

Substance Use Recovery and Prevention For Families In Treatment

a guide for therapists, clients, and families



Recovery and Prevention

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New England (HHS Region 1)

PTTC

Prevention Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration

New England PTTC

Acknowledgement

This product is developed by Pamela Mulready under the 2023 New England Prevention Technology Transfer Center (PTTC) Research and Design (RAD) Fellowship Program. The New England PTTC and this program are supported by SAMHSA of the U.S. Department of Health and Human Services (HHS). The contents are those of the author and do not necessarily represent the official views of, nor an endorsement, by SAMHSA/HHS, or the U.S. Government. SAMHSA Cooperative Agreement #5H79SP081020-05.

About the Author

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Pamela Mulready, MS, LPC, LADC, RSS has worked in behavioral health direct care as well as in the fields of prevention and recovery support. She specializes in providing trauma-informed therapy for individuals with co-occurring substance use and mental health conditions. She has also worked as a clinical supervisor in multiple settings and has provided support to teams of therapists facilitating Intensive Outpatient Programming. Pam has been employed as an Alcohol and Other Drug Education Specialist in multiple collegiate communities and currently works in a nonprofit setting in both the fields of recovery and prevention. She is passionate about promoting mental health and substance recovery supports/resources, particularly for the young adult population. Pam enjoys witnessing others cultivate joy and meaning in their lives through the process of engaging in peer recovery support communities.

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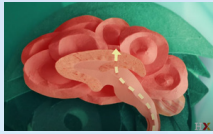


Learn about Substance Use Disorders

VIDEOS:



[Why are Drugs so Hard to Quit?](#)



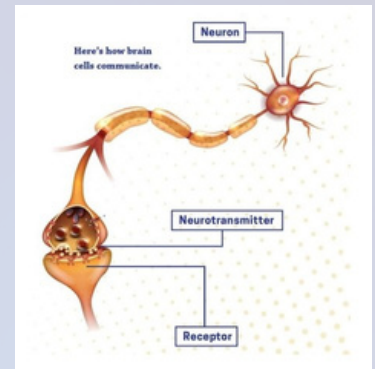
[Susan's brain: The science of addiction](#)



[This is your brain on drugs](#)

WEBSITE:

[Drugs, Brains, and Behavior: The Science of Addiction](#)
[Drugs and the Brain](#)



Learn about Substance Use Disorder Treatment

WEBSITE LINKS:

[Treatment for Alcohol Problems: Finding and Getting Help](#)

[SAMHSA: Find Support/Types of Treatment](#)

[NIAAA ALCOHOL TREATMENT NAVIGATOR® TOOLKIT](#)

[Drugs, Brains, and Behavior: The Science of Addiction Treatment and Recovery](#)

PDF:

[Levels of Clinical Care](#)

[Treatment for Alcohol Problems: Finding and Getting Help](#)

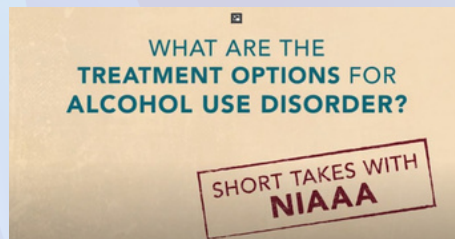
[From Preparation to Action: Initiating Change](#)

Learn about Medications That Help With Substance Use Disorder

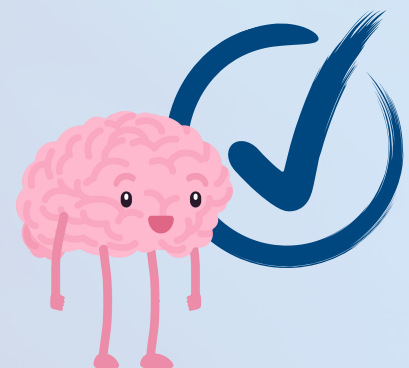
VIDEOS:



