

**TO WHAT EXTENT DOES
FAMILIAL SUPPORT
FACILITATE SUBSTANCE
USE RECOVERY**

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The background of the quote is a dark, atmospheric forest scene. Sunlight filters through the trees, creating a hazy, ethereal glow. In the distance, a person is standing, their figure slightly blurred, looking towards the viewer. The overall mood is somber and contemplative.

"Addiction is a
family disease.."

"One person may use,
but the whole
family suffers."

Shelly Lewis

*IdentifyProject.org
12StepPlanet.com*


SUBSTANCE USE & RECOVERY:

- The family disease model views substance use disorders as a **disease** that affects **both** the person using substances as well as others in the **family**.
- Just as the person with substance use problems makes efforts to establish his recovery, family members also need to work on their recovery.




DEFINING FAMILY:

 Different cultures and belief systems influence definitions, and since these change over time, definitions are never static.

 **Traditional families:** including heterosexual couples (two parents and minor children all living under the same roof), single parents, and families including blood relatives, adoptive families, foster relationships, grandparents raising grandchildren & stepfamilies.

 **Extended families:** include grandparents, uncles, aunts, cousins & other relatives.

 **Elected families:** which are self-identified and are joined by choice and not by the usual ties of blood, marriage, and law. For many, the elected family is more important than the biological family.

Examples would include:

Godparents and other non-biologically related people who have an emotional tie

Gay and lesbian couples or groups (and minor children all living under the same roof)

 The idea of family implies a **long-term involvement on an emotional level**

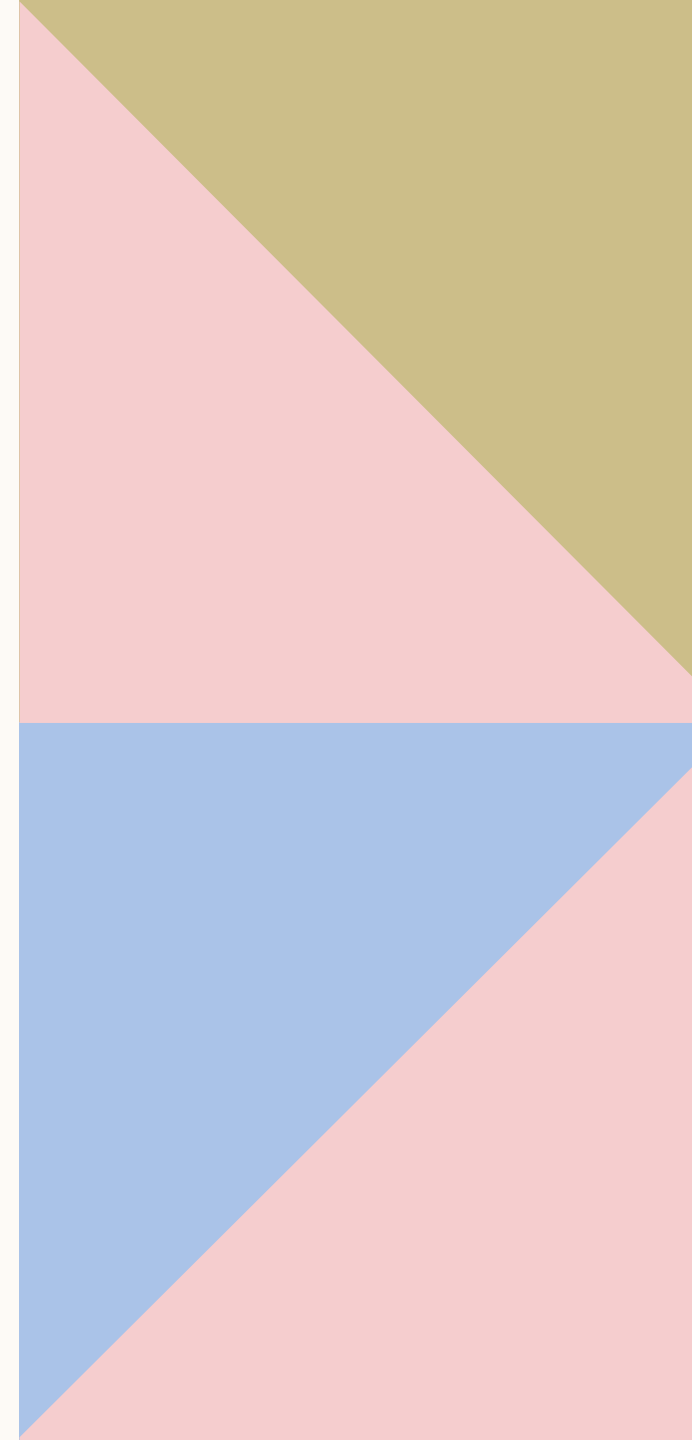


CONCEPT OF A FAMILY FOR THERAPEUTIC INTERVENTIONS:

