

FAMILIES AND ADDICTION

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OBJECTIVES

- Identify who makes up a family
- Discuss the Phases of Recovery
- Identify goals for the identified patient and the significant others for each phase

OBJECTIVES CONTINUED...

- Identify the key characteristics of addiction
- Learn about the craving response
- Identify the phases of family response to addiction and recovery
- List key relapse issues for people in recovery
- Identify goals and strategies for each recovery phase
- Discuss social or cultural issues affecting individuals, couples, and families.

WHO MAKES UP A FAMILY?

- Members of your immediate family (parents, siblings, partner, children)
- Extended family
- Friends
- Colleagues from work
- Mentors
- Anyone who will support recovery.



WHAT IS ADDICTION?

- Addiction is a physical, behavioral, and emotional response
- Addiction is a medical disorder.
- It is not helpful to think of addiction in terms of morality and willpower.

COGNITIVE PROCESS BEGINNING STAGES OF ADDICTION

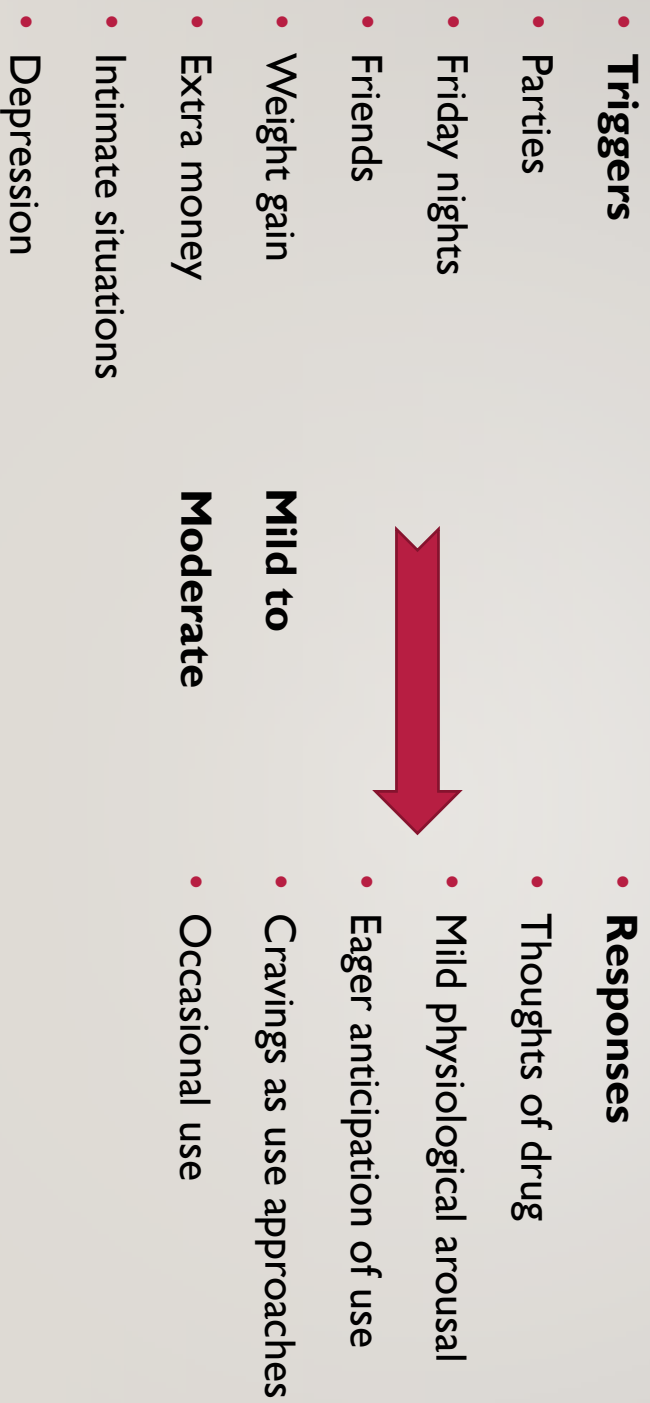
- **Positive Aspects**
 - Depression relief
 - Confidence boost
 - Boredom relief
 - Sexual enhancements
- **Negative aspects**
 - Employment disruption
 - Relationship concerns
 - Financial problems
 - Legal Problems

