

Oriana House, Inc. Family Matters Program

Family Matters Quarterly Schedule



OCTOBER 1st
 6:00PM- 8:00PM

OCTOBER 8th
 6:00PM-8:00PM

OCTOBER 15th
6:00PM-8:00PM

OCTOBER 22nd
 6:00PM 8:00PM
Multi Family

OCTOBER 29
 6:00PM-8:00PM

Session Topics

- | | |
|----------------------|--------------------|
| Communication Traps | Rebuilding Trust |
| Triggers & Cravings | Coping w/Relapse |
| Families in Recovery | Healthy Boundaries |
| Recovery Panel | Anger Management |
| | Popcorn Panel |



From Our Family to Your Family :

I am writing as a mother of a 32 year old, a previous client at a CBCF. My son completed the program May of 2014. My son was court ordered into the program and I was visiting the CBCF and noticed the flyer for Family Matters. At this time in my life I was at a point where I knew I wanted to be there for my son, but no longer knew how to help him or me with the struggles of his substance abuse. I began with Family Matters August of 2013 and I am currently still involved even with my son being back in the community.

I have found the source I needed the education, instruction, and support as well as learned different techniques and skills to support myself with his addiction and also with my own life issues. I found through the Family Matters Program a sense of relief that someone cares about the many complex issues of substance abuse, and addiction. Being able to honesty share about the whole problem without being judged is immeasurable to me.

Moving into the holiday season can be some of the most difficult time for me as well as others and having this support is so important. The holiday season is the biggest trigger for families and our loved ones and how to remain on our path can present many challenges.

Life is hectic and there are many things to deal with addiction and recovery is a life long process. After four rehab programs and all the court involvement, I understand today that the courts were attempting to assist my son to get it together.

Today I know that it is all up to him and what he chooses to do or not do is his own life. With the Family Matters Program I can allow him to do just that yet knowing that I don't have to do it alone makes it a little easier.



November 5th
 6:00pm-8:00pm

November 12th
 6:00pm- 8:00pm
Multi Family

November 19th
 6:00pm- 8:00pm

November 26th
 No Session

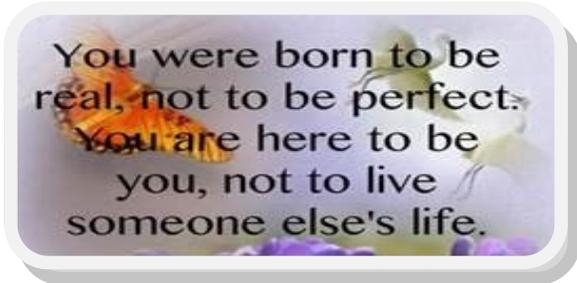


DECEMBER 3rd
 6:00pm-8:00pm

DECEMBER 10th
 6:00pm,-8:00pm
Multi-Family

DECEMBER 17th
 6pm-8:00pm

NO December 24
 No December 31



ORIANA HOUSE, INC.

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Rigel Recovery Services,

5 Truths About the Addict in Your Life
By **DAVID SACK, M.D.**

Most families have been touched by addiction. Many have been forever altered by it. And though most people are affected by it, few understand it. This is because addiction is not a logical disease. The selfishness, the repeated mistakes despite devastating consequences – none of it makes sense, not even to the person living it. The more you know about what drives an addict’s choices, the better situated you will be to help your loved one. Here are five truths you should know about the addict in your life:

#1 Your loved one has a treatable disease.

No one wants to be an addict. Your loved one made the initial choice to try drugs or alcohol, but as addiction sets in, changes in the brain

make it very hard to stop. Although it is understandable for loved ones to feel angry and resentful, the only approach that improves the situation is to love the addict and hate the disease, not the other way around.

One of the first steps in helping an addict is getting educated about their problem. Scientific research shows that addiction is a brain disease, not a moral failing or character flaw. Addicts are sick people who need treatment. Most addicts who try to quit on their own do not succeed. Because addiction is no one’s fault, there is no place for judgment, guilt, punishment or blame in the recovery process.

#2 The person you love is still in there. Addiction turns honest people into liars, and close-

knit family members into strangers. Someone who once was a “family guy” may stop calling or showing up for family gatherings. A successful professional with everything going for them may lose all motivation to do anything but get and use drugs.

Although it may seem that the person you knew has been swallowed up by their addiction, their core identity is still intact. Life may never be exactly the same, but it may also be better. Spiritual and psychological awakenings in people who have been addicted occur in the course of treatment and recovery.

#3 Your loved one’s illness has made the entire family sick.

Witnessing a loved one’s spiral into addiction can be heart-wrenching. In response to overwhelming stress, the family builds its defenses.

Some will minimize or outright deny that there is a problem; some make excuses for the addict; others may remove themselves from the situation entirely. While these defenses may help family members cope with the problem in the short term, in the long run they leave everyone – both the family and the addict – living in chaos.

In order to support your loved one, you must take charge of the only thing you can control: yourself. Taking care of yourself is not selfish; it protects against burnout and prevents the worst fate of all: giving up on the addict altogether. By engaging in healthy detachment – offering love, support and boundaries while letting the addict experience the negative consequences of their drug use – you can protect your own mental and emotional health while promoting the

addict’s recovery.

#4 Your loved one needs your help and support. You can’t cure your loved one’s addiction, but you can facilitate their recovery. Contrary to popular belief, addicts do not have to hit “rock bottom” before they can get help. Most addicts feel conflicted about getting treatment. Many are court ordered or urged by family or friends to get help. Studies show that what brings them into treatment matters less than the fact that they find their way there.

#5 Relapse is a common part of recovery.

A clear understanding of the chronic nature of addiction can prepare families to take swift action if the addict relapses. Although disappointing, relapse can be a valuable learning opportunity that sets people on the path toward long-term recovery.

Tips to Support Recovery During the Holidays

Holidays can be stressful for anyone, particularly for those in recovery. Don’t let the holidays get you down or cause you to slip. Here are some tips to support recovery during the holidays.

Tip #1: Live one day at a time and enjoy your recovery: Stay in the moment and live one day at a time. Never mind about what happened or what could happen. Enjoy today. Live today. Celebrate your recovery!

Tip #2: Be selective about what invitations you accept. – Depending on what time of year it is, you can expect to receive numerous invitations to parties and get-togethers. This is particularly true during

the period from Thanksgiving through New Year’s. If, however, an invitation can’t be discreetly turned down, such as a company dinner or event prior planning is critical.

Tip #3: Plan each and every day of your holiday season- Plan to spend the majority of your time with friends and family who are supportive of your recovery.

Tip #4: Have back-up plans ready. – It’s amazing how a simple tip can make all the difference. If you’re prepared with a reasonable response when you’re at a party and getting ready to leave and someone asks you to stay, it’s not only less stressful, it’s also essential.

Tip #5 : Write out a daily gratitude list- The quickest sure to get you out of the holiday blues is by

counting your blessings and being grateful for what you have every morning.

Tip #6: Volunteer your services to a charitable organization- There are many people in your community who are less fortunate than you. You will be helping not only the needy but yourself!

Tip #7 : Avoid H.A.L.T. (Hungry, Angry, Lonely , Tired)- If you are hungry, get something to eat. If you are angry, talk to somebody about it. If you are lonely, go to a support meeting or call a friend. If you are tired, get a good night’s sleep.



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 admonition,” 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 Thursday 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.

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 submit an experience, quote or saying that helps you, etc., and you want to be considered for the next quarter newsletter, email me BarbaraL.Siegle@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.