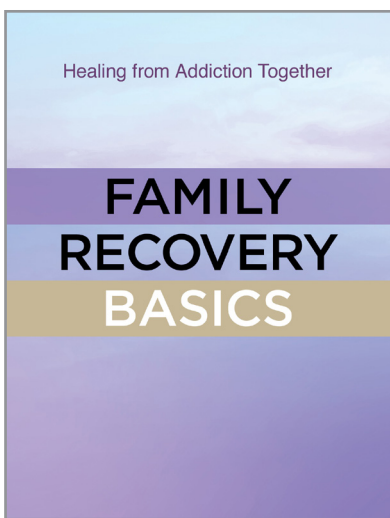


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# FAMILY RECOVERY BASICS

Healing from Addiction Together



SCOPE AND SEQUENCE



For more information about this program,  
visit [hazelden.org/bookstore](http://hazelden.org/bookstore) or call 800-328-9000.

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### **Purpose of the Video**

The purpose of the *Family Recovery Basics* video is to present information for family members of a person with an addiction on what makes addiction a family disease, why self-care is so important for *everyone* affected by a substance use disorder, what is meant by *codependency*, what resources are available for family healing, and ways in which a family can repair itself while its members grow stronger individually. By discussing this topic, the learner will gain an understanding of why treatment is an important part of recovery for the person with a substance use disorder *and* his or her family.

Through interviews with subject matter experts and family members who have experienced the addiction of a loved one, *Family Recovery Basics* introduces the facts about the impact substance use disorders can have on families and where and how family members can get support. Discussion questions prompt learners to better understand the complexity of substance use disorders and their effects on a family, so family members can take steps to get help for themselves in dealing with a loved one's substance use disorder or better support the loved one if and when he or she enters treatment.

### **How Could the Video Be Used?**

The video could be used in a wide variety of ways and settings, including

- as a stand-alone program for family members whose loved one is in the midst of active addiction or in early recovery
- with families as part of an integrated program for individual clients who are in treatment
- in intervention settings
- in treatment settings
- in correctional settings
- in primary care settings
- in educational settings
- in community groups
- in parent or family education settings
- in other therapeutic settings focused on substance use disorder treatment for individuals and/or family members
- with both adults and young adult learners, as the interviews include stories from people of all ages and their experiences with a loved one's substance use disorder and treatment

In addition to the ways listed above, the video can be used to complement a core treatment or education curriculum that is already part of your programming. You could also use a particular video chapter on its own to create a dynamic discussion session on any of the included topics. For example, you might use the segments “Defining the Disease” and “Helpful versus Harmful Responses” (from video chapter 1) as part of a family group orientation early in a client’s treatment, or you might use the segment “Setting Boundaries” (from video chapter 5) in a family group discussion.

### **Learning Objectives for the Video**

After viewing the video, the learner will be able to

- define what a *substance use disorder* is
- describe what makes addiction a *family disease*
- describe typical family roles and how each role adapts and supports addictive behavior
- identify ways in which addiction has affected his or her family (including children)
- explain why self-care, boundaries, and healthy communication are essential components of recovery for family members affected by a loved one’s substance use disorder
- explain the different support options available to family members in recovery, such as Al-Anon or individual therapy
- describe ways in which a family affected by substance use disorders might rebuild trust and repair itself
- describe what *success* looks like in treatment—both for the addicted family member and for the family as a whole
- apply self-care strategies when a loved one is in active addiction or relapses
- apply strategies to support a loved one who is going through treatment
- describe the roles that forgiveness and acceptance play in families affected by substance use disorders

### **What Does the Video Cover?**

The video consists of six chapters that cover important topics about how substance use disorders can affect an entire family. Each video chapter is approximately 12–28 minutes in length but is divided into shorter segments as well. Each chapter can be shown in its entirety in one sitting, or individual segments within a chapter can be shown by themselves. The entire video is not meant to be watched all in one sitting.

The video chapters are arranged in a recommended progression, but they can be used in any order, depending on the needs and presenting issues of family members. Each video chapter is accompanied by group facilitation instructions and one or two reproducible fact sheets that can be handed out as a resource or read aloud together with the learners. Each chapter of the video should take approximately 45–90 minutes to facilitate as part of a dynamic discussion with family members. Note that if you have more than six or seven learners in a group session, the discussion portion of the session may take longer, depending on how actively each person is participating in the discussion.

The following is a list of what family members will learn from each video chapter session.

***Chapter 1: What Is Addiction?*** (running time: 23 minutes)

After this session, the learner will be able to

- describe what it means when a loved one has a *substance use disorder*
- identify various causes for substance use disorders
- explain what is meant by the “Three Cs” of addiction
- describe what is and what is not helpful when dealing with a loved one’s substance use disorder

*This chapter includes two fact sheets: “Addiction” and “Signs and Symptoms of Teen Alcohol or Other Drug Use.”*

***Chapter 2: What Is the Impact of Addiction on the Family?*** (running time: 28 minutes)

After this session, the learner will be able to

- explain why addiction is called a *family disease*
- describe how families typically respond when a loved one is addicted to alcohol or other drugs
- explain what is meant by *codependency* and why it is an issue in families with substance use disorders
- describe how addiction can cause trauma in the lives of family members
- identify ways addiction can affect children

*This chapter includes a fact sheet: “What Makes Addiction a Family Disease?”*

**Chapter 3: How Do Families Respond to Addiction?** (running time: 18 minutes)

After this session, the learner will be able to

- describe typical roles in a family with addiction and how each role supports addictive behavior
- identify some of the unwritten rules that often operate in families where there is addiction
- identify some common feelings family members experience when dealing with addiction

*This chapter includes a fact sheet: “Roles and Rules in a Family with Addiction.”*

**Chapter 4: Is Personal Healing an Important Step for Family Members?**

(running time: 12 minutes)

After this session, the learner will be able to

- explain what *self-care* means and why it is so important for family members of loved ones who have substance use disorders
- describe some of the healthy changes in thinking and behavior that occur when practicing good self-care
- identify ways in which good self-care can improve relationships with others *and* with oneself
- explain why it is important to reach out for help and get support when a loved one has a substance use disorder (whether or not he or she is abstinent)

*This chapter includes two fact sheets: “Taking Care of Yourself While Your Loved One Is in Recovery” and “Al-Anon and Alateen.”*

**Chapter 5: What Are the Keys to Healing the Entire Family?** (running time: 20 minutes)

After this session, the learner will be able to

- describe what a *boundary* is and explain why boundaries are important in family healing
- explain the importance of honest communication in healthy family systems
- explain what *real forgiveness* is and isn't, and the role it plays in individual and family recovery

*This chapter includes a fact sheet: “Family Healing from Addiction.”*

***Chapter 6: What Does Family Recovery Look Like?*** (running time: 21 minutes)

After this session, the learner will be able to

- explain the importance of family recovery and how each individual in a family can benefit from working his or her *own* addiction recovery program
- describe how relapse can affect the whole family
- identify ways in which a family can rebuild trust
- describe the importance of *acceptance* and *hope*
- identify and celebrate the successful changes he or she has already made in his or her family

*This chapter includes a fact sheet: “Healthy Ways to Support Your Loved One in Recovery.”*