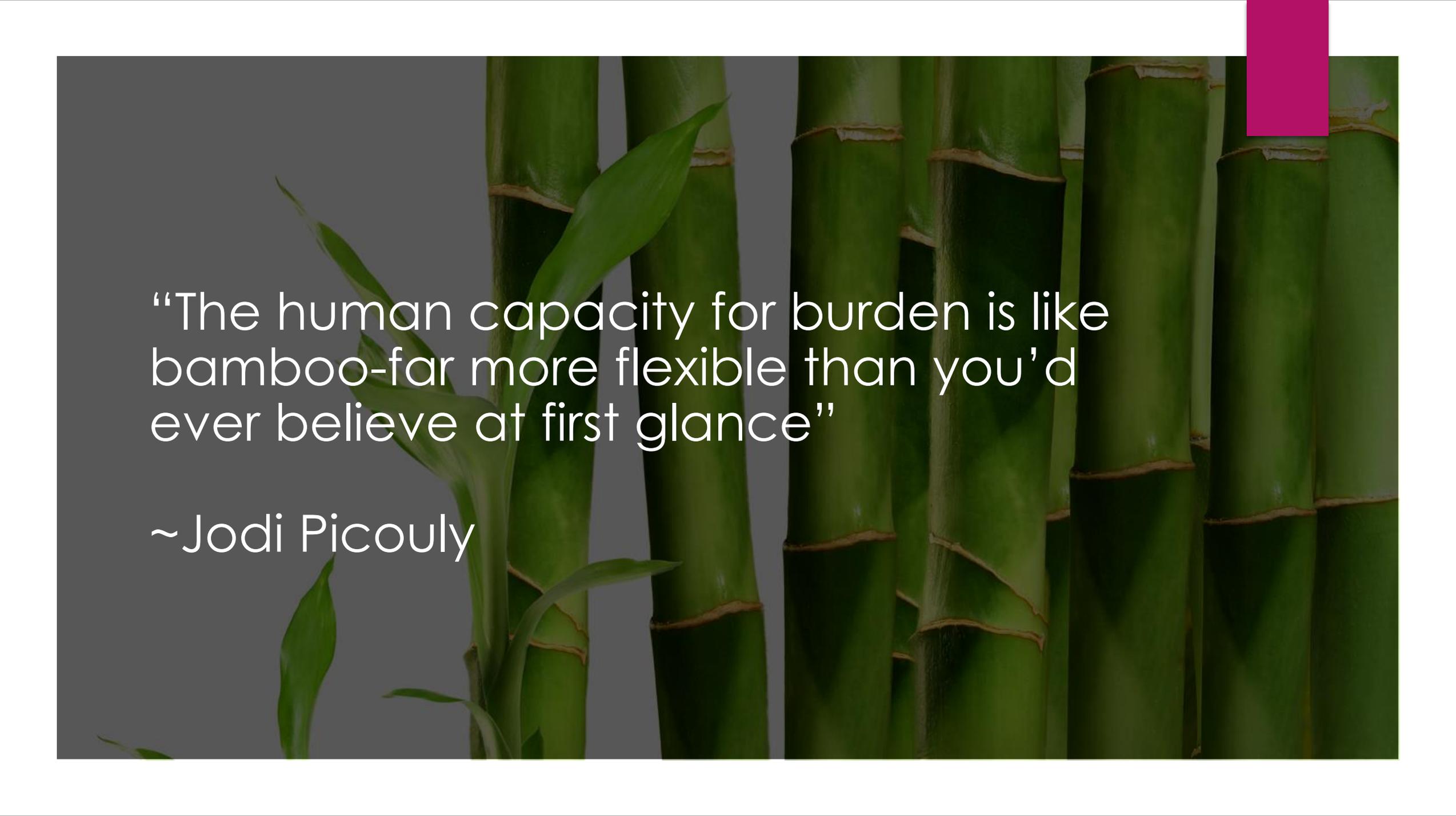


COMMUNITY
SOLUTIONS
PATHWAYS

**RICHELLE BURNEY,
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**LARRY GROSSMAN,
MA, QMHP**

Building Resiliency in Families Impacted by Addiction



“The human capacity for burden is like bamboo-far more flexible than you’d ever believe at first glance”

