



The Family & Substance Use Disorder

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FAMILY


- A family is a group of people related by blood or marriage or a strong common bond, such as those descended from a common ancestor or a husband, a wife, and their children. Other types of families are single-parent families, gay families, and extended families.
- We will consider a family to consist of a husband, a wife, and their children (the traditional family).

The Healthy Family

- Most families are basically healthy, and family members are usually happy, working, contributing members of society.
- Curran has identified 15 traits of a healthy family:
 1. *The healthy family communicates and listens.*
 2. *Healthy family members affirm and support one another.*
 3. *The healthy family teaches respect for others.*



The Healthy Family

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4. *A healthy family develops a sense of trust.*
 5. *The healthy family has a sense of play and humor.*
 6. *A healthy family shares responsibility.*
 7. *A healthy family teaches a sense of right and wrong.*
 8. *Rituals and traditions abound in the healthy family.*
 9. *A healthy family has a balance of interactions.*
 10. *A healthy family has a shared religious core.*

The Healthy Family

- 11. *Members of a healthy family respect each other's privacy.*
- 12. *A healthy family values service to others.*
- 13. *Shared meals and conversation are valued.*
- 14. *The healthy family shares leisure time.*
- 15. *A healthy family admits to and seeks help with problems.*

The Addicted Family

- A addicted family develops a denial system and specific rules, and members tend to assume specific, unhealthy roles.
- The addicted person becomes the central figure around which family members organize their behaviors and reactions.
- This family system becomes unpredictable, chaotic, and frightening.

The Addicted Family

Some of the most common ways addiction affects the family include:

1- *Conflict Among Family Members*: Addiction can lead to negativism.


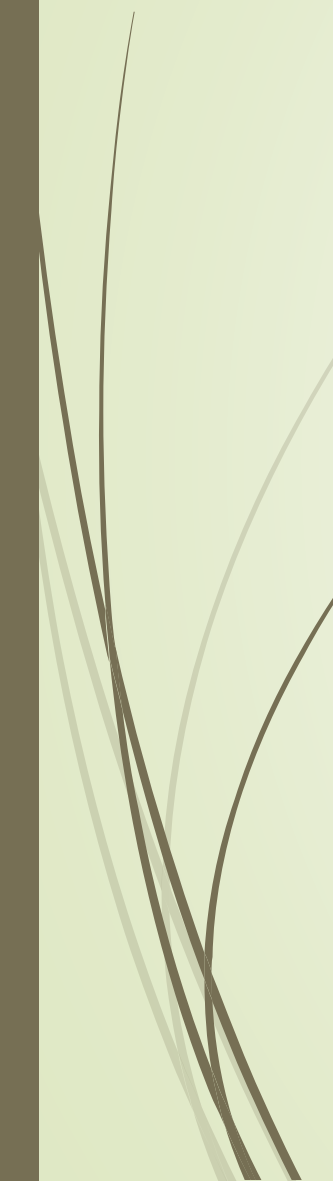
2- *Financial Distress*: addiction can lead to problems at work.

3- *Instability Within the Family System*: People suffering from addiction are often unreliable.

4- *Mistrust, Lying, and Stealing*: addicts may turn to lying and stealing to hide and support their drug use.

5- *Shame and Denial*

The Grief Process

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- Families with a member who is addicted to alcohol often grieve the loss of the loved one they once knew.
 - They may go through the five stages of grief—denial, anger, bargaining, depression, and acceptance.
 - Denial of the problem is often the longest of these stages and may prevent the chemically dependent member from receiving help for years.

The Grief Process

- Enabling plays a major role in family denial. Enabling is a process whereby well-meaning family members unwittingly allow and even encourage irresponsible and self-destructive behavior by shielding the alcoholic from the consequences of his actions.
- They simply ignore evidence of alcohol abuse.

The Grief Process

- Spickard and Thomson identified three important factors that contribute to the family's distorted perception of reality:

1. Isolation.

Shame and embarrassment build a wall of silence around each individual member and gradually cut off all but superficial communication.

