

The Family Solution Finder

Study Guide & Workbook w/video's

“Certificate of Completion Course”



PHASE III

“Getting Organized”

Seminar # 10

12 Key Issues a Family Faces in Substance use Disorders

Issue # 1 of 12 key issues: Enabling vs. Consequences

Introduction

The family will be traveling on a path that many before them have taken. Each family is different and the circumstances they face are rarely identical. However, there are many aspects by category which remain common to all. So, it is reasonable to assume, the family would benefit to know what is likely to happen prior to it coming up in their journey. We know what will happen, but there is no one to bill for taking the time to tell the family. This is why, to date the family has been left out of the dialog. These seminars are created to fill this GAP of KNOWLEDGE. These are the 12 key issues a family is likely to face and need to prepare for in their journey. We will present them in three parts: 1. The Issue (define it clearly), 2. The issues obstacle, things that will likely come up when the family addresses the issue, 3. Solution to both the issue and it's obstacle. The issues are presented in the Study Guidebook, the Obstacle and Solutions are presented in the Workbook. Please read both and watch the assigned video.

An Example: The Legal System will likely be a part of the family journey, and the issue that will come up is "Drug Court". The Drug Court has a specific process which each family will follow, and this information can be presented and learned in advance. By learning this information in advance, the result for the family is EMPOWERMENT THROUGH KNOWLEDGE.

Learning these issues in advance reduces stress of the unknown, saves time, allows the family to budget their expenses, and gives them room to gather the needed resources.



THESE 12 KEY ISSUES ARE A "CERTIFICATE OF COMPLETION COURSE SEMINARS.

They are essential to a family members knowledge base in becoming empowered to address each issue in their journey with substance use disorders.

The next 12 seminars will address each of the 12 key issues a family faces in their journey with addiction. It is our goal to break these issues into three parts for each issue:



Issues the Family Faces

This will clearly explain the issue and by using the F.T.R. model allow the family to break it down into a solution.



Obstacle the Family Faces

These are obstacle the family faces when trying to address each issue.



Solutions to Issues & Obstacles

Each of these will be presented in the 12 Key Family Issues.

The 12 Key Issues a Family Faces

ISSUE # 1. Enabling vs. Consequences

GOAL: To use this seminar content as a foundation towards *building denial techniques* that do not enable substance misuse. Also learn the consequences of enabling and denial that disables the positive habits of successful recovery. How communication makes a safe place for the family.

ISSUE #2. Addiction Behavior

GOAL: To learn the *behavior traits of substance use disorder*. To understand how boundaries work to create change over time. Also, learn how to respond to these behaviors.

ISSUE #3. Family Intervention

GOAL: Gain a practical understanding of the *5 Stages of Change* theory. Be able to apply the motivational interview (family level) work sheet for each stage.

ISSUE #4. The Police Intervention

GOAL: To learn the typical steps needed when the police intervene. Create a *missing person's report* in advance. Learn the options and paths this intervention might take. Be able to bridge from the police intervention to the next level of intervention.

ISSUE #5. The Emergency Medical Services Intervention

GOAL: Learn what to do in the case of a medical emergency. Understand what to expect at an Emergency Room. Be prepared to make the needed decisions required at this part of the journey.

ISSUE #6. The Legal System Intervention

GOAL: Learn how to navigate the court system. What is the requirement for drug court and other options?

ISSUE #7. The Treatment Center Intervention

GOAL: Learn what the treatment center will do and what it will not do. How to select the right treatment center using a criterion check list.

ISSUE #8. The County, State, Federal Agencies

GOAL: Learn how to create a family Resources Plan by using a *Family Resources Plan of Action Work Sheet*. Using the list of available agencies to properly match the agency with the needs of the family.

ISSUE #9. Relapse

GOAL: Learn how to create a *Getting Back to Work Plan*. Using the Getting Back to Work Planning Guide match each step with the proper agency or program.

ISSUE #10. Successful Lifelong Recovery

GOAL: Learn how to create a supportive and safe space for the family and the loved one in recovery.

