

Supporting Families of Youth & Young Adults With Substance Use Disorders



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Learning Goals

- ✓ To understand how the family system is impacted by addiction, and key challenges faced by parents/caregivers of youth and young adults with substance use disorders.
- ✓ To identify best practices (evidence-based) for engaging and supporting families in the recovery process for their loved one.
- ✓ To review resources to support families of youth and young adults with substance use disorders.

Why Focus on the Family?

- Families need help too - addiction affects everyone.
- Nurture the soil - the plant will have a much better chance of thriving.
- Break the cycle of intergenerational addiction.



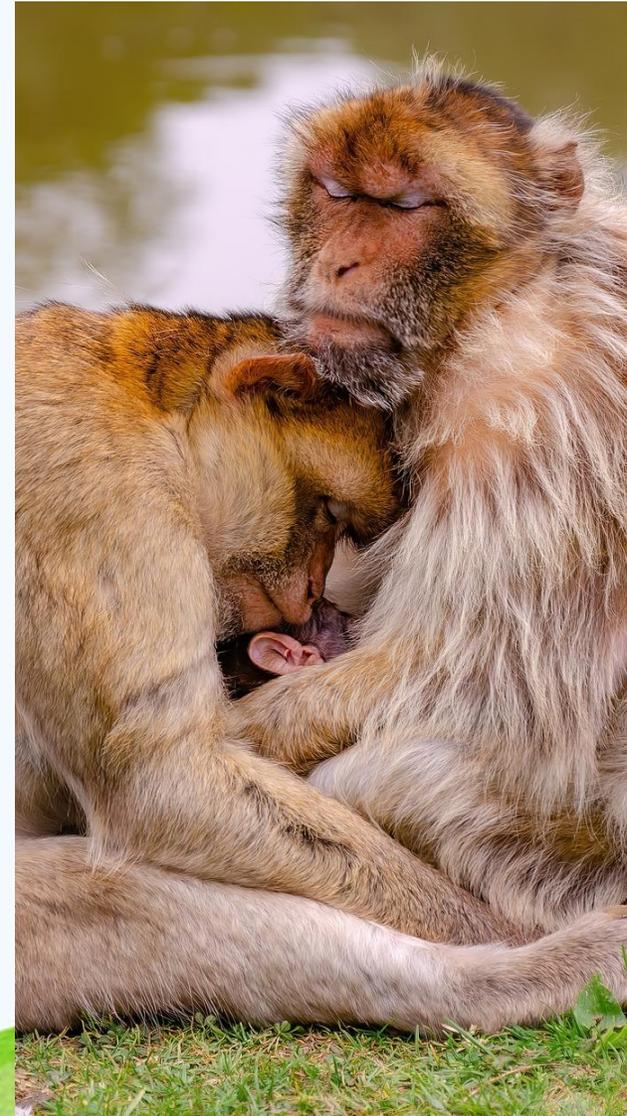
Defining Family

“Happiness is having large, loving, caring, close-knit family in another city.” - *George Burns*

“A dysfunctional family is any family with more than one person in it.” - *Mary Karr*

“I sustain myself with the love of family.” - *Maya Angelou*

“Family is a life jacket in the stormy sea of life.” - *J.K. Rowling*



Family Systems Theory

- Individuals cannot be understood in isolation from one another, but rather as a part of their family.
- The family is an emotional unit; each person affects all the other members.
- Each member plays a specific role. Based on the roles within the system, people interact with and respond to one another in a certain way.



How Can Addiction Impact the Family System?

- ✓ Stability of the home
- ✓ Family unity
- ✓ Family dynamics
- ✓ Mental health (stress, trauma, anxiety, depression, etc.)
- ✓ Increased risk of interpersonal violence
- ✓ Increased risk of child abuse and neglect
- ✓ Physical health
- ✓ Finances



Youth Substance Use Disorders: Developmental Challenges

- Youth are more likely to hide their substance use.
- Youth often mistrust adult intentions.
- Youth often resist treatment, and are less likely to feel they need help or to seek out treatment.
- Stigma leads to secrecy and isolation - for youth and families.
- Healing takes place through connection.



