



HANLEY
CENTER

How Addiction Affects the Family

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What is Addiction?

Addiction is a chronic, often relapsing brain disease that causes compulsive drug seeking and use, despite harmful consequences to the addicted individual and to those around him or her.

National Institute on Drug Abuse, 2012

Our Relationships with Mood Altering Substances

Everyone has one of four “relationships” with mood-altering substances. These are:

- **Abstinence**
- **Use**
- **Abuse**
- **Dependence**

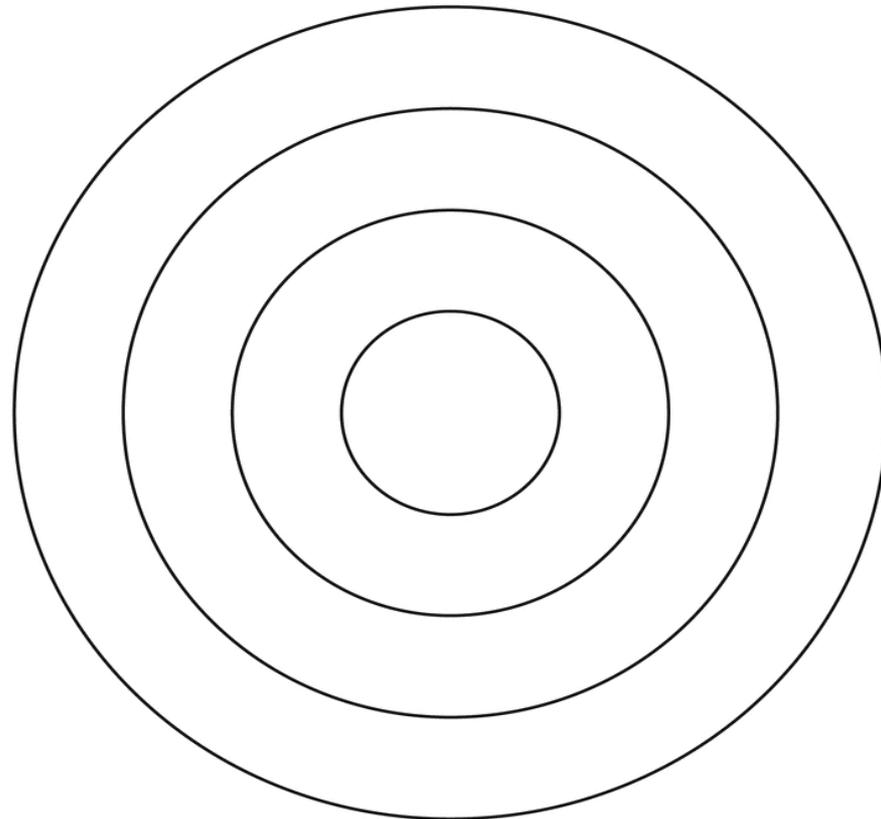
The Problem

Addiction affects every area of our lives:

- **Physical**
- **Psychological**
- **Spiritual**
- **Social/Family/Community**

The Problem

Addiction makes a person less able to make healthy decisions. It changes a person's priorities.





“They have wondered for 10 years
how their dad could have chosen
the bottle over them.”

Family Systems

Families have been traditionally seen as a group of more or less independent agents linked by their membership in the family. Any given member's behavior was not necessarily related to the behavior of any other member.

With such a restricted view of the family, it is entirely likely that a parent might state, "I have two children; my daughter is terrific, but my son is always in trouble. Since I raised them both the same way, there must be something dreadfully wrong with my son."

Family Systems

By definition, a family system functions because it is a unit, and every family member plays a critical, if not unique, role in the system. As such, it is not possible that one member of the system can change without causing a ripple effect of change throughout the family system.

Case Study

Melissa is a straight "A" student and receives a great deal of parental attention for her success in school.

Knowing full well that he is not capable of competing with his sister in the academic arena, **Jason** finds that his "B" average results in no praise, but occasional comments such as "do better" or "study harder." He soon realizes that he can become the focus of his parents' attention by acting-out in school, earning failing grades, and engaging in delinquent behavior.

