



LEARNING MODULE I

Seminar # 31

Creating a Family Solution Finder Learning Centers

Learning Objectives

1. What is the issue.
2. How can the issue impact the family.
3. What are the options.

What is the issue

THE PURPOSE

Currently there are few resources available to provide a structured education series designed to support the families in their daily living with substance use disorders.

The family is told to search the internet, find a support group, or ask their doctor. None of these are actual resources for effective and timely learning about the issues these families are facing.

In many cases the family does not know who to ask, what to ask and even less what to expect. It is frightening, confusing, stressful and emotion painful each day. In a short period of time, they are exhausted, and most feel defeated.

We need to add to this reality the family is viewed with an enormous stigma; they get it from the healthcare institutions, the church members, the city officials, their own friends, and family relatives. For the most part they are alone.

Therefore, the community needs to have a place where families can turn and receive education and learning resources about their journey with this disease.

The Family Solution Finder Learning Centers provides 32 key issues seminars for family members living with substance use disorders. Each seminar is 1.5 hours, has a study guidebook, seminar practical exercises workbook, Family Skill Set Workbook, and a Network Management workbook.

The Family Solution Finder Learning Centers also provides learning for the 13 key stakeholders in the community to learn about these families. This will allow us to educate the community about the needs of the family members.

The Family Solution Finder Learning Centers also provides a model designed to assist local faith organizations to offer in the place of faith practice a Ministry for their families living with substance use disorders.

This is further supported with eLearning Program and On-Demand Learning Program, for easy free access to all the seminar materials. These are self-administrated programs.

How can the issue impact the family?

The family has four primary support structures in our society; 1. The Family is its own support structure, the Cities departments, and organizations within the city, 3. The Churches and places of faith practices, 4. The Healthcare Services Industry.

These are organizations and service providers a family can use to support their needs as they face issues that require their response.

Given the family is a system and the members of the families have a certain homeostasis of inner support and reliance, their ability to function both intra-dependently and interdependently will have a great deal to do with the health of their family dynamic.

When substance use disorders are presented inside the family a level of disruption occurs and this creates a disfunction which reduces the family functionality to communicate, make decisions, and complete time sensitive tasks. The needs education resources to help them identify the importance of working towards this balance and seeking assistance to learn how to grow in the area family health.

It is important when considering the structure of services for this type of family, that these new characteristics be considered.

Although most families have similar challenges, not all families are the same and neither are their challenges. This is because, rarely does a family face one challenge at a time. Most have multiple challenges cascading on them at once and they find it difficult to prioritize them, plan and prepare for them and understand what service or organization is available to help them with each issue. Likewise, the services of the community need to understand the family.

Because the drug treatment industry is immensely fragmented, the needs of the family member are most often left unaddressed and unresolved to any degree of satisfaction. The services are there, but to find them, ask the right questions and follow through afterwards is extremely challenging, stressful, and expensive.

This is an industry of silo's and the silos choose to not community with each other. There is little to no continuity of care, transition metrics or accountability in how a family is to navigate, these does not exist, and this is what the drug treatment industry has set up for its customers.

If this were hypertension, diabetes, or asthma we would have a crisis as a society. But we do not. Instead, we have educated families, a health system designed to respond and services with payment system aligned with outcome metrics holding accountable the healthcare delivery system for these diseases. But not with Substance Use Disorder Disease.

To educate the family is our most effective, fastest response strategies to the drug epidemic. However, here too there is no infrastructure by which to have the family access structured education that is specifically designed to meet the learning needs of the family members on their journey.

Creating the family solution finder learning centers within the existing treatment and recovery local community is a reasonable step towards providing access to family's where they can learn and become empowered with what will happened next, how to get ready for it and who is available to help.

But the family member is not the only source that needs to learn Their primary support structure needs to learn about the family, too. This is not something that has taken place, these institutions only seek to have the family understand them, the organizations services, not the other way around where the organization attempts to understand the “Whole Needs of the Family”. This happens because there is no resource for the organization to provide such education for learning about the family.

Therefore, these organizations only speak about their services and educate the family on how to use their programs. This is not family education about their family journey, but more so about the tools needed to deal with the individual patient.

It is helpful but limited. It is limited in scope and has extremely limited use for the family with multiple needs that are every changing. It is negligent for an organization to call this “family education” because it leads the family to believe that is all the education available for them, from the community.

If a treatment center provides a Family Solution Finder Learning Centers Level II, that all changes and the family will have access to the whole scope of issues they are likely to face. In this way the treatment center program becomes family education.

What are the options?

