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The Discovery House

FAMILY SUPPORT GUIDE

*A helpful guide on how to participate in your loved one's
recovery*



created exclusively for
THE DISCOVERY HOUSE

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introduction

Thank you for downloading our family support guide. We hope that you find it helpful.

When you read this guide, you will learn the answers to some of the most pressing questions and concerns about rehab for your loved one. Such as:

1. Why is it important for family members to be involved in the treatment process?
2. What are some benefits of family involvement?
3. What should I look for when choosing a rehab center?
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5. What are some impactful ways that I can be involved in my loved ones treatment and recovery?
6. What are the best ways to support my loved one before, during, and after treatment?



is my child ADDICTED?

CHECKLIST

CHECK ALL THAT APPLY:

- unexplained change in personality or attitude
- sudden mood changes
- periods of unusual hyperactivity or irritability
- lack of motivation and focus
- appears lethargic or spaced out
- fearful, withdrawn, anxious, or paranoid
- change in relationships or friends
- clashes with family values or beliefs
- secretive behavior (ie. locked doors)
- missing money or valuables
- complaints from friends, coworkers, family members

If you've checked two or more your child could be struggling with addiction.



Is addiction a DISEASE?



what is the disease concept?

As a parent, odds are you've stressed over your child's addiction. You loved and cared for them. You did your best. But you can't shake this feeling like, somewhere along the way, you did something wrong.

Before you go blaming yourself entirely, know this. **Addiction is a disease.** It's important to understand how it happens and the steps you can take to help your child get closer to long-term recovery.



According to the American Society of Addiction Medicine, addiction is a chronic and relapsing disease of the brain. What does this really mean?

The disease model consists of three components, an organ, a defect, and symptoms. The organ in this case is the brain. Simple enough. But here is where it can get a little confusing. Kevin T. McCauley explains the defect and symptoms best.

"The defect is the interaction between genetic burden and environmental stress that changes the dopamine and glutamate response to rewards. And the symptoms are loss of control, craving and persistent use despite negative consequences."



common risk factors of addiction

While not all of these risk factors will lead to addiction, researchers have found that the presence of one or more may increase the probability of addiction.

Here are some of the most common risk factors in developing an addiction to drugs or alcohol:

- family history of substance use disorders
- mental health diagnosis (anxiety, depression, or personality disorder)
- history of trauma or abuse
- history of childhood aggression
- poor parental supervision from a young age
- accessibility to drugs and alcohol
- types of drugs used
- being male
- poor social skills
- low social economic status



what to look for in a rehab center



what to look for in a rehab center

Every person is different and so is their addiction. This means that the way that addiction is treated from person to person will also be different.



Don't be swayed by the amenities and luxuries offered by a substance abuse treatment center. It's more important to look at the therapies and support services offered.

A good treatment program doesn't just address the substance abuse, it also addresses the underlying issues that can fuel addictive behavior.



what to look for in a

rehab center

Here is what you should always look out for:

Licenses and accreditations ✓

Low client to counselor ratio ✓

Evidence-based therapies ✓

Relapse prevention and aftercare programs ✓



When you are doing your research, don't be afraid to ask about these things. Each treatment center should offer at least one or all of the above, no questions asked.

This whole experience isn't going to be ideal but you want to feel confident about your final decision. The only way you will know is if you ask.



licenses and accreditations

One of the most overlooked things when families are looking for rehab for their loved ones is licenses and accreditations.

If you're looking into treatment centers and they have one of the following you know they are dedicated to providing your loved one with the best care available.



Joint Commission

When it comes to accreditations, the Joint Commission is basically one of the best you can get. When you see that gold badge you know that the treatment center in question is dedicated to the highest level of quality patient safety and care. They've voluntarily undergone a series of regular (and rigorous) check-ins to obtain this distinction. What's more is that only 6% of treatment centers have it. So keep your eyes peeled and don't be afraid to ask.

