

FAMILIES PLAY AN ESSENTIAL ROLE IN ADDICTION RECOVERY



We understand that any type of continued alcohol or substance use creates a stressful situation and difficult family environment. You may struggle and worry about your loved one's wellbeing and want them to get treatment. Encouraging them may take all the strength you have. But you are not alone. We are here to assist you and provide you with the support and help you need.

Like other chronic diseases, addiction can be managed successfully. Treatment helps the entire family reduce addiction's powerful effects on the brain and behavior to regain control of their lives.

Substance use disorder affects the entire family



EVERY PERSON OR FAMILY SITUATION IS DIFFERENT

Keep in mind that when others give advice, there is no one answer that fits all. Instead, take comfort knowing others care and you are not alone.



IT'S NORMAL TO FEEL ANGRY AND FRIGHTENED WHEN SOMEONE YOU LOVE REGULARLY RELIES ON ADDICTIVE SUBSTANCES

Other emotions may include anger, frustration, sadness, hopelessness, fear, anxiety, etc. Your concern comes from a place of love. Start by understanding some of the reasons your loved one is using alcohol or substances—it might make their substance use more predictable. It can also increase your empathy and understanding and encourage more positive alternatives that lead to collaboration rather than confrontation.



IT IS ALSO NORMAL A PERSON WITH A SUBSTANCE USE DISORDER TO HAVE MIXED EMOTIONS ABOUT DISCONTINUING SUBSTANCE USE VS. CONTINUING TO FIND CONSOLATION THERE

You can help increasing their motivation for change by understanding both sides of their ambivalence.



YOU CAN POSITIVELY INFLUENCE CHANGE BY ENCOURAGING HEALTHY BOUNDARIES AND SELF-CARE

Consider examining a person's current behaviors you can reinforce while supporting their 'non-using' behaviors.



FOCUSING ON YOUR OWN SELF-CARE WILL HELP YOU INCREASE YOUR POSITIVE INTERACTIONS WITH YOUR LOVED ONE

This will help them to open up to more positive conversations and increase their openness to seek treatment.

AT WELLBRIDGE FAMILIES GET INVOLVED AND STAY INVOLVED



Wellbridge understands the importance in engaging the family in the treatment process to help facilitate lasting change

- Treatment programs are grounded in a family's need to accommodate and support lasting recovery
- Weekly individual, evidence-based 90-minute family therapy sessions (with patient and family) with a licensed family therapist
- Conducted via tele-health or in-person with COVID precautions
- Aftercare planning protects against relapse focuses on sustained recovery



The Wellbridge Family Program includes

- Alcohol Behavioral Couple Therapy (ABCT) customized to the inpatient environment
- Thinking about alcohol and drugs differently
- How other issues (PTSD, mood, anxiety, stress) relate to substance use
- Helping one another change habits
- Handling troubling situations and challenges
- Working together to identify and monitor warning signs