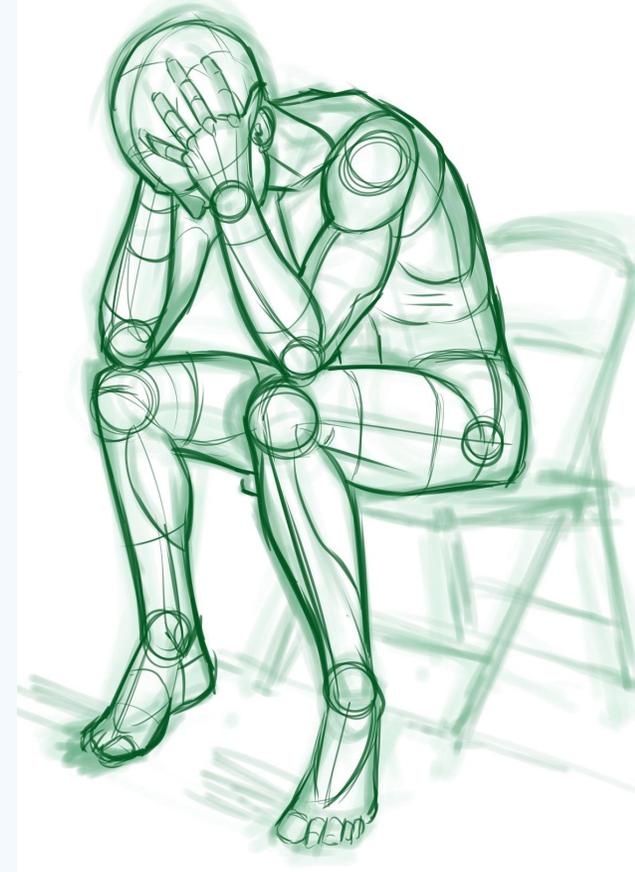
Recovery and the Family System

- For youth who use substances, research shows that family involvement consistently produces better outcomes (vs. individual treatment for youth).
- Family members play a key role in preventing youth from developing substance use disorders, as well as helping sustain them in recovery.
- When parents/caregivers get help for their substance use disorder, the family can recover too.

“Evidence Base on Outpatient Behavioral Treatments for Adolescent Substance Use, 2014-2017: Outcomes, Treatment Delivery, and Promising Horizons”, Journal of Clinical Child & Adolescent Psychology, A. Hogue, C. Henderson, S. Becker & D. Knight (2018)

Challenges Faced by Families of Young People with SUDs

- **Confusion** - what's going on with my child?
- **Stigma** - parents feel shame, judgment, and fear
- **Sadness and anxiety** - what will happen to my child?
- **Loneliness** - how can I share what's really going on?
- **Navigating treatment** - how do I know what to do?



Challenges Faced by Families of Young People with SUDs

- **Limited resources** - financial, emotional, etc.
- **Unresolved parent/caregiver issues** - substance use, domestic violence, mental health issues, etc.
- **Cultural barriers** - language, religion, racism, etc.
- **Logistics** - transportation, child care, insurance, etc.
- **Burnout and secondary trauma** - various symptoms



Secondary Trauma for Families

Symptoms are similar to PTSD:

- **Physical ailments:** *Somatization, frequent illness*
- **Intrusive thoughts:** *Flashbacks, nightmares, obsessing*
- **Disrupted emotional regulation:** *Numb, reactive*
- **Disrupted sense of self, others, and the world:** *changes in trust, safety, connection, control, etc.*



Engaging Families in Recovery is Important

- To help caregivers better understand addiction and what their child is going through.
- To reduce stigma and improve the family's willingness to support their loved one's recovery.
- To provide information on how to best support young people in treatment and recovery.
- To enhance family resilience and healing for all.



Key Principle: Engaging Families in Recovery

Our role is not to “fix” the family, but to empathize and support positive development of:

- Communication skills
- Healthy boundaries
- Flexibility and resiliency
- Positive coping strategies
- Compassion, understanding, and insight



Key Principle: Engaging Families in Recovery

How can we help families develop in these areas? Through...

Respect

Education

Inclusion

Referrals

Resources

Engaging Families in Recovery: Respect

- Respect is essential.
- Focus on empathy and understanding.
- Be nonjudgmental and affirming.
- Use the “spirit” of Motivational Interviewing:



Compassion



Acceptance



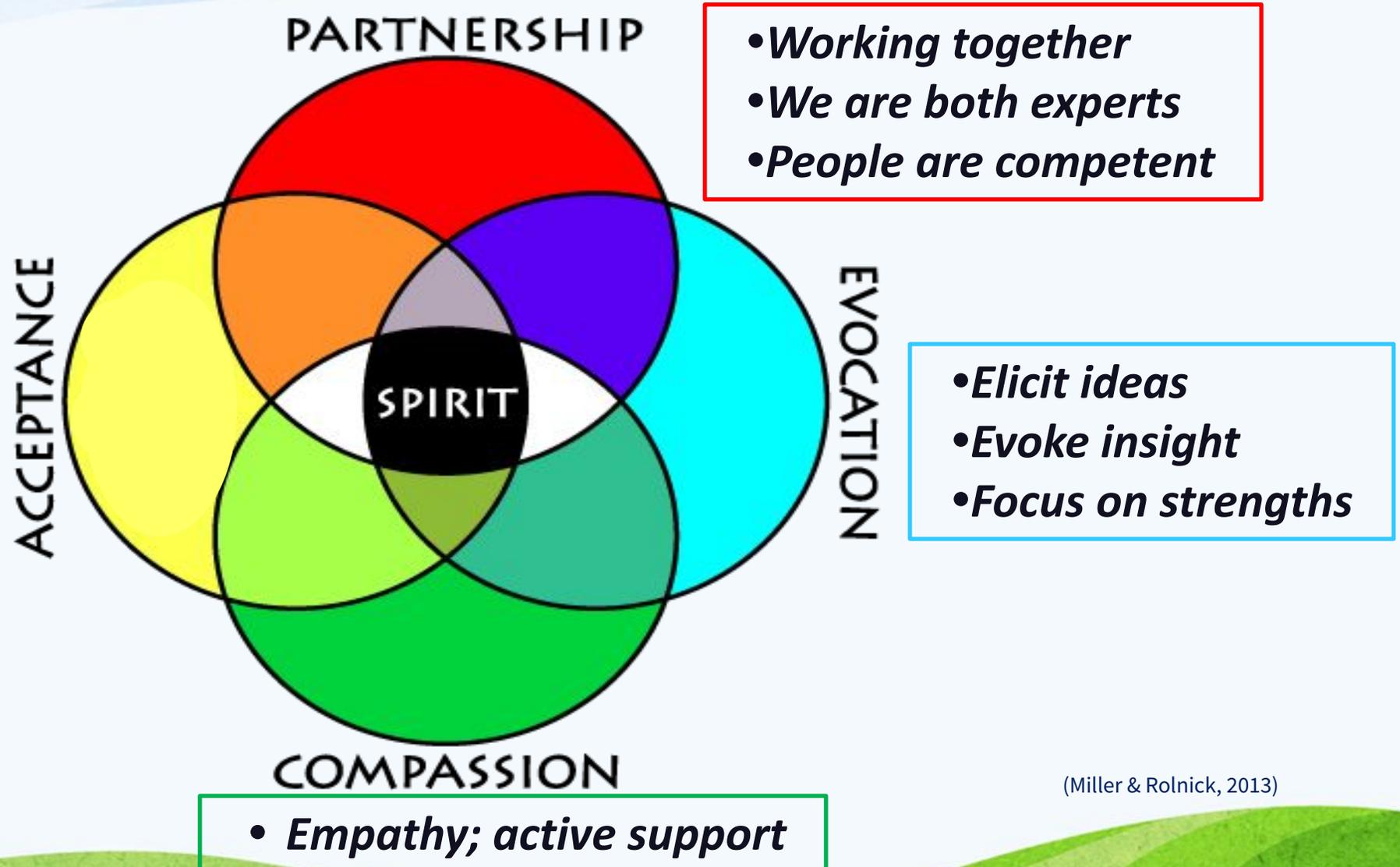
Partnership



Evocation



Engaging Families: Spirit of Motivational Interviewing



(Miller & Rolnick, 2013)

Engaging Families in Recovery: Education

Help educate families about...

- Addiction
- Recovery, relapse, and safety planning
- Intersection with mental health and trauma
- Navigating treatment and recovery supports
- How to help get your loved one into treatment
- Importance of self-care



What Families Need to Know

- Addiction is a chronic, family disease.
- There is hope! It's treatable.
- It's not your fault.
- Relapse is part of the disease; have a safety plan.
- Healing trauma and mental health is important too.



What Families Need to Know

- Recovery takes time - there are no quick fixes.
- Recovery has many pathways.
- You are not alone - getting support is essential.
- Focus on self care - put your own oxygen mask on first.
- Keep learning about addiction and recovery.



Engaging Families in Recovery: Inclusion

- **Emphasize family involvement** as key to their child's recovery - and involve families as much as possible.
- **Include families in discussions** about treatment. Invite them to participate in family sessions and meetings.
- **Help address barriers to engagement** - transportation, child care, cultural differences, etc.
- **Create a warm, inviting, trauma-informed space** that is welcoming to families from all backgrounds.



Engaging Families in Recovery: Make Warm Referrals

- Connect families with key resources to support their own journeys in recovery.
- Connect families to services and supports to meet their basic needs, health, and well-being.
- Make warm referrals to help families navigate their child's aftercare plan (for treatment and recovery).



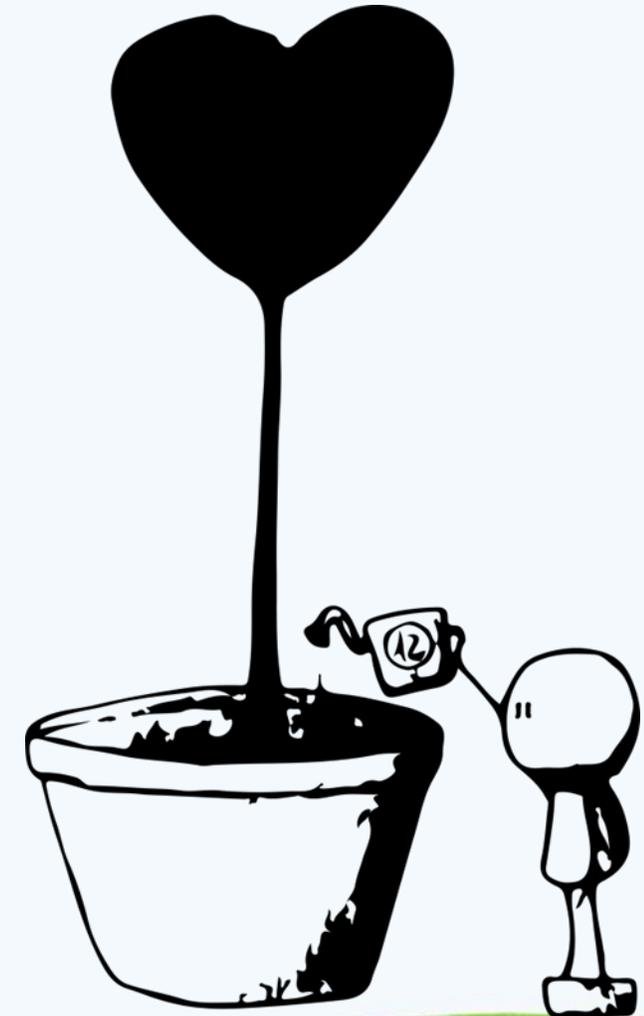
Engaging Families in Recovery: Share Resources

- Share evidence-based best practices for families to help their loved one engage in treatment.
- Share peer recovery supports for families.
- Share resources to help families continue learning about addiction and recovery.
- Share resources to help families with their own “parallel process” of growth and recovery.



