publication are those of the author and do not necessarily reflect the views, opinions, or policies of SAMHSA or HHS.</p> <p>Illustration: GB Tran</p>	None.

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<b>Page/ Panel</b>	<b>Illustration/Text</b>	<b>Dialog</b>
1/1	A collage of pictures, including: <ul style="list-style-type: none"><li>• A framed picture of Hal and Nikki, smiling on a tropical beach.</li><li>• A framed picture of a National Guard unit.</li><li>• Hal looking at the clock (present day).</li><li>• A framed diploma from Davidson University, Bachelor of Performing Arts.</li><li>• A framed picture of Nikki on stage, receiving a bouquet.</li><li>• Hal, leaning against the wall, impatiently (present day).</li><li>• A framed diploma from Monroe University, Master of Science.</li><li>• A framed photo of Hal and Nikki, in Paris.</li><li>• Hal, looking out the window as Nikki steps off a bus (present day).</li></ul>	None.

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2-3/1	Nikki walks toward the front door of a bungalow, her home. She is carrying a paper bag. She has a black apron on over a white work shirt.	None.
2/2	Nikki walks into the living room. The paper bag she carries is labeled, "Metro Liquor." She looks away. Hal looks at the paper bag.	Nikki: Hello, Hal. Hal: Hey, Nikki.
2/3	Nikki sets the bag on the coffee table, which is cluttered. Hal reaches inside the bag.	Hal: Gimme that. Nikki (thinking): Not even a hug first.
2/4	Nikki walks out of the living room and hangs up her apron.	None.
2/5	Nikki is in the bedroom and looks at herself in the mirror. She has her hands on her belly and is speaking to it.	Nikki: It's like he doesn't even see me anymore... You'll love me, won't you, little baby?
3/2	Hal and Nikki are sitting on the couch, their backs touching and their eyes gazing in opposite directions. Hal looks anxious. Nikki has a blue fog around her and she looks sad.	Hal and Nikki (thinking the same thought): What's wrong with me? Voice inside Hal's head: Come and get me
3/3	Hal holds the "Metro Liquor" bag on the coffee table.	Voice inside Hal's head: Hal, I can make you feel better Hal (thinking): A little more... Hal: More, Nikki? Nikki (thinking): I shouldn't... Nikki: Yeah, Hal, why not?
3/4	Hal and Nikki are arguing. She is holding a pill bottle.	Hal: Only one left?! You should've got more pills from your sister when I told you to! Nikki: It's not my fault we're running out! You're the one who keeps taking extra!

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4/1	Hal and Nikki are lying in bed, with their backs to each other.	None.
4/2	Nikki is gazing exhaustedly at the bedside clock, which reads 4:31 a.m.	None.
4/3	The clock shows 8:27 a.m., and the alarm clock is ringing. Hal is asleep, but Nikki is trying to shake him awake.	Nikki: You can’t be late again!
4/4	Nikki is standing behind the couch. Hal is heading out the front door. He is wearing a hat, sunglasses, and a coat. His briefcase is slung around his shoulder by its strap. He’s looking ahead to where he’s going but at the same time reaching back to grab something from the shelf by the door.	Voice inside Hal’s head: Take me you’ll need me later
4/5	The door slams shut. Nikki looks down, eyes closed.	None.
5/1	Nikki is still at home (exterior shot of house).	None.
5/2	Nikki is on the phone with her sister, Paula. At the other end of the phone call, Paula is dressed in a suit, carrying a briefcase, and walking to work.	Paula: No, Nikki!  Nikki: But Paula...  Paula: You weren’t supposed to have my whole bottle in the first place! I’m your sister, not your dealer.
5/3	Nikki is on the phone, talking to a man at a pharmacy counter. She presents as if she is Paula and asks for a prescription refill.	Nikki: Can’t you give me just a couple pills?  Pharmacist: I’m sorry, ma’am, we can’t refill that medication without a new prescription.
5/4	Nikki is on the phone, talking to a medical receptionist. She again impersonates her sister.	Nikki: This is, uh, Paula Lurry. Can you call in a refill to my pharmacy?  Receptionist: You have to see the doctor first. We have an opening on Friday—  Phone clicks.  Receptionist: Hello? Are you still there?
5/5	Nikki puts her head in her hands.	Nikki (talking aloud to herself): We need those pills. We need something. We’re screwed. Nothing’s right. Everything’s wrong.