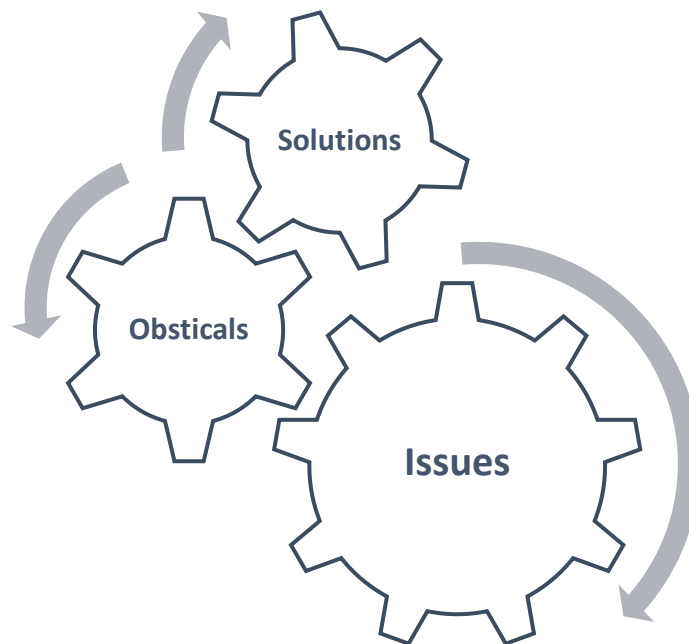
ISSUE #11. Bereavement

GOAL: Learn how to navigate the journey of grief and all that life give us in these times.

ISSUE # 12. Faith, Spiritual Practices

GOAL: How to create a new State Certified Addiction Counselor position at your place of worship.
Open Doors to Open Hearts May 5th call for universal inter-faith prayer across NE Ohio. 2-4pm

An Issue has obstacles, before the solution can be obtained



Plan to Address All Three

Sequence (consider relapse occurrences)

The 12 Key Issues a Family Faces

#1 Enabling vs Disabling

#2 Addiction Behavior

#3 Family Intervention

#4 The Police

#5 Emergency Medical Services

#6 Legal Court System

#7 Treatment Centers

**#8 Support Agencies
Mapping**

#9 The Relapse

#10 Successful Lifelong Recovery

#11 Bereavement (Learning how to move forward)

#12 Faith, Spiritual Practices (It's His will first and in all ways)

Family Transformational Response Model (F.T.R.)

Instruction: Take the issue and in clear details define what the issue is, then state how this issue will impact the family, then identify what steps your family can take to prepare or respond to this issue, then find those organizations/professionals who can help the family in dealing with this issue. **This model creates a known expectation for the outcome. This model/tool is part of the family's empowerment response.**

The F.T.R. Model:

- I. Define the Issue?
- II. How does this issue impact the family?
- III. What steps can the family take to prepare and respond to this issue?
- IV. Creates of list of who can help and assist the family in their response?
- V. What should the family expect as their outcome?

The F.T.R. Model Worksheet

I. Define the Issue?

- ❖ Clearly State what happened or will happen.

- ❖ Identify who is involved or should be involved.

- ❖ What would you like to have happened, or like to see happen?

II. How does the issue impact the family?

- ❖ Who in the family?

- ❖ In what way?

- ❖ What is needed to move forward?

III. What steps can the family take to prepare and then respond to the issue?

- ❖ What needs to be done, prioritize the list.

- ❖ Who needs to be involved?

- ❖ What will it look like when completed?

IV. Who can help and assist the family in their response?

- ❖ How to search for an organization to help.

- ❖ What to ask from them?

- ❖ What to expect?

V. What should the family expect as their outcome?

- ❖ Timeline.

- ❖ The expenses/cost involved in this issue.

- ❖ Required changes to successful respond to this issue.

Use the F.T.R. model for every issue, to find your best solution.

NOTES:

The Family Solution Finder

Study Guide



PHASE III

“Get Organized”

Seminar # 10

Issue # One: Enabling vs. Consequences

The 12 Key Issues a Family Faces

#1 **Enabling vs Consequences**

#2 **Addiction Behavior**

#3 **Family Intervention**

#4 **The Police**

#5 **Emergency Medical Services**

#6 **Legal Court System**

#7 **Treatment Centers**

#8 **Support Agencies**

#9 **Getting Back to Work**

#10 **Successful Lifelong Recovery**

#11

Bereavement (Learning how to move forward)

#12 **Faith, Spiritual Practices (It's His will first and in all ways)**





Enabling vs. Consequences is an Issue the Family Faces

The desire to help others, especially those who mean the most to us, is one of the noblest of human instincts. Parents want to help their children succeed in school. Spouses want to help each other solve the problems that life throws at them. Friends want to help each other at work or in their personal relationships. Unfortunately, though, this well-meaning impulse can backfire tragically when addiction is part of the equation.

