



ADDICTION SUPPORT GUIDE

Understanding the family's role in addiction treatment
can help your loved one find recovery.

866.753.0792

futuresrecoveryhealthcare.com

According to the National Institute on Drug Abuse (NIDA), substance abuse costs more than \$740 billion every year in the area of crime, job productivity loss and health care. The cost for families, however, can feel infinitely more devastating. Addiction causes financial, mental, emotional and even physical stress to those surrounding an individual in the thralls of substance abuse. Frustration, resentment, confusion and sadness are but a few emotions family members may experience when a loved one is struggling with an addiction.

If unsure how to best help a family member dealing with addiction, Futures Recovery Healthcare is here to help individuals and their loved ones. We specialize in providing help for families of addicts. We've witnessed firsthand how crucial family support is in all stages of treatment and the long-term recovery process.

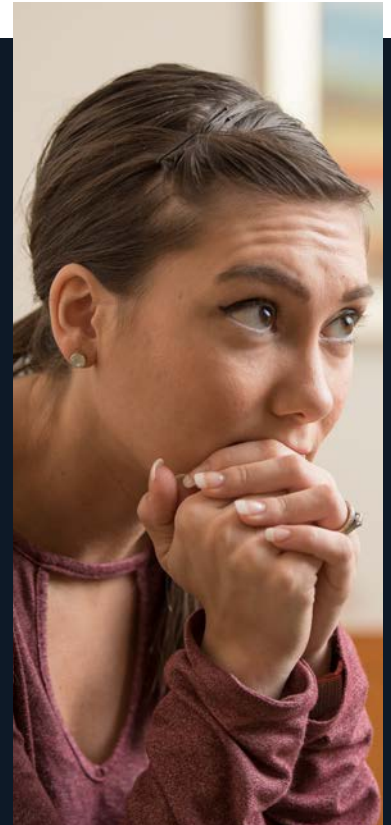
UNDERSTANDING ADDICTION AS A FAMILY MEMBER



One of the best beginning steps to take is to become educated about the signs and symptoms of addiction, and learn as much as possible.

The following scenarios may indicate that a loved one is developing or has already formed an addiction:

- **Excessive Use** – A person continues to drink or use drugs with greater frequency, for longer periods of time and in larger quantities.
- **Dangerous Situations** – Safety is no longer a priority and an individual finds himself/herself in increasingly dangerous situations or engaging in high-risk behavior.
- **Isolation** – An individual withdraws from family & friends and discontinues activities he/she used to enjoy.
- **Neglects Responsibility** – Jobs, family and financial commitments, and responsibilities are neglected or discontinued.
- **Secrecy** – A person avoids people, places and events in addition to physically hiding drugs and/or alcohol.
- **Alterations to Physical Appearance** – Personal hygiene, wardrobe and overall appearance are not what they usually are.
- **High Tolerance** – Greater quantities of drugs/alcohol are required for a person to receive a “buzz” or “high”.
- **Withdrawal Symptoms** – When an individual ceases using a substance, he/she experiences negative physical, mental and emotional consequences including violent hangovers, extreme mood swings, convulsions, hallucinations and more.
- **Continued Use** – A person continues to use substance(s) despite negative physical, emotional and mental consequences, including DUI's, DWI's, loss of employment, and relationships.



“...THE THERAPISTS, NURSES, CASE MANAGERS AND RESIDENT ASSISTANTS MADE ME FEEL CARED FOR AND SAFE WHEN I WAS GOING THROUGH SUCH A SCARY TRANSITIONAL PERIOD IN MY LIFE.”

– CHRISSI W.



HOW TREATMENT WORKS



Treatment and options can be confusing, but by learning how the addiction treatment process works, families can be better prepared for what's to come and enable them to provide healthy support to a loved one who is struggling. For example, at Futures we offer help to individuals that not only need to address a substance use disorder, but also those that face the challenge of a co-occurring disorder (ADD, Anxiety, Bipolar Disorder, Depression and OCD). In addition to recognizing that residential treatment is the first step in a lifelong process of recovery, an important aspect of addiction treatment to understand is the application of comprehensive therapeutic care. As an additional aspect of help for families of addicts, Futures offers Family Education that can help family members better understand what a loved one is experiencing. First and foremost, we help families of clients recognize that their loved one's addiction is not their fault. Addiction usually involves many layers and creates numerous familial complications. We can help guide clients and their families how to understand this process, help promote healing, and enable family members to support their loved one in the most healthy, productive way possible.

