



Family Support & Involvement Guide

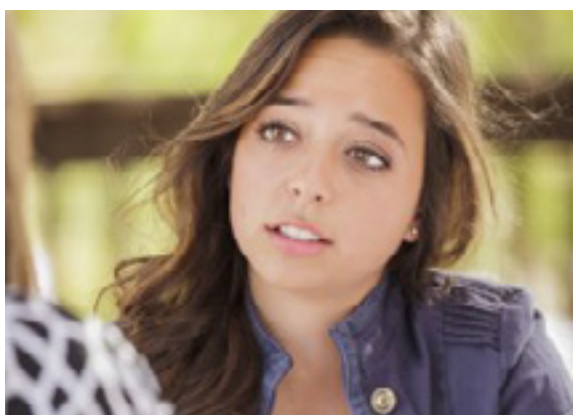
LEARN ABOUT THESE IMPORTANT CONCERNS AND MORE:

- The importance of family involvement in substance abuse treatment.
- The benefits of family involvement in substance abuse treatment.
- What to look for in a rehab treatment center.
- What to do if a loved one resists treatment.
- What are the different ways family members can get involved in a loved one's substance abuse rehabilitation?
- What are the best ways to support a loved one before, during and after substance abuse rehab treatment?

SUBSTANCE ABUSE ADDICTION IS A FAMILY DISEASE



IT CAN TAKE GREAT COURAGE FOR A FAMILY MEMBER TO REACH OUT TO A SUFFERING LOVED ONE



First and foremost, it is vital to understand that [substance abuse addiction is a family disease](#). Coming to terms with and confronting a loved one's addiction is one of the most challenging aspects of seeking substance abuse treatment. Because of this, some family members choose to ignore the problem, pushing their loved one further into isolation and addiction. However, family members and friends of loved ones need to know that most drug or alcohol abusers seek treatment because of positive family intervention, involvement and support.

"Alcoholism and drug addiction affects the whole family - young, teenage, or grown-up children; wives or husbands; brothers or sisters; parents or other relatives and friends. One family member addicted to alcohol and drugs means the whole family suffers."

- [National Council on Alcoholism and Drug Dependence, Inc.](#)

The Importance of Family Involvement in Substance Abuse Rehab Treatment

Addiction to drugs or alcohol can be a lonely place. It's often met with feelings of shame and guilt, not to mention hopelessness and loneliness, according to the [Idaho RADAR Center](#). These emotions promote a detachment from feelings and friends. In times like these, [it can take great courage for a family member to reach out to a suffering loved one](#), but that is exactly what needs to be done. Family member and friends involvement and support can play an integral role in leading a loved one onto a better path.

"Family involvement is a critical component of chemical dependency treatment to help families heal along with their loved one." [Cleveland Clinic](#)

The support of a loving family can make a world of difference to the success of the recovery process. Small efforts can yield big results and help the patient feel that he or she is truly surrounded by, and worthy of, a loving family.

drugrehab.org

THE BEST SUBSTANCE ABUSE FACILITIES MARSHALL EVERY AVAILABLE RESOURCE AT THEIR DISPOSAL



REHAB PROFESSIONALS WORKING WITH A LOVED ONE GAIN VALUABLE INSIGHT INTO THE FAMILY DYNAMICS

Benefits of Family Involvement in Substance Abuse Rehab Treatment

The best substance abuse facilities marshal every available resource at their disposal, including integrating family members, close friends and other key supporters into the entering, treatment, discharge, and recovery phases of substance abuse rehabilitation. The benefits of family support and involvement are significant, and include:

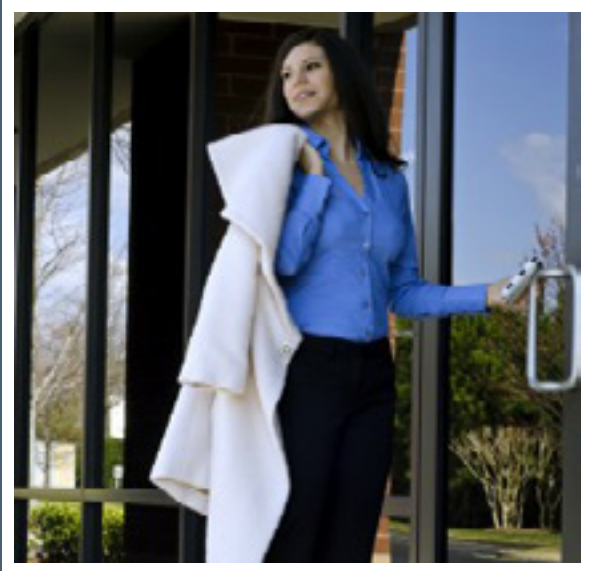
Accountability and Compliance - Family involvement can promote an individual's compliance during treatment, warn their recovering loved one of an oncoming relapse and encourage a sustained life of sobriety. In addition, if a relapse occurs, family members may be able to pinpoint the relapse trigger to take actions to prevent its recurrence.

Support - Just knowing that family members and friends are there offering support is encouraging to a loved one to continue with a rehab treatment program. Family involvement in treatment activities and programs helps a loved one attending substance abuse rehab understand that they are not going through this alone.

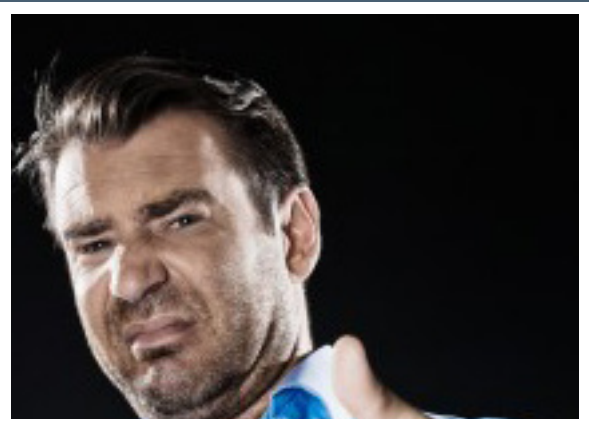
Value to Treatment Specialists - Through families collaborating with rehab specialists and counselors, rehab professionals working with a loved one gain valuable insight into the family dynamics and the patients' condition itself. This helps to create individualized treatment plans that are unique to the patient, family and addiction.

