



North Star
1834 East 55th Street
Cleveland, OH 44103

ORIANA HOUSE, INC.

Family Matters

Oriana House, Inc. Family Matters Program

Information & Inspiration from Kelley Ross, LCDC II

When asked what makes me commit time and energy to be a part of the Family Matters Program, I think of the impact addiction has on all those around it; addiction is a family disease.

While it is evident that addiction is a problem for the individual that is experiencing it, often other family members believe that it is only that person's problem. However, I have had the pleasure of working with families and what I have seen and know to be true is addiction takes from every member of the family. It steals time, sleep, hope and dreams; it destroys everything it touches; it causes stress, anxiety and even depression.

Since the whole family is impacted, it is important for the family to heal even if it means the one they love may not. What I find in working with families is even the ones who say they have no hope left, do. When a family member has been addicted for some time, roles change within the family and not just the role of the person who is affected.

Coping mechanisms developed to deal with the using member's highs and lows destroy love and trust. Family members don't know the difference between the truth

and a possible lie. Everybody is so consumed with the cycle of addiction that they don't even now how things got to this point. In the beginning, with Family Matters' support people, they know they are tired of hurting and not knowing what to do.

For a long time, I've been very passionate about the family influence on the recovering person because I understand and know it is a critical part of recovery. In 2010 I began working in programs centered and built around assisting families whose loved one has been affected by substance abuse.

Working in this field taught me the impact that the family has on recovering addicts. I also gained knowledge of the how the internal problems of a family can amplify addictive behaviors. In my experience, even while the family is experiencing confusion and suffering, no one knows how to address the elephant in the room.

What I discovered is the more families learn about effective communication, boundaries, triggers, relapse, and substance abuse the healthier and stronger the families become. This strength can become the most powerful source that they have. It is amazing to watch families grow and their loved ones obtain sobriety.

Learning new tools and new skills to deal with life and each other is something

that even I squawk about it at times, because I too feel that I should know what to do and how to handle things when it comes to my own family. What I witness and discover is that life is forever changing and as we change everyone around us changes too. Learning how to implement different skills can contribute to a better success rate for all.

For me, coming here to Oriana House and being a part of what I call "the key to success," or Family Matters, and continuing to work with families is an honor. See, substance abuse doesn't have to take everything; you can rest peacefully, hold employment, have a less stressful life and maintain your sanity in spite of what others are doing.

You can also learn how to assist your loved one in maintaining their sobriety through obtaining and implementing new skills daily. The beautiful thing about these skills is they work for anyone and everyone in your life; so it is a universal program of recovery, hope and change.

In order for us to continue to grow on this journey, we all need that positive support because sometimes we just don't know how or what to do on our own.

Together we can assist each other back to a better life.

What is Enabling Behavior?

Part 1: Adapted from Using "The Enabling Worksheet" to Identify your Enabling Behavior . . . By Peggy L. Ferguson, PhD.

Enabling is the act of removing or buffering the natural negative effects of addictive drinking or using.

Have you ever:

- ◆ Made sure the addict has a job, even if you have to employ him/her?
- ◆ Called him/her to get up for work?
- ◆ Made excuses for him/her; calling in sick to work or apologizing for his/her behavior?
- ◆ Pulled back from family and/or friends to keep from discussing the situation?

What is Helping Behavior?

Part 1: Adapted from "Letting Go" by Anonymous

- ◆ To let go means I can't do it for someone else.
- ◆ To let go is the realization that I can't control another.
- ◆ To let go is to allow learning from natural consequences.
- ◆ To let go is not to try and change or blame another, but to make the most of myself.



Family Matters

The family can be the essence of many concerns. Close ones feel that they must help their loved ones who may need assistance in recovery. They many feel that it is their responsibility to provide shelter, money or rehabilitation for those who are struggling with their cravings and triggers. Supporters of those in recovery need to understand what is going on in the lives of the loved ones; and the Family Matters Educational Program helps me explain to loved ones who I am and what my needs are as a person in recovery. The program has helped me to communicate with honesty and gratitude. It takes a strong person to commit to change; I have made that commitment.

My experience in the Family Matters Program shows me that through role playing I can express my feelings differently in any situation that I might get involved with. Most importantly, I enjoy participating and listening to the ideas of the other family supporters. These meetings are vital for me in recovery. I enjoy it!

Dawn B.

Northstar Recovery Reentry Resources



Cleveland Family Matters Quarterly Schedule

January

Happy New Year!

Jan 7 6:00-8:00pm

Rebuilding Trust

Jan 14 6:00-8:00pm Multi-Family Pot Luck
Coping with the Possibility of Relapse

Jan 21 6:00-8:00pm Healthy Boundaries

Jan 28 6:00-8:00pm
Anger Management



February

Feb 4 6:00-8:00pm

Living with Addiction

Feb 11 6:00-8:00pm

Triggers and Cravings

Feb 18 6:00-8:00pm

Families in Recovery

Feb 27 6:00-8:00pm

February Family Celebration

Multi-Family Event

(Please note: This week only, session day

changes from Tuesday to Thursday)



March

Mar 4 6:00-8:00pm

Recovery Panel / Guest Speaker

Mar 11 6:00-8:00pm

Rebuilding Trust

Mar 18 6:00-8:00pm

Multi-Family Pot Luck

Coping with the Possibility of Relapse

Mar 25 6:00-8:00pm

Healthy Boundaries



Recommended Readings

The Language of Letting Go
by Melody Beattie

Facing Co-Dependence
by Pia Melody

Boundaries

by Anne Katherine, MA



*Cheers to a new year and
another chance to get it right!*

- Oprah Winfrey