- Anyone who is instrumental in providing support, maintaining the household, providing financial resources, and with whom there is a **strong and enduring emotional bond** may be considered family for the purposes of therapy.
- ‘Group of people with common ties of affection and responsibility who live in proximity to each other’ (Sargent, 1983).

WHY INVOLVE FAMILIES IN MANAGEMENT OF SUDS?

- ❑ Family dysfunction can precede substance use or develop as a result of substance use, and families need help.
- ❑ Unaddressed family issues can act as barriers for recovery and trigger relapses.
- ❑ Interventions reduce conflicts and violence, improve communication and increase cohesion.
- ❑ Family's strengths can add to the recovery capital.



INTERVENTIONS TO SUPPORT FAMILY MEMBERS:

Recovery is a process for the family and they need help after the family member with SUD engages in treatment. Access to help on a less intense basis or during crisis after completion of treatment needs to be made available to the family members.

Even if the family member persists in the use of substances, family members can work on their recovery when support is available.

Limited research available: Intervention for affected family members

The influence of family member recognized, however lack of focus on family member processes / impact by substance user

Current support groups:

Al-anon, Nar-Anon, CoDA, ACoA

Individual or couples therapy

EFFECTIVENESS OF FAMILY INTERVENTION IN SUD TREATMENT:

- Family involvement in recovery is said to play exacerbating or protective role in the journey of SUD recovery.
- Involving families facilitates treatment entry, increases treatment retention, reduced relapses and improved family and social functioning.
- Cost of providing family therapy to treat SUD was lesser than individual and mixed therapy (Morgan et al, 2013).
- Addressing family dysfunction can act as a preventive agent and dissuade substance use of other family members.



EFFECTIVENESS OF FAMILY INTERVENTION IN SUD TREATMENT:

- Families may change their **routines, interactions, and roles** when a family member has a SUD - often to keep their loved one safe or healthy. These shifts in the family system may endure after the SUD member achieves sobriety and contribute to the individual's long-term recovery outcomes. (Shumway et al., 2019; Wegscheider-Cruse & Cruse, 2012).
- When loved ones seek recovery from SUDs, family members must again **adapt** to meet the loved one's new recovery status.
- Studies of family dynamics across the lifespan indicate that family play important, **ongoing supportive roles** in loved one's care and wellbeing, providing **instrumental and emotional support** (for example, **pragmatic resources including finances, housing, and other tangible supports** as well as the **positive, nurturing exchanges that illustrate emotional support, particularly in times of increased stress** (Antonucci et al., 2011; Gilligan et al., 2017).

WHAT WORKS:

Bolstering positive interactions and supportive, open communication is well-documented as a meaningful mechanism for supporting positive outcomes among substance using adolescents and young adults (Russell, B.S. et al, 2022)

Family members helped in a variety of important ways (for example, caring for their children, providing transportation, and financial support).



RECOVERY WITHIN THE FAMILY:

- When the family member with SUD stops using substances this does not automatically lead to recovery of the family.
- Family members need to accept responsibility for their recovery and make changes.
- Family members can improve quality of life even if substance use continues – work towards physical, psychological and social well-being.
- Recovery is a process.

FAMILY INVOLVEMENT IN SUD RECOVERY:

Families involved in all phases of SUD treatment:

A. Prior: Facilitate treatment entry

B. During SUD treatment:

- Receive services for their personal growth
- Participate in treatment to provide support

C. After SUD treatment:

- Continue to provide and receive support for recovery.