Family involvement does matter to people going through rehabilitation – whether they'll ever admit it or not. Anyone serious about helping a loved one work through their addiction and rehabilitation has plenty of options available for offering that assistance.

SENDING A LOVED ONE TO DRUG REHAB TREATMENT ISN'T EASY



DENIAL IS A HALLMARK CHARACTERISTIC OF ADDICTION



Sending a Loved One to a Residential Drug Rehab Treatment

Sending a loved one to drug rehab treatment isn't easy, particularly if it is a long-term residential facility. However, drug rehab in a long-term residential treatment centers can be a huge driving force behind sustained recovery, especially for the individual who has a moderate to severe addiction or has been abusing for many years.

According to the National Institute on Drug Abuse, only 28 percent of cocaine users who went through 90 or more days of treatment in a qualified rehabilitation and treatment center returned to using cocaine within one year of treatment while compared to 55 percent of cocaine users who spent some time in treatment facilities, but fewer than 90 days.

The Utah Division of Substance Abuse and Mental Health States: "Perhaps the most robust and pervasive indicator of favorable post-treatment outcome in all forms of substance abuse rehabilitation has been length of stay in treatment at the appropriate level of care."

Dealing with a Loved One Who Resists Treatment

Denial is a hallmark characteristic of addiction. While the rehab experience and recovery process will certainly be easier for the individual who is agreeable to treatment, understands they have an addiction problem, and is willing to get and remain sober, there are still benefits for those who resist substance abuse rehabilitation. For that reason, in some cases, an intervention is needed to get an addicted loved one to enter rehab treatment. For these individuals, an intervention is often the most important first step in their recovery.

IT'S A GOOD IDEA TO FOCUS SOME TIME AND ATTENTION ON WHAT TO LOOK FOR IN A REHAB TREATMENT FACILITY



ALL TREATMENT FACILITIES ARE NOT EQUAL WHEN IT COMES TO TREATMENT

What to Look for in a Treatment Center?

Before making any other decisions about treatment, *it's a good idea to focus some time and attention on what to look for in a rehab treatment facility.* HelpGuide.org recommends creating a check list of features that would be nice to have, what can be lived without, and which things are absolutely necessary to have in drug rehab facilities. Three important factors HelpGuide.org says must be near the top of any comprehensive list include:

1. *Licensing and accreditation in the state where the facility operates.*
2. *Record of success (long-term success to be more specific).*
3. *Relapse prevention and other aftercare services.*

Other issues that may be important considerations for the selection process include: faith based initiatives, natural detox efforts and the encouragement of family involvement throughout the rehabilitation process.

Key Components of Effective Substance Abuse Rehabilitation Treatment

It's important to remember that *all treatment facilities are not equal when it comes to treatment,* features and potential rewards. There is no point in investing time and energy; much less the physical health and well being of a loved one, in a program that doesn't have the potential to be highly effective for treating drug addiction successfully.

There are a few things family members should carefully consider when selecting treatment facilities for their loved ones. These are the necessary characteristics the National Institute on Drug Abuse believes define effective treatment when it comes to addiction to drugs (See Next Page):

PEOPLE COME TO ADDICTION FROM ALL WALKS OF LIFE AND FOR JUST AS MANY REASONS



IF THE TREATMENT SURPASSES 90 DAYS, THE MORE EFFECTIVE THE TREATMENT EFFORTS TEND TO BE



One Size Does Not Fit All - There are some things in life where the one size fits all approach is all that is needed. Drug addiction treatment and rehabilitation is not on that list. **People come to addiction from all walks of life and for just as many reasons.** While there are common themes for certain drugs, everyone going through rehab deserves a treatment process and philosophy that's unique to that individual.

Treat Multiple Needs Not Just Addiction - Most people who are struggling with addiction have many needs beyond their addictions. These needs may be financial, medical, legal, emotional and more. Some people struggling with addiction are homeless, lack job skills, have a broken family and really need help with communication and other life skills. Quality treatment programs with records of success address these needs while also treating the addiction.

Counseling - Besides the physical properties of addiction, addiction is a mental health issue. There is often much emotional baggage that goes along with the addiction that must be addressed before any lasting healing can be found. Counseling, both group counseling and individual counseling, cannot be stressed enough as an important element in the recovery process.

Adequate Treatment Duration - Many studies have been conducted regarding the correlation between effective rehabilitation from drug abuse and the length of residential treatment. The longer drug abusers remain in a closely monitored treatment program, especially **if the treatment surpasses 90 days, the more effective the treatment efforts tend to be.**

Medically Assisted Detox Availability - While it isn't always necessary, some drugs require a medically assisted detoxification process. That must be available for people going through withdrawals from these drugs in order to prevent extremely damaging, if not lethal, withdrawal symptoms.

LONG-TERM RESIDENTIAL TREATMENT FACILITIES OFFER A BRIGHT PROMISE FOR LASTING RESULTS



THE TIME WHEN A LOVED ONE OR FAMILY MEMBER IS GOING THROUGH THERAPY FOR A DRUG ADDICTION IS OFTEN AS DIFFICULT FOR THE FAMILY MEMBERS



Fast Access to Help - Sometimes, the window of opportunity to truly help someone who is addicted to drugs is very small indeed. While it isn't necessary for the person to agree to get help and participate in the treatment process, it does help the recovery process along when they are cooperative. That's why it's important to avoid lengthy waiting lists and registration processes so that family members can get fast access to help when that time comes.

