

Family Member Self-Assessment



INTERACTIVE SEMINAR SELECTION TOOL

Assessment Instructions:

To involve the family member from the beginning of their learning track, we ask the instructor to request each family member complete a “Family Member Self-Assessment” Tool. This will allow the instructor to select with the family members which programs best match their needs.

- First review the 32 Key Issue Seminars Goals & Objectives for each seminar.
- Second, answer the Family Member Self-Assessment Category Selection questions, rank each answer.
- Fourth, record Seminar Learning Assignments.
- Fifth, file the Seminar Learning Assignments Report Card

Part One

Review the 32 Key Issue Seminars

~FAMILY DYNAMIC~

ISSUE # 1. Family is a system.

Goals: Of your family members 1. Learn the Functionality, 2. Learn the Potentiality, 3. Learn the Obstacles that prevent family members from contributing to the family dynamic.

ISSUE # 2. Different roles of the family members.

Goals: 1. Learn the Characteristic Patterns of how family's member interact , 2. Learn the 7 different roles family member play, 3. Understanding the sequence of thought, how we use what we know.

ISSUE # 3. Childhood trauma and SUD.

Goals: 1. Learn what is childhood trauma, 2. Learn the signs of childhood trauma, 3. Understanding the tools used to diagnose childhood trauma.

ISSUE # 4. Different types of family therapy.

Goals: 1. Learn the different types of family therapy, 2. Learn which are the four (4) predominate type models, 3. Learn why SUD is referred to as a family disease.

ISSUE # 5. Four primary support structures of the family.

Goals: 1. Learn which are the four (4) primary family support structures, 2. Learn how to get organized to get the most from these organizations, 3. Understanding how to use a plan of action in approaching these groups.

~THE DISEASE~

ISSUE # 6. Getting a diagnosis.

Goals: 1. Learn the medical diagnosis path, 2. Learn the mental health diagnosis path, 3. Learn the Addiction diagnosis path. 4. Get an assessment (screening), Diagnosis, Staging, 5. Get organized.

ISSUE # 7. SUD is a brain disease.

Goals: 1. Learn why addiction is a brain disease, 2. How it is different from other disease, 3. Learn Why it is chronic.

ISSUE # 8. The disease progresses in stages.

Goals: 1. Learn the 7 stages of progression, 2. Learn the importance of "Individualized Treatment, 3. Learn the three (3) levels "stages" of disease, (mild, moderate, sever).

ISSUE # 9. Relapse is a part of the disease journey.

Goals: 1. Learn the types of mental health therapy in recovery, 2. How the value of Medical Assisted Treatment (M.A.T.) in recovery, 3. Learn to support their Collaborative Comprehensive Care Plan (CC Care Plan) to deal with an enabler who is in denial of their enabling behavior,

~ COMMUNITY SERVICES AND PROGRAMS~

ISSUE # 10. Enabling vs. Disabling

Goals: 1. Learn the 10 Types of Enabling, 2. How to deal with an enabler who is in denial of their enabling behavior, 3. Understanding how to change enabling behavior.

ISSUE # 11. Addiction Behavior, Boundaries.

Goals: 1. To learn the behavior traits of substance misuse, 2. To understand how the behavior progresses and changes over time. 3. To learn how to respond to these behaviors by setting boundaries.

ISSUE # 12. Family Intervention, five stages of change & motivational interviewing.

Goals: 1. Identify the five stages of change and motivational interviewing to address them, 2. Learn the ten processes of change. 3. Gain an understanding dual diagnosis, mental health condition,

ISSUE # 13. The Police Intervention

Goals: 1. Identify the six phases of Police intervention, 2. Learn the do's and do not's of a missing person's report, 3. How to complete a missing person's report.

ISSUE # 14. The Emergency Medical Services Intervention

Goals: 1. Understand the paramedic first response phrases, 2. Learn what happens in a hospital emergency room visit. 3. Understanding the value of SBIRT, family role in continuity of care.

ISSUE # 15. The Legal System Intervention

Goal: 1. Have a working knowledge of the incarceration diversion or Sequential Intercept Model (SIM), 2. Finding an attorney, 3. What is Drug Court.

ISSUE # 16. The Treatment Center Intervention

Goal: 1. Determine the right level of treatment, 2. What is Intensive Outpatient Treatment, IOP. 3. Family role in communicating with treatment center staff.

ISSUE # 17. Support Agency Mapping

Goal: 1. Define family community mapping (who can assist the family), 2. Steps to create a family community map 3. Advantages gained by having a family community map.

ISSUE # 18. The Relapse

Goal: 1. What is relapse, 2. List three stages of relapse, 3. How can the family identify these stages.

ISSUE # 19. Successful Lifelong Recovery

Goals: 1. Four main ideas in relapse prevention. 2. Learn the Stages of Recovery 3. How to create a strong support system.

ISSUE # 20. Bereavement

Goal: 1. Learn the 3 types of grief, 2. Understand the grief cycle, 3. Create an inventory for complicated grief.

ISSUE # 21. Faith, Spiritual Practices

Goal: 1. Review the need for faith organization participation, 2. Create an Invest in the Family Ministry, 3. Offer the “Invest in the Family Ministry” program at your place of worship

~TAKE ACTION~

ISSUE # 22. Elements of a family plan of action

Goals: 1. Learn elements of a family plan of action, 2. Learn the steps in developing a family plan of action. 3. Be aware of the obstacles in developing a plan of action.

ISSUE # 23. Roles family members play in a plan of action

Goals: 1. Learn to identify and manage triangulation relationships, 2. How to deal with the six common characteristics of family unit living with substance use disorders, 3. Identify existing communication patterns within the family members.