Case Study

In a typical therapy situation, this family will label Jason the "identified patient," and request that something be done about his acting-out behavior.

Within the systems view, however, the family will be the identified patient, and changing Jason's behavior will require a change in the family system. If his parents understand the goal of his behavior and reevaluate their use of praise, it will surely help.

Family Homeostasis

Homeostasis = Things Feel *Normal*

Families are dynamic systems and are influenced by changes that occur both within and outside of the family system.

Family Homeostasis

Natural tendency of families to behave in such a manner as to maintain a sense of balance, structure, and stability in the face of change.

It is a kind of inertia which actually works against change in the system.

Family Rules

- Overt and covert (spoken and unspoken) contracts which govern how family members act out their roles
- Rules govern:
 - How, what, and when to communicate feelings or thoughts
 - Who has permission to speak to whom about what
 - Extent to which a family member may be different
 - How sexuality can be expressed
 - What it means to be male or female
 - How family members acquire self-worth

Alcoholic Family Rules

Don't talk

Don't trust

Don't feel

Rule Themes often revolve around

- Homeostasis collusion (keep it the same)
 - Impaired mourning (don't feel)

People who grow up in these systems often:

- guess at what normal behavior is
- have difficulty in following a project through from beginning to end
 - lie, when it would be just as easy to tell the truth
 - judge themselves without mercy
 - have difficulty having fun
 - take themselves very seriously
 - have difficulty with intimate relationships
 - overreact to changes over which they have no control
 - constantly seek approval and affirmation
 - usually feel they are different than other people
 - are super responsible or super irresponsible
- extremely loyal, even in the face of evidence the loyalty is undeserved
- impulsive, and tend to lock themselves into a course of action without giving serious consideration to alternative behaviors or possible consequences.

Family Roles

Role: set of behaviors for performing the rights and obligations associated with a certain position (follow family rules).

Enabler

Hero

Scapegoat

Lost child

Mascot

The Crisis

The crisis is the event or series of events that occur when the family system is shaken and the veracity of the progression is realized. The question then becomes, “How did we get here?”

The common initial step of the system is to find help for the identified patient to address the addiction.

The Crisis

The remainder of the system (which is the majority of the system) will experience preliminary relief in the belief that the “Problem” is now being addressed and resolved.

The question of the crisis (“How did we get here?”) quickly fades away.

This is when and where the intervention of the family system is necessary to move the system in the shift toward recovery.

Myths Regarding Treatment

- Once the Addict/Alcoholic agrees to enter treatment, they will never drink or use drugs again
- Once the Addict /Alcoholic comes home, things will be the way they used to be
- If the Addict/Alcoholic agrees to get help, the rest of the family will be fine
- The crisis is over

The 7 “C”s for Families

You didn't CAUSE it.

You can't CURE it.

You can't CONTROL it.

You can help take CARE of yourself.
by COMMUNICATING your feelings,
making healthy CHOICES, and
CELEBRATING being yourself.

