



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

Welcome JULY

- July 1st—6:00 pm-8:00 pm
Rebuilding Trust
- July 8th—6:00 pm-8:30 pm
Multi-Family
Living with Addiction
- July 15th—6:00 pm-8:00 pm
Triggers & Cravings
- July 22nd—6:00 pm-8:00 pm
Healthy Boundaries
- July 29th—6:00 pm-8:30 pm
Multi-Family
Dr. Labor Presentation
HAPPY 4th of JULY

Let Freedom Ring...

AUGUST

- Aug. 5th—6:00 pm-8:00 pm
Families in Recovery
- Aug. 12th—6:00 pm-8:00 pm
12-Step Panel
- Aug. 19th—6:00 pm-8:30 pm
Multi-Family
Coping with the Possibility of Relapse
- Aug. 26th—6:00 pm-8:00 pm
Anger Management

Back to School September

- Sept. 2nd—6:00 pm-8:00 pm
Rebuilding Trust
- Sept. 9th—6:00 pm-8:30 pm
Multi-Family
Living with Addiction
- Sept. 16th—6:00 pm-8:00pm
Triggers & Cravings
- Sept. 23rd—6:00 pm-8:00 pm
Healthy Boundaries
- Sept. 30th—6:00 pm-8:30 pm
Multi-Family
Panel

SMALL GROUPS IN AKRON
 You are invited to attend our Small Discussion Groups from 8:15 pm—9:15 pm following *single* Family Matters. Space is limited to the first 7 people who register. Sign up is available upon arrival at Family Matters.



Project Dawn: What is Project Dawn?

Project Dawn is a community-based overdose education and naloxone distribution program. With Project Dawn, participants receive training on recognizing the signs and symptoms of an overdose, performing rescue breathing, distinguishing between different types of overdose, calling for emergency medical services, and administering naloxone intranasally.

Naloxone is a medication that is used to avoid overdose from an opioid drug (i.e., heroin or prescription pain medication). Upon administration, it blocks the effects of the drug on the brain and breathing quickly returns in the person who is experiencing an overdose.

If naloxone is given to someone who is not overdosing, it is harmless. If given to someone who is dependent on opioids, it will produce withdrawal symptoms. Naloxone does not work on non-opiate drugs (i.e., cocaine, methamphetamines, alcohol, or benzodiazepines).

For all other information regarding Project Dawn, please go to www.healthy.ohio.gov.

Editor's Note: *This project may not be available in your local community. Please contact your local county mental health and addiction services board for further information.*

Thank you.

Allyse Adams, PC, LICDC
 Clinical Coordinator
 Rigel Recovery Services

Session Topics

- Rebuilding Trust
- Families in Recovery
- Anger Management
- 12-Step Panel
- Living with Addictions



- Triggers & Craving
- Healthy Boundaries
- Coping with the Possibility of Relapse
- Recovery (Popcorn) Panel

National Recovery Month
 SEPTEMBER 2015

JOIN THE VOICES FOR RECOVERY

visible, vocal, valuable!

September is Recovery Month.

Family Matters will host an event during September. Event details will be shared closer to the time of the event. Please be on the lookout if you are interested in attending.

Recovery from Addiction Is a Family Affair

As a family disease, those who have been affected by addiction may take years to recover as they rebuild and stabilize their lives, independent of what the alcohol and drug addicted family member does. Without question, it can seem overwhelming but it helps to keep in mind that commitment to the recovery process is also a commitment to the overall well-being of the whole family.

Constructive and active family engagement in the recovery process is essential if the family is to heal from the destructive impact of addiction. To move on in hope, families need a variety of supports, information, and skills, including the following:

- 1. End the Isolation and Connection:** By joining an education or support group.
- 2. Education on Addiction and the Family:** Understanding how addiction affects both the addicted person and the family is an essential foundation to moving on.
- 3. Learn Communication Skills:** Active addiction destroys family communication. Developing these skills is essential to family recovery.
- 4. Detachment and Responsibility for Self:** Learning to detach with love and focus on assuming responsibility for our own behavior.
- 5. Stop Old Behaviors:** Many of our old ways of coping are ineffective and contribute to

the problem, not the solution; enabling, denial, blaming, and minimizing the problem.

- 6. Engage the Children:** As a parent, depending on ages, you play a critically important role in providing support and protection for the children. But, engaging them in their own recovery is very important.
- 7. Build on Resilience:** Surviving active addiction to alcohol and drugs is never easy. Use the recovery process as a means of building on your personal and family strengths.
- 8. Engage in Personal and Family Activities:** Working alone and together to find activities that serve as a source of personal

and family fulfillment, e.g., volunteering.

- 9. Understand and Prepare for Relapse:** Relapse into old behaviors is as real for family members as it is for those addicted to alcohol and drugs. Family members need to develop strategies for dealing with their own relapse issues and other challenges.

People recovering from alcoholism and drug addiction, their families, and their children can, and often do, achieve optimum levels of health and functioning, but this achievement is best measured in years rather than days, weeks, or months. In the process of recovery, families are strengthened through increased levels of genuine intimacy and families are better able to cope with

life's challenges. Over time, the discipline of recovery can bring the family together to be the healthiest it has ever been!

Today, **family recovery is a reality for millions** of Americans. The hope, help, and healing of family recovery has become the most powerful way to break the intergenerational cycle of alcoholism and addiction in the family.

—**National Council on Alcoholism and Drug Dependence, Inc.**

Family



Akron Family Letter

Families,

I can't say enough about learning and living the 3 C's. It's lifted the burden off my shoulders and put it where it belongs. I came for my brother as part of his recovery program. Like all of you, I too am the chosen one (again). He's lived a tough life from the choices he's made. I can't live his life for him. I can only support him. The meetings have given me the courage to take back my life and not feel guilty about it. While I'm coming to these meetings, my own life falls apart again. I've lived with an addict since the mid-80's. So many addictions: the drugs, the porn, the gambling . . . Goes the cycle over and over again. Why am I still coming to Family Matters? First of all, it took 3 weeks for me to start grasping the program; I sat making lists in my head during the meetings. In reflecting back, you all have been there and gone through that. This honestly is what keeps me coming back;

being able to vent your feelings with others going through the same ordeal. It's taken me 9 months to let go of my anger so the healing could begin. That's why I'm still coming. I couldn't have sifted through all this madness without this program. They offer and steer through all kinds of awareness and ask really hard questions. Get rid of the "you" and turn to the "I". Take your life back. What did I need? I needed my own sanity back. It's working for me. Every situation is different, yet common. Take what's offered and find yourself once again.

Thank you all for sharing.

Standing on solid rock,
Brenda

P.S. This is a great program. I didn't know I needed all the help. Thank you.



Suggested Summer Activities for the Family

In order to keep yourself and your family occupied this summer, please think about engaging in any of the below-suggested activities:

1. Plant a garden at your home or find your community garden and plant flowers or a tree.
2. Find a library near you and read a book or start a book club with friends.
3. Start exercising or going to a community fitness center alone or with a workout partner.



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, a quote, or a saying that helps you, etc., and you want to be considered for the next quarterly newsletter, email me at KelleyRoss@orianahouse.org.

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.