

**“Shift the Focus”  
Cecil Whig Archived Columns:**

*About Substance Uses Illness - Your Loved One*

8/19/16

Shift the Focus: Is addiction biology or psychology?

<https://goo.gl/kOMzwI>

9/2/16

Shift the Focus: Lost to the drugs

<https://goo.gl/SLbrFx>

9/16/16

Shift the Focus: The addict's web of pain

<https://goo.gl/3G9cZi>

2/3/17

Shift the Focus: Release the burden from your addicted child

<https://goo.gl/APBVUY>

*Effects of Addiction on the Family*

8/5/16

Shift the Focus: From addict to family

<https://goo.gl/cUfgLj>

9/30/16

Shift the Focus: Collateral damage — Living with addiction

<https://goo.gl/nPaABX>

10/14/16

Shift the Focus: Addiction — A true catalyst for family destruction

<https://goo.gl/3fn5wV>

10/28/16

Shift the Focus: Dynamics of the traumatized family

<https://goo.gl/qGCVNY>

11/11/16

Shift the Focus: Families suffer from addiction too

<https://goo.gl/nWMv24>

11/25/16

Shift the Focus: Hidden pain — Emotional anguish or reach for the life ring!

<https://goo.gl/gllR7r>

12/9/16

Shift the Focus: Put on your oxygen mask — Begin breathing

<https://goo.gl/m0pfsW>

*Holidays*

12/23/16

Shift the Focus: Does addiction + holiday = total disaster? It doesn't have to

<https://goo.gl/26T3mC>

2/17/17

Shift the Focus: Avoid a Broken Heart, Love Yourself

<https://goo.gl/EDdqfO>

3/17/17

Shift the Focus: Are you Feeling Lucky?

<https://goo.gl/1zXOPL>

12/16/17

Shift the Focus: A permanent void during the holidays

<https://goo.gl/hiCPrB>

12/1/17

Shift the Focus: Gratitude is important during the holidays

<https://goo.gl/vhs1fS>

## Family Recovery

1/6/17

Shift the Focus: Follow the "Yellow Brick Road" in 2017

<https://goo.gl/cRzNXi>

1/20/17

Shift the Focus: Inauguration into family recovery

<https://goo.gl/2GdcMB>

4/7/17

Shift the Focus: Do You Speak Your Child's Language?

<https://goo.gl/hcSikq>

12/30/17

Shift the Focus: Follow the "Yellow Brick Road" in 2018

<https://goo.gl/44Qq3r>

## Prevention

4/21/17

Shift the Focus: An Ounce of Prevention is Worth a Pound of Cure

<https://goo.gl/wH8W7I>

8/25/17

Shift the Focus: PREVENTION is the New Buzz Word

<https://goo.gl/beMpn1>

## Feelings

5/5/17

Shift the Focus: Grief comes in stages: Moving from denial to anger

<https://goo.gl/oaq1La>

5/19/17

Shift the Focus: The Freedom of Acceptance

<https://goo.gl/c5Hi8w>

3/3/17

Shift the Focus: Your Perfect World

<https://goo.gl/EaYMeA>

## Setting Boundaries

6/2/17

Shift the Focus: To Thine Own Self Be True

<https://goo.gl/ASN1Wk>

6/16/17

Shift the Focus: You matter, too! Create your own Bill of Rights

<https://goo.gl/zt38Tm>

6/30/17

Shift the Focus: Siblings Need a Bill of Rights, too!

<https://goo.gl/BCGgWm>

## Stigma of Addiction

7/14/17

Shift the Focus: Stigma – Are you guilty?

<https://goo.gl/TTg8ar>

8/11/17

Shift the Focus: Recovery is the Goal!

<https://goo.gl/w3zq8j>

## Grandparents

9/8/17

Shift the Focus – Grandparents, Are you a 'Giving Tree'?

<https://goo.gl/fwT3vF>

9/22/17

Shift the Focus: Grandparents to the Rescue – A Generation of Abandoned Children

<https://goo.gl/VfRMEH>

10/6/17

Shift the Focus: Understanding, Supporting Your Abandoned Grandchildren

<https://goo.gl/R8CKn9>

## Opiate Addicted Children - School

10/20/17

Shift the Focus: Addicted at birth – A rough beginning in life

<https://goo.gl/p5tvs4>

11/3/17

Shift the Focus: Children born addicted to opiates – Oil and water in school

<https://goo.gl/1nBxDq>

11/17/17

Shift the Focus: Children born addicted to opiates – Oil and water in school Pt. II

<https://goo.gl/dJ2qdb>

1/22/18

Shift the Focus: Help a Child Survive a Secret Trauma

<https://goo.gl/fDPAEV>

## Adult Child of an Alcoholic (ACOA)

2/2/18

Shift the Focus: Portrait of an adult child of an alcoholic

<https://goo.gl/hebjS1>

2/23/18

Shift the Focus: Ideal daughters often have hidden pain

<https://goo.gl/1WvKY7>

3/9/18

Shift the Focus: Power, peace and potential: Available to adult sons

<https://goo.gl/9cbGzP>

3/23/18

Shift the Focus:

*Other*

10/6/17

Local advocates join forces to help addicts, families

<https://goo.gl/Pt52SC>