

The Impact of Substance Abuse on Families

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“Family: where life begins
and love never ends”

–Unknown



FAMILY

- ▶ **WHAT IS A FAMILY?**
 - GROUP OF RELATED THINGS
- ▶ **HOW DOES A FAMILY WORK?**
 - TOGETHER
 - IF ONLY IT WERE THAT SIMPLE
- ▶ **WHAT IS A FAMILY BUILT ON?**
 - UNCONDITIONAL LOVE
- ▶ **WHAT DOES SUBSTANCE ABUSE DO TO A FAMILY?**
 - THE MILLION DOLLAR QUESTION

REMEMBER
AS FAR AS
ANYONE KNOWS
— WE'RE A —
NICE NORMAL
FAMILY

SUBSTANCE USE DISORDER

- ▶ Substance Use Disorder is a chronic disease characterized by drug seeking and use that is compulsive, or difficult to control, despite harmful consequences.
- ▶ Defined as a chronic, relapsing disorder characterized by compulsive drug seeking and use despite negative consequences.
- ▶ It is considered a brain disorder, because it involves functional changes to the brain and those changes may last a long time, EVEN after a person has stopped taking drugs.

• <https://www.drugabuse.gov/publications/drugs-brains-behavior-science-addiction/drug-misuse-addiction>

SUBSTANCE USE DISORDER

- ▶ IT'S A CONTAGIOUS DISEASE.

- ▶ FAMILIES CAN CATCH IT

- ▶ IT TEARS FAMILIES APART

- ▶ IT KILLS

- 167 overdose deaths in 2020

<https://www.overdosefreepa.org/know-the-facts/view-overdose-death-data/>

167 OVERDOSE DEATHS IN 2020

- ▶ EACH DEATH AFFECTS 2 PARENTS (**334 LIVES**)
- ▶ EACH DEATH AFFECTS APPROX 1 SIBLING (**167 LIVES**)
- ▶ EACH DEATH AFFECTS 4 GRANDPARENTS (**668 LIVES**)
- ▶ EACH DEATH AFFECTS APPROX 2 EXTENDED FAMILY MEMBERS (**334 LIVES**)
- ▶ **TOTAL OF 1,503 LIVES AFFECTED**

▶ <https://www.overdosefreepa.org/know-the-facts/view-overdose-death-data/>

▶ ENABLING & CODEPENDENCY


ENABLING

- ▶ Give (someone) the authority or means to do something; make it possible for. OXFORD DICTIONARY
- ▶ Shields people from experiencing the full impact and consequences of their behavior.
- ▶ <https://www.hazeldenbettyford.org/articles/kala/enabling-fact-sheet>


ENABLING

- ▶ "Enabling is different from helping and supporting in that it allows the enabled person to be irresponsible."
 - Elina Kala, MA Mental Health Professional

Support vs. Enabling

- ▶ Support is when they (the addict) are “pissed” at you. - WVADS, INC. FAMILY GROUP
 - ▶ Support is tough on families.
 - ▶ Support is doing what you have to do with tough love.
 - ▶ You (the family) have to be ready to live with the consequences of your actions.
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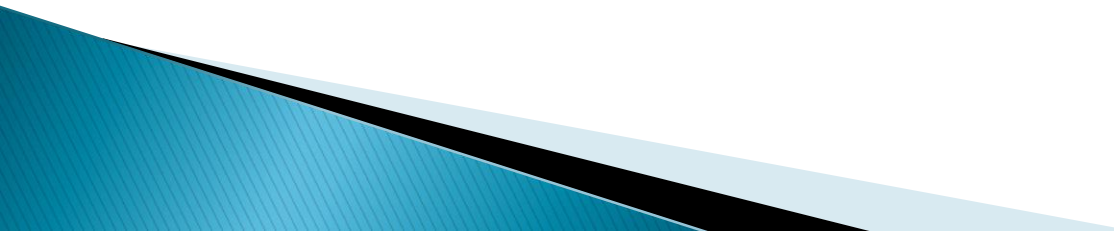
Support vs. Enabling

- ▶ Enabling is when the loved one struggling is happy with you.
 - ▶ Enabling is giving your loved one what they want.
 - ▶ Enabling is taking away your loved ones consequences.
 - ▶ You (the family) have to be ready to live with the consequences of your actions.
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CODEPENDENCY