2. Emotional turmoil.

Guilty, ashamed and embarrassed, fear and anxiety, depression.

3. Centricity.

keep a bad situation from becoming worse, rationalizations



The Spouse of an Addict

- Addiction has negative effects on the spouse. The spouse may have feelings of hatred and self-pity.
- She may avoid social contacts, suffer exhaustion, and become physically or mentally ill.
- Often the spouse has to perform the roles of both parents.
- Addiction is one of the major reasons for divorce.
- The spouse of an alcoholic often becomes codependent.

Choices

- ➡ The spouse of an addict has three choices.

Leave

Stay and Do Nothing

Stay and Take Steps :

- ✓ She can educate herself about addiction.
- ✓ The spouse of an addict should learn to separate her own personal growth and happiness from the addict.
- ✓ She should attend support meetings.
- ✓ It is important for the spouse to share her concerns with the addict.
- ✓ If the spouse defines a boundary, she should define a clear consequence and be ready to follow through.

Things the Spouse Can Do to Help Her Children

- *Give Children Hope That Things Will Get Better*
- *Keep Children Safe*
- *Keep Things Normal as Possible at Home*
- *Look for Problems*
- *Teach Them Addiction Is a Disease*
- *Know When to Get Help*

Intervention by Confrontation

- Intervention by confrontation consists of two steps:
 - Preparing for the confrontation
 - The actual event itself
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- The purpose of direct confrontation is to convince addicts of the effects of their destructive behavior and insist that they get treatment.

A family prepares for a confrontation

➤ *Step 1: Consult a professional.*

Every intervention team should have a substance dependence counselor or a physician familiar with the process to supervise the preparation and direct the actual confrontation.

➤ *Step 2: Choose members of the team.*

The most strategically important members of the intervention team are the spouse, an employer, and the addict's physician.

Individuals that should be excluded include:

- those whose psychological state is too fragile
- anyone likely to berate the alcoholic or preach moralistically,
- family members too angry or full of hate to perceive the alcoholic as a sick person in need of help.

A family prepares for a confrontation

➤ *Step 3: Choose the data.*

With the help of the professional, each team member selects three or four examples of the addict's inappropriate behavior. These should be as detailed and as current as possible.

➤ *Step 4: Choose the time.*

Team should confront the addict when he is sober or at least as sober as possible.

It may be necessary to schedule the meeting early in the morning.

A family prepares for a confrontation

- *Step 5: Hold a practice confrontation.*
- Members of the intervention team need to meet at least once, and preferably twice, to rehearse the confrontation.
- During these meetings, the professional plays the role of the addict, and team members practice giving their evidence in a detached, nonjudgmental manner.
- They also practice how they will respond to the addict's manipulation, evasion, or anger.

A family prepares for a confrontation

- *Step 6: Investigate treatment options.*
- Team members by now should have investigated local treatment options for types of programs offered, the costs of each, and their appropriateness for the particular addict.
- A suitcase should have been packed. If the intervention is successful, there should be no delay in getting the addict into treatment.

The Confrontation

- Family members, the professional, and significant others assemble at a planned time. Once the addict arrives, the facilitator speaks first, explaining to the addict why they have gathered and asking him to listen without speaking for a while.
- When everyone else is finished speaking, the addict will have a turn.
- As rehearsed, each person then speaks directly to the alcoholic, sharing facts, events, and personal reactions to that person's behavior, telling how it has adversely affected him or her.
- Members then share options for help.

The Confrontation

- The group should be prepared for the addict's tearful acceptance, anger, hostility, counter accusations, or bolting from the room.
- If the intervention is unsuccessful, the family has three options: They can secure the alcoholic's word to stop drinking,
- having him sign a contract agreeing to enter treatment if he drinks again.
- They can continue to live with the actively drinking alcoholic, in which case they should continue to work on their own recovery by attending Al-Anon and Alateen meetings.
- In many states, the family can obtain a court order to commit the alcoholic to treatment against his will.



Thank you for your attention