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6/1	Closeup of Hal’s face. He looks anxious.	None.
6/2	Hal is standing at the lectern in a classroom, in front of students. He has taken off his coat and glasses but still has his hat on. On the blackboard are a series of numbers.	Hal: Uh, so... Can you take a particular Matrix A and... uh... Describe it for that algorithm...
6/3	Hal is grabbing the lectern, but his hands are shaking.	Hal: And, um...
6/4	Students in his classroom look confused.	Hal: Instead of me lecturing today, get into groups and.... Whatever! Class dismissed!
6/5	Hal bolts from the classroom.	Hal (thinking): I can’t believe I just did that.
6/6	Hal’s advisor, Dr. Kapoor, looks out her door to see Hal leaving.	Hal (thinking): What’s happening to me?
6/7	Nikki is in the employee break room at the restaurant where she works. She is standing in front of storage cubicles and reaching into a backpack from the cubicle labeled “Tom.” Nikki doesn’t notice that another coworker, Jered, is just entering the break room.	None.
7/1	As Jered watches, Nikki takes a pill bottle out of the backpack.	None.
7/2	Nikki is in a fog as she works her tables.	Customer 1: I ordered penne pasta, but this is tortellini.  Customer 2: Miss, can we PLEASE get our check?
7/3	Nikki looks confused as the fog wraps around her.	None.
7/4	Nikki shuts her eyes.	None.
7/5	Jered goes into the break room and finds Nikki slumped in a corner on the floor. Her eyes are shut.	Jered: Nikki! I thought you already clocked out and went home.  Nikki: Just gimme a couple minutes...
7/6	Nikki remains huddled in the corner. Jered has changed into street clothes.	Jered: You need more than that. You need help.  Nikki: Leave me alone, Jered, I’m fine.  Jered: How come every time you get messed up you say, “I’m fine”?  Nikki: Okay, I’m not fine... I’m pregnant!
7/7	Jered bends down to touch Nikki on the shoulder.	Jered: Congrats. But that’s all the more reason to clean up your act. I’m taking you for coffee to clear your head.  Nikki: ...I’m okay, really...  Jered: No, you’re coming with me. Otherwise you’ll just go home and get stupid again with Hal.

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8/1	Hal is at home (exterior shot of house).	Hal: Four o'clock! I've got to get back to the university.  Voice inside Hal's head: You better stay here with me
8/2	Hal is on his phone with his advisor, Dr. Kapoor.	Hal: I can't make our meeting, Dr. Kapoor. I think I got the flu.  Dr. Kapoor: How will you be ready for your dissertation defense if you keep postponing our meetings? And what happened this morning, anyway?
8/3	Hal grimaces as he listens to Dr. Kapoor.	Dr. Kapoor: Hal, you're the brightest student I've had in years. But something's wrong and you've got to pull it together.  Phone clicks.  Dr. Kapoor: Hal? Are you still there?
8/4	Hal is dialing his phone. Nikki's phone is beeping inside her bag.	Hal (thinking): How can I pull it together when I'm freakin' out? Why didn't Nikki come home? Why doesn't she answer?
8/5	Hal is sitting on his couch, holding his head.	Hal (thinking): I need something to calm me down.  Voice inside Hal's head: You need something like me

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9/1	Nikki and Jered are approaching a coffee shop. Nikki has changed into street clothes.	Nikki: It’s been a long while since I came here, Jered.  Jered: Yeah, you really dropped away, Nikki. When you didn’t even come to tryouts everybody wondered.
9/2	Nikki and Jered are talking in the coffee shop and looking around. They see a stage.	Jered: But that’s okay. The new play opens next week, and I hear it’s going to be great.  Nikki: How can you be so upbeat all the time?
9/3	They see customers at a table.	Jered: Nikki, life hasn't always been this good. Not so long ago, my life was messed up.
9/4	They look at Nikki’s hand, stirring her coffee.	Nikki: You, messed up?  Jered: Yeah. Lucky for me I got arrested.
9/5	They see customers being served at the counter.	Nikki: Huh?  Jered: I ended up in treatment, not in jail.
9/6	They see someone pulling a tag off a poster on a bulletin board.	Jered: What about you, Nikki? Where are you going to end up?
9/7	They are seated at a table. Nikki looks away from Jered.	Nikki: Oh, Jered. I should be mad at you for saying that. But I’m too worn out.

