

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

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**Partnership<sup>TM</sup>**  
for Drug-Free Kids

Where families find answers

# Family Ties

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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:

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- 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

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- 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

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- 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

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- 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

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- 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

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# What You Can Do

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- 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

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- 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

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# How Do I Talk about Drugs/Alcohol

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- 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

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- Be Positive
- Don't Lecture
- Try Active Listening

# Intervention and Motivation

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# How Do I Intervene While I Motivate?

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- 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

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- 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

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- 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

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- 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

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- 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

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- 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

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- 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

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# Different Levels of Treatment

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- 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

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- 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

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- Online platform at [www.drugfree.org](http://www.drugfree.org)
- Helpline 1-855-DRUGFREE
- Parent Coaching

# Drugfree.org

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- Parent Support at [www.drugfree.org](http://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

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- 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

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- 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

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- 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

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- 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

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“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

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- 1-855-DRUGFREE
- [www.drugfree.org](http://www.drugfree.org)
- <http://www.drugfree.org/resources/questions-ask-treatment-programs/>
- <http://www.drugfree.org/?s=MJ+Talk+Kit>