

HERREN PROJECT

WEBINAR: BOUNDARIES & CODEPENDENCY

for Families Dealing with Substance Use Disorder



Who We Are: Herren Project

Herren Project is a nonprofit organization offering free resources and support for treatment, recovery and prevention of substance use disorder. It was founded in 2011 by former professional basketball player, Chris Herren, who has been in long-term recovery since August 1, 2008.





Presenter: Kristin Young, MSW LICSW

Kristin is the Director of Clinical Services for Herren Project, and the owner of a successful private practice on Cape Cod in Massachusetts. She received her MSW from Boston University in 2009, and has worked in the field of mental health and addictive disorders for over 20 years. Kristin specializes in addiction, recovery, trauma, chronic mental health issues, and issues related to adolescence.





Objectives

At the end of this webinar you should:

- Be able to define codependency
- Determine if you are in a codependent relationship with your loved one with substance use disorder
- Be able to define and understand the concept of boundaries
- Know how to begin to put boundaries around your loved one
- Understand some of the reasons why it is so difficult for your loved one to stop using
- Learn how to protect and care for yourself
- Have some understanding of how to help your loved one move towards wanting a life in recovery



Signs of Substance Use Disorder

- Regular use of the substance
- Needing more of the substance to get a similar effect
- Not meeting obligations
- Withdrawing from friends and family
- Continual use of the substance despite negative consequences
- Participating in behaviors that are out of character to obtain the substance
- Failing at attempts to stop



What is Codependency?



Codependency Defined

Tendency to behave in an overly passive way, and/or excessively care taking in a way that negatively impacts ones relationship and quality of life.

Putting one's own needs at a lower priority than another.

Becoming excessively preoccupied with the needs of another.



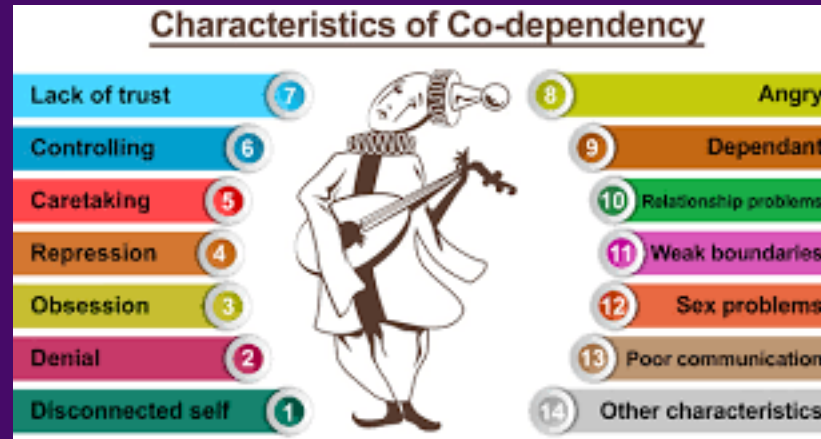


Codependency is:

“An overreaction to things (people, etc) outside of you, and an under-reaction to things (feelings, etc) inside of you.”

-Richard Rohr

10 Signs of Codependency





1. You're quick to say yes without considering your own feelings.
2. You frequently make excuses to compensate for their behavior.
3. Their happiness becomes your top priority.



4. You frequently think you're helping by bailing them out of some sort of jam.
5. You have lost your own identity, interest, and desires.
6. They don't fight fair and manipulate you to get their way.



7. You're always giving in.

8. You try and take on their pain and struggles for them.

9. They are constantly taking advantage of your good qualities.

10. Your relationship is predicated on what you are able to give to them.



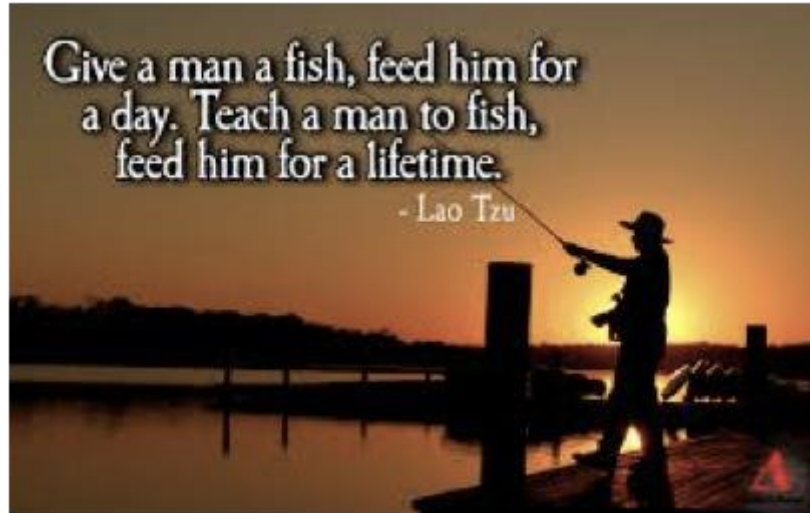
Codependency and You

Questions to ask Yourself:

- Do I think about my loved one all of the time?
- Are his/her good days my good days, and bad days are my bad days?
- Do I make special exceptions for him/her that I would not make for others?
- Do I get defensive when I talk about him/her?
- Do I frequently feel embarrassed or ashamed?

What about Enabling?