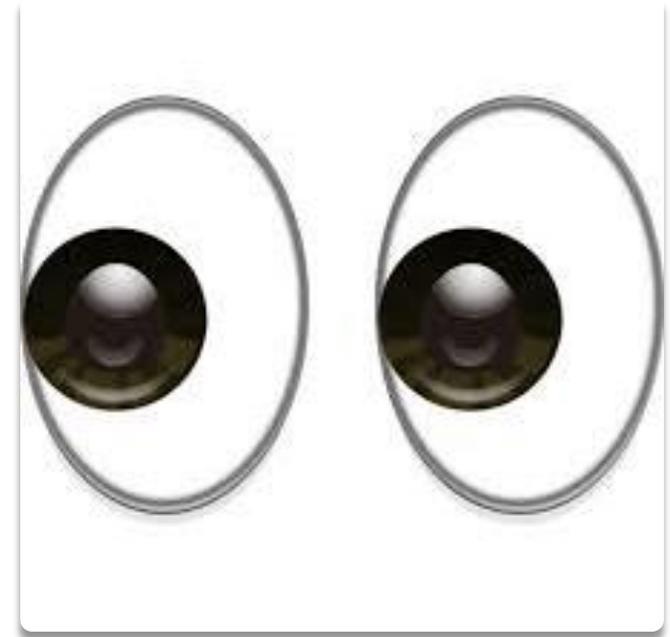
~Jodi Picouly



Addiction

What did you see ?

- ▶ Trauma
- ▶ Addiction
- ▶ Symptoms of Post Traumatic Stress Disorder (PTSD)
- ▶ Lack of trust and betrayal
- ▶ Enabling
- ▶ Strained relationships
- ▶ Poor coping
- ▶ Family secrets
- ▶ Difficulty setting boundaries
- ▶ Guilt



Defining Resiliency

“RESILIENCE IS THE PROCESS OF ADAPTING WELL IN THE FACE OF ADVERSITY, TRAUMA, TRAGEDY, THREATS OR SIGNIFICANT SOURCES OF STRESS — SUCH AS FAMILY AND RELATIONSHIP PROBLEMS, SERIOUS HEALTH PROBLEMS OR WORKPLACE AND FINANCIAL STRESSORS. IT MEANS "BOUNCING BACK" FROM DIFFICULT EXPERIENCES.”

AMERICAN PSYCHOLOGICAL ASSOCIATION

From the beginning it helps with meeting the individual and family where they are

Increased client participation

Brings awareness to the client and family's abilities

Assists with helping the client and family set realistic and attainable goals.

Assists with identifying proactive support with potential challenges

Why is Understanding Resiliency as a Provider Important?

Comprehensive Clinical Assessment

- ▶ History of the present episode
- ▶ Family history
- ▶ Developmental history
- ▶ Alcohol, tobacco, other drug use, and addictive behavioral history
- ▶ Personal/social history
- ▶ Legal history
- ▶ Psychiatric history
- ▶ Medical history
- ▶ Spiritual history
- ▶ Review of systems
- ▶ Mental status examination
- ▶ Physical examination
- ▶ Formulation and diagnosis
- ▶ Survey of assets, vulnerabilities, and supports
- ▶ Treatment recommendations



North Carolina
Family
Assessment
Scale for
Reunification
NCFAS-R



How can we incorporate the family in the assessment/intake process?

Risk Factors for Families

- Family history of Substance Abuse and Mental Health
- Unsafe environment
- Strained relationships

- Difficulty understanding addiction as a disease
- Enabling behaviors
- Resistant to treatment

- Poor self care and coping
- Repeated stressors
- Financial strain
- Access to community resources