In one sense, “enabling” has the same meaning as “empowering.” It means lending a hand to help people accomplish things they could not do by themselves. More recently, however, it has developed the specialized meaning of offering help that perpetuates rather than solves a problem. A parent who allows a child to stay home from school because he hasn’t studied for a test is enabling irresponsibility. The spouse who makes excuses for his hung-over partner is enabling alcohol abuse. The friend who lends money to a drug addict “so he won’t be forced to steal” is enabling that addiction.

Allowing someone to suffer logical consequences is another way of getting them to realize their need for grace. Ideally, we can do that by confronting them, have a difficult conversation and hope they have a willingness to face reality. But sometimes people cannot (or do not) hear the truth of confrontation, and they remain stuck. At those times we often have to allow reality to touch their lives.

Too often in our lives, we protect people from the harsh realities of logical consequences that would force them to see their need for grace and what it can provide. Either we feel sorry for them and bail them out, or we fear them and try to appease them. No matter what the person’s plight, we must help him face the truth. And sometimes that means letting him deal with harsh realities.

This isn’t necessarily about discipline and correction, but how it’s important to see that sometimes our “helping” may keep others from experiencing the tough realities that will ultimately lead them to the grace they need. It’s the old idea of letting people “hit bottom.” It may mean letting them lose a job, or lose a relationship, or lose a membership in a group or a fellowship.

Reality consequences are used in our lives to get us to see our need for grace and to help us learn what is available for us to help ourselves. Those of us in positions of helping others grow must have the courage to allow people to experience those consequences or else we may be keeping them from grace.

By Loving the family and the one with a substance use disorder, we need to face when we are serving our own needs for emotional support and not truly the needs of one who needs our help. To follow are some areas that one can look in self-reflection and be honest if these apply to them.

Denial

Denial is one of the primary behaviors that families adopt when they learn that their loved one is addicted to drugs. They refuse to accept the reality that their family member has a substance use problem. They convince themselves that treatment isn’t necessary, and the addict will know how to control their drug or alcohol use.

Justification

Justification and denial work hand in hand. Families often reject the problem, making up reasons to justify their loved one's addiction. For example, a family member may feel that it is fine for a loved one to use alcohol or drugs to cope after a stressful day at work. Parents may also believe the substance use is only temporary and will stop after a change in lifestyle such as college graduation.

Allowing Substance Use

Family members may think that they are controlling the situation if they allow their loved one to use drugs at home. They may even consume drugs or alcohol with the addict to manage their intake level and to make sure they gravitate toward home when using instead of more dangerous locations.

Suppressing Feelings

Not expressing your concerns about addiction to a person you love gives them a reason to keep using. In some cases, substance users dismiss their families' fears by reassuring them that they will not consume drugs or alcohol. When an addict dismisses these fears and concerns, it may encourage family members to keep their feelings to themselves.

Avoiding the Problem

By ignoring the problem and not confronting the substance user, family members may feel that they are keeping the peace in their home. Instead of getting their loved one proper treatment, the family focuses on keeping up appearances to look normal.

Protecting the Family's Image

The stigma of substance use is ever present. People may be ashamed of their substance-using family member, leading them to portray the person in a falsely positive light to friends, co-workers and acquaintances.

Minimizing the Situation

People surrounding the addict may lighten the issue by convincing themselves that the substance user could be in worse situations. They treat the addiction as a phase that will improve on its own with time and patience.

Playing the Blame Game

Adopting negative attitudes toward substance users only pushes those struggling with addiction away. Blaming or punishing individuals for their substance use alienates them from their family, which may result in destructive

Assuming Responsibilities

Family members may be inclined to take over the regular tasks and responsibilities of the addict in an effort to prevent their life from falling apart. Instead, assuming responsibilities and providing money to the substance user removes accountability and allows them to fully indulge in their addiction.

Controlling Behaviors

Exerting control on a substance user may worsen their addiction. Constantly treating the addict as an inferior or placing numerous restrictions on their lifestyle may drive them further from the family unit and closer to their substance-using peers. This is the final consequence.



Enabling vs. Consequences:

1. Define the Issue, in The Family Solution Finder Study Guidebook.
2. Address the obstacle, in The Family Solution Finder Workbook.
3. Determine the best solution, in The Family Solution Finder Workbook.

Individual Family Member Self-Assessment of Denial Worksheet

I. Define the Enabling and Denial Issue?

- ☐ Clearly State what happened or will happen.
- ☐ Identify who is involved or should be involved.
- ☐ What would you like to have happened, or like to see happen?

