



## RECOVERY EMERGES

Even though I was attending Family Matters meetings to learn how to be helpful and understanding to my spouse, I began to realize some areas where I was in dire need of help for myself. The more I attended, the more I had this feeling that I needed to change my thinking process as well; so I began to come for myself and apply the different techniques. I was learning my own walk of growth.

My spouse was eventually released and decided he no longer wanted to attend. He had been doing well and felt like he could handle the rest on his own; but me on the other hand, I continued to come. The more I came alone and with all the things I was learning and applying, I was noticeably becoming a different person and that began to cause problems between us at home. He would say things like “You think your better than people” or “get off your high horse” them meetings changing you! They ain’t helping make things better!” He convinced me that the increase in our arguments were because of it, so I started slowing down and backing away

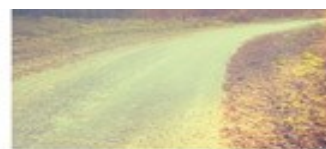
from the program, still attempting all measures to save my relationship. I began to feel different on the inside and it made me go back into a deep depression and subsequently caused the “triggerish” behaviors to resurface, and later the abuse and violent behaviors.

An incident happened that caused me to almost loose my life and sent him right back to the county. Leading up to this incident, I had begun to come back to the meetings and reapply those things I was learning.

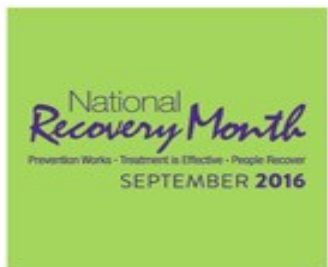
Attending Family Matters meetings and actively applying what I was learning gave me the courage and knowledge I needed to walk away from that abusive relationship that I was previously trying to save. Learning things like self preservation, anger management, how to say “no”, setting healthy boundaries, playing the tape all the way through, regaining trust... and I almost forgot role play... helped me understand that I MATTERED, and somewhere in life I stopped believing that and

began to put everyone else’s needs before mine. Without the love, support, and knowledge I gained from Family Matters, I don’t know where I would be today. Wait...yes, I do...DEAD... Family Matters saved my life, and I can confidently say that I am just one of many. Before coming into contact with this program I was damaged. I felt weak, helpless, hopeless and broken. I was depressed, unemployed, and sadly not doing anything to help myself. But now, I’ve attended and completed the Women in Transition Program at TRI-C and am on my way to finishing a degree I started in the past. I’ve become a Court Appointed Special Advocate, and a volunteer for Juvenile Court. I am back working in the homecare field as an Aide, and I also give back to the program that has done the most for me by volunteering to share my story and encouraging others to attend. My new way of living has already encouraged two of my family members to attend regularly in attempt to change their own lives. It is a very powerful program that if applied, is life changing, life saving.

- Anonymous



JOIN THE VOICES  
FOR RECOVERY:  
OUR FAMILIES,  
OUR STORIES,  
OUR RECOVERY!



Just as an addict has “triggers” to abuse substances, so do the people that support them. It can be a thing, a phrase, an action, or somewhere our loved ones may go. It can be the simplest thing that can make us flashback to that downward spiral that was their drug use. In our minds, we return to the fear and panic of going back to that dark place. We make conclusions without any other collective information—just that “one thing” that they are possibly using again. Here is a list of triggers or “Panic” scenarios for me.

When my addict:

- \* Stays out late after meetings or goes early
- \* Doesn't answer my calls
- \* Goes to activities like cookouts, bonfires, or staying with friends
- \* Uses spoons or headbands
- \* Uses certain phrases
- \* Has money
- \* Has water bottles
- \* Text messages



**JOIN THE VOICES FOR RECOVERY:**  
OUR FAMILIES,  
OUR STORIES,  
OUR RECOVERY!



Every September, SAMHSA ([www.samhsa.gov](http://www.samhsa.gov)) sponsors Recovery Month to increase awareness and understanding of mental and substance use issues and to celebrate the people who recover.

Oriana House, Inc. clients and families are joining the voices of recovery by celebrating everyone's efforts. Join us in commending every step that moves a person closer to freedom, and farther from substance abuse, during the month of September. We will be honoring clients and their families' efforts on September 27th, 28th, and 29th during the Multi-Family Matters sessions.

SAMHSA defines wellness not as the absence of disease, illness, or stress, but the presence of purpose in life, active involvement in satisfying work and play, joyful relationships, a healthy body and living environment, and happiness.

