

7 TIPS FOR SUPPORTING LOVED ONES in RECOVERY

1

BE SUPPORTIVE

Recovery requires support.

In his research and book, "Hooked," Dr. Arwen Podesta discovered there is an 85 percent improved success rate for addiction when families and loved ones get involved, are supportive and learn new patterns of behavior.

3

GIVE THEM TIME TO REBUILD THEIR LIFE

It can take years to recuperate from years of using.

Despite the challenges, the benefits of being patient and supportive to a loved one in recovery far outweigh them not having support and returning to their substance of choice. Time is a must.

5

EXPLORE RECOVERY SUPPORT GROUPS WITH YOUR LOVED ONE

Support groups help reduce relapse rates.

With relapse rates for drug addiction around 40-60 percent, per the National Institute on Drug Abuse (NIDA), it is important that a substance abuse treatment program is followed by aftercare services. Some options include: LifeRing Secular Recovery, SMART Recovery, Celebrate Recovery, Alcoholic Anonymous, and Narcotics Anonymous.

7

ESTABLISH YOUR OWN SUPPORT SYSTEM

You are not alone.

Having a loved one with an addiction can be challenging and stressful. Al-Anon or Nar-Anon are available as support systems for family members helping their loved ones in recovery. Consider seeking mental health care for yourself if you are struggling.

EDUCATE YOURSELF ABOUT ADDICTION

2

Addiction is a chronic brain disease.

Addiction is a lifelong disease your loved one will have to learn to manage. They will never be "fixed" or "cured", and you cannot "save" them. Learn all you can and be there to support them, but realize they need to work with professionals who can effectively care for this disease.

4

CARRY NARCAN®

The overdose-reversing drug can save a life.

According to the National Institute on Drug Abuse (NIDA), from 1996 to 2014, at least 26,500 opioid overdoses in the U.S. were reversed by laypersons using naloxone. Naloxone is most commonly sold under the brand name Narcan. Post a card on the refrigerator so everyone will know where it is stored in case of an opioid overdose. Keep the Narcan up to date and don't let it expire.

6

SET CLEAR & CONSISTENT BOUNDARIES

Act from a place of love rather than a place of fear.

To both protect yourself and support your loved one, it's important to have clearly communicated boundaries and to be consistent with them. This will help you avoid enabling your loved one and help them learn to take responsibility for their actions. Encourage healthy, transparent communication. Your loved one needs honesty and limits combined with compassion.

Long-term recovery is possible with effective treatment. Call 866-204-8080 or visit americanaddictioncenters.org/recovery