

A Guide to Information and Resources for Family and Loved Ones

Welcome, and thanks for being here!

Family and loved ones are an important part of Neil Kennedy Recovery Centers' mission: to help all affected by addictive diseases to become healthy in body, mind and spirit.

Because we believe that addiction is a family disease and recovery is a family process, we educate, support, engage, and provide hope for those who are affected by and can affect a person's recovery through our Family Programming. Our Family Programming:

- Demonstrates that participation is beneficial to the treatment process.
- Educates on the disease of addiction and the ongoing process of recovery.
- Provides a caring and respectful environment that fosters the understanding of the disease of addiction and its impact.

Neil Kennedy Recovery Centers (NKRC) offers a full continuum of treatment services. Research shows that longer engagement in treatment contributes to improved patient outcomes. As such, Family Programming is offered at all NKRC sites as your loved one moves through each level of treatment.

How Addiction Affects Family Members and Loved Ones

Addiction or substance use disorder is a family disease. When your loved one has a problem with substance use, it affects everyone in the family. We realize that you may be worried, concerned, or upset about your loved one.

Adults, adolescents, and younger children may each have different perceptions and may respond in different ways. Spouses or partners may experience strain in the relationship. Parents may be at odds with each other on how to help their child. Grandparents may assume responsibility for their grandchildren when their son or daughter is in active addiction. Adolescents may have problems in school or become isolated from their parents. Younger children may experience separation or abandonment issues.

At NKRC, we encourage you to be part of the treatment and recovery process of your loved one. Programming for family and loved ones will encourage you to discuss the impact that addiction has on your

life and on others associated with your loved one. We want you to have a voice and a safe place where you can comfortably talk about how addiction has impacted your life. We understand that you may not know what to do to help your loved one or that you may be experiencing anger or frustration toward your loved one.

Some families struggling with addiction feel isolated and misunderstood. Participating in our family programming can help you to feel supported and understood in a caring environment. You may not be able to discuss some of the issues you're experiencing with friends, co-workers, neighbors or even other family members, but other family members who are experiencing similar problems will understand.

We also assist with finding support groups such as Al-anon and Nar-anon where you will learn to take care of yourself and be a vital part of the recovery process. Recovery for the patient is greatly enhanced by a healthy family. Recovery changes lives, and families.

Family Programming and Requirements for Participation

Family Programming at NKRC is for any family member or loved one, which could include close friends, partners or anyone that is supportive of a patient's recovery and is affected by their substance abuse. Sessions with you and your loved one occur at different times and days at each NKRC location, depending on your loved one's level of care. Family Programming also includes group interactions and discussions with other patients and their family members or loved ones.

Family Programming includes the following topics:

- The disease of addiction
- Family and communication
- Enabling, boundaries and co-dependency
- Al-Anon, Nar-Anon and other 12-step recovery groups
- Denial and defense mechanisms
- Relapse prevention
- Understanding the treatment process
- Overdose prevention

To participate in Family Programming:

- NKRC staff and the patient must approve family members or loved ones and each must sign a confidentiality agreement before participating.
- Because NKRC commits to maintaining the dignity and respect of all persons in treatment, information shared and/or feelings expressed during any portion of Family Programming should remain confidential and not be disclosed to others outside of NKRC. To ensure further the confidentiality and privacy of all patients, NKRC prohibits the taking of photos or videos while on NKRC property.
- Additionally, to maintain a safe and therapeutic environment, participants must not be under the influence of alcohol and/or drugs, may not display threatening or disruptive behavior, and must follow all program requirements.
- Furthermore, NKRC does not permit smoking or the use of other tobacco products inside any of its facilities; however, smoking is allowed in designated areas outside.
- Lastly, additional requirements may be listed in each specific treatment program and/or at each NKRC location.

Helpful Beginning Tips

To begin the process of recovery and learn how to provide healthy support for you and your loved one, what follows are some helpful tips:

- First and foremost, participate in Family Programming and learn about addiction and recovery. Recovery is a life-long process and, therefore, learning about addiction and finding support is a life-long process.
- Attend support groups like Al-Anon or Nar-Anon, which are free, community based, 12-step groups for family members of alcoholics and addicts. These groups are very helpful in providing comfort, fellowship, encouragement and support for family members and loved ones.
- Provide a safe, drug and alcohol-free environment for your loved one if he/she is returning home. Also, plan with NKRC staff a safe-home-recovery plan, which outlines requests, expectations, agreements and boundaries.
- Learn about overdose and relapse prevention.
- Have hope! People in recovery can and do get better.