## A lesson ... ... in jumping to CONCLUSIONS



Yes, these can all be signs of relapse, but they also can mean nothing at all on their own. We are trying to re-establish trust again, but our reaction to these “triggers” may make trust go right out the window due to panic and fear. If we continually question every move or thing our loved one does, the whole system could crash and the lines of communication shut down. We need to learn how to keep from “jumping to conclusions” or letting our mind go backward instead of forward and bring our thinking and state of mind back into the light of our loved ones continued recovery.

We, as support, need some ways to help us deal with these “triggers” and take a step back before we make the assumption of use, so we can continue to keep the lines of communication open with our loved one and not push them away with our own panic, fear, and insecurities. We can retrain our ways of thinking to help us cope with these triggers more productively.

- Margaret Hawks

**IN 2014 MORE THAN 7.9 MILLION U.S. ADULTS AGED 18 AND OLDER (3.3%) HAD CO-OCCURRING MENTAL ILLNESS AND SUBSTANCE USE DISORDERS.**

Center for Behavioral Health Statistics and Quality, Behavioral Health Trends in the United States: Results from the 2014 National Survey on Drug Use and Health, NSDUH Series H-50, HHS Publication No. (SMA) 15-4927. Rockville,

## Online Resources

- ◆ **The 20 Minute Guide** ([the20minuteguide.com/parents/#.VFqX-TTF9fe](http://the20minuteguide.com/parents/#.VFqX-TTF9fe)): Offers a set of interactive tools and strategies for any family member or friend who wants to help a loved one get help for a substance use disorder.
- ◆ **The Campaign to Change Direction** ([www.changedirection.org/](http://www.changedirection.org/)): Provides resources to individuals and communities who wish to “change the story” in America about mental health, mental illness, and wellness.
- ◆ **Faces & Voices of Recovery Guide to Mutual Aid Resources** ([www.facesandvoicesofrecovery.org/guide/support/resources/fam\\_friend.html](http://www.facesandvoicesofrecovery.org/guide/support/resources/fam_friend.html)): Publishes the Guide to Mutual Aid Resources, including a list of resources for families and friends looking for mutual aid support groups.
- ◆ **Learn to Cope** ([learn2cope.org/](http://learn2cope.org/)): Offers education, resources, peer support, and hope for parents and family members coping with a loved one addicted to opiates or other drugs.
- ◆ **Adult Children of Alcoholics** ([www.adultchildren.org/](http://www.adultchildren.org/)): Offers the opportunity for men and women who grew up in alcoholic or otherwise dysfunctional homes to learn from the experiences of others and to practice their own recovery.
- ◆ **Family Checkup: Positive Parenting Prevents Drug Abuse:** <https://www.drugabuse.gov/family-checkup>
- ◆ **Symptoms of an Alcohol Use Disorder:** [rethinkingdrinking.niaaa.nih.gov/How-much-is-too-much/Whats-the-harm/What-Are-Symptoms-Of-An-Alcohol-Use-Disorder.aspx](http://rethinkingdrinking.niaaa.nih.gov/How-much-is-too-much/Whats-the-harm/What-Are-Symptoms-Of-An-Alcohol-Use-Disorder.aspx)
- ◆ **Signs of a Mental Health Disorder:** [www.mentalhealth.gov/what-to-look-for/index.html](http://www.mentalhealth.gov/what-to-look-for/index.html)
- ◆ **CASA Family Day—Parental Involvement Matters!** ([www.casafamilyday.org/familyday](http://www.casafamilyday.org/familyday))



# Oriana House, Inc., Family Matters Program July—August 2016 Calendar by Region

## Summit County

264 E. Crosier Street (CBCF)

213 East Glenwood Avenue (St. Hedwig's)

941 Sherman Street (CSCBCF)



### Topic: Coping w/the Possibility of Relapse (Multi-Family)

July 5<sup>th</sup> 6:00 pm-8:30 pm  
Location - CBCF

July 6<sup>th</sup> 6:00 pm-8:30 pm  
Location - St. Hedwig's (Church)

July 7<sup>th</sup> 6:00 pm-8:30 pm  
Location - CSCBCF

### Topic: Enabling 101

July 12<sup>th</sup> 6:00 pm-8:00 pm  
Location - CBCF

July 13<sup>th</sup> 6:00 pm-8:00 pm  
Location - St. Hedwig's (Church)