Addressing Co- occurring Disorders With Family Members



Family member must understand nature of addiction and SA



Addict must understand how SA and mental health affect family members



Effective and honest communication



Re-establish trust and rebuild damaged relationships



Establishing home environment that promotes sobriety

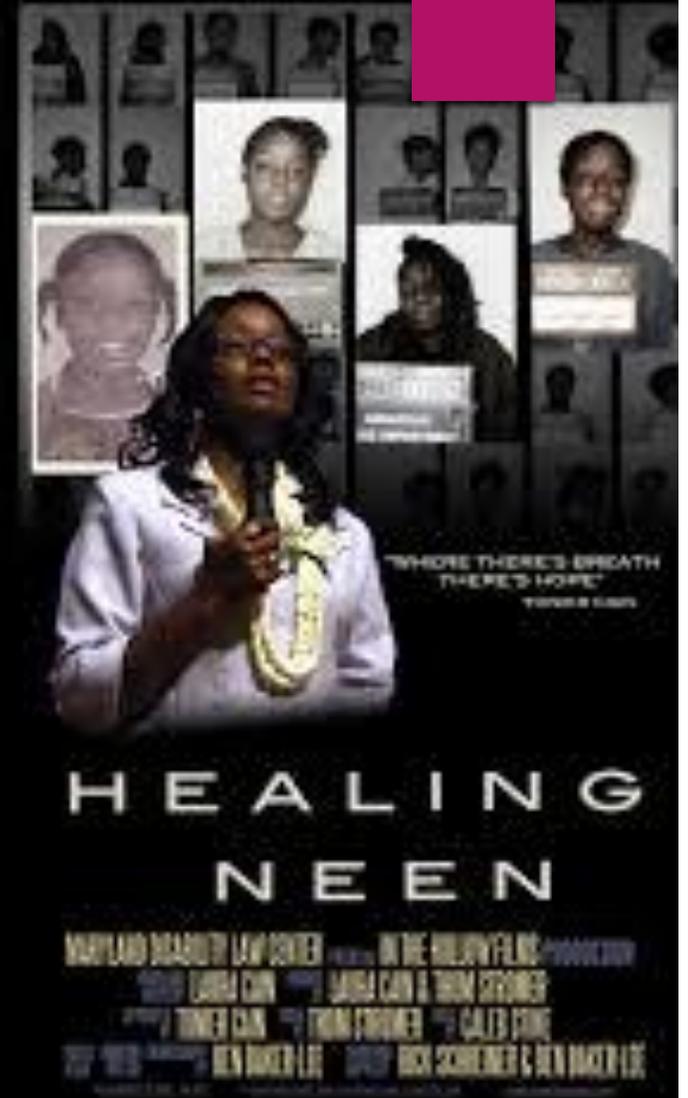


Establishing agreed upon consequences for continued SA abuse



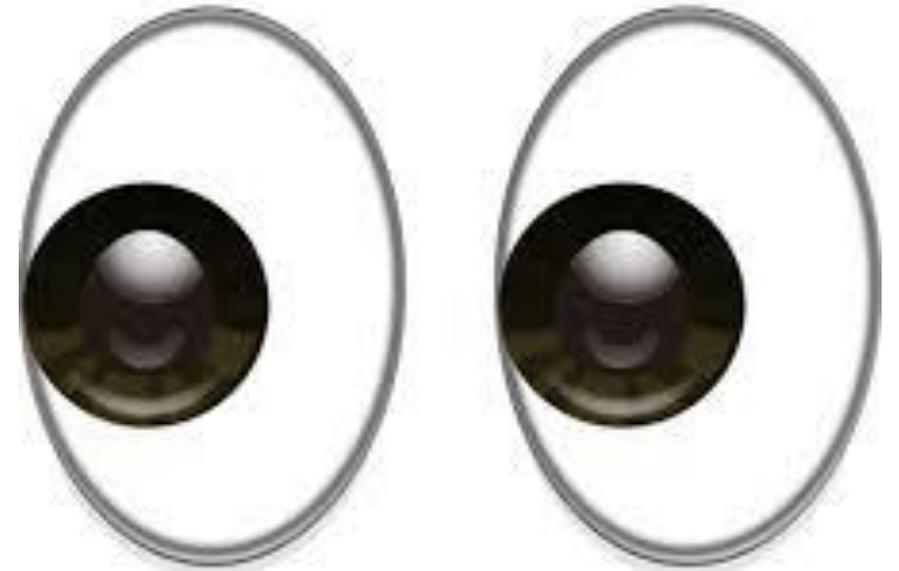
Family members are encouraged to seek private counseling

TRAUMA



What did you see again ?

- ▶ Ongoing Trauma
- ▶ Addiction
- ▶ Symptoms of Post Traumatic Stress Disorder (PTSD)
- ▶ Distrust in the system
- ▶ Anger



How Do WE...

**BREAK
THE
CYCLE**

Family Engagement: Gateway to Effective Intervention

Family engagement is a family-centered and strengths-based approach to making decisions, setting goals, and achieving desired outcomes for children and families. At its best, family engagement encourages and empowers families to be their own champions, working toward case goals that they have helped to develop based on their specific family strengths, resources, and needs.

Family Engagement Benefits



PRESERVES THE
FAMILY UNIT



ENHANCED
HELPING
RELATIONSHIP



INCREASED
FAMILY BUY-IN



IMPROVED
QUALITY AND
FOCUS DURING
VISITS



MORE
TARGETED
SERVICES



ENHANCED
FAMILY
DECISION-
MAKING SKILLS

Laughter, Leisure and Life After Addiction



- ▶ Fun without substances has to be re-learned and practiced
- ▶ Clients need to find new friends and new places
- ▶ Recreational activities can hasten the healing process in families
- ▶ Exercise can play an important part in sobriety
- ▶ Constructive use of free time is an important skill
- ▶ Outdoor recreation reduces stress and decreases anxiety

An illustration of three stylized human figures from the chest up, embracing each other. The figure on the left is wearing a purple top, the middle one a dark purple top, and the right one a green top. They are set against a dark blue background with a pink vertical bar on the right side.

