

A Guide to Information and Resources for Family and Loved Ones

Welcome, and thanks for being here!

Family and loved ones are an important part of Gateway Rehab's mission: to help all affected by addictive diseases to become healthy in body, mind and spirit.

Because we believe that addiction is a family disease and recovery is a family process, we engage, educate, support, and provide hope for those who are affected by and can affect a person's recovery through our Family Programming. Our Family Programming:

- Demonstrates that participation is beneficial to the treatment process.
- Educates on the disease of addiction and the ongoing process of recovery.
- Provides a caring and respectful environment that fosters the understanding of the disease of addiction and its impact.

Gateway Rehab offers a full continuum of treatment services. Research shows that longer engagement in treatment contributes to improved patient outcomes. As such, Family Programming is offered at all Gateway Rehab sites.

How Addiction Affects Family Members and Loved Ones

Substance use disorder is a family disease. When your loved one has a problem with substance use, it affects everyone in the family. We realize that you may be worried, concerned, or upset about your loved one.

Adults, adolescents, and younger children may each have different perceptions and may respond in different ways. Spouses or partners may experience strain in the relationship. Parents may be at odds with each other on how to help their child. Grandparents may assume responsibility for their grandchildren when their son or daughter is in active addiction. Adolescents may have problems in school or become isolated from their parents. Younger children may experience separation or abandonment issues.

At Gateway Rehab, we encourage you to be part of your loved one's treatment and recovery process. Programming for family and loved ones will encourage you to discuss the impact that addiction has on your life and on others associated with your loved one. We

want you to have a voice and a safe place where you can comfortably talk about how addiction has impacted your life. We understand that you may not know what to do to help your loved one or that you may be experiencing anger or frustration toward your loved one.

Some families struggling with addiction feel isolated and misunderstood. Participating in our family programming can help you to feel supported and understood in a caring environment. You may not be able to discuss some of the issues you're experiencing with friends, co-workers, neighbors or even family members.

We also assist with finding support groups such as Al-anon and Nar-anon where you will learn to take care of yourself and be a vital part of the recovery process. Recovery for the patient is enhanced greatly by a healthy family. Recovery changes lives, and families.

Family Programming and Participation Requirements

Family Programming at Gateway Rehab is for any family member or loved one, which could include close friends, partners or anyone that is supportive of a patient's recovery. Sessions with you and your loved one occur at different times and days at each Gateway Rehab location, depending on your loved one's level of care. Family Programming also includes group interactions and discussions with other patients and their family members or loved ones.

To participate in Family Programming:

- Gateway Rehab staff and the patient must approve family members or loved ones and each must register at the front desk and sign a confidentiality agreement before participating.
- Because Gateway Rehab commits to maintaining the dignity and respect of all persons in treatment, information shared and/or feelings expressed during any portion of Family Programming should remain confidential and not be disclosed to others outside Gateway Rehab. To ensure further the confidentiality and privacy of all patients, Gateway Rehab prohibits the taking of photos or videos while on Gateway Rehab property.
- To maintain a safe and therapeutic environment, participants must not appear to be under the influence of alcohol and/or drugs, may not display threatening or disruptive behavior, and must follow all program requirements.
- Gateway Rehab does not permit smoking or the use of other tobacco products inside any of its facilities; however, smoking is allowed in designated areas outside.
- Additional requirements may be given for each specific treatment program.

Family Programming includes the following topics:

- The disease of addiction
- Family and communication
- Enabling, boundaries and co-dependency
- Al-Anon, Nar-Anon and other 12-step recovery groups
- Denial and defense mechanisms
- Relapse prevention
- Understanding the treatment process
- Overdose prevention and medication-assisted treatment

Helpful Tips

To begin the process of recovery and learn how to provide healthy support for you and your loved one, what follows are some helpful tips:

- Participate in Family Programming and learn about addiction and recovery.
- Attend support groups like Al-Anon or Nar-Anon, which are free, community based, 12-step groups for family members and loved ones. These groups are very helpful in providing comfort, fellowship, encouragement and support.
- Provide a safe, drug and alcohol-free environment for your loved one if he/she is returning home. Also, plan with Gateway Rehab staff a safe-home-recovery plan, which outlines requests, expectations, agreements and boundaries.
- Learn about overdose prevention.
- Have hope! People in recovery can and do get better.

