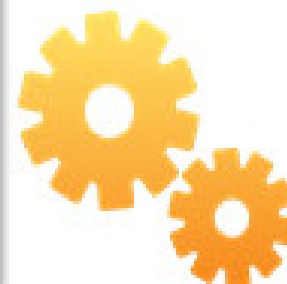


BRIDGING THE DIVIDE

FAMILIES
AFFECTED
BY DRUGS

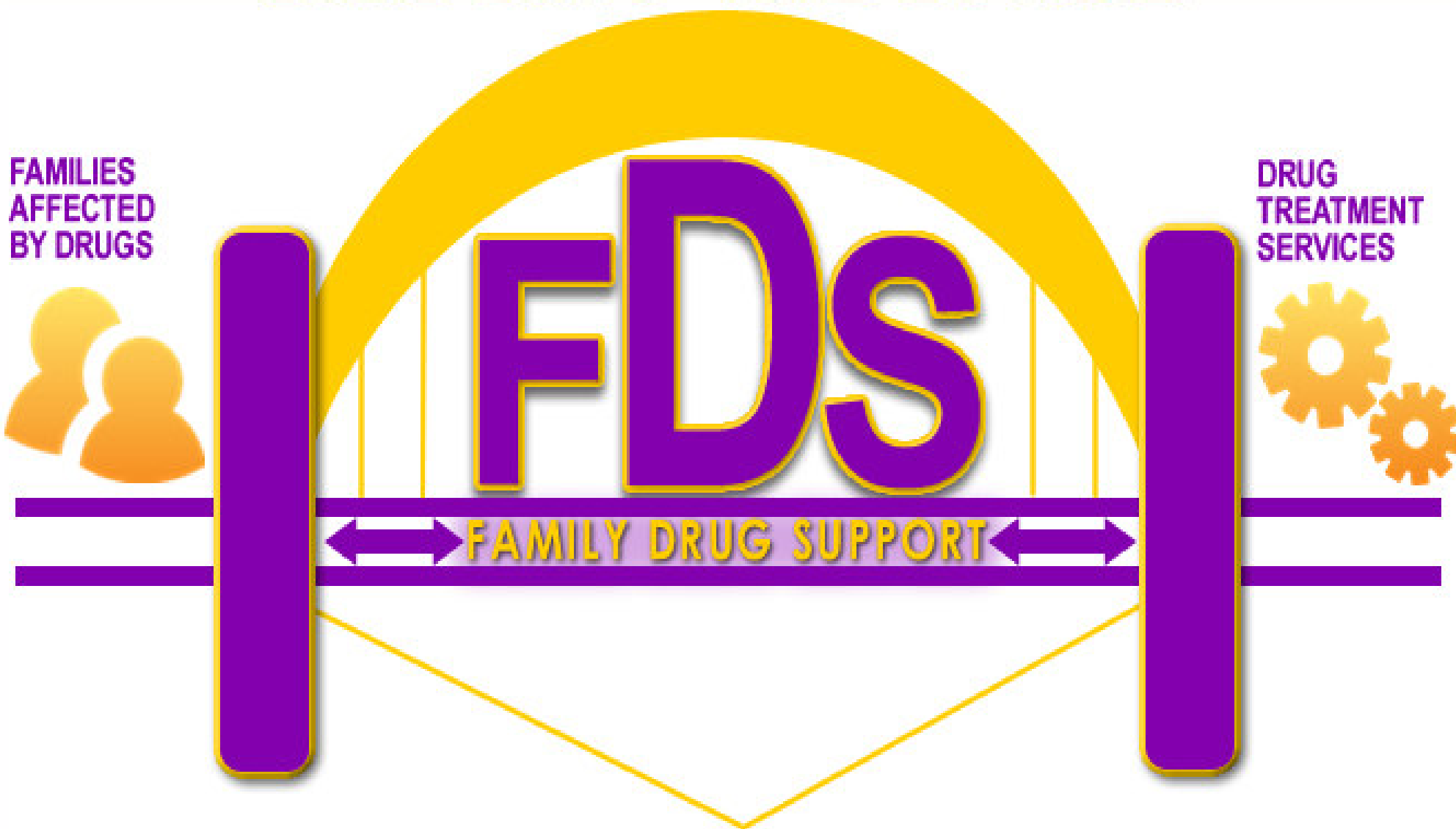


DRUG
TREATMENT
SERVICES



FDS

FAMILY DRUG SUPPORT



‘Evidence exists that says family support is a key element of successful treatment outcomes’.

Orford J. (1994) Empowering family and friends: a new approach to the secondary prevention of addiction. *Drug Alcohol Review* 1994; (13)

The families who have relatives
in treatment are in need of
specialised support services.
There has been a recognised
gap that has been identified by
both treatment services and
families

Definition of family – embraces
all family members – relatives
of all types, close friends
‘anyone that cares’

Three types of families:

- disengaged
- engaged
- engaged but challenged

Cycle of Change for Family

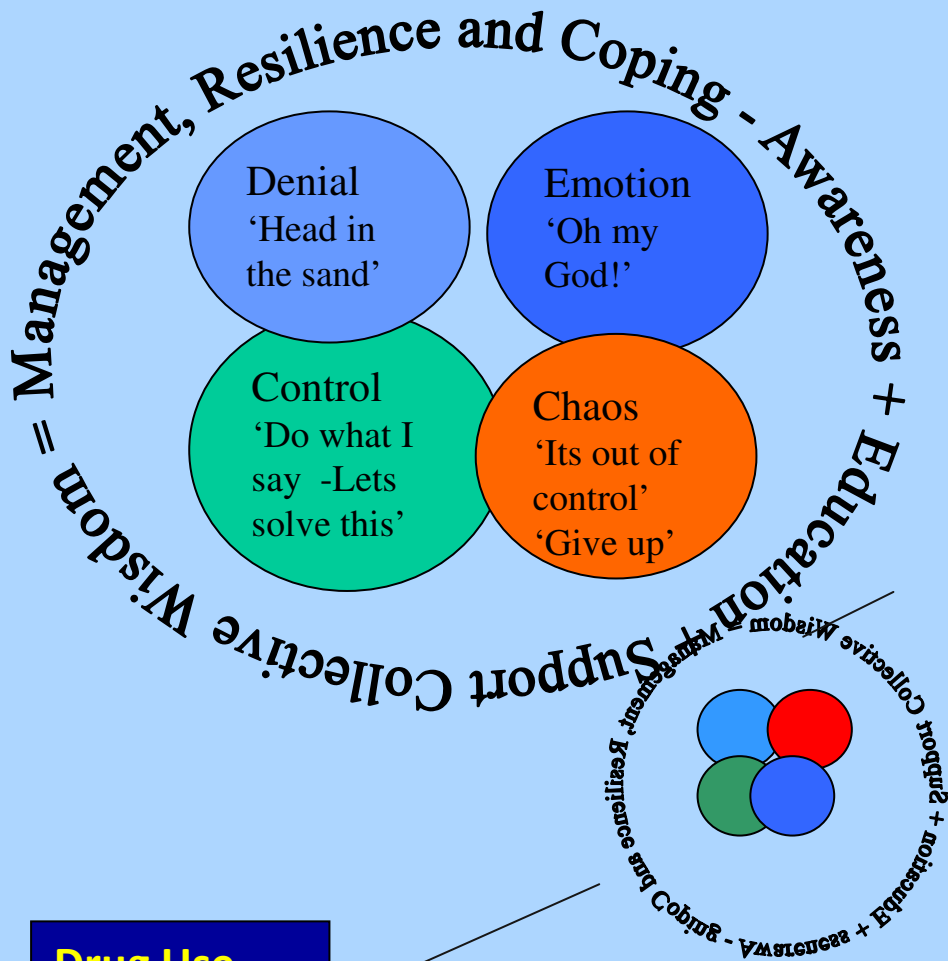
- D** - Little to no drug information, lack of OD skills
- E** - Self delusion, disengaged, unwilling to seek help
- N** - Isolated from families
- I** - Uninvolved in social and political issues
- A** - Missing opportunities and hearing what you want to hear
- L** - Thinking your problems are over

- E**
- M** - Reactive and anxious
- O** - Unmanaged emotions
- T** - Carrying guilt and uncontrolled anger
- I** - Negative emotions
- O** - Unresolved grief and blaming others
- N** - Stress, torn, shamed and stigma

- C - Black and white, rigid, impatient, judgmental, ordering/telling, confrontational, ultimatums**
- O - Over-involved and rescuing**
- N - One-way trust**
- T - Disproving, non-accepting**
- R - Fighting, scapegoat, blaming, discounting**
- O - Hardline approach**
- L - Unrealistic expectations, own agendas and putting on a brave face (masks)**

- C - Powerlessness, lacking confidence, feeling incompetent**
- H - Reactive, panic, disorder, no limits, poor boundaries**
- A - Over involved, lies, manipulation, rescuing, family members fighting**
- O - Lack of framework, language and process**
- S - No access or knowledge of support and professional services**

STAGES OF CHANGE – FAMILY



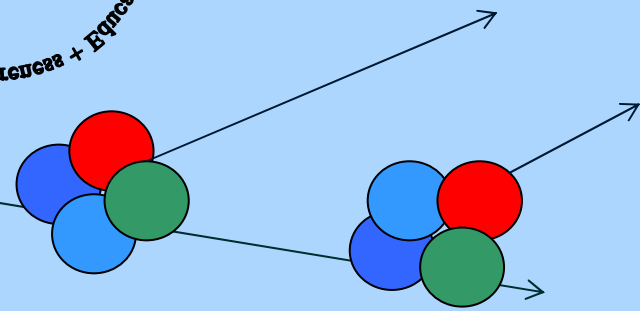
SUCCESS/HOPE
Having strategies in place, both personal and interpersonal, having access to quality support options, taking care of your emotional, physical and spiritual well-being. Caring and strengthening family relationships. May or may not mean the user is drug free.

Success in not a fixed point
Success is maximizing what is possible at each point along the family's journey.

Management and coping can happen at any point and are a continuous growth process.

DEFEAT/DESPAIR
Lack of help, support, education and resources can lead to exhaustion, hopelessness and disconnection.

Drug Use Discovered



FAMILY DRUG SUPPORT SERVICES

24hr phone support

Open family support meetings

Stepping Stones course

Bereavement support – remembrance ceremonies

Volunteer training

Education & workshop

Newsletter to over 2000 members

Publication – GTC, In my Life, AGPN ‘Can Do’

Bi-monthly newsletter – FDS Insight

Youth Drug Support – web based

Families of Prisoners Support

Bridging the Divide

We can provide a range of family support services according to your needs and capacity.

Our representative can talk to you and determine what is appropriate for your service.

Services we can offer:

- In service sessions for your managers and staff.
- Staff training in dealing with family issues.
- Specialist 1300 number (1300 884 186) for your staff and families with people in treatment to access.
- Workshops on the needs of families.
- Range of resources and family support services.
- Help in assisting your clients to reconnect with families and friends.