

Family Recovery

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Understanding the “family”
experience...

I thought I knew ...

Family Recovery Principles

- The family is deeply impacted.
- **Empowering the family to respond directly to “active addiction” is a cornerstone of family recovery. Without this family recovery is a disingenuous process.**
- **Family recovery is individualized to each family unit. Not a one sized fits all experience. The details are important (ie..where you are in the journey, child vs. spouse vs. parent etc...)**
- Family recovery stands on its own merit. It is necessary yet has been historically neglected.
- Family recovery is unique process that should be guided by “family systems theory”. Not limited to traditional avenues of “detach with love” and “tough love”.
- Family recovery is primary intervention; not an add-on or after-thought
- Family recovery should not be dependent on the addicted loved one’s “recovery status”
- The family has tremendous power and family recovery contributes to individual recovery.

“Recoveryism” and family recovery

3 things people can't discuss in civilized manner... Politics; Religion and Recovery...

“Your stuff” and how that
impacts family work...

Peer Based Family Support Programs

Richard Jones MA, MBA, LCAS, CCS, CEAP, CAI, SAP, Certified Trauma
Therapist

“Family advocacy” ...

- Family advocacy

- Coaching families involves advocating for the family.
- The difference between working with a family and advocating for the family.
- “We got your back”.

What is unique about family advocacy?

- They are allowed to be angry...
- They are allowed to push back on “extended family” that is criticizing them...
- They are allowed to push back on “services” which did not work for them or the client...
- They need a system navigator...

Agenda

- This is an addiction epidemic and NOT an opioid epidemic. 88,000 people a year die from chronic misuse of alcohol. 45,000 suicides (AOD involved at high level)... 90,000 overdoses...
- Family Coaching
- Scaling Family Recovery

Paradigm shift...

- *Focus on the family as a PRIMARY part of this “better way”...*

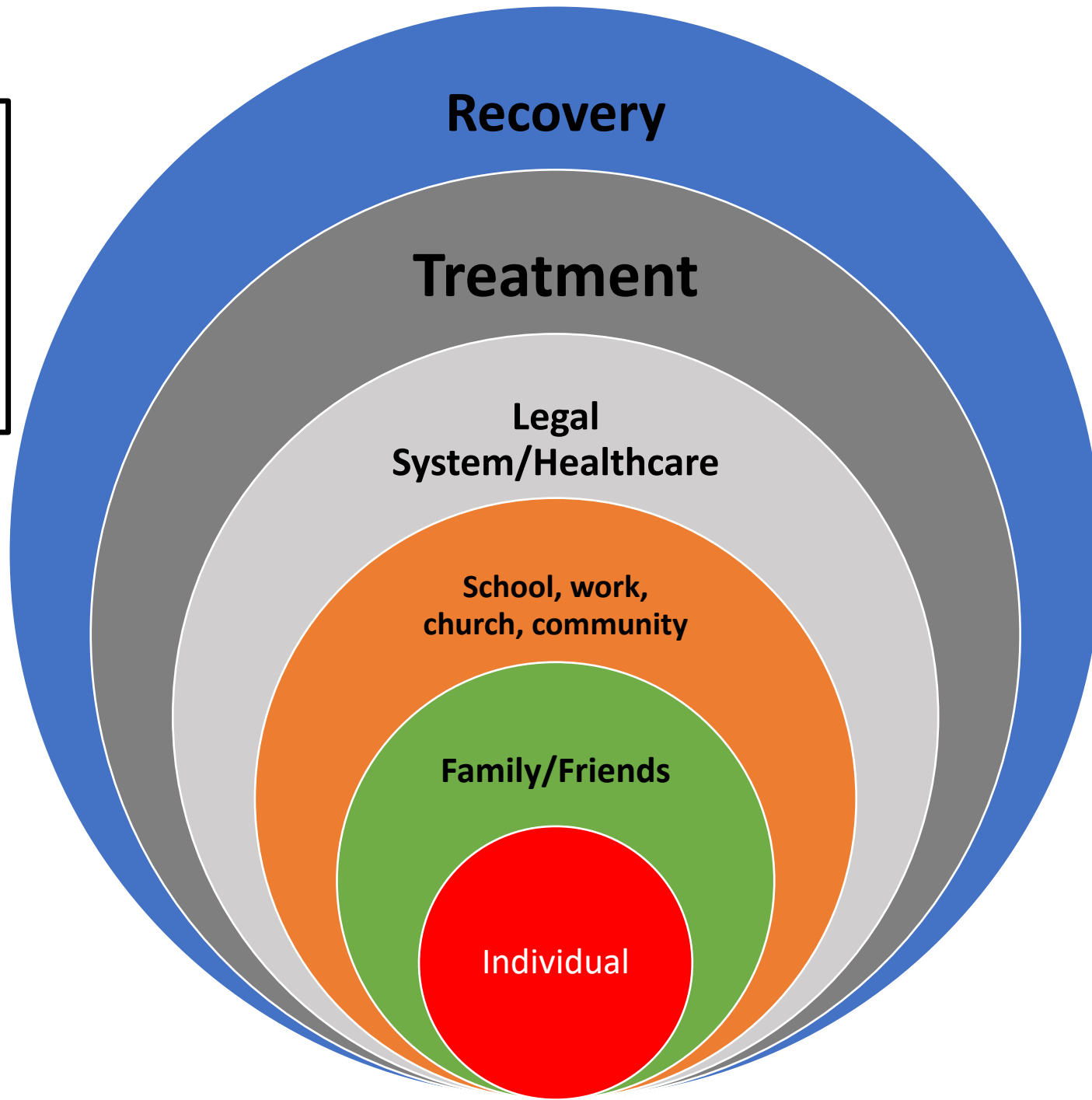
“There's a way to do it better - find it.”

THOMAS EDISON

Vision Statement

- Family and friends, and by extension the community, are our one best shot at ending this addiction epidemic. It is an attached and empowered family that will win the day. Professional family coaches are a key part of that equation.

At least 5 degrees of separation between the person in need and “recovery”
Family and friends are “closest” to the disease



Understanding family coaching-starts with understanding “recovery” coaching



No “universal” credential or license.



Based on experience over academic credentials.



Not sponsorship, not therapy.



Professional service grounded in specific training and ongoing supervision.



No “dedicated” revenue stream



Called different things in different states: CPSS, CRS, Recovery Coach, CARES, CRP, etc...



LESS POWER DIFFERENTIAL
THAN THERAPY.



MORE FORMAL THAN
SPONSORSHIP.



MULTIPLE PATHWAYS VS. "MY
EXPERIENCE ONLY".



NO MONEY IN IT... PAID FOR
DIFFERENTLY IN DIFFERENT
STATES. FOR THE MOST
PART...NOT PAID FOR.



DELIVERED IN VARIOUS
ORGANIZATIONAL CONTEXT:
IDEALLY IN AUTHENTIC RCO;
ALSO IMBEDDED IN
TREATMENT CENTERS; ALSO
"DELIVERED BY THE
TREATMENT CENTER".

Peer Recovery...

Family Recovery Coaching

- Core recovery coach training. 40 hour “Medicaid” approved curriculum.
- Additional 20 hours for family certification.
- Systems theory, ARISE model, crisis management, motivational interviewing (practice specific to family), technology integration, resource/referrals.
- The key to FAMILY Coaching, the key to any coaching, is high quality supervision. Delivered via an articulated model. NOT JUST: My door is always open... call me anytime.

Family Recovery Coaching “requirements” ...

What's the
“experience”
factor?

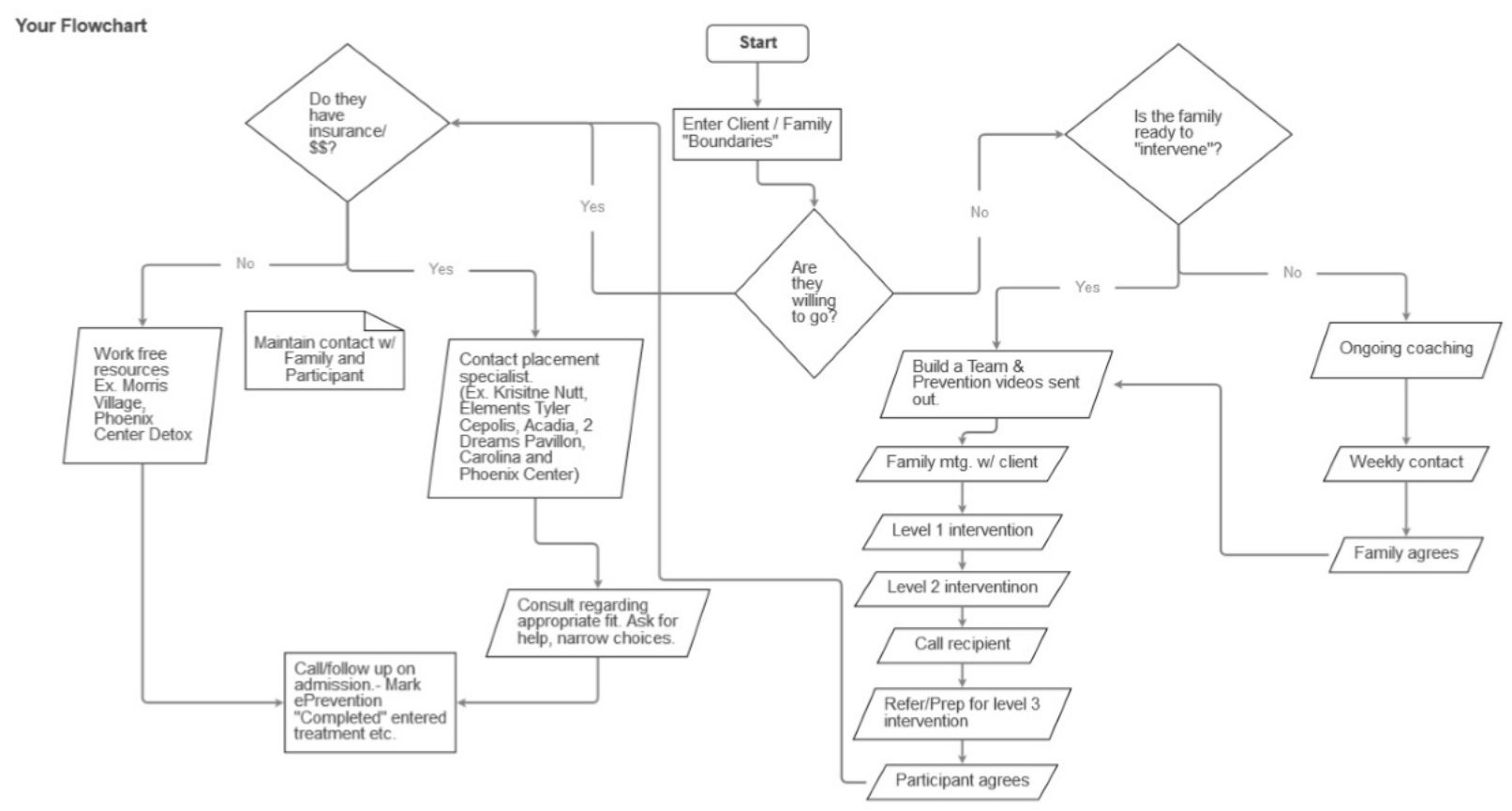
How “long” do
you have to be
in family
recovery and
what does that
look like?

Can you
“articulate” your
family recovery
program”?

*A bit more
difficult to
define than
“individual”
recovery”*

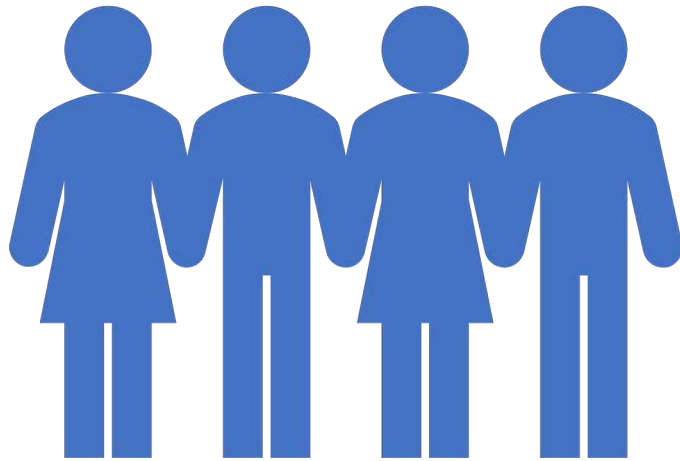
5-Step Model- Where are you in the process?

- Understanding 5 step model of family recovery
 - Crisis Response
 - Stabilization (Save my loved one)
 - Acceptance
 - Family Recovery Initiation
 - Family Recovery Integration



Honoring the natural impulse to help a loved one

Groups...



- Active facilitator—less rigid than other self-help groups.
- Parent recovery vs. spouse experience
 - Understanding the context of Alanon and the need for specialized approach with parents.
- Need for staff mentorship (attend group; co-facilitate; spirit of constant learning)

What have we learned?

- Families desire to “fix” the situation must be validated and explored.
- Enhancing motivation to change is key responsibility of recovery coach.
- Consistency and patience is essential to growing the group.
- Content vs. “process” groups.
- Credentials are more important to family than the individual. “Over-arching” validation.

What have we learned?

- Be useful. Have a resource list and be prepared to respond at “the highest level possible”.
 - Interventions: level 1, level 2 (sub out level 3)
- Have a core understanding of “how you do family recovery”. Be able to articulate “your approach”.

One to one coaching...

- One to one sessions ranging in duration from 30 minutes to 60 minutes.
- Phone contact at a level appropriate to the situation
- Recovery planning (ie..."what's my family recovery program")
- Email support
- Text support
- Educational support and instructional manuals
- Educational support and instructional videos
- Crisis planning and support
- Referral support and guidance around selecting treatment programs
- General consultation

Context and history of the family in recovery...

We can't understand where we are...if we don't understand where we have been...

Where is addiction located?

Addiction is seen as a problem that is “housed” within the individual.

- The addicted individual is the one with the problem. The addicted individual is the one with the underlying issues and behaviors that lead to the problem.
- You Did NOT:
 - Cause it...
- You Can't:
 - Control it...
 - Cure it...
- The individual is responsible for his or her recovery

Why is addiction seen as an “individual” problem?

- The disease model
 - Disease impacts an organ, impacts an individual
 - There is little precedent for talking about a “systemic disease”
- The historical context
 - Alanon and detaching with love. The culture at the time.
 - Tough love
 - REHAB was made for the individual
 - Hospitals housed the individual
- Units of service delivery eliminate all other constructs
 - Example: Insure does not pay for a family unit...

Positive trends toward a systems orientation...



National Registry of Evidence Based Programs: SUD with Family= 17 + 13 legacy programs

Title	Evidence Rating (by Outcomes)	Program Description
Adolescent Community Reinforcement Approach (A-CRA)/Assertive Continuing Care (ACC) (A-CRA/ACC)	<ul style="list-style-type: none"> ✔ General Substance Use ✔ Receipt of Mental Health and/or Substance Use Treatment ✔ Alcohol Use and Disorders ✔ Cannabis (Non-Medical) Use and Disorders 	Adolescent Community Reinforcement Approach/Assertive Continuing Care (A-CRA/ACC) is an outpatient...
Adolescent Smoking Cessation: Escaping Nicotine and Tobacco Program (ASCENT)	<ul style="list-style-type: none"> ✔ Tobacco Use and Disorders ✔ Knowledge, Attitudes, and Beliefs ✔ Social Functioning/Competence 	The ASCENT program is a smoking cessation intervention for youths ages 18 or younger, which aims ...
Adolescent-Focused Family Behavior Therapy	<ul style="list-style-type: none"> ✔ Family Cohesion ✔ General Substance Use ✔ Alcohol Use and Disorders ✔ Depression and Depressive Symptoms ✔ General Functioning and Well-Being ✘ Criminal and Delinquent Behavior ✘ Non-Specific Mental Health Disorders and Symptoms 	Family Behavior Therapy (FBT) is a comprehensive, outpatient program for managing problem behavio...
Adult-Focused Family Behavior Therapy	<ul style="list-style-type: none"> ✔ Criminal and Delinquent Behavior ✔ Employment Status and Work Competence ✘ Alcohol Use and Disorders ✘ Cannabis Use and Disorders ✘ General Substance Use ✘ Health-risk Behaviors ✘ Permanency ✘ Victimization and Maltreatment 	Family Behavior Therapy (FBT) is a comprehensive, outpatient approach to managing problem behavio...
Alcohol Behavioral Couple Therapy	<ul style="list-style-type: none"> ✔ Alcohol Use and Disorders 	Alcohol Behavioral Couple Therapy (ABCT) is an outpatient treatment for individuals with an alcoh...
Behavioral Couples Therapy for Alcoholism and Drug Abuse	<ul style="list-style-type: none"> ✔ Healthy Relationships ✘ Alcohol Use and Disorders 	Behavioral Couples Therapy for Alcoholism and Drug Abuse (BCT) is a family-based treatment progra...
Creating Lasting Family Connections Marriage Enhancement Program (CLFCMEP)	<ul style="list-style-type: none"> ✔ Social Competence ✔ Social Connectedness ✔ Self-Concept 	The Creating Lasting Family Connections Marriage Enhancement Program (CLFCMEP) is a communi...

Mental Health and Family: NREBP

- 38 new programs
- 27 legacy programs

- 65 Total MENTAL HEALTH
- 30 Total SUD

Progress. Yet the tendency toward individual emphasis and orientation is real, tangible and ultimately destined to lead to failure. If we are going to make a real difference it will upon full mobilization of the family.

Positive Trends...

The image features a dark blue rectangular area with a teal border. On the left, the text 'C.R.A.F.T.' is written in large, bold, yellow letters. Below it, 'Community Reinforcement And Family Training' is written in white. A horizontal yellow brushstroke line is positioned below the white text. Underneath the line, the tagline 'Teaching Families How To Help Their Loved One, Help Themselves' is written in a white, italicized font. On the right side of the blue area, there is a yellow line-art illustration of a family of four (a man, a woman, and two children) walking away from the viewer, holding hands.

C.R.A.F.T.
Community Reinforcement
And Family Training

*Teaching Families How To Help
Their Loved One, Help Themselves*



ARISE® Network
Resilience. By Invitation.

24/7 HOTLINE: 1 (877) 229-5462

CALL NOW. NO OBLIGATION.
Confidential Consultation

Characteristics:

Intergenerational trauma

Family System Problem=System Solution (everyone commits to plan)

Building a team

Recovery Messaging

Level 1

Level 2

Level 3

Continuing Care



An Overview of ARISE® Continuing Care with Intervention



ARISE® introduces the addicted person and the family to a new life of recovery and healing. The individual does not need to hit bottom before getting help. Through our 24/7 hotline, our national network of Certified ARISE® Interventionists provides a service that is carefully aligned with your specific needs and budget.

Using a compassionate **Invitational Intervention®**, the **ARISE® Continuum of Care** is a gradually-escalating process of respectful, gentle family meetings, that leads your loved one into appropriate treatment and recovery. Your Person of Concern is invited to join the process right from the beginning with no surprises, no secrets, no coercion, and absolute respect and love.

The ARISE® process breaks the cycle of repeated disappointment, failure and fear, without the blame, shame, and guilt that accompanies the disease. It brings healing to family, friends and co-workers who come together to build a solid recovery network. It works because the entire network is involved, and every decision is made by the majority. There is no opportunity for the addicted individual to pressure anyone “one-on-one” which would let the disease win. The focus of ARISE® is on both individual and family healing and recovery.

Over 350,000 in Print

THIRD EDITION

MOTIVATIONAL INTERVIEWING

Helping People Change

William R. Miller and Stephen Rollnick