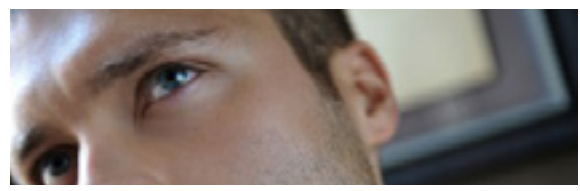
For drug addiction, long-term residential treatment facilities offer a bright promise for lasting results. Some families use a combination of long-term facilities for the primary treatment, and outpatient clinics for follow-up or aftercare treatments. The key, however, is to keep the family member in rehab long enough for the efforts to find the greatest potential success.

Types of Family Involvement During Therapy

The time when a loved one or family member is going through therapy for a drug addiction is often as difficult for the family members looking in from the outside as it is for the person going through actual rehab. Other than sitting on the sidelines wringing their hands, there are things family members can do. These are the types of family involvement that are often required during therapy for drug abuse. Each type is important in its own right.

No Contact

Most facilities sequester patients from their families in the initial stages of rehab therapy for addiction by imposing a strict no contact policy early on. There are actually many reasons this is necessary and every one of those reasons keeps an eye on the ultimate prize – a future free of addiction.

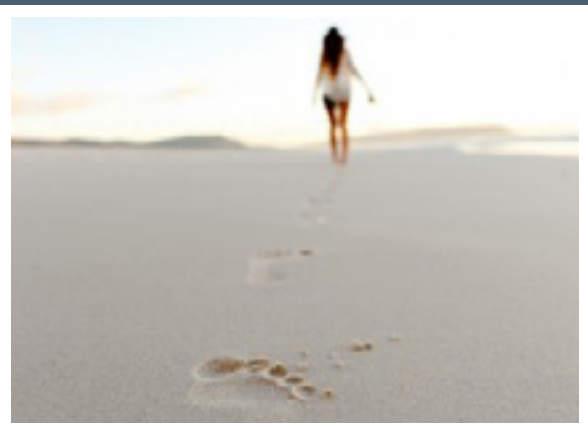


WHEN FAMILY MEMBERS AREN'T
IN CONTACT WITH PATIENTS
GOING THROUGH REHAB THEY
ARE ABLE TO STEP BACK AND
TAKE A MORE OBJECTIVE LOOK



DRUG ADDICTION HAPPENS IN
FAMILIES IN ALL SHAPES AND
SIZES AND FROM ALL
WALKS OF LIFE

IT DOESN'T HAPPEN IN A
VACUUM OR ON AN ISLAND



The first reason though is to remove the family factor from the rehab equation. Families have their own baggage, for better and worse, and can greatly change the dynamic of the rehab process by adding undue pressure, enabling addictive behavior, and, in some cases, flat out giving the person in rehab an easy out from rehab by talking loved ones into taking them home with false promises and temporary contrition.

Another important factor to consider is that families provide a distraction from the routine of the rehab process. In the initial days of treatment, establishing that routine and keeping it is vital to the detoxification and early treatment cycle. The other thing that happens during these initial days **when family members aren't in contact with patients going through rehab is that they are able to step back and take a more objective look** at the situation and the role they have played in the past as well as defining the role they'd like to play in the future.

Fortunately, the no contact stage of treatment is often relatively short and families can take comfort in knowing their loved ones are getting the treatment they need to recover from their addictions. Ultimately, this is a necessary step in a much bigger process.

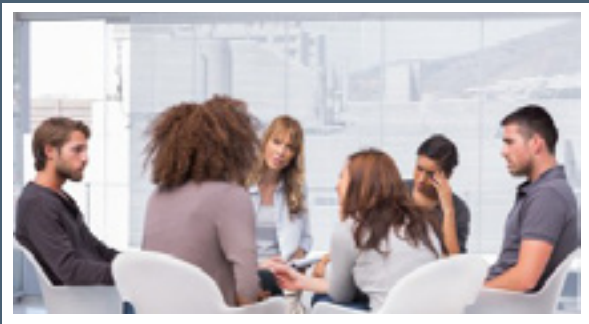
Family Based Therapy

Drug addiction happens in families in all shapes and sizes and from all walks of life. It doesn't happen in a vacuum or on an island. It impacts the entire family and the entire family has a role to play in the recovery process.

Family based therapy is one of the most critical steps to take on the road to recovery. For some people who turn to drugs for escape, restructuring the family dynamic is critical to a successful rehabilitation. Even simple things like learning how to communicate more effectively can go a long way towards improving the family dynamic and the odds of favorable outcome for drug abusers.



SOME CHILDREN FEEL AS THOUGH THEIR PARENTS EXPECT TOO MUCH FROM THEM AND THEY CAN NEVER LIVE UP TO THOSE EXPECTATIONS



MOST REHAB FACILITIES OFFER WEEKEND WORKSHOPS FOR FAMILY MEMBERS AT SOME POINT DURING THE REHAB CYCLE



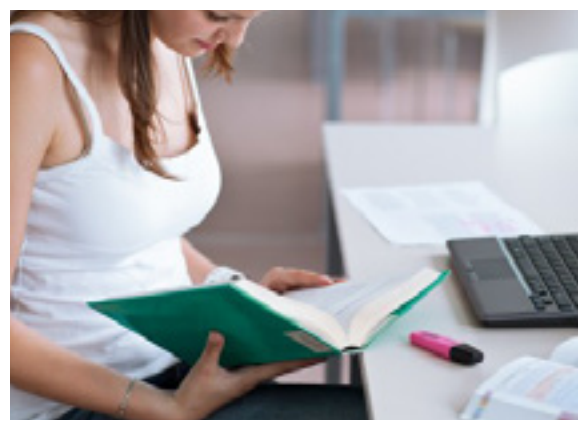
Family therapy, according to the [National Center for Biotechnology Information](#), addresses these common issues and many more:

- [Negativity](#) – constant criticism, complaints and other negative forms of expression.
- [Parental inconsistency](#) – erratic setting and enforcement of rules or an inadequate family structure.
- [Miscarried expressions of anger](#) – some drug users turn to drugs to express their own resentments of an emotionally deprived existence at home.
- [Self-medication](#) – drugs and/or alcohol allow people to escape or cope with anxiety or depression.
- [Parental denial](#) – there are parents who simply deny the evidence of wrongdoing, addiction and other problems from their children.
- [Unrealistic parental expectations](#) – *some children feel as though their parents expect too much from them and they can never live up to those expectations* – sometimes they use drugs as justification for their failures; other times they become overachievers and turn to drugs in an effort to keep up with those demands.

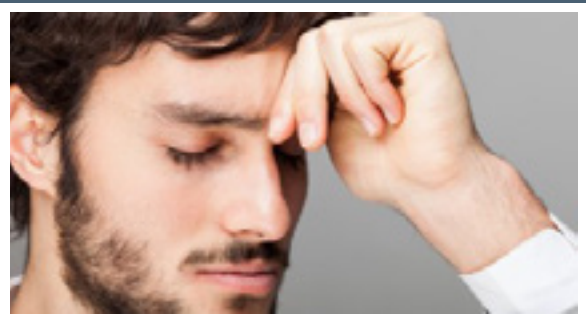
Family therapy also works with patients and their families to open the doors to better communication during rehab and long after rehab has ended and everyone is back in the real world. In order for family therapy to be truly effective, however, it must deal with the real issues driving the addiction and the role the family may play in enabling, excusing, or inadvertently encouraging the cycle of addiction.

Weekend Workshops

Most rehab facilities offer weekend workshops for family members at some point during the rehab cycle. These workshops provide excellent opportunities for family members to show their support for their loved ones. It allows the patients to see they aren't going through it alone, which is more beneficial than most people on the other side of addiction realize.



PERHAPS THE MOST
IMPORTANT THING FAMILY
MEMBERS CAN DO IS TO
EDUCATE THEMSELVES



FAMILIES MUST LEARN ABOUT
THE PHYSIOLOGY AND THE
PSYCHOLOGY OF ADDICTION
IN ORDER TO TRULY HELP THEIR
LOVED ONES RECOVER

The workshops have an added benefit however as they also educate family members about addiction, recovery, and support systems that are available to them.

It is oftentimes extremely lonely for family members to watch someone they love struggle to cope with and overcome addiction. These weekend workshops are a great opportunity for families to see that there are other family members working through rehab to see that others are facing the same struggles. They are not alone.

Independent Education

Perhaps the most important thing family members can do is to educate themselves. It's invaluable for them to become educated about the drug(s) of choice of their family members so they can understand the need for detox, the particular health risks they need to watch out for in the future and the warning signs of a potential relapse in the future.

Education, during this time, is an important way to understand addiction and how families must deal with it in order to end it. It's hard for people on the outside to understand addiction. A proper education reveals that it isn't a matter of choosing not to do it anymore for the person trying to overcome addiction. There is a real physiological difference in brain chemistry that makes it nearly impossible for a person addicted to certain drugs to turn them down.

Families must learn about the physiology and the psychology of addiction in order to truly help their loved ones recover.

It's also an important tool to help family members understand that they are not responsible for the addiction. The only thing family members can control from this point forward is how they address the addiction and support the recovery from addiction.

Takeaway - The past cannot be changed. The future can and educating independent education can help families shape the future for themselves and the people they love who are trying to recover from addiction.

IT'S HARD TO LOVE SOMEONE WHO IS ADDICTED TO DRUGS AND CARRY AROUND THE EMOTIONAL BAGGAGE OF THAT LOVE



IT'S ALSO IMPORTANT FOR FAMILY MEMBERS TO SEE TO THEIR OWN PHYSICAL AND EMOTIONAL HEALTH AND WELLBEING



Get Support

There are many support groups that exist to help family members struggling to cope with the addictions of someone they love. [It's hard to love someone who is addicted to drugs and carry around the emotional baggage of that love.](#)

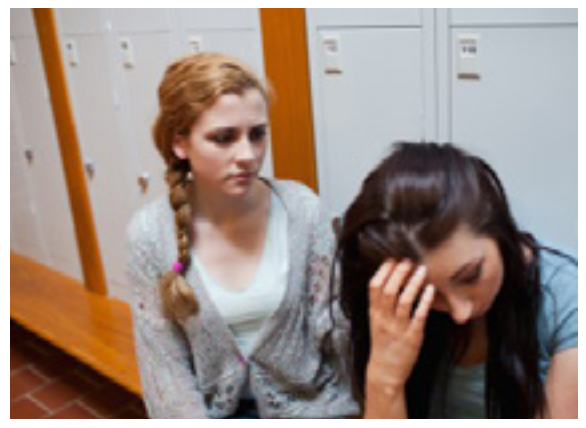
With that in mind, there are support groups out there that understand these exact struggles better than anyone else. These groups are made up of people who are going through the exact same struggles. They come from all areas of life, all religions, all economic groups, and even all ethnic groups. The one common theme is that they have family members who are addicted and they are willing to share their experiences in search of support, commiseration, and sympathetic ears.

The two most widely recognized and available substance abuse support groups are Nar-Anon and Al-Anon.