II. How does the enabling issue impact the family?

- ☐ Who in the family.
- ☐ In what way.
- ☐ What is needed to move forward.

III. What steps can the family take to prepare and then respond to the enabling issue?

- ☐ What needs to be done, prioritize the list.
- ☐ Who needs to be involved.
- ☐ What will it look like when completed?

IV. Who can help and assist the family in their response to the enabling issue?

- ☐ How to search for an organization to help.
- ☐ What to ask from them?
- ☐ What to expect.

V. What should the family expect as their outcome, after they have addressed the enabling issue?

- ☐ Timeline.
- ☐ The expenses/cost involved in this issue.
- ☐ Required changes to successfully respond to this issue.

REF: <http://www.archstonerecovery.com/taking-sides-addiction-in-families/>

Here are some reference sources:

1. NCBI – Substance Abuse Treatment and Family Therapy
2. Pro Talk A Rehabs.com Community – Substance Abuse and the Impact on the Family System
3. Addiction in Family – Unhealthy Families
4. AAETS – Effects of Parental Substance Abuse on Children and Families
5. American Academy of Child & Adolescent Psychiatry – Alcohol Use in Families
6. Addiction.com – Alcohol Abuse Linked to Higher Divorce Rate
7. Medical Daily – Heavy Drinking Will Lead To Divorce, Unless Both Partners Are Equally Alcoholic
8. DualDiagnosis.org – Codependency and Substance Abuse
9. Center on Addiction – NATIONAL STUDY REVEALS: TEEN SUBSTANCE USE AMERICA’S #1 PUBLIC HEALTH PROBLEM
10. NCCP – Adolescent Substance Use in the U.S.
11. U.S. Census Bureau – Grandparents as Caregivers
12. Psychology Today – Grandparents Raising Grandchildren
13. NCADV – Domestic Violence Fact Sheet
14. SafeHorizon – Domestic Violence – Afraid to stay, afraid to leave?
15. NCBI – Substance Abuse Treatment and Domestic Violence.
16. NCBI – Substance Abuse Treatment and Domestic Violence
17. NIH – Exploring the Role of Child Abuse in Later Drug Abuse
18. CDC – Sexual Violence, Stalking, and Intimate Partner Violence Widespread in the US
19. NCBI – Preventing child abuse and neglect: programmatic interventions.
20. Bureau of Justice Statistics – Violence between Intimates: Domestic Violence

Create a Family Plan of Action for “Enabling vs Consequences”

In you’re the Family Solution Finder Workbook, you will find Seminar # One titled: The Family System. In that section is a place to create your family plan of action as it relates to this issue. Take the time to complete the exercises in the workbook, view the video and then create your FAMILY PLAN OF ACTION in how your will respond to this issue as united family. **Stand Up to Stand Together as One, in the face of our drug epidemic.**

FAMILY PLAN OF ACTION (REF: The Solution Finder Workbook)

- The family is an interlinked system, each member impacts the lives of the other.
- Some family members may be in denial, which can delay or derail moving forward towards the addicted family members recovery.
- The family members who are not in denial need to help the ones that are.
- A family therapist or counselor is needed, sooner than later.

The Family Solution Finder

Workbook



PHASE III

“Get Organized”

Seminar # 10

Issue # One: Enabling vs. Consequences



Enabling vs. Consequences is an Issue the Family Faces

Those who habitually enable dysfunctional behavior are often referred to as co-dependent. It's a telling word, because an enabler's self-esteem is often dependent on his or her ability and willingness to "help" in inappropriate ways. This "help" allows the enabler to feel in control of an unmanageable situation. The reality, though, is that enabling not only doesn't help, but it actively causes harm and makes the situation worse.

By stepping in to "solve" the addict's problems, the enabler takes away any motivation for the addict to take responsibility for his or her own actions. Without that motivation, there is little reason for the addict to change. Enablers help addicts dig themselves deeper into trouble.

Here are some questions to ask yourself when considering whether you are an enabler:

- Do you often ignore unacceptable behavior?
- Do you find yourself resenting the responsibilities you take on?
- Do you consistently put your own needs and desires aside in order to help someone else?
- Do you have trouble expressing your own emotions?
- Do you ever feel fearful that not doing something will cause a blowup, make the person leave you, or even result in violence?
- Do you ever lie to cover for someone else's mistakes?
- Do you consistently assign blame for problems to other people rather than the one who is really responsible?
- Do you continue to offer help when it is never appreciated or acknowledged?