FAMILY SUPPORT FOR RECOVERY:

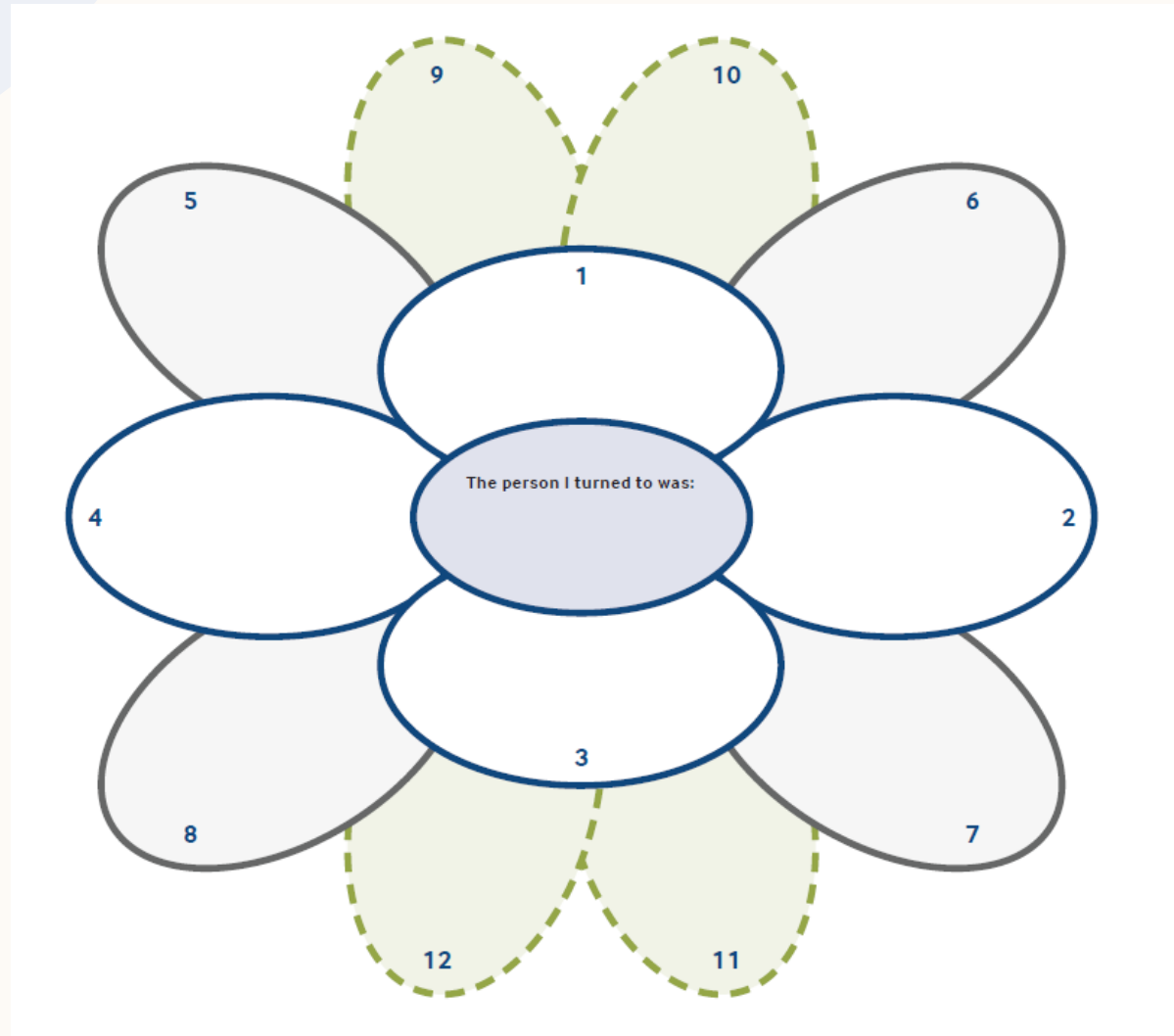
- Family is a cost-effective support system that can work 24 X 7 all around the year.
- Encourage family member with SUD to adhere to the continuing care plan.
- Intervention after a lapse can prevent escalation to a full-blown relapse.
- Motivate clients to access help when guilt is high and hope is low after a relapse.
- Family members can focus on their growth irrespective of the recovery status of the client in SUD treatment.



APPROACHES TO FAMILY INTERVENTION:

- 1. Family involvement in treatment/therapy:
 - Involves one or more members of the family unit.
 - Individual and/or group sessions and self-help group facilitation provided.
 - Focus on change in the individual family member.
- 2. Family therapy:
 - Works with the family unit as a whole to bring about change ‘within the family’
 - Requires high level of skill and most often not feasible.

TEACHING FAMILY'S TO BE A GUIDE ON THE SIDE:



THANK YOU!