[Medications for Opioid Use Disorder](#)



[Short Takes With NIAAA: What Are the Treatment Options for Alcohol Use Disorder?](#)



WEBSITES:

[Mental Health America: Medications](#)
[Medications | NAMI](#)

PDF:

[Decisions in Recovery: Treatment for Opioid Use Disorder](#)

Learn about Mental Health And Mental Health Resources

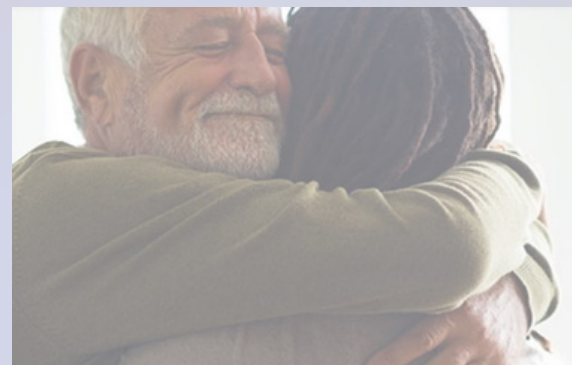
WEBSITE LINKS:

[MHA: Finding the Right Clinical Mental Health Care For You](#)

[DBSA: Treatment Options](#)

[NAMI: About Mental Illness](#)

[NIMH: Brochures and Fact Sheets](#)



Learn about Substance Use Disorder Resources For Families And Family Members

VIDEO:



[Information impacts action: Debunking myths about the family and recovery.](#)



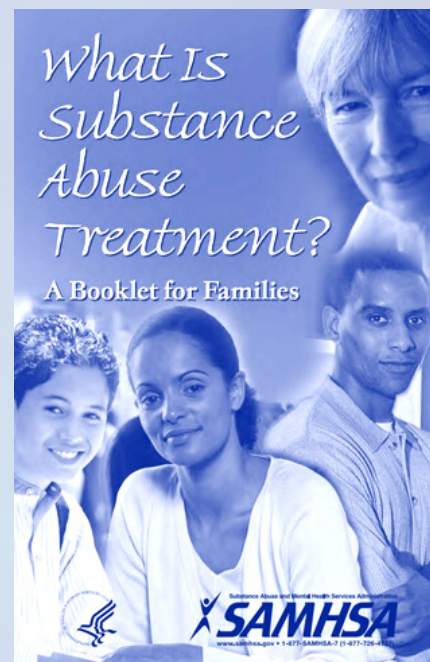
WEBSITES:

[Patient and Family Resources | Resources | Grayken Center for Addiction TTA | Boston Medical Center](#)

[Recovery Research Institute: Guide for Family Members](#)

PDF:

[SAMHSA: What is Substance Abuse Treatment](#)



Learn about Treatment for Families

WEBSITES:

[NIMH: Psychotherapies](#)

[Psychology Today: Health, Help, Happiness + Find a Therapist](#)

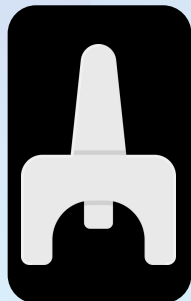
[Family Therapy: Effective Child Therapy](#)

[SAMHSA: Family Therapy Can Help: For People in Recovery From Mental Illness or Addiction](#)

[NIMH: Children and Mental Health: Is This Just a Stage?](#)

[Call 211 for Essential Community Services](#)
[Family Therapy: What is it, Techniques & Types](#)

Learn about Naloxone/Narcan



VIDEOS:

[How Naloxone Saves Lives in Opioid Overdose](#)