A note about confidentiality: Your loved one's confidentiality is extremely important. He/she has the right to grant or deny consent to release or share information at any time during the course of their treatment. Please understand that if valid consent is not obtained, we are unable to even acknowledge that your loved one may be in treatment at Gateway Rehab.

Outside Resources

Below is a list of online resources for *you*, the family member or loved one of someone struggling with addiction, to learn more about addiction and where to find help and support. Your loved one will receive their own resource list.

Friends and families of problem drinkers find understanding and support at **Al-Anon and Alateen** meetings.
www.pa-al-anon.org 412-683-4279;
www.ohioal-anon.org 330-270-9441

Nar-Anon is a support group for friends and family members of people who struggle with drug use, abuse and dependence. **Narateen** is part of the Nar-Anon fellowship designed for the younger relatives and friends of people who struggle with drug addiction.
www.nar-anon.org (800) 477-6291

Families Anonymous is a 12-step fellowship for the families and friends who have known a feeling of desperation concerning the destructive behavior of someone very near to them, whether caused by drugs, alcohol or related behavioral problems. www.familiesanonymous.org

Adult Children of Alcoholics is a 12-step program of adult men and women who grew up in alcoholic or otherwise dysfunctional homes. www.adultchildren.org

The Support Group Project is a national searchable directory containing information about online and in-person support groups for families of individuals struggling with substance use and its consequences. This resource is to help you find support groups in your own community.
www.supportgroupproject.org

For more 70 years, **The National Council on Alcoholism and Drug Dependence, Inc. (NCADD)** has been a valuable resource for millions of people struggling with alcoholism and addiction and those who support them.
<https://www.ncadd.org/>

The mission of the **National Institute on Drug Abuse** is to advance science on the causes and consequences of drug use and addiction and to apply that knowledge to improve individual and public health. <https://www.drugabuse.gov/>

The Substance Abuse and Mental Health Services Administration (SAMHSA) is the agency within the U.S. Department of Health and Human Services that leads public health efforts to advance the behavioral health of the nation. SAMHSA's mission is to reduce the impact of

substance abuse and mental illness on America's communities. <http://www.samhsa.gov/>

Addiction Education Society provides public education, information and resources on issues relating to substance addiction and its impact on individual lives, families, and in the lives of our communities to advance the knowledge that addiction is a disease.
<http://www.addictioneducationsociety.org/>

Prevention Point Pittsburgh is an overdose prevention project that provides free trainings on overdose prevention and response for families. It offers a Naloxone Prescription Program. Naloxone (Narcan®) is a medication that may reverse an opioid overdose.
www.pppgh.org (412) 247-3404

Project DAWN provides pickup locations for Naloxone, and provides a list of pharmacies selling Naloxone over the counter in Ohio. It will provide training and education about drug overdose and the use of Naloxone.
<http://www.healthy.ohio.gov/vipp/drug/ProjectDAWN.aspx>

Naltrexone is one of the medication-assisted treatment options that Gateway Rehab may suggest for your loved one. Naltrexone reduces cravings for alcohol and blocks the effects of opioid drugs. It is available in both injectable (**Vivitrol®**) and oral (**ReVia**) forms:

Vivitrol is a once-monthly injection.
www.vivitrol.com/supportresources

ReVia a pill that is taken daily.

Buprenorphine (Suboxone®) is one of the medication-assisted treatment options that Gateway Rehab may suggest for your loved one while they are at Gateway Rehab. Suboxone helps to suppress withdrawal symptoms in opioid-dependent persons, can reduce cravings, and reduces or blocks the effects of full opioids.
www.suboxone.com

For more information about medication-assisted treatment, visit <https://www.samhsa.gov/medication-assisted-treatment/treatment>

Family Programming



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