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10/1	Jered and Nikki are getting into Jered’s car.	Jered: Instead of me taking you straight home, can we make a stop first?
10/2	They are in the car and Jered is driving. It has begun to rain.	Nikki: I think I need to go sleep this off. Jered: And then what?
10/3	They are talking in the car.	Jered: Do it all over again? I want to introduce you to somebody who helped me when I was at a low point.
10/4	They are talking in the car.	Nikki: I’m not in any hurry to get home. Hal’s mad at me. Jered: I’ll take that for a yes!
10/5	The car approaches a building with a sign that reads, “Clearwater Behavioral Health Care Center.”	None.
11/1	Jered and Nikki obtain visitor badges at the front desk.	Nikki: What is this place? Jered: It’s where I learned the names for my diseases. One’s bipolar disorder and the other’s addiction.
11/2- 11/5	Jered leads Nikki on a tour of the facility. They pass a door, a man at a computer, some people talking in a classroom, and two men playing cards.	Jered: The people here helped me give up drugs and alcohol. Diagnosed me. Got me the meds to keep my bipolar disorder under control. Explained why I need to take my meds on time and taught me how to do that. Helped me get the job I have now. Gave me the courage to pursue my acting. Linked me to my support group. It’s a place to hang out with new friends who help me stay clean.
11/6	Jered introduces Nikki to a case manager, Keisha, who is standing in a doorway.	Jered: Hey, Keisha. This is my friend, Nikki, who I called you about. Keisha: Come in. I’ll get you some tea.

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12-13/1	Keisha holds a mug.	Keisha: Are you getting any prenatal care?
12-13/2	The women are sitting across from each other at a desk. A window shows the rain coming down outside.	Nikki: I’ve been meaning to, but... Keisha: It’s been hard to get to a doctor? Nikki: I just can’t seem to get myself to do anything. And I’m worried about what I’m doing to my baby.
12-13/3	Nikki is sipping from her mug of tea.	Nikki: I’m not putting the right stuff in my body. And I wouldn’t want to bring the baby into the house, what with Hal and me...
12-13/4	Keisha is listening as Nikki looks down.	Nikki: ...What I mean is, I need to start eating right, that’s all. I’m fine. Keisha: Nikki, I know a program for pregnant women that might be just right for you—a place to stay to get a fresh start. I have to be sure it’s a good fit, though. Are you willing to answer some formal questions?
12-13/5	Keisha begins the formal assessment.	Keisha: Tell me about your use of alcohol and drugs.
12-13/6	Keisha records Nikki’s responses on a form.	Nikki: Well, I drink wine and other stuff—whatever’s around. Keisha: Tell me how much you drink. Nikki: Not too much—a couple bottles a night maybe. I’ve tried a few times to cut back but... I don’t smoke like Hal, though. Keisha: How about medications? Nikki: I have been taking pills, to help me with my mood. Keisha: Prescription pills? Nikki: Yeah. Keisha: Prescribed to you? Nikki: Uh...
12-13/7	Nikki looks away.	Keisha: You mentioned your mood. Tell me more. Nikki: I cry a lot. I can’t focus on anything. I just don’t care. And it’s not the pregnancy. I’ve felt this way for a long time.