Not only do the family members, who have been through so much already, deserve lifelines such as these, but they also cannot play their roles in the recovery process if their mental health and emotional needs aren't being met either. Family members who do not know where to turn to get the individual support they need to get through this will find resources available through the drug rehab and treatment facility where their loved one is being treated.

[It's also important for family members to see to their own physical and emotional health and wellbeing.](#) Find ways to de-stress such as through yoga classes, massage, and meditation.

[HelpGuide.org](#) recommends asking for help when it's needed or simply talking about the things that are troubling as great ways to reduce stress. Consider investing in aromatherapy and other relaxation tools as well as the potential value of personal counseling to help get through this exhausting process. Family members must also keep up with regularly scheduled physician visits and checkups. It's impossible for family members to be a supportive rock for their loved ones going through rehab if their health and stability are crumbling.



FAMILY SUPPORT, INVOLVEMENT AND DYNAMIC IS INCREDIBLY POWERFUL IN HELPING A LOVED ONE COME TO TERMS WITH AN ADDICTION



PARENTS WHO TALK TO THEIR KIDS ABOUT THE CONSEQUENCES OF DRUG AND ALCOHOL USE CAN BE INSTRUMENTAL IN PREVENTING TEEN DRUG ABUSE



Family Intervention “Prior to” Substance Abuse Treatment

Each addiction is different and each family is too. While one family may want to stage their own intervention, another may seek help from a professional. The important point to know is that families aren’t alone when it comes to addressing a loved one’s substance abuse addiction.

There are counselors and addiction specialists in all areas of the country who are well-trained to work with not only drug and alcohol addicted patients, but their family members too. They can help mediate an intervention process, should a family want to have a non-confrontational discussion with a friend or family to explore the options of substance abuse treatment.

Takeaway - Whatever approach a family takes prior to substance abuse rehabilitation treatment, it is critically important to understand that the **family support, involvement and dynamic is incredibly powerful in helping a loved one come to terms with an addiction**, willingly attend inpatient or outpatient rehab, and be committed to a sustained recovery.

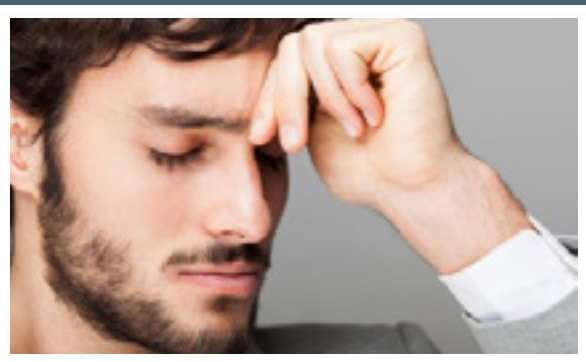
Talking to Teens about Drug and Alcohol Addiction

From peer pressure to insecurity to feeling invincible to the necessity for good grades, there are a variety of reasons that contribute to teen drug and alcohol abuse. But regardless of the reason, teens who experiment with drugs or alcohol, including study drugs, put their health and well-being at risk. **Parents who talk to their kids about the consequences of drug and alcohol use (i.e. car accidents, risky sexual activity, addiction, poor school performance, serious health problems) can be instrumental in preventing teen drug abuse.**

While talking to your teen about drug and alcohol addiction is a guide in itself, there are a few important tips to make the conversation go more smoothly.



PARENTS SHOULD FOCUS ON EDUCATING THE NEGATIVE CONSEQUENCES OF DRUGS AND ALCOHOL VERSUS THEIR OWN DRUGS AND ALCOHOL USE



IT'S DIFFICULT TO WATCH A FAMILY MEMBER AND LOVED ONE GO THROUGH THE PROCESS OF ADDICTION AND REHABILITATION



Avoid accusations - First, blame has no place in the discussion. Keep the conversation positive and upbeat, and avoid using scare tactics.

Talk often and regularly - Don't simply have the "talk" once and never bring it up again.

Engage using current events - Negative consequences of drug and alcohol use are never far from news or celebrity headlines. Use these occurrences as "teachable moments" to broach the subject with a teen.

Don't reveal past drug or alcohol use - A recent study out of the University of Urbana-Champaign found that young kids had a decreased likelihood of perceiving drugs and alcohol use as being bad for them if their parents told them about their own previous drug and alcohol usage. In light of this, **parents should focus on educating the negative consequences of drugs and alcohol versus their own drugs and alcohol use.**

Empathize - Focus on listening and instead of talking "at" a teen. Ensure the discussion is a two-way conversation.

Many parents avoid talking to their teens about drug and alcohol use for fear it may "plant" an idea in their teen's head. However, open, honest, educational, and empathetic conversations about drug and alcohol abuse provides teens with the information and background they need to make the most informed and best decision when faced with the temptation of drug and alcohol.

Supporting a Family Member "During" Drug Rehab

There's no denying the pain drug addiction brings to the entire family. **It's difficult to watch a family member and loved one go through the process of addiction and rehabilitation.** It's even harder knowing that the road to lasting recovery is a long one and that it may not be over quite yet.

IT'S BENEFICIAL THAT FAMILY MEMBERS FIRST TAKE A LITTLE TIME TO PREPARE THEMSELVES FOR WHAT'S ABOUT TO COME



FAMILY MEMBERS NEED TO HAVE A SUPPORT SYSTEM IN PLACE FOR THEMSELVES. WHETHER IT'S INDIVIDUAL COUNSELING, GROUP THERAPY, OR SUPPORT GROUPS

That doesn't change the desire to be a pillar of support, love and strength for the person recovering from a substance abuse addiction. Before beginning the process and making any effort to help someone else though, *it's beneficial that family members first take a little time to prepare themselves for what's about to come.* They must do this in two ways.