July 14<sup>th</sup> 6:00 pm-8:00 pm  
Location - CSCBCF

### Topic: Boundaries & Healthy Relationships

July 19<sup>th</sup> 6:00 pm-8:00 pm  
Location - CBCF

July 20<sup>th</sup> 6:00 pm-8:00 pm  
Location - St. Hedwig's (Church)

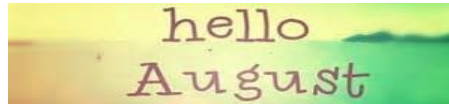
July 21<sup>st</sup> 6:00 pm-8:00 pm  
Location - CSCBCF

### Topic: Anger Management (Multi-Family)

July 26<sup>st</sup> 6:00 pm-8:30 pm  
Location - CBCF

July 27<sup>th</sup> 6:00 pm-8:30 pm  
Location - St. Hedwig's (Church)

July 28<sup>th</sup> 6:00 pm-8:30 pm  
Location - CSCBCF



### Topic: Roadmap for Recovery

August 2<sup>nd</sup> 6:00 pm-8:00 pm  
Location - CBCF

August 3<sup>rd</sup> 6:00 pm-8:00 pm  
Location - St. Hedwig's (Church)

August 4<sup>th</sup> 6:00 pm-8:00 pm  
Location - CSCBCF

### Topic: Recovery Panel

August 9<sup>th</sup> 6:00 pm-8:00 pm  
Location - CBCF

August 10<sup>th</sup> 6:00 pm-8:00 pm  
Location - St. Hedwig's (Church)

August 11<sup>th</sup> 6:00 pm-8:00 pm  
Location - CSCBCF

### Topic: Living w/an Addition (Multi-Family)

August 16<sup>th</sup> 6:00 pm-8:30 pm  
Location - CBCF

August 17<sup>th</sup> 6:00 pm-8:30 pm  
Location - St. Hedwig's (Church)

August 18<sup>th</sup> 6:00 pm-8:30 pm  
Location - CSCBCF

### Topic: Families in Recovery

August 23<sup>rd</sup> 6:00 pm-8:00 pm  
Location - CBCF

August 24<sup>th</sup> 6:00 pm-8:00 pm  
Location - St. Hedwig's (Church)

August 25<sup>th</sup> 6:00 pm-8:00 pm  
Location - CSCBCF

### Topic: Rebuilding Trust

August 30<sup>th</sup> 6:00 pm-8:00 pm  
Location - CBCF

August 31<sup>st</sup> 6:00 pm-8:00 pm  
Location - St. Hedwig's (Church)



### Topic: Rebuilding Trust

September 1<sup>st</sup> 6:00 pm-8:00 pm  
Location - CSCBCF

### Topic: Professional Panel/Guest Speaker (Multi-Family)

September 6<sup>th</sup> 6:00 pm-8:30 pm  
Location - CBCF

September 7<sup>th</sup> 6:00 pm-8:30 pm  
Location - St. Hedwig's (Church)

September 8<sup>th</sup> 6:00 pm-8:30 pm  
Location - CSCBCF

### Topic: Triggers & Cravings

September 13<sup>th</sup> 6:00 pm-8:00 pm  
Location - CBCF

September 14<sup>th</sup> 6:00 pm-8:00 pm  
Location - St. Hedwig's (Church)

September 15<sup>th</sup> 6:00 pm-8:00 pm  
Location - CSCBCF

### Topic: Communication Traps

September 20<sup>th</sup> 6:00 pm-8:00 pm  
Location - CBCF

September 21<sup>st</sup> 6:00 pm-8:00 pm  
Location - St. Hedwig's (Church)

September 22<sup>nd</sup> 6:00 pm-8:00 pm  
Location - CSCBCF

### Topic: Recovery Month 2016 Celebration (Multi-Family)

September 27<sup>th</sup> 6:00 pm-8:30 pm  
Location - CBCF

September 28<sup>th</sup> 6:00 pm-8:30 pm  
Location - St. Hedwig's (Church)