Obstacle the Family Addresses

Enabling behavior:

- Protects the addict from the natural consequences of his behavior
- Keeps secrets about the addict's behavior from others in order to keep peace
- Makes excuses for the addict's behavior (with teachers, friends, legal authorities, employers, and other family members)
- Bails the addict out of trouble (pays debts, fixes ticket, hires lawyers, and provides jobs)
- Blames others for the addicted person's behaviors (friends, teachers, employers, family, and self)
- Sees "the problem" as the result of something else (shyness, adolescence, loneliness, broken home, ADHD, or another illness)
- Avoids the addict in order to keep peace (out of sight, out of mind)
- Gives money that is undeserved or unearned
- Attempts to control that which is not within the enabler's ability to control (plans activities, chooses friends, and gets jobs)
- Makes threats that have no follow-through or consistency
- "Care takes" the addicted person by doing what she is expected to do for herself



Solutions to Issues & Obstacles

1. Gain support from peers

Peer support groups like Al-Anon can put family members in touch with others who know a great deal about addiction, and the information shared in these meetings can be transformative. In fact, according to a 2012 Al-Anon membership survey, 88 percent of people who came to meetings for the first time reported understanding the seriousness of the addiction only after they'd attended several meetings. In other words, people who go to these meetings may not know very much about the challenges their families are facing, but if they keep going to meetings, they'll learn.

Some families go to meetings just to listen. They come to understand that other families are also dealing with this problem, and they learn how these families are focusing on success. Others go to these meetings to network. They seek out peers who have overcome nasty addiction challenges, and they ask for advice on steps that really work. Either method could be helpful. The key is to get started.

2. Talk openly about the shift

After attending Al-Anon meetings, families may have a deep understanding of the habits and behaviors they'd like to shift. The best way to make those adjustments is to discuss the plan with the addicted person in an open and honest manner. The Partnership for Drug-Free Kids provides these conversation tips:

Choose a time to talk when the person will be sober.

Emphasize the fact that the changes come from love, not a desire for revenge or punishment.

Use open-ended questions about addiction to help the person come to understand that substance abuse might be the root of the issues the family is facing.

Set limits clearly, and be prepared to stick to them.

Stay positive, and resist the urge to fight or give in to attacks.

This conversation can be brief, but the family should be sure to point out the specific behaviors that they're planning to change, along with the reasons they're changing those behaviors.

3. Work in teams

After that opening conversation, families should work to limit the one-on-one time they spend with the addicted person. That's a tip from an ARISE Intervention, and according to the Association of Intervention Specialists, it's aimed to help reduce pressure and manipulation. If the family doesn't have one-on-one talks, it's harder to perform back-door attacks and sneaky innuendo. One person might be willing to fall under the sway of an addicted person's charm, but the other might be the voice of reason that helps the whole family to stick with their new plan.

4. Don't make excuses or cover up the behavior

Sponsor-relationship Some of the most egregious things that happen during the course of an addiction take place when the person is actively intoxicated, and often, drugs of abuse cause persistent memory loss. Alcohol, according to the National Institute on Alcohol Abuse and Alcoholism, can cause discernable memory changes after just one or two drinks. The more people drink, the more they forget. Some drugs work in the same way.

The family's goal is to make sure that the addicted person sees the consequences of the addiction, so that means the family can't be the cleanup crew. If someone stumbles home and falls asleep in the yard, that person stays in the yard. If the person becomes loud at a party, the family doesn't smooth over the social interaction. The person is forced to deal with all of those consequences alone.

Families should also resist the urge to keep a person's workplace reputation pristine. The National Institute on Drug Abuse reports that people with addictions are much more likely to miss work, when compared to people who don't have addictions. Families may try to smooth this by calling in "sick" for an addicted person, or they might push an addicted person to stop working altogether, so there's a smaller chance of embarrassment. All of those actions should stop, too.

5. Let law enforcement officers do their job

Much of the behavior associated with an addiction is illegal. People with addictions might:

- Steal money
- Steal drugs
- Purchase illegal drugs
- Drive while intoxicated

Sometimes, people do things that are even worse. For example, in Ohio, a man who worked for an ambulance company stole blank doctors' prescription pads, presumably so he could write prescriptions for drugs, and he allegedly obtained about \$20,000 of drugs in this manner, per news reports.

These can be awful crimes, and families might have the money, the legal skills, or both to help their loved ones to escape the consequences of these addictions. But in the end, that's not smart.