Become educated with the facts about addiction - Family members need to learn about the specific substance(s) their loved ones are addicted to and the best treatment and recovery philosophy for that particular substance. They also need to learn a few facts about relapse (rates, signs, symptoms, triggers, and percentages) as well as what to look for that might indicate a relapse has occurred or is imminent. Other things family members need to learn during the rehab process is that it's OK to have bad days as long as they keep coming back and keep trying.

Also be aware that the University of Utah Health Sciences maintains that:

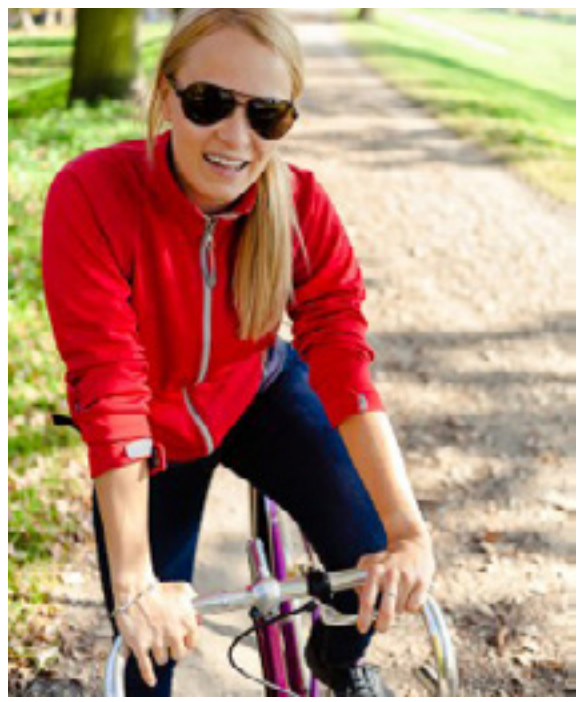
"Community prevention programs that combine two or more effective programs, such as family-based and school-based programs, can be more effective than a single program alone."

This means that working to prevent relapse may actually take efforts on multiple fronts in order to be truly effective.

Learn about support systems available to family members - While it's wonderful for family members to support the person going through rehabilitation, they also *need to have a support system in place for themselves. Whether it's individual counseling, group therapy, or support groups* such as Al-Anon or Nar-Anon, is unimportant as long as there is a support system in place they are comfortable turning to for help when they need it.

These two things might not seem like much, but they will prove to be genuine lifelines when the ends of ropes are reached during the rehabilitation and recovery process.

THESE ARE THE THINGS
SUPPORTIVE FAMILY MEMBERS
NEED TO DO IN ORDER TO HELP



NO ONE CAN TAKE CARE OF
SOMEONE ELSE WHEN THEY
AREN'T IN GOOD SHAPE
PHYSICALLY, MENTALLY, OR
EMOTIONALLY

Dos and Don'ts of Family Support

Not everything on the list will be easy to do, but **these are the things supportive family members need to do in order to help** their family members successfully survive the rehab process.

Do participate in the rehab process - Family members and significant others are often encouraged to take part in the rehabilitation process by attending scheduled family sessions on-site or via telephone conferences, during residential rehabilitation and with family counseling sessions during outpatient rehab as well.

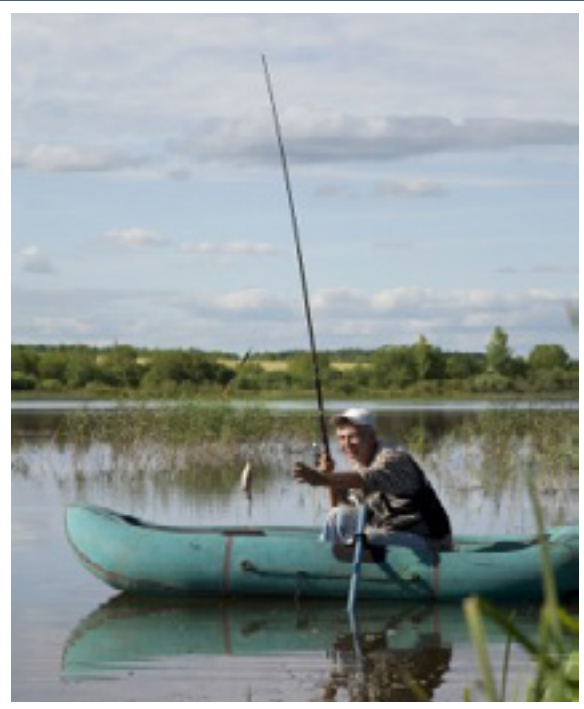
Do listen - There's a lot family members can learn by listening to the person going through rehab for drug abuse, family members of others who have struggled with addiction, and from the medical professionals and counselors. Sometimes, listening is the hardest part, but the most necessary.

Do learn - Learn from the past so it isn't repeated. Learn what to expect in the future so that it's not a surprise. Learn from others because they've already been there and can provide invaluable advice.

Do take care of self - There are so many things to worry about and over when a loved one is struggling with addiction and trying to fight back to sobriety. But **no one can take care of someone else when they aren't in good shape physically, mentally, or emotionally.**

Of course, there are also a few things that should definitely be avoided during the process as well. Avoiding these things will make the process much smoother for the person providing support and the one being supported.

THE ONLY ACTIONS A PERSON IS TRULY RESPONSIBLE FOR ARE THE ONES HE OR SHE TAKES



ALL FORMS OF RECREATION ARE BENEFICIAL TO AN INDIVIDUAL IN SUBSTANCE ABUSE REHABILITATION

Don't blame self - This needs to be expanded to feeling guilty and responsible. Responsibility is an important part of the recovery process for the person in rehab; and it's important to understand that the only actions a person is truly responsible for are the ones he or she takes whether it's the person being treated for addiction or the one trying to love that person throughout the treatment cycle.