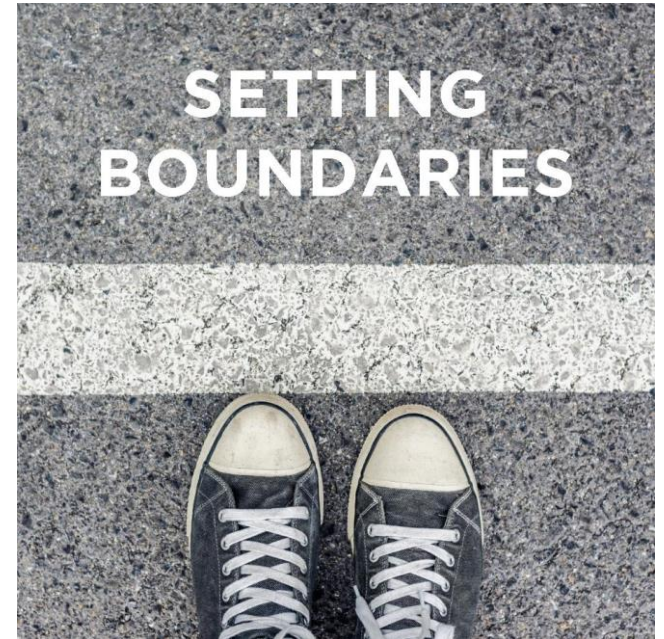
Also known as fiercely loving and protecting the people we love.





What is a Boundary?

- A point or limit that indicates where two things become different
- Unofficial rules about what should not be done
- Limits that define acceptable behavior





When Setting Boundaries:

Always do it with Love

DO

- Use compassion
- Set clear limits in advance
- Allow for natural consequences
- Take some space if you don't have an immediate answer
- Be aware of your own needs
- Reflect

TRY TO AVOID

- Blaming and shaming
- Setting a limit you are unable to hold
- Offering protection from consequences related to use
- Succumbing to the pressure of immediate gratification
- Tolerating abuse of any kind



How do I Protect my Boundaries?

- Be aware of your own needs
- Be aware of your own comfort zone
- Turn off your phone and don't answer the door
- Use time and space

Remember: It's good for your loved one to sit in the anxiety of not knowing your answer

- Call the EMS or the Police

When Setting Boundaries

It is your responsibility to yourself to set your boundary and to hold it firm.



"Is **THIS** the line you're telling me not to cross?"



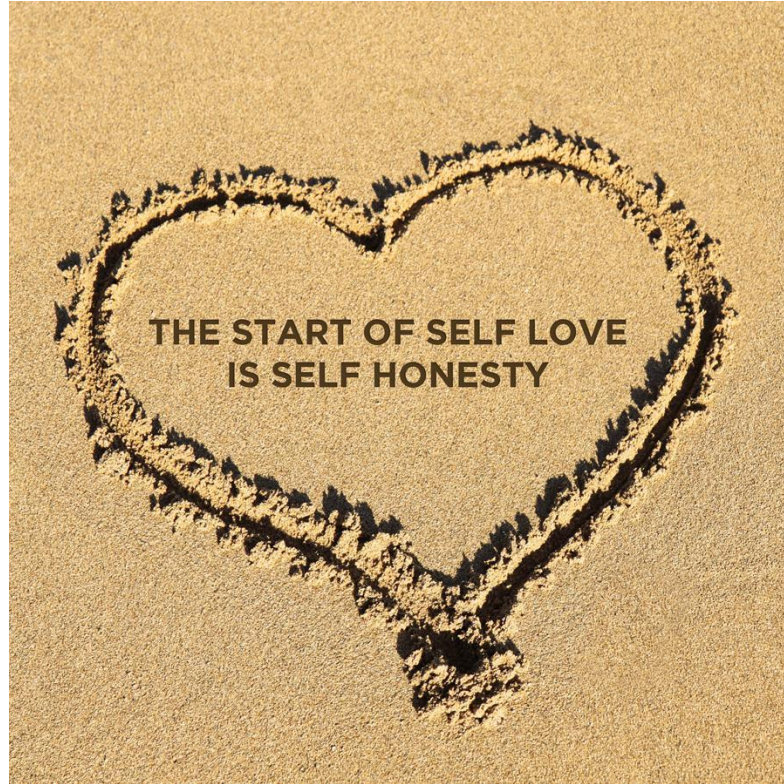
How do I Take Care of Myself?

- Find a good therapist or life coach that understands SUD
- Reach out to your support system
- Research substance use disorder
- Attend a meeting: CODA, ALANON, Learn to Cope and Herren Project all offer regular support groups for families



Why can't they just stop?







Family Support Services

Support Groups

Virtual online support groups moderated by licensed clinicians



Family Support



Parental Support



Spousal Support



Sibling Support



Grief Support

Consultations

15 minute phone consultations with a licensed clinician



What We Do



TREATMENT & RECOVERY SERVICES

FOR SUBSTANCE USE DISORDER



FAMILY SUPPORT SERVICES

RESOURCES FOR LOVED ONES
AFFECTED BY
SUBSTANCE USE DISORDER



PREVENTION & WELLNESS

EMPOWERING SCHOOLS &
COMMUNITIES



TEAM HERREN PROJECT

RAISING FUNDS & AWARENESS
FOR THE DISEASE OF ADDICTION



Contact & Information

E: recovery@herrenproject.org

P: (844) 543-8555

Visit: herrenproject.org/family-support-resources

Social Media: [@herrenproject](https://www.instagram.com/herrenproject)



Behavioral Health Awareness Series

If you are an Evernorth or Cigna customer and have questions about Substance Use treatment or about your benefits and how to use them, please contact:

Stephanie Gissal - 800.274.7603 x398516

Alex Turner - 800.274.7603 x513597

Wanda Russell – 800.274.7603 x342063