September 29<sup>th</sup> 6:00 pm-8:30 pm  
Location - CSCBCF

# Oriana House, Inc., Family Matters Program July—August 2016 Calendar by Region

## North Central

65 St. Francis Avenue  
(Rigel-Tiffin)

103 S. Front Street  
(NOBARS)



### Topic: Coping w/the Possibility of Relapse (Multi-Family)

July 5<sup>th</sup> 6:00 pm-8:30 pm  
Location - Northstar

July 6<sup>th</sup> 6:00 pm-8:30 pm  
Location - NOBARS

July 7<sup>th</sup> 6:00 pm-8:30 pm  
Location - JNRMCBFCF  
& Rigel Tiffin

### Topic: Addiction as a Disease

July 12<sup>th</sup> 6:00 pm-8:00 pm  
Location - Northstar

July 13<sup>th</sup> 6:00 pm-8:00 pm  
Location - NOBARS

July 14<sup>th</sup> 6:00 pm-8:00 pm  
Location - JNRMCBFCF  
& Rigel Tiffin

### Topic: Boundaries & Healthy Relationships

July 19<sup>th</sup> 6:00 pm-8:00 pm  
Location - Northstar

July 20<sup>th</sup> 6:00 pm-8:00 pm  
Location - NOBARS

July 21<sup>st</sup> 6:00 pm-8:00 pm  
Location - JNRMCBFCF  
& Rigel Tiffin

### Topic: Anger Management (Multi-Family)

July 26<sup>st</sup> 6:00 pm-8:30 pm  
Location - Northstar

July 27<sup>th</sup> 6:00 pm-8:30 pm  
Location - NOBARS

July 28<sup>th</sup> 6:00 pm-8:30 pm  
Location - JNRMCBFCF  
& Rigel Tiffin

## Cuyahoga County

3510 Croton Avenue  
(JNRM-CBCF)

1834 East 55th Street  
(North Star)



### Topic: Roadmap for Recovery

August 2<sup>nd</sup> 6:00 pm-8:00 pm  
Location - Northstar

August 3<sup>rd</sup> 6:00 pm-8:00 pm  
Location - NOBARS

August 4<sup>th</sup> 6:00 pm-8:00 pm  
Location - JNRMCBFCF  
& Rigel Tiffin

### Topic: Recovery Panel

August 9<sup>th</sup> 6:00 pm-8:00 pm  
Location - Northstar

August 10<sup>th</sup> 6:00 pm-8:00 pm  
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August 11<sup>th</sup> 6:00 pm-8:00 pm  
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### Topic: Living w/an Addition (Multi-Family)

August 16<sup>th</sup> 6:00 pm-8:30 pm  
Location - Northstar

August 17<sup>th</sup> 6:00 pm-8:30 pm  
Location - NOBARS

August 18<sup>th</sup> 6:00 pm-8:30 pm  
Location - JNRMCBFCF  
& Rigel Tiffin

### Topic: Families in Recovery

August 23<sup>rd</sup> 6:00 pm-8:00 pm  
Location - Northstar

August 24<sup>th</sup> 6:00 pm-8:00 pm  
Location - NOBARS

August 25<sup>th</sup> 6:00 pm-8:00 pm  
Location - JNRMCBFCF  
& Rigel Tiffin

### Topic: Rebuilding Trust

August 30<sup>th</sup> 6:00 pm-8:00 pm  
Location - Northstar

August 31<sup>st</sup> 6:00 pm-8:00 pm  
Location - NOBARS



### Topic: Rebuilding Trust

September 1<sup>st</sup> 6:00 pm-8:00 pm  
Location - JNRMCBFCF  
& Rigel Tiffin

### Topic: Professional Panel/Guest Speaker (Multi-Family)

September 6<sup>th</sup> 6:00 pm-8:30 pm  
Location - Northstar

September 7<sup>th</sup> 6:00 pm-8:30 pm  
Location - NOBARS

September 8<sup>th</sup> 6:00 pm-8:30 pm  
Location - JNRMCBFCF  
& Rigel Tiffin

### Topic: Triggers & Cravings

September 13<sup>th</sup> 6:00 pm-8:00 pm  
Location - Northstar

September 14<sup>th</sup> 6:00 pm-8:00 pm  
Location - NOBARS

September 15<sup>th</sup> 6:00 pm-8:00 pm  
Location - JNRMCBFCF  
& Rigel Tiffin

### Topic: Communication Traps

September 20<sup>th</sup> 6:00 pm-8:00 pm  
Location - Northstar

September 21<sup>st</sup> 6:00 pm-8:00 pm  
Location - NOBARS

September 22<sup>nd</sup> 6:00 pm-8:00 pm  
Location - JNRMCBFCF  
& Rigel Tiffin

### Topic: Recovery Month 2016 Celebration (Multi-Family)

September 27<sup>th</sup> 6:00 pm-8:30 pm  
Location - Northstar

September 28<sup>th</sup> 6:00 pm-8:30 pm  
Location - NOBARS

September 29<sup>th</sup> 6:00 pm-8:30 pm  
Location - JNRMCBFCF