Don't remove all responsibilities from the person going through recovery - This could take away a valuable sense of dignity or importance. Allow them responsibilities to maintain their self-worth.

Don't threaten, preach, bribe, or punish - The past is the past and it's best left there. This is the time to focus on healing and the future.

Don't make emotional appeals - These could have the opposite of the desired result and instead of solidifying a commitment to sobriety could pile on feelings of guilt and inadequacy that turn a loved one back to drugs.

Tips for Helping Loved Ones through the Rehab Process

The rehab process can be a long and lonely one without loved ones to help a recovering drug abuser through it. Family members may have a difficult time coming up with the right ideas to pass the time and fill the silences that often arise. It's also important to know that all forms of recreation are beneficial to an individual in substance abuse rehabilitation. Here are a few helpful ideas.

Learning how to how to have a good time, enjoy oneself and socialize without the need for drugs and alcohol is a crucial aspect of living a life of sobriety.

- Play games together. Games are great because they take time to play and they keep the mind busy while being played. While board games are certainly a choice, ping pong and volleyball may even be even better recreation activity.

SOME PEOPLE GOING THROUGH REHAB EXPERIENCE INSOMNIA. FAMILY MEMBERS MAY NEED TO TAKE TURNS STAYING UP



MANY FAMILY MEMBERS WHO WANT TO BE INVOLVED AFTER DRUG REHAB DON'T HAVE ANY IDEA WHERE TO BEGIN

- Read aloud. Take turns if necessary. Whether it's an old favorite from childhood or a new and exciting story destined for the top of the best seller list, the time and the telling of the story will provide great memories and pass many long hours.
- Stay up all night talking. Some people going through rehab experience insomnia. Family members may need to take turns staying up in order to match the hours and maintain sanity, but it provides excellent companionship, helps ward off late-night cravings and is an important bonding opportunity.

Takeaway - More than anything else family members can do to support someone going through drug rehab, family members must remain positive about the future. The recovery process isn't going to be easy each and every step of the way. A positive attitude will help everyone work through the ups and downs to come.

Family Involvement "After" Drug Rehab

"Involvement of family and friends in supporting those in drug and alcohol rehabilitation is critical to the success of any recovery plan." -McLean Hospital

The path from addiction to recovery is one that is long and rocky. Family involvement often makes all the difference in the world to the person walking that path. It helps them feel as though they aren't walking the path alone. It gives them encouragement and the courage that's necessary to keep going when the going gets really rough. The problem is that many family members who want to be involved after drug rehab don't have any idea where to begin.

These are simple ways family members can become involved, and stay involved in their loved one's recovery after rehab is over.

LISTENING, WITH AN OPEN MIND AND HEART, SHOWS SUPPORT IN A WAY THAT NOTHING ELSE FAMILY MEMBERS SAY OR DO EVER WILL



THERE'S A FINE LINE BETWEEN OFFERING SUPPORT OR A HELPING HAND AND WHAT IS KNOWN AS ENABLING.

Listen - It's not always easy to listen. Sometimes, it's the hardest thing family members will be called upon to do in the recovery and rehabilitation process. However, the act of listening, with an open mind and heart, shows support in a way that nothing else family members say or do ever will. It's important for the family unit as a whole – especially the relationship between the person undergoing treatment for addiction and the family member(s) doing the listening.

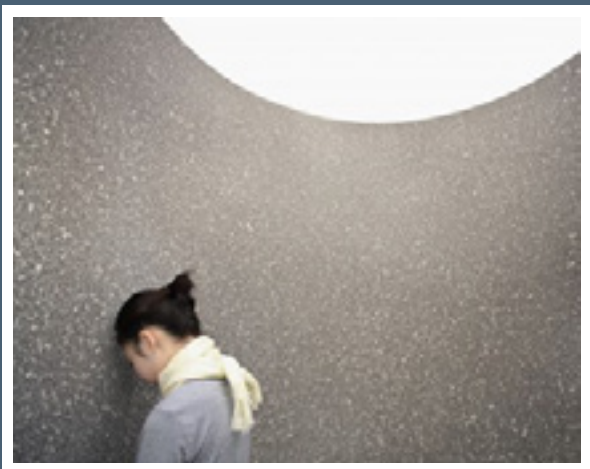
Help establish healthy living habits - A healthy body is extremely important for a lasting recovery. One thing every family member can do is work hard to ensure that the loved one recovering from addiction is eating regular, healthy meals and getting the proper amount of exercise. Whether it's taking turns inviting the loved one undergoing treatment over for dinner, stopping in with healthy care packages, or coming over with the occasional precooked healthy dinners; it's important for recovering addicts to eat well, eat on a regular schedule and enjoy good nutrition in the process.

As far as exercise, a great game of pickup basketball, a challenging Wii battle, or countless other opportunities exist to get up and move in the course of an evening. Take advantage of them when possible. The key is to work to keep a loved one going through rehab as active and energized as possible for a healthier state of physical and mental well-being.

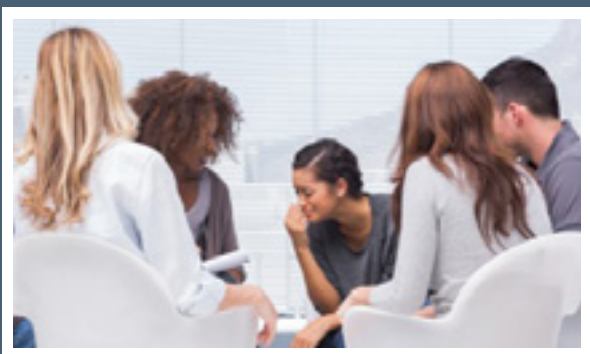
Establish healthy boundaries - It really is acceptable to say "no" to a person who is recovering from addiction. In fact, it's one of the healthiest things family members can do. There's a fine line between offering support or a helping hand and what is known as enabling. It serves no one, least of all anyone going through the rehabilitation process, to allow them to continue in the same patterns that were going on before rehab. In fact, it creates an atmosphere where relapse is much more likely to occur.