CARF

Commission on Accreditation of Rehabilitation Facilities (or CARF) is also one of the best accreditations that a treatment center can hold. Much like the Joint Commission, the accreditation is an ongoing process. If a treatment center has CARF, you know they are committed to perpetually improving their services and care.

State License

Depending on your state, all treatment centers are required to hold at least a state license in order to operate.



benefits of family therapy



benefits of family involvement

When you love someone who is addicted to either drugs or alcohol, it's difficult to know how to broach the subject. Most family members choose to ignore the problem or even believe that the best way to help them is to let them help themselves. Unfortunately, this will only push them further from recovery and thus further from you.

Recognizing your part in all of this is going to be instrumental to their recovery success. And trust us, the benefits are worth it.



benefits of

family involvement

Learn About Addiction

You know a lot about addiction from your firsthand experiences with it. But have you ever asked yourself, how much do I *really* know about what is going on with my loved one? Chances are you haven't. And that is totally understandable. You're too close to the situation.

When you participate in your child's recovery, you will learn to better understand their addiction. Even if things get dark and scary for a bit, this will only contribute to the success of your child's recovery. Plus, you will learn about all the positive ways in which you can support them.



benefits of

— family involvement —

Rebuild Family Relationships

Because addiction has such a negative impact on family and friends, many relationships have been harmed or severed before treatment takes place.

“addiction is a family disease”

Family therapy sessions allow loved ones to meet with a professional that specializes in treating families, where they are encouraged to express their feelings, address past conflict, and work toward healthier interactions in the future.



benefits of

family involvement

Put an End to Enabling

When one member of the family is struggling with addiction, everyone struggles. As a family disease, everyone plays a different role and each role contributes to further enabling the addicted person.

Most of the time enabling comes from a good place. You love your child and you want them to be safe but you're not always sure what to do or say.

Taking part in family therapy will equip you with the tools you need to communicate effectively and contribute to the success of your loved one's recovery.