Call Future's to learn more about how we can specifically address the needs of your loved one: 866.753.0792

STEPS OF THE ADDICTION REHAB PROCESS

The specific steps of a person's addiction rehabilitation process will vary according to the type of addiction, the treatment plan used, and the individual seeking rehab. However, all recovery processes tend to share certain key elements:



Intake

Introduction to the care team and mental and physical health assessments.



Detoxification

A medical team works with the client to safely remove drugs and alcohol from your body.



Rehabilitation

Identify and address the core issues driving the addiction and learn new coping skills.



Aftercare

Develop a plan to maintain and motivate continued sobriety after attending rehab.

The journey to a healthy, sober life is not a quick and easy one. It is a lifelong commitment of dedication and hard work. Like any journey, the road to sobriety begins with simple steps forward.

ENCOURAGING TREATMENT



Treatment and options can be confusing. Here are some of the key actions you can take to support your loved one:

Seek Outside Help

Addiction is not the fault of the family. It is, however, critical for an individual with an addiction to seek outside help. Although treatment isn't the only way to address addiction, there are multiple advantages in doing so – especially for families who have had difficulty providing healthy support to their loved one.

Avoid Enabling

Many family members unwittingly encourage their loved one's addiction, which allows them to continue down a path of self-destruction. This kind of encouragement is known as enabling. This often takes the form of providing financial loans, fixing mistakes that were caused by the substance abuse, and shielding the family member from negative consequences. Although family members may feel they are being supportive through these actions, they are allowing the disease of addiction to continue to control the life of their loved one. Rather, families must learn to focus on addressing the actual problem – the addiction itself – rather than symptoms.

Consider an Intervention

Intervention is one option that can help prevent or disrupt a pattern of enabling. An interventionist utilizes structured conversations in order to break through the denial and encourage loved ones to seek help. If you hold an intervention, your loved one is more likely to enter treatment. There are various tried and true techniques for holding an intervention, and it is often most helpful to consult a professional interventionist.

A professional interventionist is skilled and trained in:

- Helping an addict's family understand how to approach/discuss substance abuse with a loved one in need of help.
- Timing an intervention – knowing whether a surprise intervention or telling the person about the intervention ahead of time would be best.
- Planning an appropriate location in which to hold an intervention (home, therapist's office or other private space).
- Acting as a neutral mediator to help keep intervention conversation from being confrontational, off topic and/or emotionally elevated – such as sticking to "I" statements rather than "you," or statements that can feel accusatory or attacking.
- Educating families about the best addiction treatment centers for the family member should he/she accept help, and what to do should assistance for treatment be denied.
- Reviewing techniques in letter writing — guiding family members in appropriate verbiage to use, avoiding confrontational or resentful language.
- Intervention is never a guarantee that a person with an addiction will accept help for his/her substance abuse issues. If a person denies help following an intervention or during the early stages of treatment, do not give up hope, as this happens often and should not be looked at as a failure, rather a bump in the road to recovery.

To get help with an intervention, or if you have any questions, call Futures today.

866.753.0792



“...MINDFUL BASED INSTRUCTION, ONE ON ONE MEDITATION, PERSONAL TRAINING AND HEALTHY EATING REJUVENATED MY MIND AND BODY. THEY HELPED ME WITH AN INCREDIBLE AFTER CARE PLAN THAT HAS HELPED ME STAY SOBER AND LOVE A NEW WONDERFUL LIFE...”

– TIM F.



“I REMEMBER WALKING ON THE BEACH, FEELING THE SAND UNDERNEATH MY FEET, THE WATER RISING TO MY KNEES AND STARING OFF AT THE BOATS ON THE HORIZON... AND IT HIT ME...I’VE NEVER FELT LIKE THIS BEFORE. CLEAR HEAD, CLEAR HEART, THE SUN WARMING MY FACE AND BEING ABLE TO ACTUALLY SMELL THE AIR..”