THE MOST COMMON IS THAT THE LOVED ONE WITH A HISTORY OF DRUG ABUSE BEGINS LYING, BEING SECRETIVE AND HIDING THINGS ALL OVER AGAIN



IT'S SO IMPORTANT FOR EVERYONE TO ATTEND GROUP MEETINGS



Know the signs of relapse - There are many signs of relapse. The most common is that the loved one with a history of drug abuse begins lying, being secretive and hiding things all over again. Other behavioral signs, according to HelpGuide.org, include unexplained financial trouble, sudden changes in friends and favorite hangouts, frequent fighting, sudden decrease of attendance or performance at school or work. Physical signs include slurred speech, decreased attention toward personal hygiene, and changes in appetite and or sleep patterns.

Help deal with cravings and relapse triggers - Cravings will come. It's a part of addiction that cannot simply be turned on and off. Having friends and family around when the cravings hit is a great way for people recovering from addiction to resist temptation and work through some of the more difficult aspects of recovery without feeling alone and overwhelmed. It's important to be there in an understanding, non-judgmental capacity when the cravings hit.

Another way family involvement helps after drug rehab is that family members are ideally positioned to be on the lookout for potential relapse triggers. These are the triggers that often lead recovering drug abusers into relapse. There are many different triggers but some of the most common include: associating with drug abusers, stress, loneliness, feeling isolated, boredom, failing to follow up with therapy, group meetings, etc., overconfidence, high expectations, self-doubt and depression. Watch carefully for these signs as family members are often the first ones to notice when something is amiss and can be the first lifeline to prevent relapse from taking place.

Attend support groups with loved one after rehab - Support groups are important for the entire family. Because addiction impacts the entire family, healing is deserved by one and all. Healing together with the assistance of people who have walked in the same, or very similar, shoes in the past can provide support for everyone involved and make the road all are walking feel less foreign and treacherous. That's why it's so important for everyone to attend group meetings such as Al-Anon and Nar-Anon meetings as a group as often as possible – especially during the early stages of recovery and rehabilitation.

REINTRODUCING A LOVED ONE, SOCIALLY, PROVIDES A NEW CIRCLE OF FRIENDS AND INFLUENCES THAT HAS THE POTENTIAL TO BE A POSITIVE FORCE



RELAPSE IS COMMON AMONG PEOPLE RECOVERING FROM DRUG ADDICTION



Help reintroduce loved one socially - Social situations are often particularly painful for a person going through the process of rehabilitation. An entire social circle has often become suddenly unavailable. This often leaves a gaping hole in the lives of those who are recovering. [Reintroducing a loved one, socially, provides a new circle of friends and influences that has the potential to be a positive force](#) in the recovery process now and to create lifelong friends for the future.

Consider tough love - As difficult as it may seem, sometimes a little tough love is the only way to get through to a loved one who is resisting rehabilitation and recovery or showing an interest in returning to the manipulative ways that were so common while abusing drugs. It's important to let the loved one know those actions won't fly anymore. It's possible to support the recovery while not allowing the person in recovery the opportunity to take advantage of that support, love and hospitality.

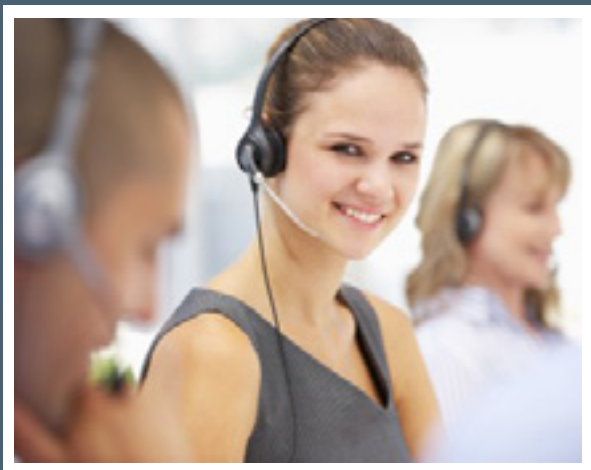
Take action if relapse is imminent - There are many different actions one can take at times such as this. Call their doctor. Call their sponsor. Call the entire family for a group intervention. Work to prevent relapse completely when possible. If a relapse occurs, make sure any medical help is rendered quickly and efficiently and that every effort is made to reinstate the loved one into a qualified rehab facility right away.

However, it's also important to understand that [relapse is common among people recovering from drug addiction](#). It may not be the desired path to recovery, but it doesn't always mean disaster for the recovery effort either. Remain supportive and loving and it will make a world of difference throughout all recovery efforts.

Final Thoughts - There are few greater gifts that a family member or friend can give to a loved one suffering through substance abuse addiction than helping them to receive the proper treatment for their addiction. While getting a loved one into substance abuse addiction rehabilitation treatment and committing to a life of sobriety is filled with challenges and struggles, it a struggle more than worth having.



TAKE THIS DRUG REHAB FAMILY
SUPPORT AND INVOLVEMENT
GUIDE TO HEART



CONTACT US TODAY AT
888-957-3422
TO LEARN MORE

Take this Drug Rehab Family Support and Involvement Guide to heart and put its advice into practice. It may be a difficult step, but it's a necessary first step in helping a family member or loved one be successful in overcoming a lifelong recovery from substance abuse and addiction.

The [DrugRehab.org](https://www.drugrehab.org) referral service is a resource to help you support a family member or loved one with the most effective substance abuse treatment plan for a life of sobriety.

Contact us today at [888-957-3422](tel:888-957-3422)