

Addiction and Families

~ Dawn Farm Education Series ~
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Addiction and Families

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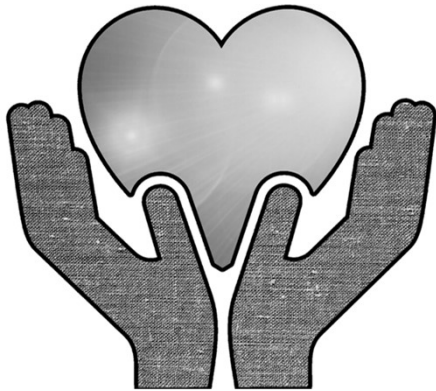
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Roots Family Program



My loved one has an
addiction -
What can I do? How can I help?



Help is Here!



- Family Matters
- Structured Family Recovery
- Strong Roots
- Community Support

The best Advice is ...

SELF-CARE!

-> Oxygen Mask Protocol



Family Matters



Started in October 2013

Provides education and support for family members whose loved ones have addiction or are in treatment/recovery

Wednesdays 6:00pm-7:15pm

Zion Lutheran Church in Ann Arbor

6 topics cycle through repeatedly

Family Matters
Topic #1 -
Addiction 101

Addiction is A Disease

- Addiction is a primary, chronic, progressive disease
 - Addiction is a dysregulation of the midbrain's pleasure/reward system (Dr Kevin McCauley)
- The 4 C's of Addiction
 - Cravings
 - Compulsions
 - Continued use despite negative Consequences
 - Loss of control

Other Aspects of Addiction

- Fear
- Anxiety
- Insecurity
- Shame
- Loneliness
- Hypersensitivity
- Trauma
- Denial/Minimizing
- Black & white thinking
- Emotional dysregulation/Emotional avoidance



Family
Matters
Topic #2 -
Treatment
& 12 Steps

What is Treatment?

- Types of Treatment

- Inpatient/residential, detox, outpatient, transitional housing

- Types of Therapy

- DBT, CBT, EMDR

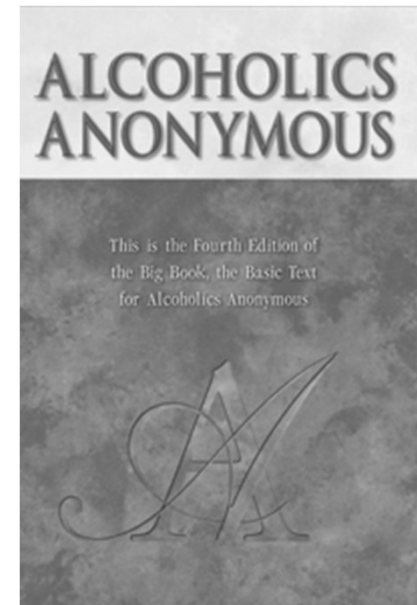
→ Treatment **BEGINS** the process of recovery

Medication Assisted Therapy (MAT)

- Opiate Replacement Therapy (ORT)
 - Methadone
 - Buprenorphine (Suboxone)
- Opiate Antagonist Treatment
 - Naltrexone/Vivitrol
- Naloxone (Narcan) is an opiate antagonist used to counter an opiate overdose
 - Nasal spray/injection

What is AA?

- History of Alcoholics Anonymous
 - Bill W & Bob S started AA in 1935
- Other 12 Step Meetings
 - NA, MA, CA, GA, many others
- 12 Steps & 12 Traditions
- Meetings, sponsors, Big Book
- Alternatives to 12 Step programs
 - SMART Recovery, Life Ring, SOS, WFS, AA Agnostica, Celebrate Recovery, Refuge Recovery



Family
Matters
Topic #3 -
Relapse &
Recovery

What is Relapse?

“Relapse is more than just using alcohol or drugs. It is the progressive process of becoming so dysfunctional in recovery that self-medication with alcohol or drugs seems like a reasonable choice.” - Terence Gorski

- Relapse is NOT part of Recovery

 - Relapse IS part of addiction

- → Family members can “relapse” as well, falling back into old patterns of behaviors/thinking

What is Recovery?