– VINCENT J.

THINGS ONE CAN DO FOR THEMSELVES WHILE HELPING A PERSON WITH AN ADDICTION



Taking Care of Yourself

If and when a loved one accepts help for his/her addiction, family members can still feel lost. What comes next? Is there anything family members can do to help? Yes! In fact, research has demonstrated that clients who receive support from family members during treatment have experienced a significantly enhanced recovery process.

Here are some ways to be of support to a loved one during the initial stages of treatment – and to encourage long-term recovery:

- **Cultivate a supportive environment at home:**
avoid name calling, accusations, and judgment.
Also avoid drinking and other drug use in the home.
- **Take part in researching the best treatment options.**
Try to find a program that removes all negative influences throughout the entire treatment. Look for a center that is well-respected and has a history of success. Also look for a program that includes after-care planning, which is essential for success.
- **Don't give up.** Even if he or she has been to treatment before, it's important to avoid losing hope of recovery.

Throughout the process, it is vital to take care of the mind and body. All too often, time, energy, and efforts are constantly expended on the individual with the addiction, while those surrounding him/her can become deprived of necessities like sleep, routine, healthy diet, exercise, and personal enjoyment.

Help is available – accepting help for yourself, shows the loved one that no one is above getting help, and you will be stronger and more capable of offering better support for a loved one when healthy and rested. Try not to blame anyone for a loved one's predicament. Addiction is a disease of the mind and body.

Set Boundaries

Perhaps of utmost importance: set boundaries! Setting appropriate boundaries helps prevent enabling, resentment and misunderstanding.

For example:

If a loved one says no to help and/or treatment, anticipate what consequences should be put in place, whether the loved one will have to move out, or be cut off from financial support.

Try to make sure family members are on the same page; if it's greed that financial support is out of the picture, the individual with addiction won't get a different answer from other relatives.

Staying positive is important, as is connecting with others who have been in a similar situation. You can do this by joining a support group or community for family members of addicts such as Nar Anon or Al Anon. Books and or articles written by loved ones of addicts are available to provide an additional perspective.

Additionally, schedule private therapy sessions for yourself. Look for a therapist or psychologist familiar with addiction and how it affects families. And finally, do best to keep expectations in check. Recovery is a lifelong process, one that can come with many ups and downs. You are not responsible for your loved one's long-term recovery, he/she is.

Family Counseling

There are a number of risks for the entire family during addiction and treatment. The combination of an addict's behavior combined with any number of family dynamics can result in:

- Family disintegration
- Feelings of helplessness or an inability to cope
- Inconsiderate comments from others
- Social isolation
- Financial losses
- Mental health or substance abuse issues in other family members

In any of the scenarios listed above, family counseling can be extremely beneficial. A professional can help family members navigate the complex feelings and situations experienced in their own type of recovery.

WHAT TO EXPECT WHILE A LOVED ONE IS RECEIVING CARE



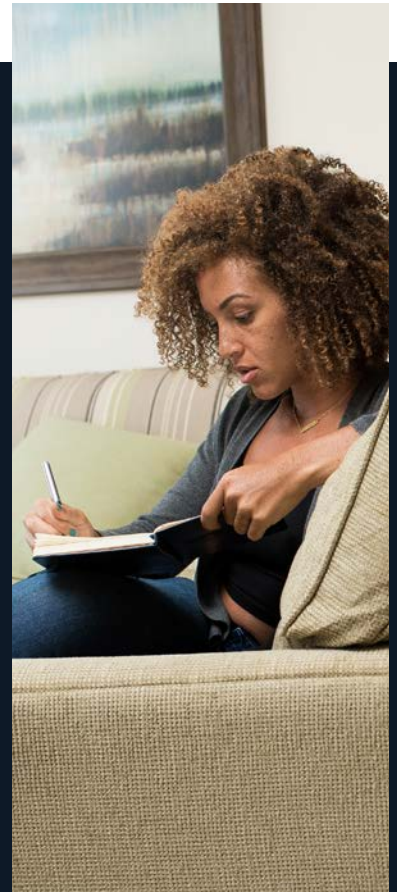
Prior to admission families will receive a comprehensive overview of our program along with a schedule of daily therapies and activities. We encourage family members to review the information as a family and ask questions, all while the client's confidentiality is maintained. Admission counselors are available 7 days a week to answer questions and will send a list of what clients should bring before the admission date.

