



North Star
 1834 East 55th Street
 Cleveland, OH 44103

ORIANA HOUSE, INC.

Family Matters

Oriana House, Inc. Family Matters Program

North Star Family Matters Quarterly Schedule

April

April 1	6:00-8:00 p.m.
April 8 MF	6:00-8:30 p.m.
April 15	6:00-8:00 p.m.
April 22	6:00-8:00 p.m.
April 29 MF	6:00-8:30 p.m.

May

May 6	6:00-8:00 p.m.
May 13	6:00-8:00 p.m.
May 20 MF	6-8:30 p.m.
May 27	6:00-8:00 p.m.

June

June 3	6:00-8:00 p.m.
June 10 MF	6:00-8:30 p.m.
June 17	6:00-8:00 p.m.
June 24	6:00-8:00 p.m.

You were born to be real, not to be perfect.
 you are here to be you, not to live someone else's life.

Session Topics

- Communication Traps
- Triggers & Cravings
- Families in Recovery
- Rebuilding Trust
- Healthy Boundaries
- Popcorn Panel



- Recovery Panel
- Coping w/Relapse
- Anger Management
- Living w/Addiction

From Our Family To Your Family

Although I have only attended a few Family Matters sessions, I know that I will continue to come. Like a lot of people, I was told that I had to come in order for my family member to successfully complete treatment. I must admit, that I did not want to go at first; but, I am very thankful that I attended.

Addiction is something that is very new to me. I did not grow up around it and I did not know anything about substance abuse until this past year. I felt completely lost and at times very afraid. I tried talking to family and friends, but a lot of them had a hard time understanding because addiction was not something that they knew about. At Family Matters, it is different. Everybody there knows some of the things that I face on a day to day basis. It is not only an op-

portunity for me to learn about addiction, but it is also an opportunity for me learn how to cope with someone else's addiction. I have learned that even though there are times when I feel completely alone in my emotions, there are other people who are going through similar situations. I find it very helpful to talk to others and learn what works for them, and Family Matters gives me a safe, non judgmental opportunity to do that.

Another reason I attend the sessions, is so I can be a better support person. At Family Matters, I have learned what it means to be supportive of my loved one. I learned right away that many of my actions were enabling behaviors even though that was not my intent. I am learning a new way to think; a way that will help my loved one on his road to recovery.

Recommended Readings

Adult Children of Alcoholics
 by Melody Beattie

Codependent No More,
 by Pia Melody

Your Many Faces
 by Virginia Satir

*Everything Changes:
 Help for Families of Newly Recovering Addicts*
 By Beverly Conyers



What is Enabling Behavior?

Part II:

Adapted from Using "The Enabling Worksheet" to Identify Your Enabling Behavior
By Peggy L. Ferguson, PhD.

Enabling actually assists the alcoholic/addict in continuing to drink or use drugs, often when the opposite outcome is intended. When a significant other enables, the addict is not motivated to change. Keep in mind there are some behaviors that may be enabling but are also necessary for your own survival. You probably would not choose to stop these behaviors because they interfere with your own survival.

For example, it is in your best interest to pay your mortgage or utilities even if you are enabling your loved one in the process. It does no one any good if you're evicted from your home or the utilities are shut off.

What does enabling look like?

Have you ever:

- ◇ Gone on a search and destroy mission? Hunting down the stash and destroying it or trying to limit how much the addict used?
- ◇ Bailed the user out of jail or put him/her to bed when she/he passed out in the house or on the lawn? Even cleaning up the vomit?
- ◇ Looked for him/her when he/she didn't come home or gone to a bar/place of use to bring him/her home?
- ◇ Used pleading, arguing, reason and logic, guilt trips, anger, threats, etc. to get him/her to quit?
- ◇ Give him/her food, paid the rent, car insurance, etc.?



What is Helping Behavior?

Part II: *Adapted from "How the Family Can Be Alright When the Addict is Still Using",*
By Peggy L. Ferguson, PhD.
Adapted from "Let Go"
By Anonymous

Helping behavior involves love and detachment. It is possible to detach with love. A healthy detachment involves the emotional, mental and sometimes even physical "Letting Go" of another's responsibility.

With healthy detachment you acknowledge that you can't solve another's problems and you allow him/her dignity to do it for them. This also eliminates the worry that goes with taking responsibility for another when you don't have any real authority or ability to effect change. This *does mean* you take on the task of your own responsibilities.

Loved ones can recover whether or not the addict does. Allowing the addict to suffer the natural negative consequences of his/or her own behavior allows crises to happen.

When you have peace of mind and stability in your own life it allows you to take advantage of the crises that occur by assisting the addict to find the appropriate help they need when they are most willing to accept it.

What does helping look like?

- ◇ To care about, not for.
- ◇ To be supportive, not to fix it.
- ◇ To permit another to face reality and not be protective.
- ◇ To accept but not to deny.
- ◇ To allow another to be a human being and not judge.
- ◇ To search out my own shortcomings and correct them.
- ◇ To grow and live for the future and not regret the past. And not to scold, nag or anger.
- ◇ To love more and fear less.



Why Family Matters?

There was a time when we attended piano recitals, dance reviews, choir concerts, volleyball and softball games, applauding and cheering on our daughter as she participated in these activities. Now we are reading books about drug addiction and attending Family Matters programs to participate in yet another phase of her life.

Drug addiction and alcoholism are foreign diseases to many of us. They have a vocabulary all their own. In our desire to continue to be supportive of our daughter, we believe it is necessary for us to increase our knowledge about what she is experiencing and how we can help not only her but also ourselves.

Now "the 3C's" often come to mind as does "the Q-tip admon-

ition," the relationship of our acronym HALT to relapsing, how to separate the disease from the person, to understand that without consequences there is no change and how to fill in the blanks: is inevitable, but is optional. We have learned so much from the speakers, the educational sessions, and from each other.

Time is a valuable commodity. Our spending 2 hours on Wednesday evenings attending Family Matters is time well spent. We would encourage anyone who has a loved one fighting one or both of these battles to make Family Matters a priority.

Involved Parents

Editor's Note:

Thank you to the loved ones who graciously shared their FM experiences for our column From Our Family to Your Family.

I received more than I could use in this issue. But I'll certainly use them in the future. Our goal is for actively involved supporters in this program and newsletter.

If you would like submit an experience, quote or saying that helps you, etc., and you want to be considered for the next quarter newsletter, email me @ VirginiaBraun@orianahouse.org.

It comes quicker than seems possible! Thank you.

Terms Used in Why Family Matters

1. The 3 C's = I didn't Cause it, I can't Cure it, I can't control it.
2. Q-tip Admonition=Quit taking it personally.
3. HALT=Don't let yourself get too Hungry, Angry, Lonely or Tired..