The Importance of Family In Prevention—Seeking Help, Treatment and Support for Recovery

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Partnership
for Drug-Free Kids
Where families find answers
Family Ties

When dealing with a loved one who is experimenting, using, abusing, or is addicted to substances the family often feels:

- Overwhelmed
- Helpless
- Depressed
- Panicked
- Anxious
- Guilty or ashamed
- Powerless
You also might feel that:

- No matter what you say, nothing gets through to them
- No matter what you do, they keep using
- You no longer have any influence over their behaviors
What We Have All Heard

- I need to use tough love.
- I can’t do anything. He has to want it.
- He won’t change until he bottoms out.
- I don’t want to enable.
- I was told I am co-dependent and need to back up and let my son fail so he can get better.
Motivational Myths

• Confronting someone about their problems helps them change

• It usually takes a crisis, or hitting “bottom,” for someone to become motivated to change

• Motivation hits in one revelatory moment; once it hits, it sticks

• Until someone is motivated to change, there is nothing that can be done to help them
Motivational Facts

• Confrontation negatively affects motivation

• Motivation can occur whenever the costs of a behavior perceptibly outweigh the benefits

• Motivation is a fluctuating state, based on gradual stages

• Motivation is facilitated by personal interaction
Questions We Get From Parents

- How do I *prevent* my child from using substances?
- How do I *talk* to my child about substance use?
- How do I *intervene* when I find that my child is using substances?
- How do I *motivate* my child into treatment?
- How do I know what the *appropriate* treatment is for my child?
Prevention
What You Can Do

• Begin talking to your child early on about substance use.
• Avoid polarizing or black and white language when talking to your child about drugs.
• Set limits and boundaries at home that have moderate and fitting consequences.
• Welcome them back from the consequences with love.
• Set up positive rewards for healthy behavior.
What You Can Do

• Teach your child how to work for long-term goals
• Encourage your child to do something they don’t want to do before they get to be rewarded.
• Delayed gratification
Talking Tips
How Do I Talk about Drugs/Alcohol

• Stay Calm
• Put Yourself in Their Shoes
• Be Clear about Your Goals
• Keep an open mind
• Find a Comfortable Setting
• Be aware of Body Language
How Do I Talk about Drugs/Alcohol

• Be Positive
• Don’t Lecture
• Try Active Listening
Intervention and Motivation
How Do I Intervene While I Motivate?

• Intervention can take many forms:
  • Create Clear Boundaries and Clear Consequences
  • Allow for *Natural* Consequences to Occur
  • Create Positive Reinforcements for Healthy Behavior
  • Continue to Talk about Your Concerns
Boundaries and Consequences

• Boundaries are personal but they will affect your child’s behavior.
• Consequences to a violated boundary should always be appropriate and should avoid emotional withholding from your child.
Natural Consequences

• Natural Consequences are the direct outcomes of your loved one’s substance use. They can be:
  • Emotional – depression, anxiety, guilt and/or shame
  • Physical – sleep disruptions, injuries
  • Structural Costs – loss of relationships, financial problems, legal issues
Natural Consequences

- The consequence should be a result of your loved one's behavior and perceived as negative by them.
- You should be able to live with the consequence.
Positive Reinforcement

• Difference between positive reinforcement and enabling.
• Enabling refers to anything you do that reinforces substance using behavior:
  • Making excuses for absences, cancellations, or negative behavior
  • Nursing them through a hangover
  • Taking on their household responsibilities
  • Paying bills, giving cash
  • Preventing legal consequences
  • Managing his schedule
Positive Reinforcement

• Reinforcements *compete* with substance use. They are things that appeal to your loved one.
  • Examples: Allow a later curfew, allow friends to come over, have extra TV time, allow use of the car, pay for something special (mani/pedi, haircut, sports equipment, cook them their favorite food)
  • Examples of immediate reinforcers: Be affectionate, cheer them on, offer your help, take a walk, smile, give a compliment
Continue to Talk about Concerns

- Even if you don’t believe it, you really do have an influence in your child’s life!
- They do listen, even if it feels like they don’t
- Continue to use the talking tips when bringing up concerns about their substance use.
Seeking Treatment
Different Levels of Treatment

• Level 1 – Outpatient
• Level 2 – Intensive Outpatient Program
• Level 3 – Medically monitored Inpatient Treatment
• Level 4 – Medically Managed Inpatient Treatment
• A Note About Detox
Things To Think About

- Include your loved one in the treatment process
- Assess what level of care they need
- Give them options
- Ask provider questions about:
  - Treatment approach. For substance abuse you will want evidence based therapies such as CBT, DBT, ACT, CRA, CRAFT
  - Insurance coverage and cost

http://www.drugfree.org/resources/questions-ask-treatment-programs/
Parent Support Network

- Online platform at www.drugfree.org
- Helpline 1-855-DRUGFREE
- Parent Coaching
Drugfree.org

• Parent Support at www.drugfree.org
  • Resources
  • Forms / Q&A
  • To come: live chat, online support groups

• Additional resources for families facing problems:
  • Intervention eBook
  • Treatment eBook
  • Medication Assisted Treatment
  • Continuing Care
How The Partnership Can Help

• Toll-free, national telephone helpline, primarily for parents / caregivers 1-855-DRUGFREE

• Staffed by bilingual MSWs and MFTs with extensive experience in addiction issues, Mon-Fri 9-5pm (EST)

• Not a crisis line – Designed to help parents from across the spectrum of need states find answers

• Helpline caller profile
  • Typically, mother calling about teen / young adult son
  • Primary drugs of concern: marijuana, heroin, Rx drugs
  • Geographically disperse, roughly 15% Spanish speaking
Parent Coaching -- History

- Peer to peer parent coaching, begun as “ad hoc” offering

- In 2013, we formalized our peer-to-peer parent coaching scheme
Parent Coaching – Training & Support

• Parent Coaches participate in a two-day training with a clinician and Coach Mentor in which they learn Motivational Interviewing (MI) and Community Reinforcement And Family Training (CRAFT) skills and how they will work as coaches.

• Coaches participate in bi-weekly supervision calls with a clinician for six months following the training, with support calls thereafter.

• Coaches have a strong network of support, from other Coaches, to Coach Mentors, to Partnership staff to CMC staff.
What Parent Coaching Looks Like

• A parent calls our helpline looking for guidance
• The caller meets criteria for parent coaching
• The helpline specialist emails caller the PSN opt-in, and survey to fill out
• Once opt in is submitted the caller is assigned a parent coach!
• Parent coach and caller have a telephone session once a week for up to 6 weeks
• Parent coach and caller work from the 20 Minute Guide to learn and apply CRAFT skills in the caller’s life
Comments from Callers

“COACH talked me off the ledge. People don’t want to talk about it. I looked forward to her phone calls - she gave me concrete advice on how to deal with my situation. Most helpful = to forgive myself, [COACH] pointed out what I did right.”

“COACH says everything - suggestions and examples - in such a clear and not-shaming way. This program gives a different perspective - the child has to make choices; and even though he/she may seem like they are not listening, a little piece may get in. The breakdown of natural negative consequences was so helpful.”

“I didn't know COACH and yet she seemed to know me better than a family member - really able to understand so well and guided me to take care of myself. I couldn't really do anything until I started taking care of myself - and then I was able to control my emotions, as well.”
Ask Us Anything—Links and Resources

- 1-855-DRUGFREE
- www.drugfree.org
- http://www.drugfree.org/resources/questions-ask-treatment-programs/
- http://www.drugfree.org/?s=MJ+Talk+Kit