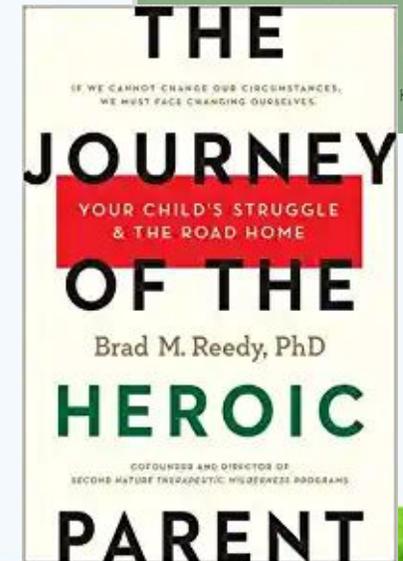
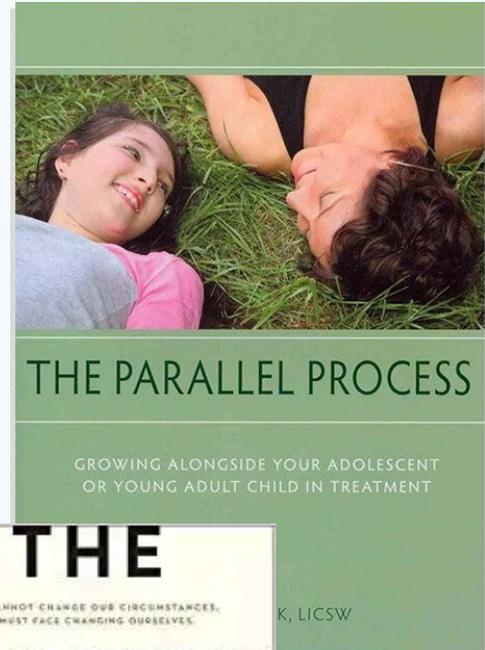
Family Recovery as a Parallel Process

- Parents/caregivers can work on their own patterns and issues that may negatively impact family dynamics and their child's recovery.
- Families learn to support their loved one without trying to rescue, control, or punish them.
- The goal: nurture the soil, so newly healthy plants can be repotted and continue to thrive.



Books to Support the Parental Journey of Healing

- *The Journey of the Heroic Parent* by Brad Reedy
- *The Parallel Process: Growing Alongside Your Adolescent or Young Adult Child in Treatment* by Krissy Pozatek
- *Not by Chance: How Parents Boost their Teen's Success In and After Treatment* by Tim Thayne
- *The Anatomy of Peace: Resolving the Heart of Conflict* by The Arbinger Institute



Family Recovery Resources Checklist



Harm Reduction



CRAFT / Invitation to Change



Peer support & parent coaching



Outpatient Family Services



Educational Resources

Share these resources with all families in recovery



Harm Reduction: What Families Can Do

- Encourage families to get trained to use naloxone (Narcan) and have Narcan kits on hand, to reverse an opioid overdose and save a life.
- Work with each family to create a family safety plan in case of a substance use or mental health crisis.
- Role model no substance use at home. Lock up any drugs, alcohol, or other substances (e.g. prescription opioids). Create a recovery-supportive environment.



To learn more: www.cdc.gov/stopoverdose/naloxone; www.nida.nih.gov/publications/drugfacts/naloxone

Family Recovery Model: CRAFT and the Invitation to Change

- Imagine if there was a proven way to help families...
 - ❖ *Reduce their loved one's substance use*
 - ❖ *Get their loved one into treatment*
 - ❖ *Reduce their own pain, anger, & worry*
 - ❖ *Improve their own well-being*
- Luckily, this model exists, along with a compassionate method to empower families to gain these skills. Let all your families know about **CRAFT** and the **Invitation to Change!**



CRAFT (*Community Reinforcement and Family Training*) Principles

- **Behaviors make sense** - understand why youth are using substances
- **Active listening** - respond in a way that encourages change
- **Positive reinforcement** - focus on what's going well (vs. what's not) reinforcers include a hug, fun activity, favorite meal, etc.
- **Natural consequences** - allow others (teachers, employers, law enforcement, etc.) to provide boundaries around substance use
- **Self-care** - role model healthy coping skills and self-compassion