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14/1	Keisha holds out a brochure for Wellness House for Women.	Keisha: Here’s an option. Nikki: I don’t know if I need all that.
14/2	Nikki listens to Keisha, with her arms folded across her chest.	Keisha: Let’s recap what you’ve told me. You’re pregnant, but you haven’t been able to get yourself to seek care. You’re drinking excessively and taking random pills.
14/3	Nikki looks doubtful.	Keisha: You’re living with a substance-using partner, and you’ve tried to stop but can’t. Nikki: When you put it that way, maybe...
14/4	Nikki stands up as if to leave.	Nikki: Actually, no, I can’t. Keisha: Can you tell me why?
14/5	Nikki face looks fearful of change.	Nikki: I don’t have the money, and I don’t want to go into a hospital kind of place. And I don’t think I should answer any more questions, to tell you the truth.
14/6	Nikki looks down.	Nikki: I don’t want anybody knowing my business. They might use it to get me fired—or to take away my baby!
14/7	Keisha picks up the brochure to show to Nikki.	Keisha: If you don’t have insurance, we’ll help you apply for aid so it can be low cost or free. As to your other concerns...
14/8	Nikki has turned away from Keisha.	Keisha: ...you have to think about what will happen if you don’t make a change.
14/9	Nikki has picked up her purse and coat and is walking away from Keisha.	None.
15/1	Nikki stops walking away.	Nikki: Well anyway, I’ve got to work tomorrow. Keisha: We can help you arrange with your employer to remove you from the schedule for a few weeks. Nikki: And Hal needs me at home. Keisha: As for your partner, sometimes you have to take care of yourself before you can take care of others. Of course, it’s your choice, Nikki.
15/2	Nikki shuts her eyes and holds her hand to her head.	None.
15/3	Jered holds open the passenger side door of a car, which is parked in front of the behavioral health center. Nikki is getting in. Keisha is on the driver’s side of the car.	None.
15/4	Jered waves as the car drives away.	None.

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Page/ Panel	Illustration	Dialog
16/1	Nikki is talking with a doctor inside a large building. A sign out front reveals that it is the Wellness House for Women.	<p>Doctor: Your drug test shows benzodiazepines and opioids. But, at intake, you indicated that you’re not being prescribed any medications.</p> <p>Nikki: My sister gave me some benzos for my nerves.</p>
16/2	Nikki sits on the patient table while the doctor talks with her.	<p>Doctor: And the opioid?</p> <p>Nikki: I only took one. They’re not my thing. I just felt so down, I was trying to help my mood however I could.</p> <p>Doctor: The medication that has the best chance of making you feel better is the one that’s prescribed for you.</p>
16/3	Nikki looks away.	<p>Doctor: According to the intake, you drink a bottle or more of wine daily. What you call “nerves” and “feeling down” could be caused by the drinking and the pills. As you stay clean and sober, those bad feelings may go away. But they also may have a separate cause. It could be depression.</p> <p>Nikki: So what do I do?</p>
16/4	The doctor looks friendly.	<p>Doctor: We work together to move you safely off the substances. And we monitor you over the next several weeks.</p>

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Page/ Panel	Illustration	Dialog
17/1	<p>Nikki is sitting in a classroom, in a circle with other women. She is slumping, and her arms are folded. These words are on a blackboard:</p> <p>Health Risks for Premature Babies:</p> <ul style="list-style-type: none"> <li>• Low weight</li> <li>• Breathing problems</li> <li>• Heart/lung problems</li> </ul>	<p>Teacher: So let’s review. What can you do to carry your pregnancy to full term?</p>
17/2	<p>Nikki listens to women talking.</p>	<p>Woman 1: I remember when I entered treatment. I still wanted to get high, but at the same time I couldn’t believe I had been taking all those drugs while I was pregnant.</p> <p>Woman 2: Me, too—and I’m a nurse, I should have known better! Now I focus on recovery so I can be a good mother to my little girl.</p>
17/3	<p>Nikki is in an exercise class. The instructor and students are standing with their arms stretched out from their sides.</p>	<p>Instructor: Breathe in. Breathe out. Let the tension flow through your heels, into the earth.</p>
17/4	<p>Nikki is standing on a scale and being weighed. Her counselor is recording her weight gain.</p>	<p>Ava: Up 3 pounds! Nikki, you look a lot better than you did when you arrived. Do you feel better, too?</p>
17/5	<p>Nikki talks with Ava.</p>	<p>Nikki: I feel worse, Ava!</p> <p>Ava: You should feel at least a little better by now.</p>
17/6	<p>Nikki listens to Ava.</p>	<p>Ava: I’d like you to meet with the staff psychiatrist. If she diagnoses depression, there’s effective treatment for that.</p> <p>Nikki: Like what?</p> <p>Ava: Psychotherapy, a special support group for women like you, light therapy, changes in diet, physical exercise—there’s lots we can do.</p>

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18/1	Hal is sitting on his couch, talking on the phone.	Hal: Nikki! You’ve been gone long enough. You’ve got to come home.  Nikki: No—you’ve got to get help, too, like I’m doing.  Hal: Stop bugging me about that!
18/2	Hal is heading toward Metro Liquor. He is wearing his coat, hat, and sunglasses. He notices a helpline poster on a utility pole. The poster has tear-off tags.	Voice inside Hal’s head: C’mon, Hal get me
18/3	Hal is back at home on the couch. There is a Metro Liquor bag on the coffee table, which is cluttered with a coffee mug, an ashtray with a burning cigarette, his laptop, papers, and other objects. He is leaning forward and holding his head.	Hal (thinking): It didn’t make me feel better.
18/4	Hal is holding his hands to his ears.	Voice inside Hal’s head: Failure no good screwup useless
18/5	Hal is holding a tag from the helpline poster and calling the number on it.	Hal: I need help.  Helpline Operator: We have a drop-in center close to you.
18/6	Hal answers the helpline operator.	Hal: Can’t... do... that.  Voice inside Hal’s head: Don’t do that don’t do that
19/1	Hal’s eyes are closed as he holds his head.	Hal (thinking): Why is it so hot in here? Can’t breathe! What’s happening to me?!  Voice inside Hal’s head: Hal Hal
19/2	Hal is on the phone, standing between the couch and the coffee table.	Hal: Nikki, you don’t know how much I need you.  Nikki: Hal, I can’t come home, not while you’re still using. It would set me back to where I was. You have to understand, Hal. I’ve got to do this for myself, and for...  Voice inside Hal’s head: Hal Hal Hal Hal Hal
19/3	Hal has a shocked expression.	Nikki: ...and for our baby.  Voice inside Hal’s head: Baby! Baby!?
19/4	Hal trips backward over the coffee table.	Nikki: I’ve been meaning to tell you.

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20/1	Hal looks panicked and has fallen onto his back. His phone lies on the floor next to him. A flame from the ashtray ignites papers that have fallen.	Nikki: Hal? What’s the matter?
20/2	Hal tries to put out the fire with his bare hands.	Hal: Fire! Help!!
21/1	Hal is talking to an emergency room doctor in a hospital.	Doctor: Your heart’s fine. But you might have had a panic attack.
21/2	Hal is sitting on a patient table. He has a bandage on his shoulder, and his forearms and hands also are bandaged. He is looking down. The doctor is looking at his chart.	<p>Doctor: Also, we ran a tox screen. You have alcohol and several other substances in your system. You’re lucky you didn’t get more badly burned.</p> <p>Hal: My living room’s a shambles, I burned my hands, I’m about to lose my doctoral fellowship, Nikki won’t come home, and I’m losing my mind. You call that lucky?</p> <p>Doctor: I’ll send in a peer recovery specialist to talk with you.</p>
21/3	The counselor, Stephon, enters the hospital room where Hal is sitting in a bed that has been tilted up.	<p>Stephon: I’m Stephon. I won’t try to shake hands! Want to talk?</p> <p>Hal: You wouldn’t understand.</p> <p>Stephon: I might. I’m in recovery myself.</p>
21/4	Stephon sits in a chair near the bed.	<p>Stephon: How important to you is addressing your use of alcohol and other drugs?</p> <p>Hal: I want Nikki to come home.</p> <p>Stephon: What would have to happen before she’ll do that?</p>
21/5	Hal looks down as he responds to Stephon.	<p>Hal: Me getting some help.</p> <p>Stephon: We’ve got a really good intensive outpatient program here.</p>
21/6	Hal listens as Stephon talks.	<p>Stephon: You can still teach and work on your dissertation, but you’ll spend the rest of your time with us, while you get solid in recovery. Can I show you around after you get discharged?</p>

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22/1	Stephon gives Hal a tour of the intensive outpatient treatment program. They are standing in the waiting room. Hal is wearing his coat, hat, and sunglasses. His hands are in his pockets.	Stephon: First we get your story and find out what your challenges are. Then we design a treatment plan just for you.
22/2	Stephon and Hal are standing by the pharmacy pickup window.	Stephon: Each client gets a full physical. Medications can help you avoid relapse and deal with cravings.
22/3	Stephon and Hal are passing Dr. Okun, the staff psychiatrist.	Stephon: Dr. Okun’s our psychiatrist. He can help you learn techniques and exercises to manage your panic attacks. He also can do talk therapy with you, or write a prescription for anti-anxiety meds, if that’s what’s needed.
22/4	They walk down a hallway, past an open door.	Stephon: We do drug testing here. A lot of the folks in treatment find it helpful to know they are being held accountable.
22/5	They look into the classroom and see people reading. Hal takes his right hand out of the pocket to make a gesture. The hand has a thin layer of bandages on it.	Hal: Classes! I can’t get away from it. Stephon: This is different. Here you learn how to say no when people tempt you to use again. How to handle triggers. How to set goals.
22/6	They are standing in the lobby. Some people are assembled, ready to go somewhere.	Hal: Where are they going? Stephon: The movies. Recovery is about finding fun in life again, in a new way. Are you ready to give this a try?

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23/1	Stephon and Hal are in a room by a table. Stephon is handing Hal a mug. Hal is still wearing his hat, but his sunglasses are on top of the brim, and he doesn't have on his coat.	<p>Stephon: How does it feel, now that you've been in treatment for 2 weeks?</p> <p>Hal: The days are so long! I used to fill up my time thinking about and feeding my addiction.</p>
23/2	Hal and Stephon continue talking.	<p>Hal: But the anxiety's not so bad anymore. Like today, I didn't have to force myself out of the house.</p> <p>Stephon: That's progress.</p> <p>Hal: There's one thing that makes it really hard, though. I feel like I lost my best friend.</p>
23/3	Hal and Stephon continue talking.	<p>Stephon: Nikki?</p> <p>Hal: That's not what I was talking about, but yeah—I miss Nikki like crazy.</p> <p>Stephon: I hear you. C'mon, let me walk you to your group.</p>
23/4	Hal and Stephon are sitting in a circle with other people. The term “Co-occurring Disorders” is written on a blackboard.	<p>Man 1: Sometimes I think maybe a drink will make me calm down, but the anxiety always comes back twice as bad.</p> <p>Man 2: Yeah, that's why we have to deal with both issues.</p> <p>Man 3: My anxiety got so bad I couldn't go outside the house for 2 years.</p> <p>Woman 1: I still can't stop myself from shaking and sweating.</p>
23/5	Hal listens then whispers a comment to Stephon.	<p>Woman 1: When I feel the panic coming, I take a walk around the block.</p> <p>Hal: I'm not as bad off as these people.</p> <p>Stephon: You can always find somebody worse off than yourself. The question is: Are you where you want to be?</p>

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24/1	Nikki is sitting in front of a blackboard. On the board are the words, “People Recover.” She is listening to another woman. Her face has a more open, positive expression than before.	Woman: I’ve been clean for an entire week and I feel fantastic!
24/2	The scene expands to show that Nikki is sitting in a circle with other women. Some of the women are pregnant and some are postpartum. They each say something.	<p>Woman 1: You’re sitting on the pink cloud, girl. Just wait awhile and see how you feel then.</p> <p>Woman 2: I never felt great after I sobered up.</p> <p>Woman 3: I think about my pills all the time. As soon as I deliver this baby I’m going to get as high as I can.</p> <p>Woman 4: That’s what they call “stinkin’ thinkin’.”</p> <p>Woman 5: But it’s so hard when you’ve got double trouble like we all do.</p> <p>Woman 6: Yeah. I either feel numb or so down that all I want to do is make it go away.</p> <p>Woman 7: Yeah, but using doesn’t make your depression go away, it just makes it worse.</p>
24/3	Nikki is in her counselor’s office.	Nikki: I am starting to feel better, Ava. It’s like a cloud is lifting. And I’m starting to remember who I want to be. It’s like I had given up on all my dreams.
24/4	Nikki looks doubtful when she hears Ava’s proposal.	<p>Ava: I think you’re ready for our family counseling group. I’d like to invite Hal and your sister to join us.</p> <p>Nikki: You’ve got to be kidding!</p> <p>Ava: Healing those relationships can help you in recovery. Do I have your permission to contact them?</p>
24/5	Nikki and Ava continue to talk.	<p>Nikki: Paula’s mad at me. And Hal’s working on his own problems.</p> <p>Ava: We won’t know if we don’t ask.</p>
25/1	Hal is at home (exterior scene of house—there are flowers blooming in window boxes).	Hal’s voice (from inside the house): Hello?
25/2	Hal is on his cell phone. He is sitting in a chair where the couch used to be, talking on the phone. The rug that had been on the floor is gone, and a wooden floor is visible. The coffee table is less cluttered, with just Hal’s laptop, some papers, and a mug on it.	<p>Hal: Who’s this?</p> <p>Ava: Ava, Nikki’s counselor. I’d like to invite you to a family group meeting.</p> <p>Hal: Nikki wants me to come?</p> <p>Ava: She’d really like that. You’re very important to her.</p>
25/3	Hal shuts his eyes, tilts his head back, and breathes out.	None.
25/4	Hal puts on his hat, but not his sunglasses or coat.	None.

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Transcription

Page/ Panel	Illustration	Dialog
25/5	Hal walks down the street.	None.
25/6	Hal approaches the store, Metro Liquor.	Voice calling from the liquor store: I miss you! Come back  Changed voice inside Hal’s head: You can
26/1	Hal frowns and puts his hand to his head.	Voice inside Hal’s head: You can do this. It’s going to be okay.
26/2	Hal is sitting in front of a desk. His counselor, Stephon is standing and pouring some water into a mug.	Hal: I got good news and bad news.
26/3	Hal takes his hat off and holds it.	Hal: I taught my section today, and it went okay. I didn’t panic at all. And at group I got my 3-week pin for staying clean.
26/4	Stephon and Hal converse.	Stephon: So what’s the bad news?  Hal: There’s somewhere I’ve got to go—but it scares me.
26/5	Hal buries his head in his hat.	Hal: It’s bringing back the jitters so bad I want to start using again.
26/6	Stephon puts his hand on Hal’s shoulder. Hal looks up.	Stephon: Tell me how I can help you with that.
26/7	The two men are on the steps of the Wellness House for Women.	None.
27/1	Hal and Stephon are in the lobby. The desk attendant is pointing down a hallway. Hal is wearing his hat.	None.
27/2	Hal and Stephon are standing in the hallway. Stephon has his hand on Hal’s shoulder. Nikki’s counselor, Ava, is by a door and is waving to them.	Hal: Thanks for coming, Stephon.  Stephon: I’ll be waiting here.
27/3	Hal enters the room and removes his hat. Ava and Stephon are behind him, smiling.	Nikki: Hello, Hal.
27/4	Nikki is standing with Jered and her sister Paula behind her.	Hal: Hey, Nikki.
28/1	A bulletin board has several items pinned to it. The largest is a photo of Hal and Nikki, embracing. Other pictures show Stephon handing Hal a certificate, Nikki having her hand shaken in a ceremony, and Nikki and Hal holding a newborn baby. Also pinned on the board are Hal’s business card (with a Ph.D. after his name), two ticket stubs to plays, and a calendar on which several recovery-based activities and events are marked (e.g., recovery meeting, women’s group meeting, sobriety anniversary).	None.

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**Transcription**

Page/ Panel	Illustration	Dialog
<p>Inside back cover</p>	<p>This text appears:</p> <p>Your behavioral health is an important part of your physical health. If you are experiencing any of these feelings, let your doctor know. You are not alone...not 1 in a 1,000, but 1 in 10, because many people have similar problems. Getting help is what counts. Help is available, and treatments work. Don't wait.</p> <p><b>Action Signs for Mental Health</b></p> <ul style="list-style-type: none"> <li>• Feeling very sad or withdrawn (2 weeks or more)</li> <li>• Seriously trying to harm or kill yourself, or making plans to do so</li> <li>• Sudden overwhelming fear for no reason, sometimes with a racing heart or fast breathing</li> <li>• Involved in many fights, using a weapon, or wanting to badly hurt others</li> <li>• Severe out-of-control behavior that can hurt yourself or others</li> <li>• Not eating, throwing up, or using laxatives to make yourself lose weight</li> <li>• Intense worries or fears that get in the way of your daily activities</li> <li>• Extreme difficulty concentrating or staying still that puts you in danger or causes school failure</li> <li>• Repeated use of drugs and alcohol</li> <li>• Severe mood swings that cause problems in relationships</li> <li>• Drastic changes in your behavior or personality</li> </ul> <p>Modified with permission of the REACH Institute:  <a href="http://www.thereachinstitute.org">http://www.thereachinstitute.org</a></p> <p><b>Recovery Support Groups</b></p> <p>Adult Children of Alcoholics: <a href="http://adultchildren.org">http://adultchildren.org</a>            Al-Anon Family Groups: <a href="http://www.al-anon.org">http://www.al-anon.org</a>            Alcoholics Anonymous: <a href="http://www.aa.org">http://www.aa.org</a>            Co-Anon Family Groups: <a href="http://co-anon.org">http://co-anon.org</a>            Co-Dependents Anonymous: <a href="http://www.coda.org/">http://www.coda.org/</a>            Dual Recovery Anonymous: <a href="http://www.draonline.org">http://www.draonline.org</a>            Families Anonymous: <a href="http://familiesanonymous.org/">http://familiesanonymous.org/</a>            LifeRing: <a href="http://www.lifering.org">http://www.lifering.org</a>            Methadone Anonymous: <a href="http://www.methadoneanonymous.info">http://www.methadoneanonymous.info</a>            Nar-Anon Family Groups: <a href="http://www.nar-anon.org/">http://www.nar-anon.org/</a>            National Alliance for Medication Assisted Recovery:  <a href="http://www.methadone.org">http://www.methadone.org</a>            National Alliance of Advocates for Buprenorphine Treatment:  <a href="http://www.naabt.org">http://www.naabt.org</a>            Rational Recovery: <a href="http://www.rational.org">http://www.rational.org</a>            Secular Organizations for Sobriety: <a href="http://www.cfiwest.org/sos/">http://www.cfiwest.org/sos/</a>            SMART Recovery: <a href="http://www.smartrecovery.org">http://www.smartrecovery.org</a>            Women For Sobriety, Inc.: <a href="http://www.womenforsobriety.org">http://www.womenforsobriety.org</a></p> <p>Two ways to obtain FREE consumer publications like this comic book from SAMHSA's Knowledge Application Program (KAP)</p> <ol style="list-style-type: none"> <li>1. Call 1-877-SAMHSA-7 (1-877-726-4727) (English and Español).</li> <li>2. Download or order from the SAMHSA Store:  <a href="http://store.samhsa.gov">http://store.samhsa.gov</a>.</li> </ol> <p>Many KAP consumer publications are also available for download from the SAMHSA Store in additional languages: Cambodian (Khmer), Chinese, Korean, Russian, Spanish, and Vietnamese.</p>	<p>None.</p>

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**Transcription**

Page/ Panel	Illustration	Dialog
Back cover	<p>These resources are posted as notes posted on a bulletin board:</p> <p>Disaster Distress Helpline PHONE: 1-800-985-5990 TEXT: TalkWithUs to 66746</p> <p>Suicide Prevention Lifeline 1-800-273-TALK (8255) <a href="http://www.suicidepreventionlifeline.org">http://www.suicidepreventionlifeline.org</a></p> <p>Veterans Crisis Line 1-800-273-8255 (Press 1) Or text to 838255</p> <p>24/7 Help Hotline 1-800-662-HELP (4357) 1-800-487-4889 (TDD)</p> <p>Find Treatment <a href="http://www.samhsa.gov/treatment">http://www.samhsa.gov/treatment</a></p> <p>To order SAMHSA publications call: 1-877-SAMHSA-7 1-877-726-4727 (English &amp; Español) Download or order online at <a href="http://store.samhsa.gov">http://store.samhsa.gov</a></p> <p>The SAMHSA logo and publication information appear at the bottom of the page: Substance Abuse and Mental Health Services Administration <a href="http://www.samhsa.gov/">http://www.samhsa.gov/</a> 1-877-SAMHSA-7 (1-877-726-4727)</p> <p>HHS Publication No. (SMA) 13-4712 Printed 2013</p>	None.