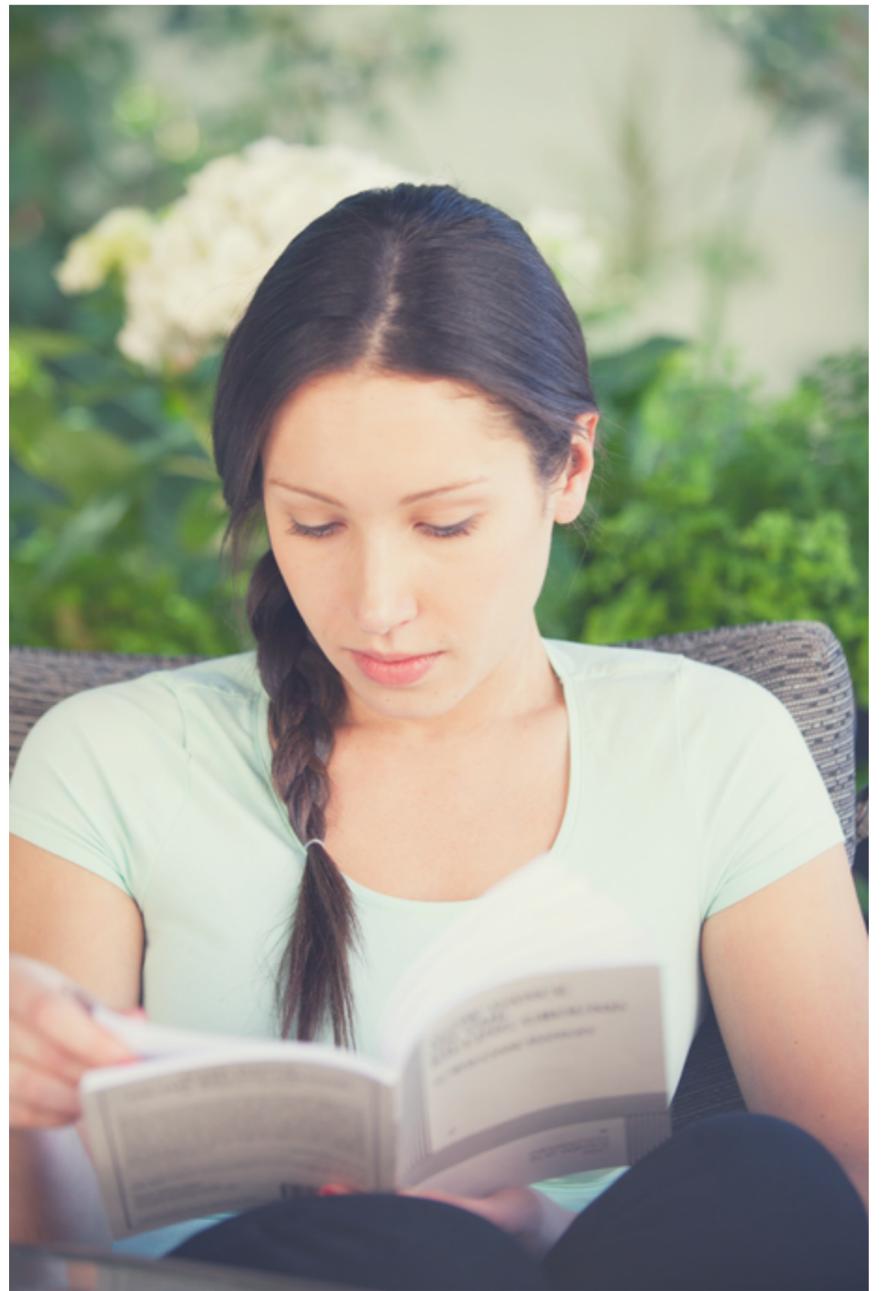


how to get my child into
treatment



how to get my child into treatment

Getting your loved one into treatment will of course be easier if they are willing to work on their recovery. However, that doesn't mean that the unmotivated bunch can't get better as well. Here are some ways you can help steer your child in the right direction.



Educate Yourself

This guide is a great place to start but absorb anything and everything you can about addiction. The internet is a great resource and there are endless blogs and websites dedicated to information about addiction. Attending support groups like Al-Anon (AA for family members) is another great resource. Not only will you learn a ton of helpful information but you will gain the support of other members in the group.



how to get my child into treatment

Consider an Intervention

You've probably seen the show Intervention but don't get ahead of yourself here. There is a difference between T.V. and reality. An intervention does give the addict a reality check into how their addiction is affecting everyone around them. Though they are very effective, orchestrating a successful intervention can be very difficult. Always consult with a professional for best results.



how to get my child into

treatment

Always Be Ready To Go

If your loved one makes the decision to go to treatment, don't wait. The mind of the addict is not rational. One minute they are ready for recovery and the next, they just need one more drink or hit. Have transportation ready as soon as possible to take them where they need to go.



how to get my child into treatment

Have Some Follow Through

If you've done an intervention and your loved one has heard you out and they still don't want to go to treatment, you need to follow through on the consequences of that. If you said you would no longer financially support them, it must be effective immediately. A "tough love" approach won't be easy for them (or for you) but you mustn't make idle threats. This will only further enable them.



how to get my child into

treatment

Support Their Recovery

If they decide to go to treatment - this is great news! However, the hard part's not over just yet. You are still going to play an important role in their recovery. Help them out by listening to their counselors, listening to their addiction specialist's instructions, and not enabling your loved one any further.



ADDICTION IS NOT THE END

Reading through this guide was an amazing first step. But there is still work to do.

Love and support is the most effective tool for addiction recovery. Your loved one needs you and you need them.



Get the help your family needs

CONTACT US NOW

888-962-8208



THE DISCOVERY HOUSE