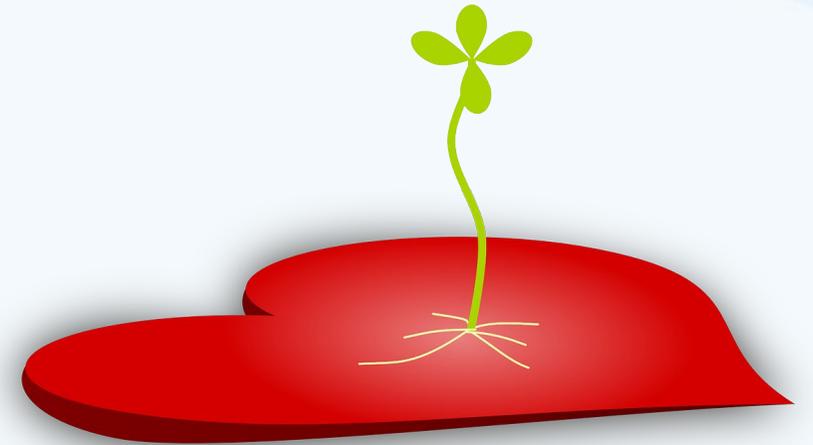
Invitation to Change: Key Concepts

Understanding:

- ❖ *Behaviors make sense*
- ❖ *One size doesn't fit all*
- ❖ *Ambivalence is normal*

Awareness:

- ❖ *Self-awareness*
- ❖ *Willingness*
- ❖ *Self-compassion*



Action:

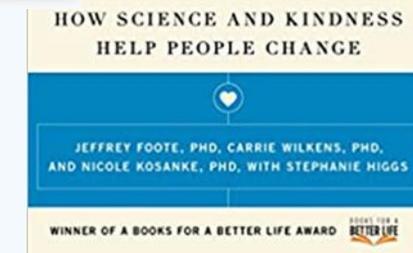
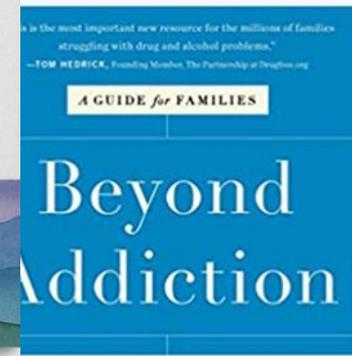
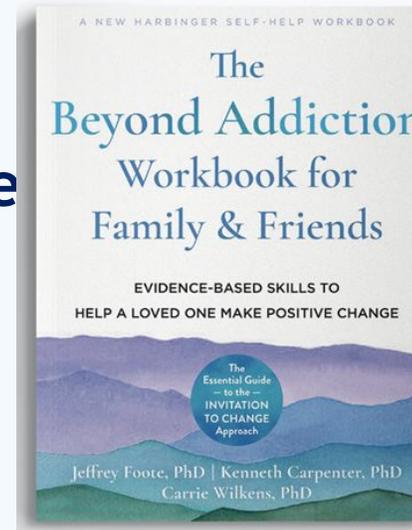
- ❖ *Communication tools*
- ❖ *Behavior tools*

Science + Kindness = Change

Learn more: www.cmcffc.org/approach/invitation-to-change

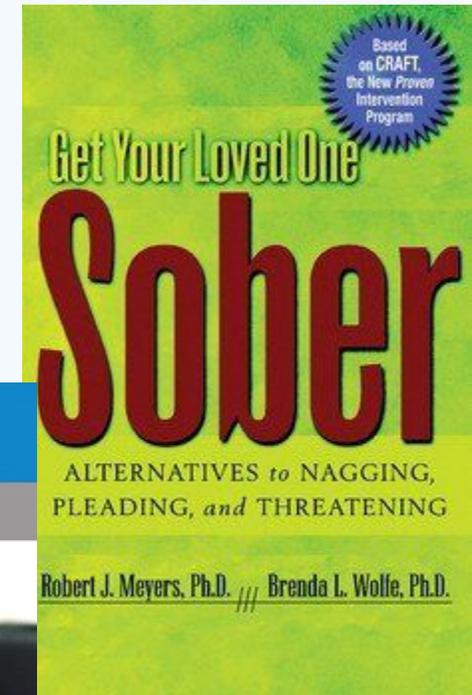
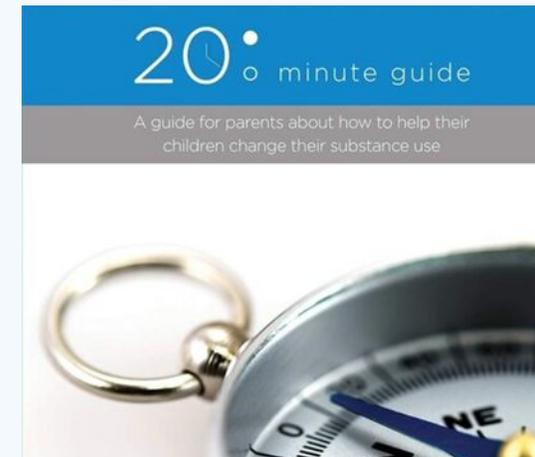
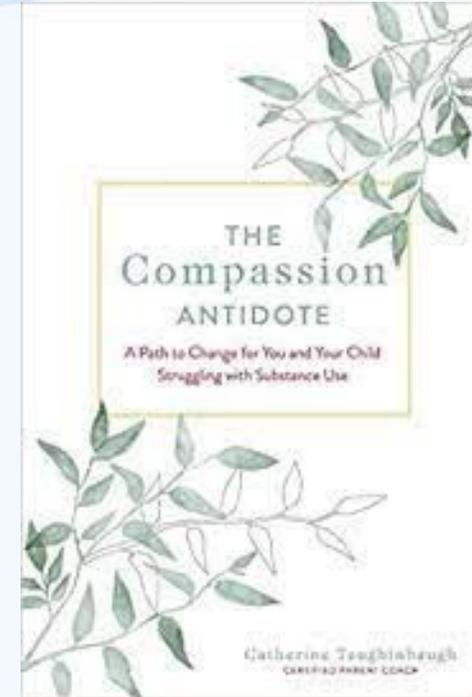
CRAFT and Invitation to Change: Books