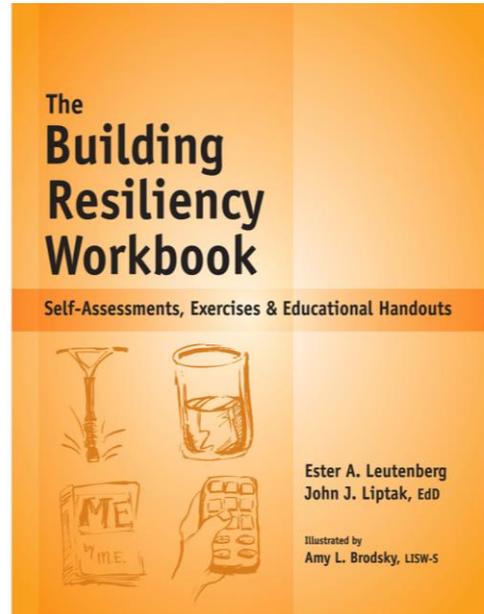
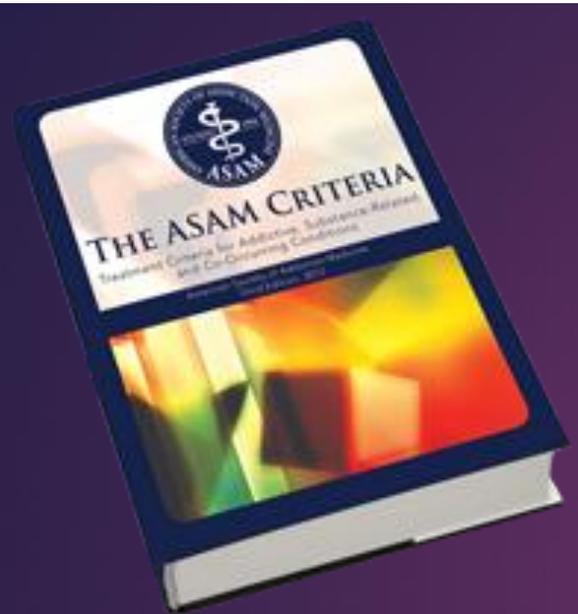
Wraparound Social Supports: Building a Network

- ▶ Sense of belongingness and inclusion
- ▶ Sense of safety and security
- ▶ Reduced stress
- ▶ Decreased isolation & loneliness
- ▶ Escaping narrow world of one's own concerns
- ▶ Enhanced sense of purpose
- ▶ Hope and optimism for the future

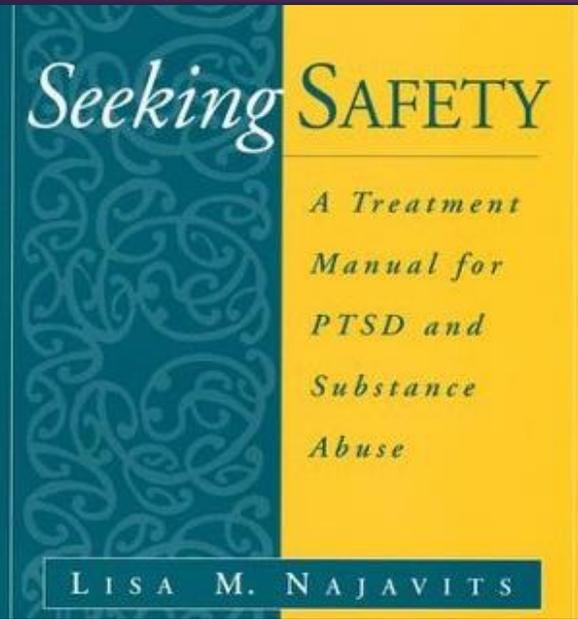
Social Supports Examples

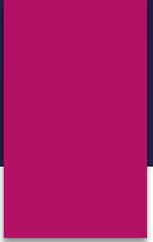
- ▶ Providing valuable information – food bank
- ▶ Providing necessary resources: clothing, furniture etc.
- ▶ Concrete assistance – transportation, childcare help
- ▶ Emotional support at key moments
- ▶ Describing personal recovery experiences
- ▶ Linkage to a job or housing
- ▶ Problem solving assistance





Really Cool Resources We Like



The logo for Community Solutions. The word "COMMUNITY" is written in a bold, blue, sans-serif font. The letter "C" is partially obscured by a blue semi-circle containing a yellow sunburst. Below "COMMUNITY" is the word "SOLUTIONS" in a yellow, sans-serif font, with wide letter spacing. A thin blue horizontal line runs beneath the "COMMUNITY" text.

COMMUNITY
SOLUTIONS

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