“A voluntarily maintained *lifestyle* characterized by sobriety, personal health and citizenship” - Betty Ford Institute

“A *process of change* through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential” - SAMHSA

- Coping skills and self-care
- Purpose and meaning
- Support and community

**Family Matters
Topic #4 -
Communication**

What is Communication?

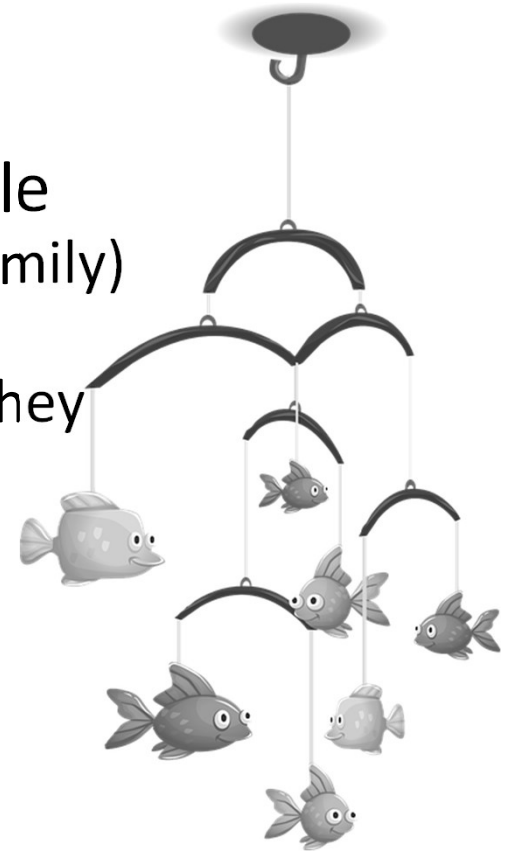
- From Latin “to share”
- Active Listening
- Patterns/Types of Communication
- I messages
- Fair Fighting Rules
- Validation
- Emotional Vocabulary



Family Matters
Topic #5 -
Family
Dynamics

Family Roles

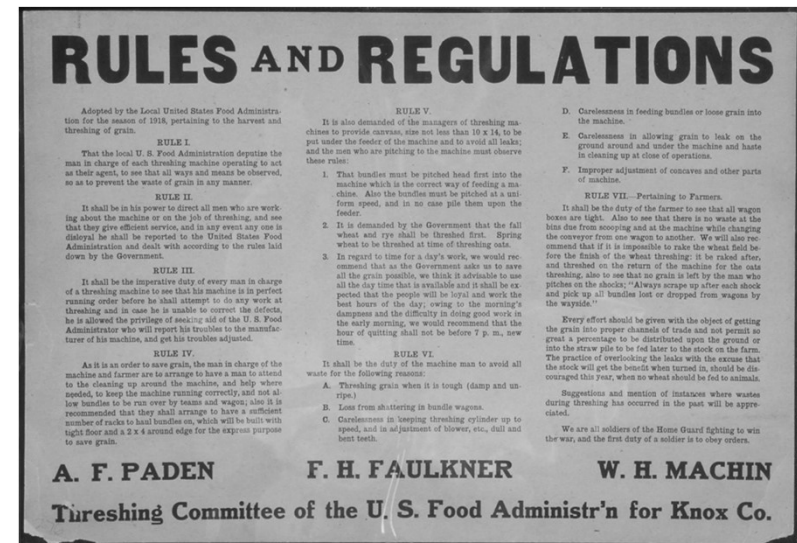
- A family is a system, much like a mobile
 - When there is imbalance, the mobile (family) tries to compensate
 - When the roles are rigid and prevalent they can have serious consequences
- The Roles
 - The Family Hero/Responsible One
 - The Enabler/People Pleaser
 - The Scapegoat/Rebel
 - The Lost Child/Loner
 - The Mascot/Clown



- Source: Claudia Black

Family Rules

- Deeply entrenched false beliefs among family members about how the family operates
- Can be spoken or unspoken
- Bottom line = *don't talk, don't trust, don't feel, don't think, don't question, don't ask, don't need, don't play* (Claudia Black)



Family Matters
Topic #6 -
Boundaries &
Codependency

What are Boundaries?