ISSUE # 24. Getting networked in advance

Goals: 1. How to use the Family Solution Finder Local Resource Connections Workbook Learning Module IV, 2. How to apply community mapping into your family plan of action, 3. What steps to take in making learning module IV an action step.

ISSUE # 25. Suicide prevention

Goals: 1. Learn the common risk factors, 2. Learn the warning signs, 3. Learn the silent contributor.

ISSUE # 26. Financial management in SUD

Goals: 1. Learn the possible paths and their costs, 2. How to get your financial affairs in order, Learn to manage this chronic disease and your expenses.

ISSUE # 27. Foster care services

Goals: 1. Learn the serviced providers case management role, 2. How bend with the requirements, 3. Options in achieving family reunification involving substance use disorders.

ISSUE # 28. NARCAN

Goals: 1. Learn what is NARCAN, 2. Learn when to use it, Learn what to expect as an outcome.

ISSUE # 29. Peer to Peer Support Services

Goals: 1. Learn what is Peer to Peer Support Service, 2. How to create your own Peer to Peer concept when local service is not available, 3. Understand the value of peer to peer exchange.

ISSUE # 30. Medical Assisted Treatment (M.A.T.)

Goals: 1. Learn what is Medical Assisted Treatment (M.A.T.) why it has value in long term recovery, 2. Learn as a family member how to support the inclusion of M.A.T. in the plan of care, 3. Understand the regimen and titration.

ISSUE # 31. Creating a Family Solution Finder Learning Centers

Goals: 1. Learn how to set up a local Family Solution Finder Learning Centers for your county, 2. How to receive instructor training (train the train), 3. Understanding how operate the center and engage the local community in a community collaboration and education.

ISSUE # 32. Harm Reduction

Goals: 1. Learn the family member role in harm reduction, 2. How to manage ones selfcare with mindfulness of self, 3. Learn tips on how to deal with difficult people.

ISSUE # 33. The Family Members Role in the Re-Entry Process

Goals: 1. Learn the elements of the re-entry process, 2. How to manage the family members role in the re-entry process, 3. How to identify the obstacles involved in the re-entry process.

Find by title: www.amazon.com:

1. Family Solution Finder Study Guidebook Learning Module I.
2. Family Solution Finder Seminar Workbook Learning Module II.
3. Family Solution Finder 3-D's Coping Skills Workbook Learning Module III.
4. Family Solution Finder Local Resource Connections Workbook Learning Module IV.

Or

Download each book as PDF file, free on our website: www.familiesimpactedbyopioids.com

Part Two

Family Member Self-Assessment Category Selection

- I. The Ability of your family members to deal with issues related to living with substance use disorders. How well does the family respond to issues when they are presented? Rate your answer using a scale of 1 to 10. Where 1 is the lowest ability and 10 is the highest ability. Then record the rating score.

Choose an item. Rating Score. (Family Dynamic Category)

Score Key:

- 1-5 Greater focus on seminars in Family Dynamic Category.
5-10 Lesser focus on seminars in Family Dynamic Category.

- II. Your family members level of understanding why substance use disorders is a chronic brain disease. Rate using a scale of 1 to 10. Where 1 is the lowest level and 10 is the highest level.

Choose an item. Rating Score. (Chronic Brain Disease Category)

Score Key:

- 1-5 Greater focus on seminars in Chronic Brain Disease Category.
5-10 Lesser focus on seminars in Chronic Brain Disease Category.

- III. The awareness of the family members to know which services and programs in the community to look for, where to find them and how to connect with them for assistance. Rate using a scale of 1 to 10 where 1 is the lowest awareness and 10 is the highest awareness.

Choose an item. Rating Score. (Connecting to Services and Programs)

Score Key:

- 1-5 Greater focus on seminars in Chronic Brain Disease Category.
5-10 Lesser focus on seminars in Chronic Brain Disease Category.

From the above I-III questions, Rank in order of highest to lowest the rating scores, the three categories from the above ratings, (Family, Disease, Community). We want to prioritize which category is most important.

#1. [Choose an item.](#)

#2. [Choose an item.](#)

#3. [Choose an item.](#)

The above three categories are your selected areas of learning focus, (Family, Disease, Community). It may change over time, so take this assessment again as needed.

Of Other Interest:

Choose in order of importance the “*Coping Skills*” you feel the family needs to strengthen: (Solution Finder, Decision Maker, Plan of Action Designer) your family needs the most. Rank high to low with high being #1 and low being #3.

#1. [Choose an item.](#)

#2. [Choose an item.](#)

#3. [Choose an item.](#)

Check Box for the “**Other Topics/Issues**” of most importance to your family. Select Three Seminars:

- 1. Elements of a Family Plan of Action (POA).
- 2. Roles in the Family POA.
- 3. Getting Networked, in Advance.
- 4. Suicide Prevention
- 5. Financial Management
- 6. Foster Care Services
- 7. NARCAN
- 8. Peer to Peer Services
- 9. Medical Assisted Treatment (M.A.T.)
- 10. Harm Reduction

Part Three

Seminar Learning Assignments

The 32 Key Issue, Family Seminar Library

Seminar Number	Method of Delivery: In-Person, Zoom or Self Administrated	Date Assigned	Completion Date
#1			
#2			
#3			
#4			
#5			
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#33			

These are your selected seminars. You now have a curriculum built.

Part Four

Seminar Learning Assignments Report Card

Name of Family Member:

Contact information.

1. Phone:

2. Email:

The Seminar Assignment Progress Report Card:

1.	11,	21.
2.	12.	22.
3.	13.	23.
4.	14.	24.
5.	15	25.
6.	16.	26.
7.	17.	27.
8.	18.	28.
9.	19.	29.
10.	20.	30.
		31.
		32.

Use this worksheet to record your progress.