COGNITIVE PROCESS DISENCHANTMENT

- **Positive Aspects**
 - Social Currency
 - Occasional euphoria
 - Relief from lethargy
- **Negative Aspects**
 - Nosebleeds, infections
 - Financial jeopardy
 - Relationship disruption
 - Family distress
 - Impending job loss

CONDITIONING PROCESS MILD CRAVINGS


STRENGTH OF CONDITIONED CONNECTION:



CONDITIONING PROCESS

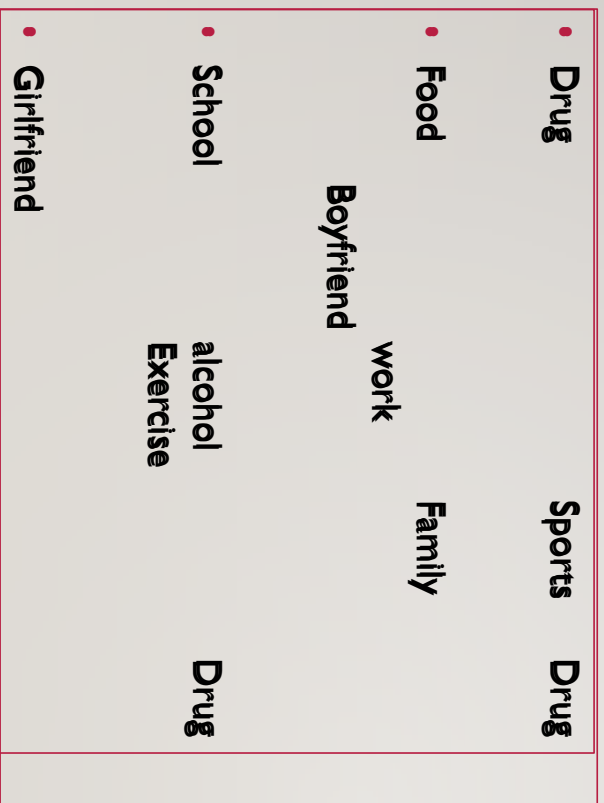
STRONG CRAVINGS

STRENGTH OF CONDITIONED CONNECTION

- **Triggers**
 - Weekends
 - Friends
 - Stress
 - Boredom
 - Anxiety
 - Unemployment
 - Loneliness
 - **Responses**
 - Continual thoughts of drug
 - Strong physiological arousal
 - Strong cravings
 - Frequent use
- STRONG**
- 



DEVELOPMENT OF OBSESSIVE THINKING EARLY USE



CONDITIONING PROCESS OVERPOWERING CRAVINGS STRENGTH OF CONDITIONED CONNECTION

- **Triggers**

- Any feeling
- Day
- Night
- Unemployment.
- work



- **Responses**

- Obsessive thoughts about drug
- Powerful response
- Intense cravings
- Automatic use

STRONG



PROGRESSIVE PHASES OF ADDICTION

- INTRODUCTORY
- MAINTENANCE
- DISENCHANTMENT
- DISASTER



FAMILY MEMBERS' RESPONSE TO DRUG USE INTRODUCTORY PHASE

- Unaware of problem
- Confusion regarding occasional odd behaviors
- Concerned about occasional neglect of responsibilities

FAMILY MEMBERS' RESPONSE TO DRUG USE MAINTENANCE PHASE

- Are aware of the problem
- Attempt to solve the problem
- Take on all responsibilities

FAMILY MEMBERS' RESPONSE TO DRUG USE DISENCHANTMENT PHASE

- Avoidance of the problem
- Blaming the person who is using
- Blaming selves
- Guilt and shame

FAMILY MEMBERS' RESPONSE TO DRUG USE DISASTER PHASE

- Separation
- Internalization of bad feelings
- Resignation and hopelessness
- Establishment of unhealthy family rules

BENEFITS OF FAMILY INVOLVEMENT

- Participation by family members is associated with better treatment compliance and outcome.
- Family members gain a clearer understanding of recovery.
- Family members and the person in recovery understand their respective roles and goals.
- Family members and the person in recovery get support in the recovery process.