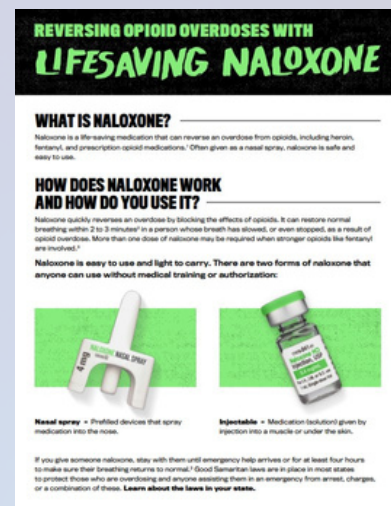
[How To Use Naloxone/Narcan](#)

PDF:

[Reversing Opioid Overdoses with Lifesaving Naloxone](#)

WEBSITE:

[NEXT Distro: An online and mail-based harm reduction service](#)



Learn about Resources for Difficult Experiences and Associated Emotions

WEBSITES:

[National Domestic Violence Hotline](#)

[Common Humanity Meditation](#)

[CDC: Fast Facts: Preventing Intimate Partner Violence](#)

[MedLinePlus: Learn to manage your anger](#)

[NIMH: Coping With Traumatic Events](#)

[Learn to manage your anger: MedlinePlus Medical Encyclopedia](#)

[SMART: Reducing Anger in Addicton Recovery](#)



Learn How to Quickly Find Help For Yourself Or Your Loved Ones

WEBSITES:

[Crisis Text Line](#)

Call or text 988 or chat 988lifeline.org

Call SAMHSA's National Helpline 1-800-662-4357

Home - FindTreatment.gov



Learn About Peer Recovery Meetings

WEBSITES:

- [Alcoholics Anonymous](#)
- [Narcotics Anonymous](#)
- [SMART Recovery](#)
- [Celebrate Recovery](#)
- [Women for Sobriety](#)
- [The Phoenix: National Sober Active Community](#)
- [Recovery Dharma](#)
- [Moderation Management](#)
- [Faces and Voices of Recovery](#)
- [Depression and Bipolar Support Alliance](#)
- [National Alliance on Mental Illness](#)



Learn About Family Peer Recovery Meetings

WEBSITES:

- [Al-Anon Family Groups](#)
- [Nar-Anon Family Groups](#)
- [SMART Recovery Family & Friends](#)
- [Celebrate Recovery](#)
- [Learn to Cope - Addiction & Recovery Support Network](#)
- [Helping Families Help](#)
- [Families Anonymous](#)
- [Alateen - Al-Anon Family Groups](#)
- [Narateen - Nar-Anon Family Groups](#)
- [Adult Children of Alcoholics & Dysfunctional Families](#)
- [Parents of Addicted Loved Ones](#)
- [NAMI Family Support Group](#)



Learn New Patterns And Skills that Support Overall Family Wellbeing

PDFS:



WEBSITES:

[SMART Recovery - Family & Friends Kindle Resources](#)

[NAMI - Family Support Group](#)

[Al-Anon Family Groups](#)

[Helping Families Help: What is CRAFT?](#)

[SAMHSA - Families Conversation Guide](#)

[SAMHSA - Families Family Support Guide](#)

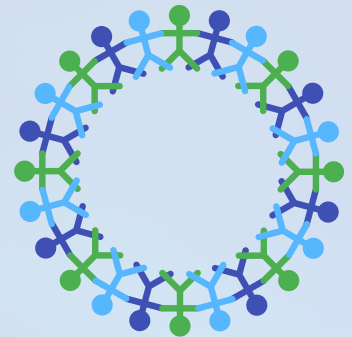
Learn About Community Resources



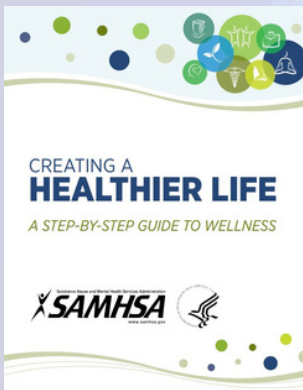
VIDEO:
[211 Guiding Light PSA](#)

WEBSITE:

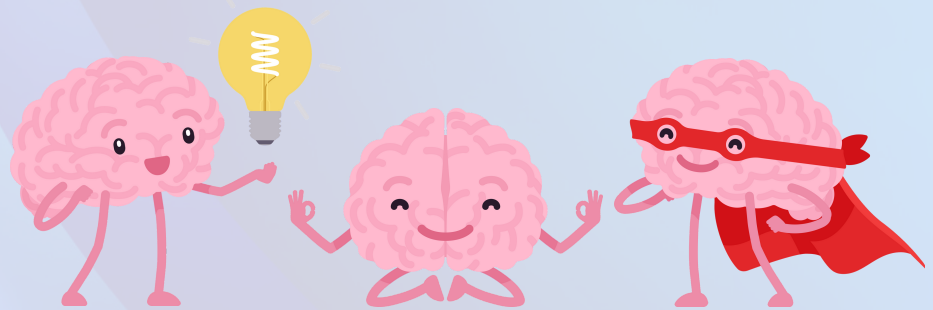
[SAMHSA: State Agencies - FindTreatment.org](#)



Learn to Focus On Recovery Holistically



PDF:
[Creating a healthier Life: A Step-by-Step Guide to Wellness](#)



Learn About Medication and Substance Safety In A Household

VIDEOS:



[Up and Away Parent Testimonial](#)



[Cannabis edibles can poison children](#)

WEBSITES:

[SOCIAL MEDIA Drug Trafficking Threat](#)



[Up & Away | Put your Medicines Up and Away and Out of Sight of Children](#)

[Candy Poster and Other Posters From Up and Away](#)

Learn About Cannabis

WEBSITE:



[NIH: Cannabis \(Marijuana\) Research Report Is marijuana addictive?](#)



VIDEO:
[Effects of Cannabis \(Marijuana\) on Adolescent | Dr. Andrew Huberman](#)

Learn About Vaping/Nicotine Information and Resources

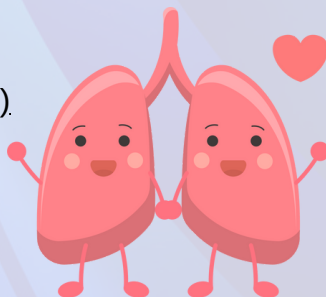
VIDEO:

[Pediatricians' Overview of Vaping Resources Available to Address E-Cigarette Use in Youth](#)

[Nicotine Replacement Therapy \(NRT\)](#)

PDF:

[Talk with Your Teen About E-cigarettes: A Tip Sheet for Parents](#)

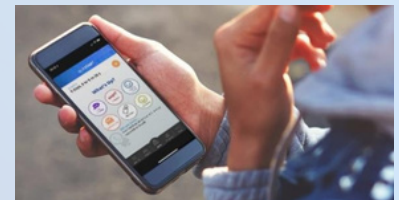


WEBSITE:

[FDA: How to Talk to Kids about Vaping Risks](#)

[Become A Smokefree Teen](#)

[CDC: Smoking & Tobacco Use, How to Quit For Any Age: The quitSTART free smartphone app](#)



Learn About Ways To Be A Protective Factor

VIDEO:



[New "Talk. They Hear You." Campaign Mobile Application](#)

WEBSITES:

[Decision Balance Worksheet](#)

[Parent & Caregiver Resources](#)

[Prevention Tips for Every Age](#)

[Ways to Engage in Your Child's School to Support Student Health and Learning](#)

[Free Download: 40 Developmental Assets© in English and Spanish](#)

[CDC: Parental monitoring](#)



Learn About Information and Treatment Resources About Youth Substance Use

WEBSITES:

[How worried should I be about my child's drug use?](#)

[Treatment & Recovery: Creating A Plan](#)

[Resources for Families Coping with Mental and Substance Use Disorders](#)



[SAMHSA's National Helpline](#)

VIDEO:

[Think A Family Member Has A Substance Use Disorder? Talk to Them :30](#)

