The Importance of	Family In	volvement i	n Addiction	Treatmen

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ADDICTION TREATMENT

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Alcohol and Drug Addiction Resides in the Brain

- Alcohol and drug use is not a result of moral failure or weakness
- Addiction is essentially a Traumatic Brain Injury and is to be treated as such
- In sobriety, the neurotoxins of the drugs/alcohol leave the brain and it begins it's healing process
- Chances of maintaining long term sobriety are higher with proper treatment and engagement in up to a year or more for full brain healing

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Alcohol and drug use is seen on a spectrum

Non-use Experimental Use

ntal Use Social o

Regular Use

Problematic Use

has a negative impact on the person's daily life and may be affecting their physical and/or mental health

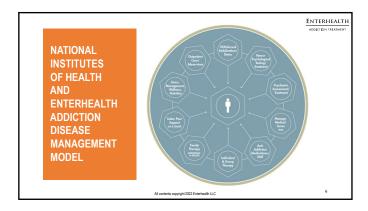
Dual diagnosis

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Substance abuse and addiction is often seen as the result of, or part of mental health disorders

- PTSD
 ADHD
 Mood Disorders
 Anxiety related disorders
 Schizophrenia





ENTERHEALTH ADDITION TRAINMENT	
Family suffering from Addiction	
Physical, emotional, and sexual abuse (as victim or perpetrator)	
Poor self esteem Difficulty managing anger	
 Mental health disorders such as anxiety or depression Medical illnesses 	
Marital problems, divorce	
 Own addiction It is just as important for family members to complete and obtain treatment as it 	
is for their loved ones in Recovery treatment (Urschel, 2009)	
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Dysfunctional Family Patterns	
 Dysfunctional parents may overcorrect or emulate their parent's dysfunctional behaviors 	
 Growing up in these environments, family members perceive it to be normal Unhealthy signs 	
lack of empathy Poor or nonexistent communication Excessive criticism	-
High expectations or perfectionism Fear or unpredictability Need for control	-
 Denial of problems Physical, sexual or emotional abuse 	
Addiction in one or more family members Untreated mental health needs	
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ENTERHEALTH ADDITION TEAMHIN	
Unhealthy Situations of Dysfunctional Families	-
Vacations and holidays are stressful Parents having separate rooms, co existing	-
 Rarely bringing friends to the home-concern of fear and embarrassment Your family lives in silence-silence is not to be used as punishment, it disregards another person's worth 	
You experience role reversal-taking on parent responsibilities You get double messages-family members say one thing and do another Experience triangulation-family member confides in one family member about another family member	
 You are used as a pawn-one family member tries to get you to dislike the other family member or obtain information You are punished, not disciplined-punishment involves enforcing penalties which impacts the ability to form opinions or 	
question authority. Discipline involves training/leaching approach Neglectful behavior-family members are dismissive and unavailable in the form of lack of boundaries, empathy or structure.	
 You experience unpredictable or abusive behavior-quick to blame, alter the truth, disown each other, treat unfairly 	

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- Teasing goes too far
- Witness constant conflict-the environment feels dogmatic or cult-like, which is not uncommon with strict religious beliefs or cultural requirements that are strict or demanding
- You feel no sense of privacy-family members feel they have a right to know more than they do
- You have witnessed substance abuse, mental illness and other problem behaviors go untreated

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Individual in Treatment

- Understand-the past cannot be changed, and dysfunction can be present at the core of family relationships
- Develop boundaries-loved ones cannot be controlled or changed, therefore learning to develop healthy boundaries with loved ones
- Let go of the past and live in the moment-it's possible to maybe salvage some
 of their relationships by growth/repair in treatment yet some relationships are
 past point of repair
- Protect selves and well being-clients and families can form healthy new relationships and/or repair current ones

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FAMILY THERAPY



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- Teach the family about the disease of addiction
- Help addicts and their families reconnect
- Differentiate between helping versus enabling

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Family Tips for Support	
Acceptance of reality	
Importance of self care, healthy selfishness	
Learning to approach with care vs. control	
Self honesty	
Being helpful, not enabling	
Understanding your loved one Dealth will for a winite.	
■ Don't wait for a crisis	
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ADDICTION TREATMENT	
Family Support Options	
Individual therapy for support, own mental health needs and/or	
substance use	
Involvement in loved one's treatment process (i.e. family therapy,	-
family groups)	
- Al-Anon	
Smart Recovery for Families	
AA meetings for family support	
 NAMI (National Alliance for Mental Illness) 	
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