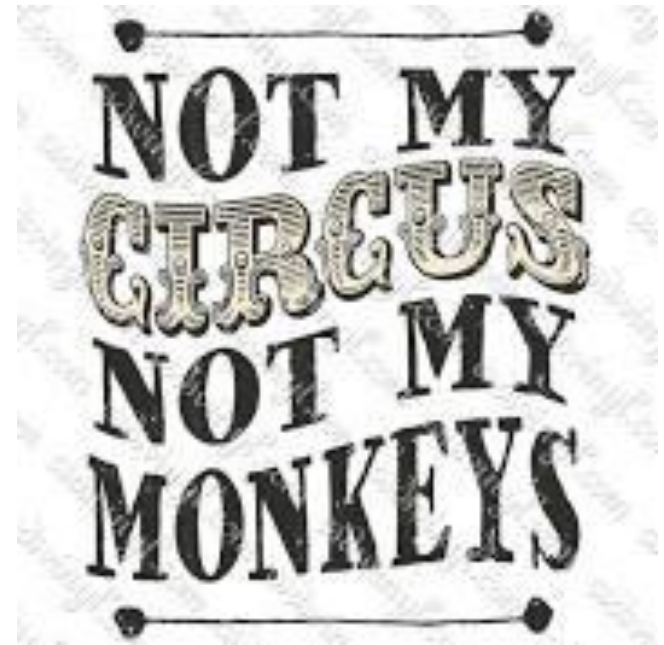
- ▶ EXCESSIVE EMOTIONAL OR PSYCHOLOGICAL RELIANCE ON A PARTNER, TYPICALLY ONE WHO REQUIRES SUPPORT ON ACCOUNT OF AN ILLNESS OR SUBSTANCE USE DISORDER
 - ‘the tie that binds most of us together in this trap called codependency’
oxford dictionary
- ▶ Codependency is a condition in which a family member or friend sacrifices his/her needs to meet the needs someone struggling with substance use disorder.
- ▶ http://www.answers.com/Q/What_is_the_difference_between_codependency_and_enabling

WHO AM I?

- ▶ THE LOVED ONE FORGETS WHO THEY ARE AND BECOMES SO INVOLVED WITH THE OTHER PERSON THEY LOSE THEMSELVES.
 - ▶ THEY ARE UNRECOGNIZABLE TO THEMSELVES.
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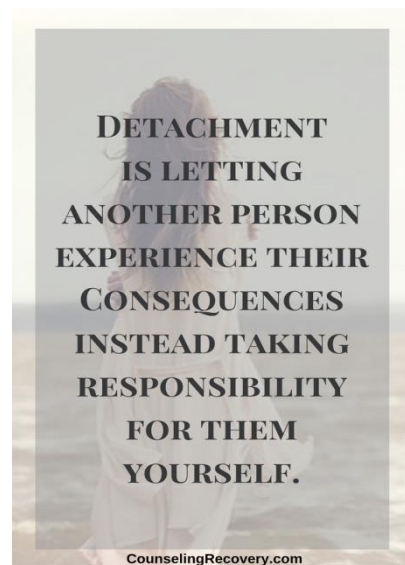
DETACHMENT

- ▶ I STILL LOVE YOU BUT.....
- ▶ USE TOUGH LOVE
- ▶ SUPPORT THEM
- ▶ DON'T ENABLE THEM
- ▶ IT'S NOT EASY



DETACHMENT

- ▶ LETTING GO DOES NOT MEAN YOU STOP LOVING THEM.
- ▶ DON'T LOVE THEM TO DEATH

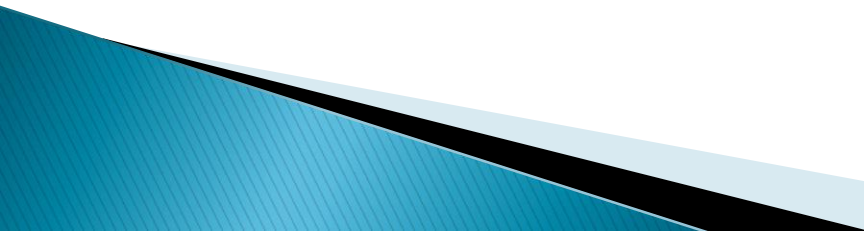


FAMILY

- ▶ WHAT IS A FAMILY?
 - A GROUP OF RELATED THINGS
 - SUBSTANCE USE DISORDER
 - FAMILY GROUP

SUBSTANCE USE DISORDER AND FAMILY ROLES

▶ The Star

- central role of the family
 - Substances come first in their life
 - ends up hurting, manipulating and lying to their loved ones and family members
 - tend to blame others for their problems
 - isolate themselves from the people who care about them most.
 - don't want to stop using, and this can cause resentment and anger among family members.
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SUBSTANCE USE DISORDER AND FAMILY ROLES

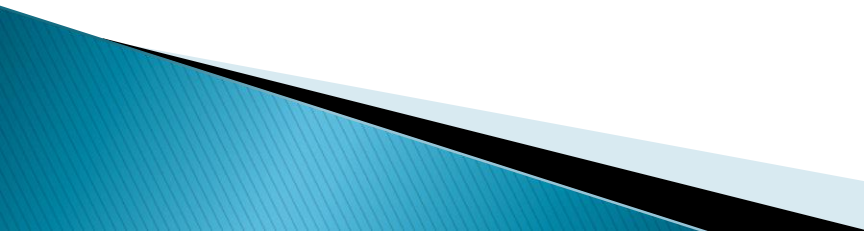
- ▶ The Enabler
 - comes in the form of a spouse, partner, or in a single-family household, the oldest child
 - can also be the child who is closest to the Star
 - tends to pick up after the Star and pays the bills takes care of the of all responsibilities
- ▶ These behaviors allow the Enabler to hide their true feelings of betrayal, anger and hurt.