- ❖ **The Beyond Addiction Workbook for Families and Friends: Evidence-Based Skills to Help a Loved One Make Positive Change** by J. Foote, et al. (full guide; free handouts from New Harbinger Publications)
- ❖ **Beyond Addiction: How Science & Kindness Help People Change** by J. Foote, et al. (Center for Motivation and Change)
- ❖ **The Invitation to Change: A Short Guide** - www.invitationtochange.com (free to download)



CRAFT and Invitation to Change: Books

- **The Compassion Antidote: A Path to Change for You and Your Child Struggling with Substance Use** *by Catherine Taughinbaugh*
- **The Parent's 20 Minute Guide** *by the Center for Motivation and Change (free to download)*
- **Get Your Loved One Sober: Alternatives to Nagging, Pleading, and Threatening** *by Robert Myers and Brenda Wolfe*



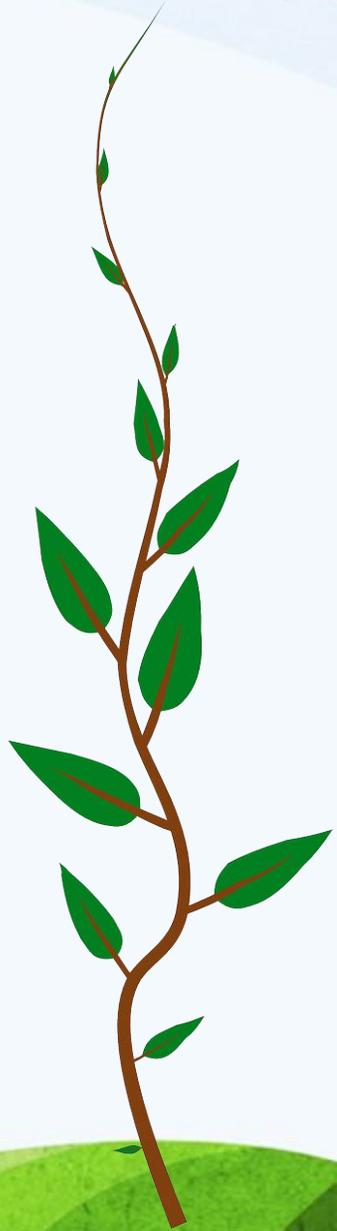
Resources to learn CRAFT (*sample list*):

- **Partnership to End Addiction:** www.drugfree.org/parenting-toward-recovery (CRAFT skills info, free parent coaching using Invitation to Change Approach, etc.)
- **Allies in Recovery:** www.alliesinrecovery.net (online course and workshops, videos, support, training groups, and expert guidance)
- **We The Village:** www.wethevillage.co (online course)
- **SMART Recovery Family & Friends:** www.smartrecovery.org/family (uses CRAFT model)
- **CRAFT Certified Clinicians:** www.robertjmeyersphd.com/download/CertifiedTherapists.pdf
- **Parent CRAFT:** www.cadenceonline.com (online course)

For more resources - Helping Families Help: www.helpingfamilieshelp.com

Peer Support Groups for Families and Parent Coaching

- Encourage families to join a peer support group:
 - ✓ *Connect with others who are going through a similar experience*
 - ✓ *Gain shared understanding, respect, and empowerment*
 - ✓ *Stay updated on resources and continue learning about addiction*
 - ✓ *Stay engaged in the recovery process*
- Refer all families to local and/or virtual peer support groups.
- Tell families about free parent coaching too!



Peer Support for Families: 12-Step Groups (sample list)

- **Al-Anon/Alateen Groups:** www.al-anon.alateen.org
Peer support meetings for those impacted by a loved one's alcohol use. Alateen offers meetings and online support for 13-18 year olds.
- **Nar-Anon Groups:** www.naranonctma.org
Peer support meetings for those impacted by a loved one's drug use.
- **Families Anonymous:** www.familiesanonymous.org
Peer support meetings for families affected by a loved one's SUD and behavioral issues.
- **Hazelden Betty Ford:**
www.hazeldenbettyford.org/treatment/family-children/family-program
Weekly virtual family support groups; **free, one-day programs (in English and Spanish), including specifically for families of youth and young adults.** Hazelden also funds an online community for all those touched by addiction:
www.thedailypledge.org

Peer Support for Families: Non 12-Step Groups (sample list)

