

EFFECTS OF SUBSTANCE USE ON FAMILY SYSTEMS

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FAMILY ENGAGEMENT

- Family is not our primary patient but is our secondary.
- What are our responsibilities to families?
 - Educate
 - Support
 - Provide guidance to set boundaries
- How do we determine if the family is supportive or enmeshed?

ADDICTION AS A FAMILY SYSTEMS ISSUE

- When a person has a drug problem, they have a disease that can hurt the family.
- Drug use puts a lot of stress on parents, brothers and sisters, grandparents—anyone who is part of the home.
- When family members take drugs:
 - You can't count on them to do what they say they will do.
 - They may forget or get distracted because their focus is on getting and taking drugs.
 - They might lie or steal money to buy drugs.
 - They might get fired from their jobs.
 - They might not come home at night.
 - They may do bad things they would never do if they weren't using drugs.

Addiction is a family disease.
One person may use,
but the whole family suffers.



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CHANGE CHANGES EVERYTHING: ADDICTION AS A FAMILY SYSTEMS ISSUE

- **Family Role 1, The Addict**
- The person with the addiction is the center, and though the key to alcohol and drug addiction recovery, not necessarily the most important in family recovery. The "world" revolves around this person, causing the addict to become the center of attention. As the roles are defined, the others consciously take on the rest of the roles to complete the balance after the problem has been introduced. Recovery many times on this person.
- **Family Role 2, The Hero**
- **Family Role 3, The Mascot**
- **Family Role 4, The Lost Child**
- **Family Role 5, The Scapegoat**
- **Family Role 6, The Caretaker (Enabler)**



HEALTHY VERSUS ADDICTED FAMILY SYSTEMS

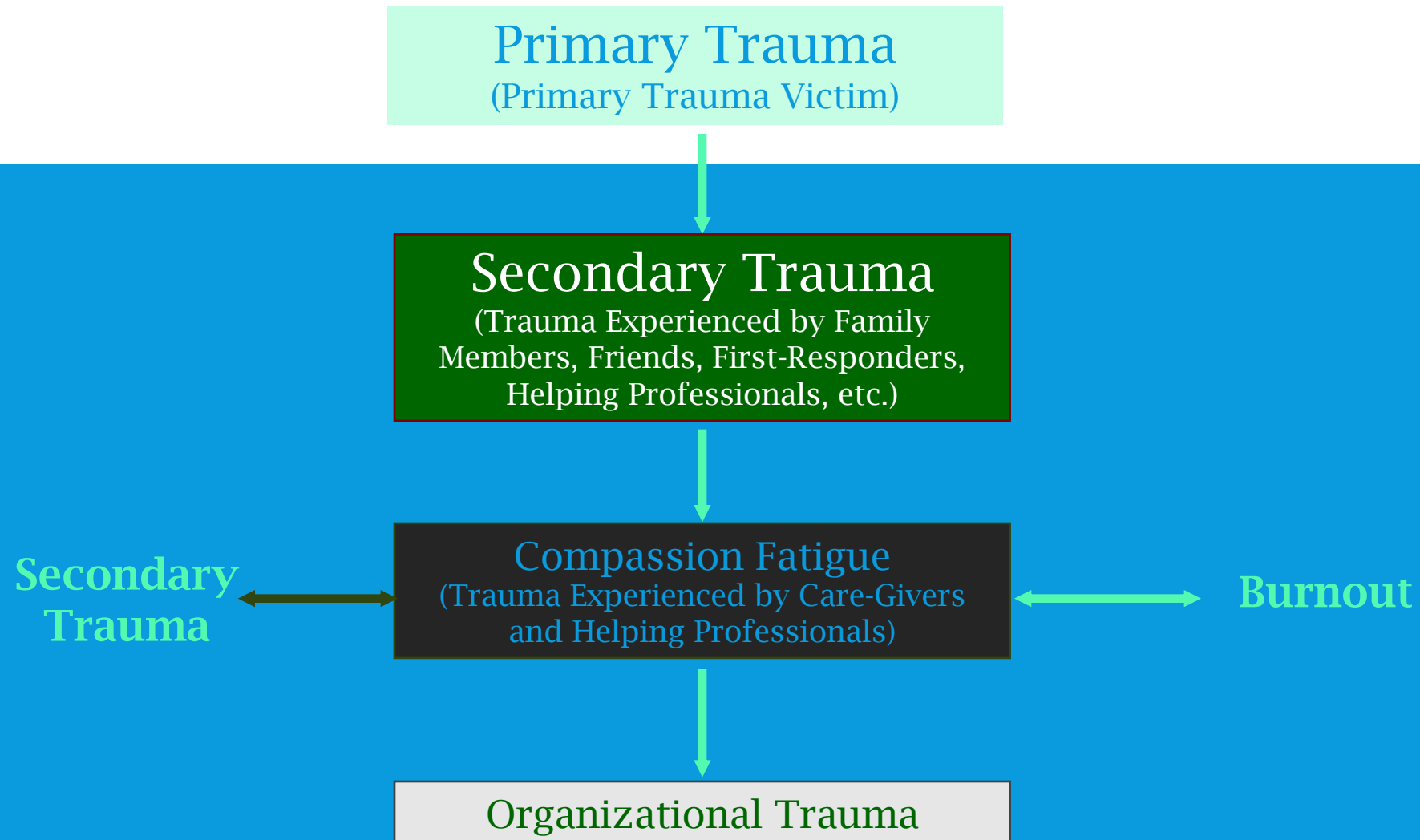
- **Healthy Family System:**

- Self worth is high.
- Communication is direct, clear, specific and honest and feelings are expressed.
- Rules are human, flexible and appropriate to change.
- It is natural to link and be open to society.
- Each person has goals and plans to get there, and should be supported by the family.

- **Rules in a dependent or addicted family:**

- Dependents use of drug is the most important thing in a family life.
- Drug use is not the cause of family problems, it is denial which is the root.
- Blaming others, don't make mention of it, covering up, alibis, loyalty of family enables.
- Nobody may discuss problem outside the family.
- Nobody says what they feel or think.

CONTINUUM OF TRAUMATIC STRESS



TREATMENT

- How many family members get treatment while their loved on is getting treatment?
- What are options for family members?

WHAT RESOURCES ARE AVAILABLE FOR FAMILY MEMBERS?

- Al-anon
- Nar-anon
- Learn to Cope
- Individual therapy
- Family Therapy