SUBSTANCE USE DISORDER AND FAMILY ROLES

▶ The Hero

- usually the oldest child
- an overachiever who is hardworking and typically earns straight A's
- acts like this to cover up the guilt, inadequacy, anxiety and stress they're feeling inside
- try to convey a sense of normalcy in the family and
- feel the need to take on more and more responsibility

▶ The Scapegoat

- rebellious member of the family
 - child who acts out and frequently
 - misbehaves to distract themselves from the turmoil that's going on in their house
 - end up getting blamed for the family problems
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SUBSTANCE USE DISORDER AND FAMILY ROLES

- ▶ The Mascot
 - “class clown,”
 - source of comedic relief within the family
 - often sacrifice their own needs to supply the humor needed for everyone to cope
- ▶ The Lost Child
 - difficulty interacting with others and has underdeveloped social skills Usually the middle or youngest child
 - the Lost Child is withdrawn and tends to spend time alone
 - engage in fantasy play to distract themselves from their troublesome home lives
 - have trouble forming relationships and put off making important decisions

DO'S & DON'TS

- ▶ READ THE 5 C'S*
- ▶ GIVE FAMILIES A VOICE
- ▶ Quote from a wife, no one asks how I am doing. I have had to make a lot decisions.
 - Family Groups Voice
- ▶ REMEMBER SUBSTANCE USE DISORDER IS CONTAGIOUS

UNDERSTANDING THE 5 C'S

- ▶ 1. You did not **CAUSE** the addiction. No matter what your loved one tells you, you did not **CAUSE** this disease.
- ▶ 2. You can not **CONTROL** it. You can try and take the drug or friends away. You can try to remove them from the harmful situations. **BUT** it won't work because **YOU CANNOT CONTROL** this medical disease. They will find a way to feed their addiction. There is no way of **CONTROLLING** it.

UNDERSTANDING THE 5 C'S

- ▶ 3. You can not **CURE** it. Even if your loved one does everything you ask, you still **CAN NOT CURE** the medical disease of addiction.
- ▶ 4. **YOU CAN** learn to **COPE** with this disease. By talking with people who understand. Maybe a counselor or a support group. Talking with someone who understands what you are going through can be powerful.
- ▶ 5. **YOU CAN** learn to **CHANGE**.

COURAGE TO CHANGE

▶ Reading for November 18,2022.

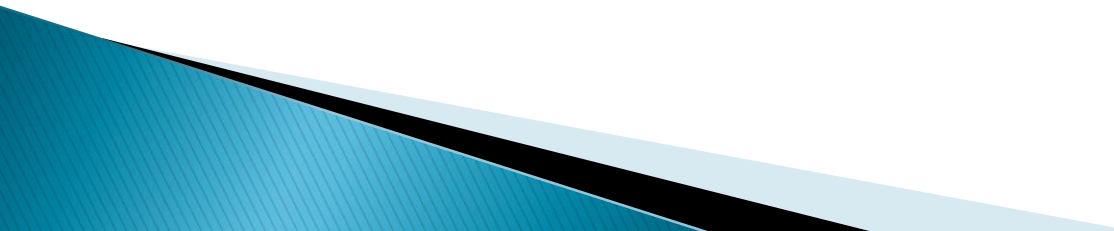
- To me, when the Second Step talks about being restored to sanity, it covers more than the ability to function responsibly and realistically. A sane way of life also includes the willingness to play, to take a break, to cultivate a hobby. I suppose I think of humor as an especially appealing hobby. It takes no special equipment, doesn't require travel and never falls out of fashion. When I have a good laugh, I know that my Higher Power is restoring some of my sanity.
- If I can see nothing but my troubles, I am seeing with limited vision. Dwelling on these troubles allows them to control me. Dwelling on these troubles allows them to control me. Of course, I need to do whatever foot-work is required, but I also need to learn when to let go. When I take time to play , to laugh, and to enjoy, I am taking care of myself and giving my Higher Power some room to take care of the rest.

COURAGE TO CHANGE

▶ Today's Reminder

- A good chuckle or an engrossing activity can lift my spirits and cleanse my mind. I will refresh myself by adding some lightness to this day.
 - “Now I look for humor in every situation, and my Higher Power is a laughing God who reminds me not to take myself too seriously.”

WVADS, INC. FAMILY PROGRAM

- ▶ The Family Program is every other Monday evening from 6:00 – 8:00pm
 - ▶ WVADS, Inc.
480 Pierce Street , Suite 113
Kingston, PA
 - ▶ <http://wvadsinc.com/>
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- ▶ **YOU CAN'T CHANGE SOMEONE WHO DOESN'T SEE AN ISSUE IN THEIR ACTIONS.**

- unknown

PICTURE SOURCES

- ▶ FIRST PICTURE- <http://www.quotesvalley.com/remember-as-far-as-anyone-knows-were-a-nice-normal-family-17/>
- ▶ SECOND PICTURE- <https://www.etsy.com/listing/616477691/not-my-circus-not-my-monkeys-sublimation?gpla=1&gao=1>
- ▶ THIRD PICTURE- <https://www.pinterest.com/pin/365354588504733668/>