- **SMART Recovery Family & Friends:** www.smartrecovery.org/family
Peer support meetings based on SMART Recovery and CRAFT offer families and friends tools to effectively support their loved ones, while learning to cope.
- **Herren Project:** www.herrenproject.org/online-support-groups
Weekly online meetings for families impacted by addiction, support and education (groups for parents, families, spouses, siblings, grief, etc), webinars, consultations.
- **Learn to Cope:** www.learn2cope.org
Peer support network based in Massachusetts offering education, resources, virtual and in-person support groups in English and Spanish, webinars, Well-being Weekends, etc.
- **LifeRing Secular Recovery:** www.lifering.org/family-and-friends-weekly-meeting
New Family & Friends Weekly Meeting via Zoom (started March 2022)

Parent Coaching: www.drugfree.org/article/parent-coaching

- Get support from another parent who has lived experience with a child's problematic substance use or addiction; free
- Short-term : typically 5 phone calls, over a 6-week period
- Volunteer coaches are trained by the CMC: Foundation for Change, using the Invitation to Change Approach
- Request a parent coach through the Partnership to End Addiction's helpline: www.drugfree.org/helpline



Additional Support Resources for Families (sample list)

- **Grief Support:** Refer families who have lost a loved one due to substance use to a group, such as Grief Recovery After Substance Passing (GRASP): www.grasphelp.org. Find more resources at www.drugfree.org/article/grief-resources-for-families
- **Grandparents Raising Grandchildren:** Refer grandparents to a local or virtual support group. Consider sharing this resource for grandfamilies impacted by substance use: www.gu.org/app/uploads/2019/01/Grandfamilies-Report-GRANDResource-Opioids.pdf
- **Mental Health Peer Support for Families:** NAMI offers family groups, among other peer supports, education, advocacy, and more nationwide: www.nami.org
- **Online Support Groups for Families:** One example is Magnolia New Beginnings: www.magnolianewbeginnings.org/support.html (chapters by state; chapters by category such as grandparents, grief, siblings, etc.; uses CRAFT)

Outpatient Family Services: Evidence-Based Approaches

Evidence-based models to support families and reduce youth substance use:

- **CRAFT:** www.helpingfamilieshelp.com
- **A-CRA:** www.chestnut.org/emtx/treatments-and-research/treatments/a-cra
- **ARISE:** www.arise-network.com
- **Brief Strategic Family Therapy:** www.brief-strategic-family-therapy.com

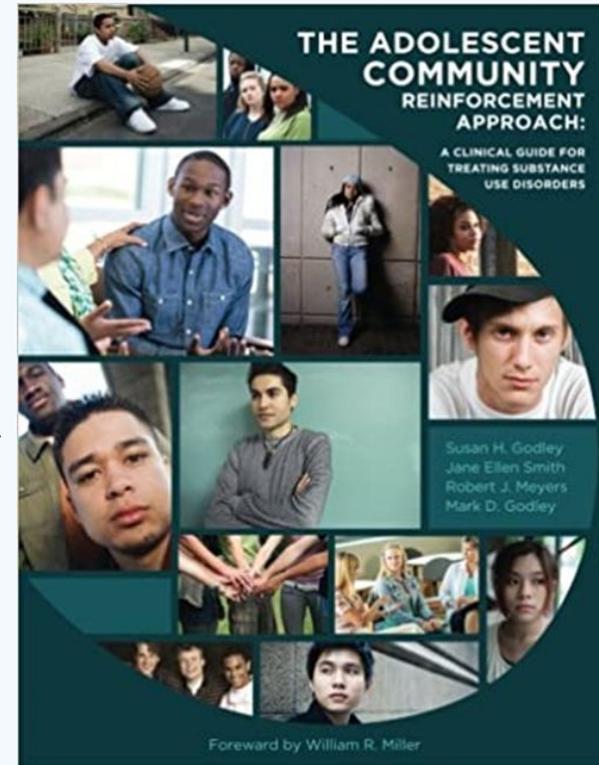
Promising family therapies:

- **Multidimensional Family Therapy:** www.mdft.org
- **Multisystemic Family Therapy:** www.mstservices.com



Outpatient Family Service: A-CRA *(Adolescent Community Reinforcement Approach)*

- Community-based, brief treatment for ages 12-24
- Includes individual sessions for the client, parent/caregiver sessions, and family sessions.
- Goal is to help young person develop a healthy pro-social lifestyle more rewarding than using behavior
- Promotes abstinence, positive social activity and peer relationships, and improved relationships with family.



To learn more: www.chestnut.org/ehtx/treatments-and-research/treatments/a-cra

Educational Resource: Partnership to End Addiction

- **Intervention and treatment resources**
- **Videos** (talking with youth about substance use, CRAFT, etc.)
- **Toolkits** for parents, guides on a variety of topics, etc.
- **Interactive online parent community**
- **Bilingual helpline** - 1-855-DRUG-FREE or text HOPEMA to 55753
- **Free parent coaching** using CRAFT model

www.drugfree.org



Educational Resource: Partnership to End Addiction

Downloadable parent resources (sample list - more at www.drugfree.org):



MARIJUANA TALK KIT

What you need to know to talk with your teen about marijuana

#MJTalkKit



What Families Need to Know to Help Protect Children, Teens and Young Adults



HEROIN, FENTANYL & OTHER OPIOIDS



Heroin, Fentanyl & Other Opioids eBook

All about the epidemic and what you can do.