6. Work with a counselor

Life with a substance abuser is stressful, and according to the Partnership for Drug-Free Kids, it's not unusual for families to develop persistent and uncomfortable health problems, including:

- Backaches
- Digestive problems
- Headaches
- Panic attacks or anxiety
- Depression

Along with all of those signs of upset and stress, family members might still believe that they can somehow shift the behavior and make the person's addiction fade away. They might remember the way things used to be before the addiction took hold, and they might be convinced that those good times are right around the corner, just as soon as they say or do the right thing.

These are tough thought patterns to shift, and a counselor might help. Individual counseling sessions can help people to work through their personal thoughts and feelings about the addiction, and counselors may provide coaching that can assist people when the going gets tough.

7. Continue to emphasize treatment for addiction

As families set limits and make the consequences of addiction more palpable for the substance abuser, they could cause the person to really think about healing and how sobriety might help. However, that person isn't likely to get better without the help of a treatment team. Again, addictions are brain diseases that can't simply be pushed to the side with one conversation. They're caused by changes in brain chemicals and brain circuitry, and they need in-depth treatment to amend.

That's why families should continue to bring up the promise of treatment as they shift from traditional enabling behaviors. They should remind the addicted person that treatment works and that treatment could make the whole family feel better. They should keep brochures about treatment facilities on hand, so the addicted person can peruse them on his/her own time.

Families should remember that some addicted people won't accept the possibility of treatment right away. It's a bold idea, and sometimes, people need to think about it and ponder it before they agree to take action. Families that respect that process of change, and who refuse to give up hope, may see the sobriety come with time.

Practical Exercise # One

ENABLING THE WRONG OUTCOMES?
FAMILY WORKSHEET

Their Behavior?	What you would like to see?	Your Actions?	Outcome?	Were your actions productive or destructive? Why?

The Story

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VIDEO ONE



ASSIGNMENT VIDEO: On www.youtube.com/

Search Title: Signs of Enabling Addicts

Educates family members of those in recovery about substance abuse disorders. Three sessions cover triggers and cravings; phases of recovery; and typical family reactions to the stages of addiction and recovery and how they can best support their loved one.

Link: <https://www.youtube.com/watch?v=tSHpgWrCYeY>

Duration: 15:14 min

FAMILY WORK SHEET

ISSUE # 1 “Enabling vs. Consequences”

ISSUE # 1. Enabling vs. Disabling (30-minute session)

GOAL: 1. To use this seminar content as a foundation into building communication techniques that do not enable reinforcement of negative substance misuse behavior. 2. To learn how to avoid communication that disables the positive habits of successful recovery. 3. How communication makes a safe place for the family.

QUESTION: _____ **ANSWER:** _____

1. Do you take steps to cover up the addiction and help keep it hidden? _____
2. Do you make excuses for your loved one’s addiction or behavior? _____
3. Do you avoid confronting the addiction to avoid conflict? _____
4. Do you believe your loved one is just going through a phase? _____
5. Do you believe the problem will eventually resolve itself without help? _____
6. Do you handle the responsibilities of your loved one? _____
7. Have you bailed your loved one out of jail? _____
8. Have you paid bills for your loved one, who likely used income on their addiction? _____
9. Do you have a parent-child relationship with your loved one even though they’re your spouse? _____
10. Do you enjoy the feeling of being ‘needed’ by your loved one? _____
11. Are you guilty of giving second, third, and fourth chances? _____
12. Do you ever participate in risky behaviors alongside your loved one? _____

TOTAL: _____

SCORE: 1 - Never, 3 – Sometimes, 4 – Often.

If your Score Totals:

12 You are doing great. 36 You could do better. 48 You should seek professional family therapist to learn how.

Practical Exercise # Two:

1. In what way am I enabling?
2. What can I can do to stop enabling?
3. How is my enabling self-gratifying my emotional needs?

MASTER FAMILY PLAN OF ACTION FOR: "FAMILY IS A SYSTEM"

Complete answers and move to "Master Family Plan of Action" found in back of workbook.

1. Our family will identify the characteristic of Enabling and address them using the FTR model.
2. Our Family will use the Individual Family Member Self-Assessment of Denail Worksheet to first understand each member degree of possible enabling and agree that it is accurate then gather the resources which will empower each family member in dealing with their response to the issue.
3. As part of the Master Family Plan of Action we will complete the "Enabling the Wrong Outcomes" worksheet.

NOTES: