



Family Matters

Oriana House, Inc. Family Matters Program

It's a brand New Year, a fresh slate, a time to look ahead and put the past to rest; but many families still find themselves entangled financially, emotionally, and legally with the negative consequences of a loved one's chemical dependency issues.

Family Matters is an evidence based program specifically designed to address the issues related to substance abuse that hold families back from advancing into a new life of recovery.

At Family Matters, we are all too familiar with the stories of brokenness, arguments, confrontations, slamming doors, and sleepless nights. Often, there are even more devastating outcomes - overdoses, accidents, or arrests.

Without proper social support, education, and participation in treatment; family members are often unable to recognize or differentiate the subtle, progressive

symptoms of the addictive cycle that keep them bound year after year.

At Family Matters, we are committed to helping families break this addictive cycle and begin to heal by increasing knowledge through teaching useful, healthy living skills.

We offer support by creating an empathetic, safe environment for both family members, and their loved ones suffering from addiction, to

openly share their concerns and feelings.

With education and encouragement, family members and their loved ones will be able to identify barriers to their recovery.

Family members are provided with weekly opportunities to participate and practice these new skills in order to strengthen their abilities.

Lastly, Family Matters offers hope by inviting speakers to participate who are actively living healthy, fulfilling lives in recovery themselves. The power of identification allows family members to witness these changed lives and successful recovery efforts through their sharing personal stories of experience, strength, and hope.



Research Says...

- ◆ "Families Matter" in reducing recidivism and increasing chances of recovery.
- ◆ "Family support is the **most** important thing that keeps offenders from returning to prison."
- ◆ Providing services to the families lower rates of
- ◆ physical, mental and emotional problems, drug use and recidivism. (Sullivan, et al).
- ◆ Family is the **most** important impact in helping offenders stay on the right path.
- ◆ Supportive families increase the likeliness of
- ◆ an offender finding employment reducing relapse potential and involvement in criminal activity.

2009 Criminal Justice Transition Coalition. Pat Nolan

Ohio Department of Rehabilitation & Correction, Best Practices Tool Kit:

Addiction and Recovery Resources

The Language of Letting Go
Author: Melody Beattie

The Road Less Traveled
Author: M. Scott Peck, MD

Living Sober
Author: AA World Services, Inc

Codependent No More
Author: Melody Beattie

You can lead a human to knowledge but you can't make him think.



There are many reasons why people abuse substances and trauma could be a significant underlying cause.

What is trauma and how may it be affecting you, or someone you love who suffers from a substance abuse disorder?

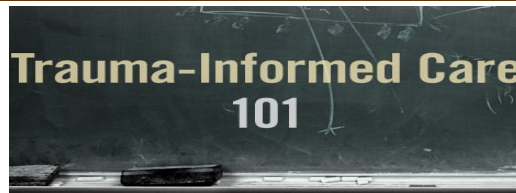
50 -70 % of people in the US experience trauma and 1/3 of these will experience Post Traumatic Stress Disorder - PTSD . Some life events that may trigger trauma are:

- ◆ Natural Disasters
- ◆ Accidents i.e.. Transportation, Work, Play etc.
- ◆ Physical Assault
- ◆ Sexual Assault
- ◆ Combat
- ◆ Sudden / Unexpected Death of a loved one
- ◆ Life Threatening Illness

The person involved may experience: intense fear, horror, and/or helplessness. The traumatic experience can change how the person now views life and can alter the person's daily routines.

A traumatic experience can create an emotionally charged mental picture. The timing of the event is usually sudden or unexpected. The nature of the event is often violent or forceful. The experience can be overwhelming and uncontrollable.

When these traumatic events happen, they can have a physiological impact on the brain. Fear shuts down the brain's ability to evaluate what is happening and file the memory for controlled retrieval. This becomes problematic because the negative memories



can control the person and hinder normal functioning.

People living with PTSD may view the world as unpredictable. They may re-experience the trauma by having repeated disturbing memories, thoughts, images, and dreams. The person may get very defensive or upset when reminded of the event, or even experience physical reactions. This leads to avoidance strategies. The sufferer may not want to talk about it or related emotions associated with the event.

Victims can have trouble recalling details of the event, loose interest in enjoyable activities, feel emotionally numb, or be unable to have loving feelings for those closest to them.

Additional symptoms can be difficulty falling/staying asleep, irritability/angry outbursts, difficulty concentrating, or being super-alert, on guard, jumpy or easily startled.

The traumatic experience can change how the person now views life and can alter the person's daily routines.

The good news is there is help and effective treatments for PTSD:

Trauma-focused cognitive-behavioral therapy involves carefully and gradually "exposing" the sufferer to

thoughts, feelings, and situations that remind them of the trauma.

Family therapy can help everyone in the family communicate better and work through relationship problems caused by PTSD symptoms.

Medications are sometimes prescribed to people with PTSD to relieve secondary

symptoms of depression or anxiety, but they do not treat the causes of PTSD.

Adapted from Dan Bell, PC Crisis Intervention Counselor Trauma Training

<http://www.helpguide.org/articles/ptsd-trauma/post-traumatic-stress-disorder.htm>

How are families responding to Family Matters?

Let's ask them...

"Information, education and seeing my person, watching him improve mentally, physically, and emotionally. Thank you so much for including the family in this way."

"The fact that we learn something different every time, and it is very informative to the people who need to learn about addiction."

"Can't say enough of this program—even though it was court ordered—I am impressed with the leadership and warmth at these meetings. I hang on to every word."

"Very helpful and hopeful."

"Learning to deal with and support my loved one and our family. Thank you for all you're doing!"

"Validation and knowing I'm not alone. Solutions and skill to apply to pressuring situations."

"Makes your loved ones realize that we are here to help and be by their side. It's nice to come to the meeting because I feel it brings the families closer and that's a good thing. You're doing awesome!"

"Common sense approaches being pointed out."

"It helps me to heal and feel confident."

Special thanks to Yvette Edwards from Project Dawn



Project DAWN is a community-based drug overdose prevention/education project and is an initiative of the Summit County Opiate Task Force funded in part by the County of Summit Alcohol, Drug Addiction and Mental Health (ADM) Services Board. The participants at Family Matters received training on:

- ◆ Recognizing the signs and symptoms of overdose
- ◆ Distinguishing between different types of overdose
- ◆ Performing rescue breathing and administering intranasal Naloxone

These kits are free to Summit county residents. Training/Kits can be picked up at the Summit County Public Health 1867 W. Market St. Akron, Oh. (330) 812.3983 on Tuesdays from 3pm –6pm.

Oriana House, Inc., Family Matters Program January—March 2016 Calendar by Region

Summit County

264 E. Crosier Street (CBCF)

213 East Glenwood Avenue (St. Hedwig's-Church)

941 Sherman Street (CSCBCF)



Topic: Roadmap for Recovery

January 5th 6:00 pm-8:00 pm
Location - CBCF

January 6th 6:00 pm-8:00 pm
Location - St. Hedwig's (Church)

January 7th 6:00 pm-8:00 pm
Location - CSCBCF

Topic: Recovery Panel

January 12th 6:00 pm-8:00 pm
Location - CBCF

January 13th 6:00 pm-8:00 pm
Location - St. Hedwig's (Church)

January 14th 6:00 pm-8:00 pm
Location - CSCBCF

Topic: Living w/Addiction (Multi-Family)

January 19th 6:00 pm-8:30 pm
Location - CBCF

January 20th 6:00 pm-8:30 pm
Location - St. Hedwig's (Church)

January 21st 6:00 pm-8:30 pm
Location - CSCBCF

Topic: Families in Recovery

January 26st 6:00 pm-8:00 pm
Location - CBCF

January 27th 6:00 pm-8:00 pm
Location - St. Hedwig's (Church)

January 28th 6:00 pm-8:00 pm
Location - CSCBCF

Topic: Rebuilding Trust

February 2nd 6:00 pm-8:00 pm
Location - CBCF

February 3rd 6:00 pm-8:00 pm
Location - St. Hedwig's (Church)

February 4th 6:00 pm-8:00 pm
Location - CSCBCF

Topic: Professional Panel (Guest Speaker) Multi-Family Night

February 9th 6:00 pm-8:30 pm
Location - CBCF

February 10th 6:00 pm-8:30 pm
Location - St. Hedwig's (Church)

February 11th 6:00 pm-8:30 pm
Location - CSCBCF

Topic: Triggers & Cravings

February 16th 6:00 pm-8:00 pm
Location - CBCF

February 17th 6:00 pm-8:00 pm
Location - St. Hedwig's (Church)

February 18th 6:00 pm-8:00 pm
Location - CSCBCF

Topic: Communication Traps

February 23rd 6:00 pm-8:00 pm
Location - CBCF

February 24th 6:00 pm-8:00 pm
Location - St. Hedwig's (Church)

February 25th 6:00 pm-8:00 pm
Location - CSCBCF

Topic: Coping with the Possibility of Relapse (Multi-Family)

March 1st 6:00 pm-8:30 pm
Location - CBCF

March 2nd 6:00 pm-8:30 pm
Location - St. Hedwig's (Church)

March 3rd 6:00 pm-8:30 pm
Location - CSCBCF

Topic: Roadmap for Recovery

March 8th 6:00 pm-8:00 pm
Location - CBCF

March 9th 6:00 pm-8:00 pm
Location - St. Hedwig's (Church)

March 10th 6:00 pm-8:00 pm
Location - CSCBCF

Topic: Recovery Panel

March 15th 6:00 pm-8:00 pm
Location - CBCF

March 16th 6:00 pm-8:00 pm
Location - St. Hedwig's (Church)

March 17th 6:00 pm-8:00 pm
Location - CSCBCF

Topic: Living w/Addiction (Multi-Family)

March 22nd 6:00 pm-8:30 pm
Location - CBCF

March 23rd 6:00 pm-8:30 pm
Location - St. Hedwig's (Church)

March 24th 6:00 pm-8:30 pm
Location - CSCBCF

Topic: Families in Recovery

March 29th 6:00 pm-8:00 pm
Location - CBCF

March 30th 6:00 pm-8:00 pm
Location - St. Hedwig's (Church)

March 31st 6:00 pm-8:30 pm
Location - CSCBCF

Oriana House, Inc., Family Matters Program January—March 2016 Calendar by Region

North Central

65 St. Francis Avenue
(Rigel-Tiffin)

103 S. Front Street
(NOBARS)

Cuyahoga County

3510 Croton Avenue
(JNRM-CBCF)

1834 East 55th Street
(North Star)



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Location - North Star

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March 3rd 6:00 pm-8:30 pm
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& Rigel Tiffin

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Rigel Tiffin

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