Learn About Family Peer Support For Youth Substance Use

WEBSITES:

[SMART Recovery Family & Friends](#)

[Help-Hope-by-Text](#)

[Meetings for Parents Who Are Concerned About Their Young Person's Substance Use](#)



[Families Anonymous](#)

[Parents of Addicted Loved Ones | Support Group for Parents, Spouses, Family of Addicted Loved One](#)

[Helping Families towards Recovery](#)

[Why You Should Talk With Your Child About Alcohol and Other Drugs](#)

VIDEO:

[Peer-To-Peer Parent Support If Your Child Struggles With Addiction](#)

Communication:

Why are words so important? What difference does it make how something is said? How is it possible that the listener receives a different message than the speaker intended?

People in families coping with substance use disorders often feel guilty, angry, hurt, and defensive. These feelings can affect seriously the way family members communicate with one another. Negative patterns of interaction often become automatic. Changing these patterns can be difficult for family members.

However, understanding that positive communication involves skills that can be learned is an important first step in improving family relationships. To learn new ways of talking to other family members and to avoid blaming and arguing, consider the following communication issues.

Listen to yourself when you are talking to determine whether you are falling into any of these communication traps.

1. Are You Assuming?

If you believe something to be true without having all the facts, be sure to ask for more information before you react.

2. Are You Hinting?

Ask clearly for what you want or need and try to accept that your request may not be granted.

3. Are You Giving Double Messages?

Know that facial expressions or body language often convey a message that differs from the speaker's words. Be aware of your own and others' nonverbal cues.

4. Can You Admit a Mistake?

Accept that being understood is more important than being right. Begin to understand each other; do not resort to a power struggle.

Communication, continued

5. Do You Use “I” Statements?

Be aware that the tendency to blame and to argue can be stopped if both parties speak clearly from their own experiences and feelings. Begin sentences with “I,” and follow it with descriptions of your own feelings to avoid blaming and arguing with family members. Paying attention to these issues helps families improve their communication. Clear, positive interactions allow people to increase self-esteem and confidence and pave the road to committed, trusting relationships. Recovery from substance use disorders is a difficult process for both people in recovery and their family members. Positive and trusting family relationships support everyone in the recovery process.

When communicating with family members:

Be Polite

Use the same courteous words and tone you would use with a stranger or a coworker. Be aware that “please” and “thank you” can go a long way toward improving family relationships.

Express Positive Feelings

Let other people know what you like about them and the things that they have done. Focus on successes as much as on things that are not going well.

Determine the Importance of an Issue Before Complaining

Ask yourself whether something is worth complaining about. Complain only about things that matter.

Choose an Appropriate Time

Choose settings and times that are conducive to a positive discussion. Don't bring something up when either of you is angry or doesn't have the time to discuss it.

When communicating with family members, continued

Have a Goal in Mind

Ask yourself, “What am I trying to achieve? What am I looking for? Why do I want these changes? Are they reasonable and achievable?”

Be Specific About Your Complaints

Focus on one thing at a time. Have a specific example of the problem. Be prepared to tell family members precisely what you would like them to do differently. Stay focused, avoid saying “You always...,” and don’t bring up other problems.

Request Changes Positively

In a positive way, tell people what is bothering you and what you would like changed. Avoid criticisms, put-downs, and assumptions about motives.

Use “I” Statements

Be aware that saying “I get worried if you don’t call when you’ll be late” leads to a calmer discussion than the statement “You never call when you’re late; you’re so inconsiderate.”

Compromise

Be prepared to discuss solutions that can work for both of you. Don’t declare ultimatums or dismiss the other person’s ideas.

Do Something Nice

Work on your family relationships and help improve communication by doing something nice for other family members. Without being asked or without a special reason, do something that a family member would like or find special. Do it without expecting something in return.

Source: Counselor’s Family Education Manual: Matrix Intensive Outpatient

- **Recovery: A Family Guide**

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