A special note about confidentiality and privacy: Your loved one's confidentiality is extremely important. He/she has the right to grant or deny consent to release or share information at any time during the course of their treatment. Please understand that if a valid consent is not granted or obtained, we are unable to even acknowledge that your loved one may be in treatment at NKRC.

Outside Resources

Below is a list of online resources for you, the family member or loved one of someone struggling with addiction, to learn more about addiction and where to find help and support. Your loved one will receive their own resource list.

Friends and families of problem drinkers find understanding and support at **Al-Anon and Alateen** meetings.
www.pa-al-anon.org 412-683-4279;
www.ohioal-anon.org 330-270-9441

Nar-Anon is a support group for friends and family members of people who struggle with drug use, abuse and dependence. **Narateen** is part of the Nar-Anon fellowship designed for the younger relatives and friends of people who struggle with drug addiction.
www.nar-anon.org (800) 477-6291

Families Anonymous is a 12-step fellowship for the families and friends who have known a feeling of desperation concerning the destructive behavior of someone very near to them, whether caused by drugs, alcohol or related behavioral problems. www.familiesanonymous.org

Adult Children of Alcoholics is a 12-step program of adult men and women who grew up in alcoholic or otherwise dysfunctional homes. www.adultchildren.org

The Support Group Project is a national searchable directory containing information about online and in-person support groups for families of individuals struggling with substance use and its consequences. This resource is to help you find support groups in your own community.
www.supportgroupproject.org

For more 70 years, **The National Council on Alcoholism and Drug Dependence, Inc. (NCADD)** has been a valuable resource for millions of people struggling with alcoholism and addiction and those who support them.
<https://www.ncadd.org/>

The mission of the **National Institute on Drug Abuse** is to advance science on the causes and consequences of drug use and addiction and to apply that knowledge to improve individual and public health. <https://www.drugabuse.gov/>

The Substance Abuse and Mental Health Services Administration (SAMHSA) is the agency within the U.S. Department of Health and Human Services that leads public health efforts to advance the behavioral health of the nation. SAMHSA's mission is to reduce the impact of substance abuse and mental illness on America's communities. <http://www.samhsa.gov/>

Addiction Education Society provides public education, information and resources on issues relating to substance addiction and its impact on individual lives, families, and in the lives of our communities to advance the knowledge that addiction is a disease.
<http://www.addictioneducationsociety.org/>

Prevention Point Pittsburgh is an overdose prevention project that provides free trainings on overdose prevention and response for families. It offers a Naloxone Prescription Program. Naloxone (more commonly known as "Narcan") is a medication that quickly reverses an opiate overdose.
www.pppgh.org (412) 247-3404

Project DAWN provides pickup locations for Naloxone, and provides a list of pharmacies selling Naloxone over the counter in Ohio. It will provide training and education about drug overdose and the use of Naloxone.
<http://www.healthy.ohio.gov/vipp/drug/ProjectDAWN.aspx>

Naltrexone is one of the medication-assisted treatment options that Gateway Rehab may suggest for your loved one while they are at Gateway Rehab. Naltrexone reduces cravings for alcohol and blocks the effects of opioid drugs. It is available in both injectable and oral form:

Injectable Naltrexone (brand Name **Vivitrol**®) is a shot that is given once a month. If your loved one informs you that they are considering the Vivitrol injection, we strongly encourage you to use this website to research this medication option. www.vivitrol.com/supportresources

Oral Naltrexone (Brand name **ReVia**) is a pill that is taken daily.

Please visit <http://store.samhsa.gov/shin/content//SMA12-4444/SMA12-4444.pdf> to view a booklet for more information on Naltrexone. This booklet was produced by SAMHSA.

Buprenorphine (Suboxone®) is one of the medication-assisted treatment options that Gateway Rehab may suggest for your loved one while they are at Gateway Rehab. Suboxone helps to suppress withdrawal symptoms in opioid-dependent persons, can reduce cravings, and reduces or blocks the effects of full opioids.
www.suboxone.com

Family Programming



A Service of Gateway Rehab

Youngstown 330-744-1181 • Austintown 330-792-4724 • Warren 330-609-5441

www.gatewayrehab.org/neilkennedy



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