Intervention eBook



Intervention eBook

What to do if your child is using drugs.

Educational Resources: Supporting Youth Impacted by Addiction

NACoA - www.nacoa.org. Focused on supporting children impacted by family substance use disorders. Free toolkit, Celebrating Families curriculum, etc.

Hazelden Betty Ford Foundation -

www.hazeldenbettyford.org/treatment/family-children/childrens-program.

Programs for children (ages 7-12), virtual and in-person. Virtual Family Program for Adolescents (ages 13-19). Free.

Sesame Street in Communities -

www.sesamestreetincommunities.org/topics/parental-addiction. Activities, videos, and resources to support families in recovery.

Building Resilience in Kids (BRiK) - www.healthrecovery.org/publications.

Psycho-educational, group-based curriculum for children (ages 5-11) impacted by addiction, mental health, and domestic violence.

Additional Educational Resources *(sample list)*

- **NIDA** (National Institute on Drug Abuse): www.drugabuse.gov
- **SAMHSA** (Substance Abuse & Mental Health Services Administration): www.samhsa.gov
- **Family Resource Center**: www.familyresourcectr.org
- **Shatterproof** (resources and help navigating treatment): www.shatterproof.org
- **NAADAC** (free recorded webinars): www.naadac.org
- **Addiction Policy Forum**: www.addictionpolicy.org
- **Institute for Health and Recovery**: www.healthrecovery.org/trainings
- **AdCare Educational Institute**- www.adcare-educational.org

Help Families Navigate Treatment for Youth and Young Adults

- Help families understand the importance of finding high-quality, licensed treatment programs.
- Help families navigate the continuum of care for youth and young adults with SUDs.
- Help families find recovery supports for their loved ones, including peer recovery support groups, peer recovery centers, and recovery coaches.



Help Families Find Treatment and Support - for the Whole Family

SAMHSA - Substance Use Treatment Locator - www.findtreatment.gov

- Find local, licensed substance use treatment. Call 800-662-HELP (4357). Learn about treatment options (levels of care), how to pay for treatment, and understanding substance use and mental health disorders.

SAFE Family Support Locator - www.safelocator.org

- Developed by the Partnership to End Addiction and SAFE Project. Helps families locate support and treatment for themselves and their loved ones, including CRAFT resources.

ATLAS - www.treatmentatlas.org

- Search for and compare addiction treatment facilities to find high-quality care. Currently covers 10 states (hopes to expand) - DE, FL, LA, MA, NJ, NY, NC, OK, PA, WV.

Supporting Family Recovery: Program Recommendations

- ✓ **Develop a Family Recovery Resource Guide** - share with families as early as possible in recovery process.
- ✓ **Support Staff Training** - help staff learn how to best support families, respond to calls and provide resources.
- ✓ **Offer Family Programming** - include families in program activities, counseling, support groups, etc.
- ✓ **Inform Clients of Family Resources**- share family resources with clients at admission and in policy manual.



Celebrating Family Recovery and Advocacy

- Family recovery is hard work. Highlight the successes!
- Celebrating recovery helps to...
 - ✓ *Build community*
 - ✓ *Fight stigma and educate others*
 - ✓ *Empower those who are still struggling to know they're not alone.*
- Join advocacy efforts to help more families in recovery!



Learn more - Faces & Voices of Recovery: www.facesandvoicesofrecovery.org/resources/recovery-stories

Focus on Self Care: Countering Secondary Trauma

- “An empty lantern provides no light. Self-care is the fuel that allows your light to shine brightly.” - *Unknown*
- “You yourself, as much as anybody in the entire universe, deserve your love and affection.” - *Buddha*



Final Thoughts...

- *Thank you for taking time to learn!*
- *Thank you for your hard work!*
- *Thank you making a difference!*



More Resources...

The Beyond Addiction Workbook for Family and Friends (worksheets/handouts):

www.newharbinger.com/9781648480188/the-beyond-addiction-workbook-for-family-and-friends

Navigating Treatment and Addiction: A Guide for Families:

www.addictionpolicy.org/post/navigating-treatment-and-addiction-a-guide-for-families

SAMHSA - Alcohol and Drug Addiction Happens in the Best of Families:

www.store.samhsa.gov/product/Alcohol-and-Drug-Addiction-Happens-in-the-Best-of-Families/SMA12-4159

The Ripple Effect: The Impact of the Opioid Epidemic on Children and Families (2019):

www.uhfnyc.org/media/filer_public/17/2c/172ca968-43aa-45f9-a290-50018e85a9d8/uhf-opioids-20190315.pdf

NIDA Principles of Adolescent Substance Use Disorder Treatment: A Research-Based Guide:

www.drugabuse.gov/publications/principles-adolescent-substance-use-disorder-treatment-research-based-guide/introduction

How to Navigate the Treatment System (Partnership to End Addiction):

www.drugfree.org/article/navigating-the-treatment-system

Questions, Comments, and Thank You!

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