During admissions, family members are always welcome to accompany the client during the admissions process. We will explain the program in greater detail and answer any questions. During the admissions process, family members are welcome to tour our facilities.

1. During Treatment

Our residential programs typically last a minimum of 30 days. Ultimately, total length of treatment will vary depending on the severity and longevity of the addiction, as well as overall physiological condition of the client. Our admissions team can also discuss our stabilization program for shorter lengths of stay or our extended program when a longer stay is needed.

Throughout this time, family members receive regular communication and updates from Futures. Clients may use cell phones and laptops at designated times after the initial 10 days of orientation, provided they do not interfere with treatment. Special accommodations can also be discussed prior to admission for those who may need phone or computer access for unique business or family needs.



“FUTURES IS DEFINITELY LIFE CHANGING! MY EXPERIENCE AT FUTURES WAS PHENOMENAL. I COULDN'T HAVE ASKED FOR A BETTER GROUP OF PEOPLE. THE STAFF IS JUST AMAZING. MY FUTURES FAMILY WILL STAY WITH ME FOREVER.”

– NORA M.

2. Family Program

Additionally, each Futures' client and his/her family can participate in the 2-day family intensive program.

Studies have shown that the more involved family is, the more effective the treatment will be. So, we encourage participation in family therapy sessions and the treatment process. The time spent together allows individuals and their families to learn to amend destructive family behaviors.

3. After Treatment

Most clients rely on family support to help stay on track after returning home from treatment. Family members can provide support by remaining available and understanding and listening to a loved one's feelings and thoughts. They can help direct focus/conversation on the positive things in life, and also provide praise for a loved one's strengths and abilities in areas of life that are unrelated to treatment.

Encourage loved ones to attend support groups and to call his/her sober support when pressure or stress arises. These support groups will help the person in recovery to avoid old habits. It can also be helpful to talk to a loved one about their comfort levels and what can be done to support them. For example, don't assume that drinking around them will be okay just because alcoholism wasn't his/her substance of choice.

Ask other family members to help check in when you're unavailable to do so. Be cognizant of relapse triggers, sometimes call "red flags." Be on alert regarding emotional events or situations that may drive the recovering loved one back to substance abuse. In these moments, offer extra support and enlist the help of other friends, family, and/or professionals if necessary.

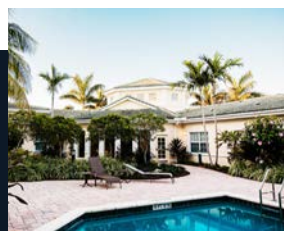
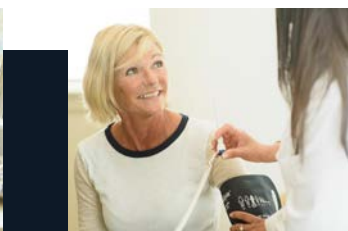
THE TREATMENT PROGRAM AT FUTURES



Futures embraces the complexity of addiction and co-occurring mental health disorders to empower recovery and improve outcomes through evidence-based practice, coordinated care, and mission-driven culture.

Futures focuses on care quality and patient experience. Futures employs licensed clinicians experienced in treating individuals and families. The Futures management team fosters a positive patient-focused environment, prioritizes patient dignity and treatment efficacy, and strives to be exceptional contributing members of the treatment field.

Futures combines time-tested evidence-based therapies with innovative approaches. The program was among the first to integrate physical therapy into all patient care plans to address underlying pain and improve overall physical health. By developing specialized treatments for trauma, eating disorders, and underlying pain, Futures can better address drivers of addictive disorders. Futures adapts to the changing needs of its patient populations and to advances in addiction medicine to remain highly effective. The program uses measurement-based care to optimize individual and operational outcomes continually.





Have Questions?

Contact Futures Recovery Healthcare today for guidance.

866.753.0792

futuresrecoveryhealthcare.com