STAGES OF RECOVERY

- **Stage**
 - **Withdrawal**
 - **Honeymoon**
 - **The Wall**
 - **Readjustment**
- **Duration**
 - **First 1 to 2 weeks**
 - **Next 4 weeks**
 - **Next 12 to 16 weeks**
 - **8 weeks or longer**

WITHDRAWAL

- Lasts 1 – 2 weeks

- Craving
- Depression
 - Low energy
 - Difficulty sleeping
 - Increased appetite
- Difficulty concentrating
- Anxiety
- Irritability

HONEYMOON (PINK CLOUD)

- Lasts about 4 weeks
- Increased energy, enthusiasm, and optimism
- People often feel they are “cured” when they reach this stage
- Family members often view this as the beginning of a relapse
- Often coincides with discharge from residential

THE WALL

- Lasts about 12 to 16 weeks
- Hardest stage of recovery
- Depression- irritability, low energy, loss of enthusiasm
- Anxiety
- Easily overwhelmed
- Body and brain still recovering from effects
- High risk of relapse

READJUSTMENT

- 8 weeks or longer
- The person in recovery and the family begin returning to a more normal lifestyle
- After extended abstinence, the person in recovery and family members begin working on marital, emotional and psychological issues that will strengthen the family.

GOALS FOR WITHDRAWAL

Person in recovery

- Discontinue use of drug
- Learn specific techniques for avoiding relapse
- Learn about the process of addiction and about drug effects

Family members

- Decide to be part of recovery process
- Recognize that addiction is a medical condition.



GOALS FOR THE HONEYMOON

Person in recovery

- Improve physical health
- Identify personal triggers and relapse justifications
- Use targeted techniques to stay abstinent

Family members

- Work to support recovery
- Recognize and discontinue triggering interactions.

GOALS FOR THE WALL

Person in recovery

- Maintain stable abstinence from all drugs
- Repair significant relationships
- Develop a recovery support system outside the treatment center
- Recognize and cope with dangerous emotions

Family members

- Decide whether to recommit to the relationship
- Begin finding ways to enrich own lives
- Practice healthy communication skills.

GOALS FOR READJUSTMENT

Person in recovery

- Monitor components of successful recovery
 - Recognize relapse indicators and prepare responses
 - Clarify new roles in healthy relationships
 - Set goals for continuing a new lifestyle after the program
- Family members
- Accept limitations of living with a person in recovery
 - Develop individual, healthy, balanced lifestyle
 - Monitor self for relapses to former behaviors
 - Be patient with the process of recovery.

KEY RELAPSE ISSUES FOR PEOPLE IN RECOVERY

- Friends who use drugs
- Lack of sane, sober social supports
- Environmental cues associated with drug use
- Severe cravings
- Uncontrolled mood disorders
- Extreme stress avoid whenever possible
- Connection between drug and sex
- Boredom



KEY RELAPSE ISSUES FOR FAMILY MEMBERS

- Fear of the person in recovery returning to drug use (Trust issues)
- Fear of being alone
- Lack of individual goals and interests
- Inability to release responsibility for the person in recovery
- Harbored anger or resentment

SUMMARY

- There are multiple phases of recovery
- It is important to identify individual relapse triggers and warning signs
- Discriminative stimuli indicating a relapse may need to be deconditioned
- Both the identified patient and the significant others need to engage in recovery activities for at least the first 8 – 12 months.