- Personal boundaries are guidelines, rules or limits that a person creates to identify for him/herself what are reasonable, safe and permissible ways for other people to behave around him or her and how he or she will respond when someone steps outside those limits.
- Why do we set boundaries?
 - To define sense of self
 - To allow yourself to feel safe/for protection
 - To put value on yourself
 - To help others know how to treat you

Changing Perspectives About Boundaries

- So often we think of boundaries as something we do to or for the other person, to make them change

→ Now we need to think of boundaries as something we are doing for **OURSELVES**

- Setting boundaries is a form of SELF-CARE
- Setting boundaries is validating our own worth and value
- Setting boundaries is empowering ourselves



“Daring to set boundaries is about having the courage to love ourselves, even when we risk disappointing others.” - Brene Brown

What is Codependency?

- Codependency is a set of maladaptive behaviors, thoughts and feelings that go beyond normal kinds of caretaking and/or self-sacrifice
 - This is learned by family members in order to survive in a family system which is experiencing great emotional pain and stress
 - May be characterized by denial, low self-esteem/low self-worth, compliance, control patterns and/or avoidance

“A ‘no’ uttered from deepest conviction is better and greater than a ‘yes’ merely uttered to please, or what is worse, to avoid trouble.” - Mahatma Gandhi

The Butterfly



A man spent more than an hour watching a butterfly struggle to free itself from its cocoon without success. It made a small hole, but its body was much too large to squeeze through. Finally, the butterfly stopped struggling and lay inside the cocoon motionless. The man became concerned and decided to cut open the cocoon. The butterfly crawled out, but its body was shriveled and its wings crumpled. The man watched, hoping the butterfly would eventually spread its wings and fly. But it never did. What the man didn't realize was that nature intended the butterfly to squeeze through that small hole. It would strengthen its wings. By not trusting the process, the man took away the butterfly's necessary struggle and its chance to fly.

Structured Family Recovery

- Book written by Debra Jay in 2014



Structured Family Recovery

- Developed by Debra Jay in her book *It Takes A Family*
 - A program which brings the family along the journey of recovery with their loved one
 - *The process of working together rebuilds families*

“We used to stand outside the recovery circle and judge my mother. Now we’ve all stepped inside the circle, holding hands and doing recovery together.”

–27-year-old son describing his experience with Structured Family Recovery

Structured Family Recovery

- 12 Step Meetings
- Recovery Goal
- Recovery Commitment Statement



Recovery Planning

-Structured Family Recovery Meetings

- Focus on specific topics
 - Utilize recovery materials such as 12 step daily readers
 - Reporting, discussing and planning on recovery
 - Learn Something New
 - Stepwork
 - Working a Recovery Program
 - Assignment
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- Alanon/AA Meetings
 - Recovery Goal
 - Recovery Commitment Statement



The 8 Essential Elements- how can we promote lasting sobriety?

