



St. Hedwig's Church
213 E. Glenwood Avenue
Akron, Ohio 44304

ORIANA HOUSE, INC.

Family Matters

Oriana House, Inc. Family Matters Program

Family Matters Quarterly Schedule



April 1st
6:00pm-8:00pm
Families in Recovery

April 8th
6:00pm-8:00pm
12-Step Panel

April 15th
6:00pm-8:30pm
Multi-Family
Coping with the Possibility of Relapse

April 22nd
6:00pm-8:00pm
Anger Management

April 29th
6:00pm-8:00pm
Rebuilding Trust



May 6th
6:00pm-8:30pm
Multi-Family
Living with Addiction

May 13th
6:00pm-8:00pm
Triggers & Cravings

May 20th
6:00pm-8:00pm
Healthy Boundaries

May 27th
6:00pm-8:30pm
Multi-Family
Panel



June 3rd
6:00pm-8:00pm
Families in Recovery

June 10th
6:00pm-8:00pm
12-Step Panel

June 17th
6:00pm-8:30pm
Multi-Family
Coping with the Possibility of Relapse

June 24th
6:00pm-8:00pm
Anger Management

Rigel Recovery Services (Non-Correctional Treatment Program)

We know that addiction can impact an entire family in so many ways and finding support is often difficult and tiring. In some cases, there is more than one individual in the family that is struggling with substance abuse which can cause even more stress for loved ones.

Oriana House, Inc., continues to branch out in an attempt to help as many people as possible manage and cope with the devastating effects of addiction. Rigel Recovery Services is an opiate-specific, non-correctional treatment program that is open to anyone in the community. We have partnered with Summit Psychological Associates and together we offer opiate-specific, intensive outpatient treatment (IOP), recovery coaching, mental health counseling, and medically-assisted treatment with the use of Vivitrol.

Any individual in the community will have the opportunity to receive necessary services that address all of their life areas with the comfort of coming from home. And of course, their loved ones will have the opportunity to attend Family Matters in order to receive the support and skills that are necessary to begin the healing process.

For more information, or to schedule an appointment, please call (330) 535-8181 ext. 408. We are located at 37 N. Broadway, Akron OH 44308.

We also have walk-in services available on Fridays, on a first come/first serve basis from 8:00 am to 1:00 pm.

Thank you.

Allyse Adams, PC, LICDC
Clinical Coordinator
Rigel Recovery Services

Session Topics

Communication Traps
Rebuilding Trust
Families in Recovery
Anger Management
12-Step Panel
Living with Addictions
Triggers & Cravings
Healthy Boundaries
Coping with the Possibility of Relapse



FORGIVENESS
is not something
we do for OTHER PEOPLE.
We do it for OURSELVES
-to GET WELL and
MOVE ON.

The Importance of the Family's Role in Treatment

Fortunately, family members can help people obtain treatment and work to erode societal stigmas against people in recovery by celebrating their successes. Substance-use disorder treatment programs with family-oriented approaches can make a difference.

Family therapy helps people with substance-use disorders use a family's strengths and resources based on the revelation that the person is receiving treatment or has previously been treated for a substance-use disorder.

Discrimination ignores the fact that substance use disorders can strike people of any

age, gender, race, ethnicity, education level, and geographic area. Families report being blamed by other community members for a relative's disorder and accused of being responsible for any relapses the affected person may experience.

Furthermore, family members are more directly affected by the disorder themselves and more likely to be socially avoided.

In particular, stigma and discrimination can affect parents whose children have a substance-use disorder or are in recovery.

Many families are more comfortable revealing that their child has depression or attention deficit disorder than disclosing that

their child is using illegal substances, and are more willing to discuss the problem in a group setting to get help.

Conversely, many family support specialists report that when the mental health diagnosis is more severe, such as bipolar disorder, families find it more socially acceptable to talk about their child's substance use than to divulge that their child needs an antipsychotic medication.

Yet, there is a need for integrating treatment of both mental health and substance use disorders together when they co-occur in adolescents.

Families may fear potential consequences if they disclose a rela-

tive's illegal drug use, such as legal ramifications.

However, a delay in receiving treatment can actually lead to more encounters with the police and court system. Once people with untreated substance-use disorders find themselves in the criminal justice system, the system can give them access to treatment programs.

In fact, there is an ongoing trend toward addressing drug-use disorders with treatment, rather than with punishment.

With this in mind, it is important to overcome stigma and help get affected family members an assessment by a health care professional as soon as any

problem is recognized.

Talking about a family member's substance-use disorder will, in fact, help combat societal stigma because when open discussion occurs, people will realize they aren't alone.

Creating an open dialogue about overcoming stigma toward people with substance use disorders and their families can help build a stronger, healthier community.



Why Family Matters?

No matter where this winding road called life leads us, there always remains one constant that cradles the very essence of who we are, and that is family. Whether it is grandiose celebrations for milestones and accomplishments, that we have saturated with our blood sweat and tears, or those times we suffer great loss, encounter devastation, and feel that the world is nothing but pains and wrongs.

We are able to regain our footing, heal, and rebuild because of that cornerstone of sup-

port we call family. Life is too precious to squander over misunderstandings and foolish pride.

Family is love, family is unity. Family is rich in integral fiber, but only as strong as its weakest link. So let's work on and exercise our strengths...as family.

Frank Eaton
Family Matters Facilitator



Making a Difference: What Can I do?

✓ **Participate in a family support group** such as Al-Anon/Alateen or Families Anonymous, where you can find others who have family members or close friends with substance-use disorders. Listening to stories can help some people overcome negative perceptions about substance-use disorders.

Become involved in your family member's treatment and recovery and understand that substance-use disorders can be treated just as other diseases can be treated.

United States Department of Health & Human Services
Substance Abuse and Mental Services Administration (SAMHSA)
<http://www.recoverymonth.gov/2006/kit/html>

Editor's Note:

Thank you to the loved ones who graciously shared their FM experiences for our column From Our Family to Your Family. If you would like to submit an experience, quote, or saying that helps you, etc., and you want to be considered for the next quarter newsletter, email me at KelleykRoss@orianahouse.org

It comes quicker than seems possible! Thank you.

Terms Used in 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.