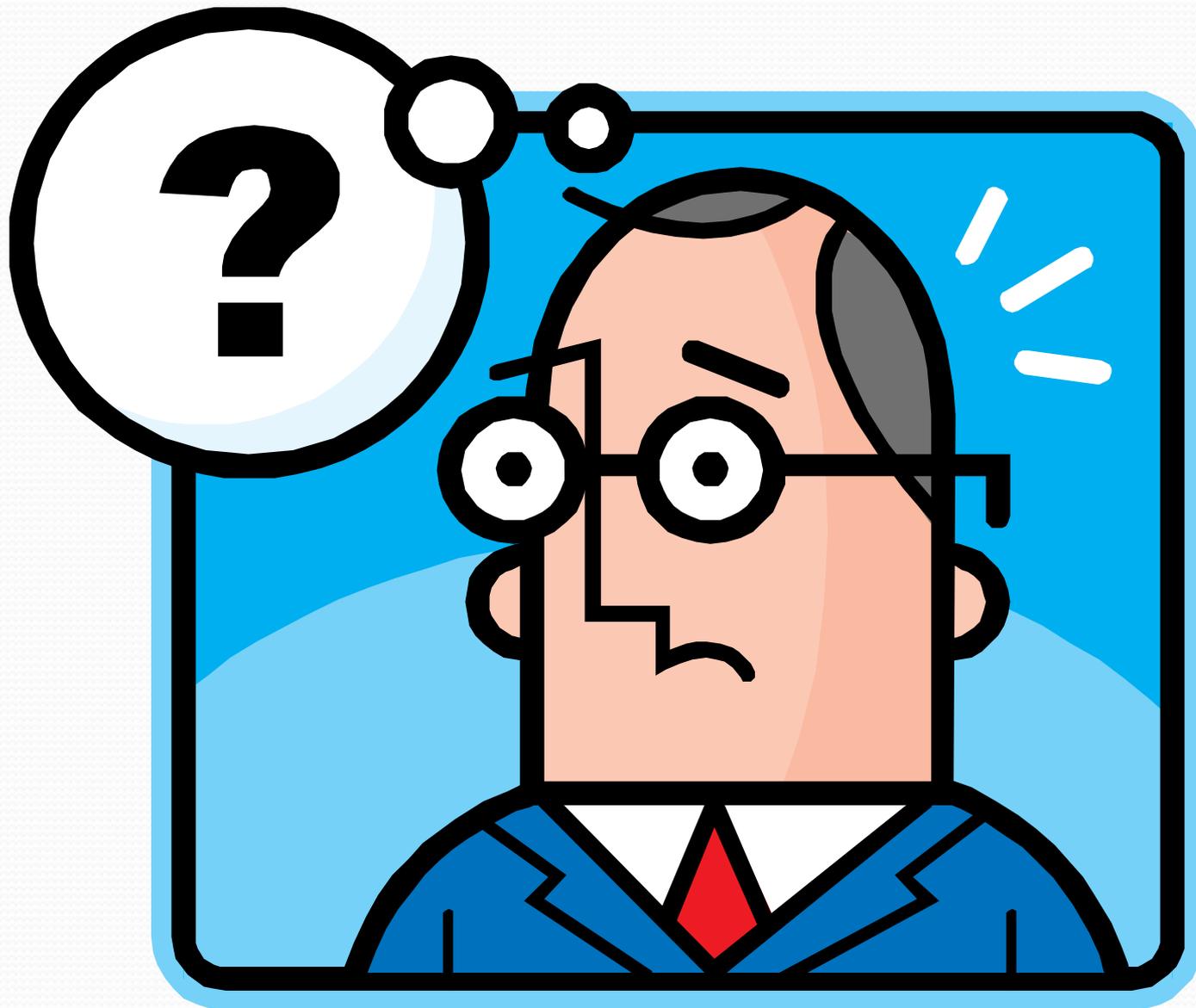


Resources for Families

Al-Anon

Alateen

NACOA



About Hanley Center and Caron

The nationally-recognized Caron Treatment Centers, with whom Hanley Center recently combined their operations, is the largest non-profit organization dedicated to the treatment and prevention of the disease of addiction when measured by treatment services revenue. Combined, the two organizations offer the most comprehensive continuum of care ranging from treatment for adolescents, young adults, adults, baby boomer and the elderly available across the country.

Hanley Center

- Gender-separate, residential primary treatment for the unique stages of life including:
 - Adults
 - Baby boomers – 46-64 year olds
 - Older adults – 65+ year olds
- Residential Assessment Program

Caron Treatment Centers

- Gender-separate, residential primary & extended care treatment options available for adolescents/teens, young adults & adults
- Residential Assessment Program
- Specialized programming for Healthcare Professionals, Pain and Chemical Dependency and Relapse, as well as Residential Family Restructuring programming which provides treatment for the entire family.



Caron Treatment Centers operates the following residential treatment centers: Caron Pennsylvania (Wernersville, PA); Caron Renaissance (Boca Raton, FL); Ocean Drive (Delray Beach, FL); Caron Texas (Princeton, TX); and the Hanley Center (West Palm Beach, FL). Regional offices are also located in Philadelphia, New York City, Boston, Washington, D.C., and Bermuda.