Required Registration:

We are asking you to register on www.familiesimpactedbyopioids.com in order that we can provide updates to content, support to your organizations learning center and allow others to find you in their community. These materials can be copied with permission for the purposes of marketing and training. All these materials are available as free downloads on our website.

It may be best to start one level down from where you want to be, to get comfortable with the material, it set up and functioning of these seminars. We recommend most organizations start at Level One, *Book Distribution, and e-learning*. Then move into Level Two. Take time to invite the public as a community relations initiative. There is a required donation fee to register a Family Solution Finder Learning Centers.

Use the books:

Our books help to drive the learning experience, but your presentation and presence is what will matter even more to these family members. The operation for The Family Solution Finder Learning Centers is the same as any other scheduled list of seminars you may have provided in the past. There is nothing specific or special steps needed for the center itself, other than making people aware of your sessions.

Room set-up:

This can be in whatever design you choose. We recommend circle tables because in helps to facilitate conversation and sharing between family members.

Audio/Visual:

Be sure to have access and internet WIFI for the extended learning videos included in these seminars. Laptop, speakers, and TV or screen are needed.

Create a Family Solution Finder, Monthly Learning System

The family solution finder monthly learning system can be presented as a “weekly learning meetings” where an entire month is dedicated to a single issue (topic).

Issue of the Month: Select an issue as the “*Topic of the Month*”. Where, the family solution finder learning series seminar (issue) is presented:

1. In the First week, use the Family Solution Finder Learning Seminar Study Guide, Workbook and Power Point Presentation, for that issue. (*PPT is downloaded from our website*)
2. In the Second week, have a speaker from the community come in to speak on this topic.
3. In the Third week, have a person provide their personal testimony on this same topic from that person’s experience and perspective in dealing with this issue. Use the “The Substance Use Disorder, It’s Time to Get Organized workbook.
4. In a Fourth week, a general discussion covering how to use the lessons learned this month, using the It is Time to Get Organized and It is Time to Get Networked workbook.

In this monthly learning system, the family members are provided an in-depth education experience unlike any they will receive elsewhere. From topic introduction, to life application, to family plan of action.

Through this system, a total number of meetings: 32 seminars x 4 sessions per topic each month equals 128 sessions. It will cover 2.6 years of meeting content. All provided online, free.

Because this is a lifelong journey, it will take time to cover all the topics. Then again, where else can these families go to learn in this deep of a review?

If the family has an urgent need to review a specific issue seminar, they can do so “*On-Demand Learning, Family Library of Seminars*” online through our website in our self-directed eLearning model. They are never without the ability to get information to start a better understanding about what they are facing.

The Meeting Agenda:

It is helpful to have the next meeting’s agenda as a handout in each meeting. Also, keep a calendar updated as to time, topic, location and point of contact on a page in your organization’s website.

a. Which issue to present:

Some choose to start with Seminar #1 and proceed as it is numerically set up. Others ask their attendees, which topics they want to view. In either case, it is helpful for the attendee and the presenter if a schedule is set up going out six months.

b. Duration:

- It is more effective to have one single topic (issue) in a meeting. Try not to mix one subject with another in the same meeting. For example, do not mix seminar # 1 The Family is a System with Seminar # 2 The Different Roles Family Members Play.
- There should be 40 minutes for slides and video’s, 20 minutes for practical exercises, 20 minutes for group discussion. Duration: 1.5hrs/seminar.
- The video sessions are more valuable when there is a discussion to follow, so others can glean important points from the person next to them. **And again, circle tables work best.**

Pre-Meeting Announcement to Registered Attendee’s

1. Greeting, Navigator Time
2. Announcements

3. Seminar Presentation
4. Table Discussions
5. Large Group Discussions
6. Concluding Summary
7. Next Meeting Agenda
8. Social Time

The Family Solution Finder Learning Center covers 32 key issues designed to support the family members learning, each individually as a separate 1.5hr. seminar. The seminar is written with an assumption that family members are not familiar with the topic and may not see its relevance in the beginning.

The Family Solution Finder Study Guidebook sets up the introduction to the issue and outlines the learning without directly associating it to the family members life. This learning process continues in the Family Solution Finder Workbook, where both practical exercises, extended learning video and accompanying worksheets allows the family to take what is presented and then apply this knowledge to their real-life considerations.

Then, in the workbook the family member will develop a plan of action for this issue, making a record of how they will respond to this issue in the future from what was learned in the seminar. To increase a probability of success, a Family Best Practice Protocol exercise creates a collective review in how this will be implemented. Now, the family has knowledge of the issue, is ready to respond, understands what is required, who is available to support them and what to expect as a likely outcome. They are empowered.