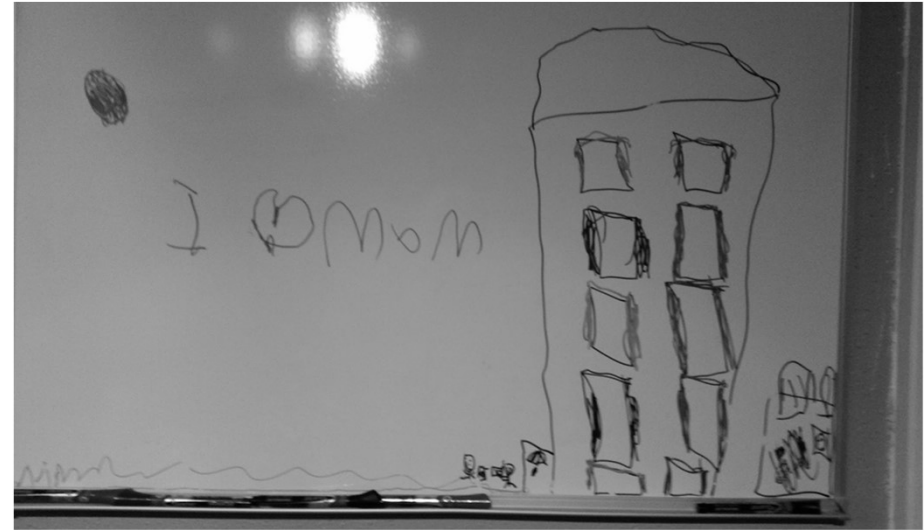
1. Positive reward/negative consequences
2. Frequency of random drug testing
3. 12 Step Attendance and Abstinence Standard
4. Viable role models and recovery mentors
5. Modified lifestyles
6. Active and sustained monitoring
7. Active management of relapse
8. Continued care approach

Strong Roots



- Started in July 2015
- Support Group for parents who are in treatment/recovery
- Wednesdays 6-7pm at 2208 Packard, Ann Arbor
- Transitional Housing for parents in recovery and their children

Strong Roots Transitional Housing



- Safe, sober, structured living for parents and children
- Continuum of care
- Collaboration with other local agencies

Strong Roots

Support Group for Parents in Recovery

- Topics

- Financial responsibilities
- Balancing recovery and parenting responsibilities
- Shame and guilt
- Custody/court issues
- Quality time with kids
- Rebuilding trust with family members
- Applying steps and principles of recovery

Strong Roots

- Ideas for Future

- Childrens Support/Care during Strong Roots group
- Increase parent-child transitional housing units
- Completion of Resource Room at 2208 Packard
 - Supplies for families: childrens clothing, toys, food, strollers, etc. ~ (donations welcome!)



Community Support



- Al-Anon started in 1951 by Lois W and Anne B
- Nar-Anon started in 1968
- CRAFT started in the 1990s by Dr Robert Meyers
- SMART Recovery started in 1996
- Family Education Program started in 1999

Community Support

- 12 Step Support
- SMART Recovery & CRAFT

The Three C's of Dealing with an Addict

You didn't *Cause* the addiction.

You can't *Control* the addiction.

You can't *Cure* the addiction.

"You can't stop drinking or using for another person."

12 Step Support - Meetings for Family Members

- Al-Anon
- Alateen
- Adult Children of Alcoholics
- Nar-Anon
- Families Anonymous
- Codependents Anonymous

Open/Closed meetings

What to expect

Getting a sponsor



Other Community Based Resources (for Families)

- CRAFT
- SMART Recovery
- The 20 Minute Guide



center for motivation & change

www.motivationandchange.com

Dawn Farm Family Education Program

Curious about Dawn Farm? Want to learn more about addiction?

→ Check out the Family Education Program

- Held monthly on Sundays at Dawn Farm 10am-12pm - typically the 4th Sunday of each month
 - It provides a brief overview of Dawn Farm, what addiction is, the effects of addiction on the family, how to support the recovery of your loved one and how to take care of yourself.
 - Presented by Dawn Farm therapists
 - Includes skits and speaking from clients/residents
 - Open to anyone

Helpful Books & Websites

Love First - Jeff & Debra Jay

It Takes A Family - Debra Jay

Codependent No More - Melody Beattie

It Will Never Happen To Me - Claudia Black

www.aa.org

www.al-anon.alateen.org

www.hvai.org

www.afgdistrict5.org

www.lovefirst.net/structured-family

www.smartrecovery.org

www.refugerecovery.org

www.motivationandchange.com

Questions??