ROSC 101

The Role of Family in Recovery
The Role of the Family in Recovery

- Minor Child Helping Parent
- Parent Helping The Other Parent
- Grandparent Helping Grandchild
- Close Family Friend Helping Family Member
- Child Helping A Parent
- Child Helping Another Child
- Minor Child Helping Another Minor Child
- Minor Child Helping An Adult Child
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- Nibbling Helping Aunt Or Uncle
- Grandchild Helping Grandparent
- Parent Helping A Child
- Parent Helping An Adult Child
- Adult Child Helping Parent
- Adult Child Helping A Minor Child
- Adult Child Helping Another Adult Child
- Aunt Or Uncle Helping A Nibbling
- Grandchild Helping Grandparent
- Close Family Friend Helping An Adult
- Child Helping Another Child
- Minor Child Helping An Adult Child
1) When we think about the, "role of family in recovery" we most frequently picture a middle aged parent helping a young adult child.

2) While this is by no means always the scenario it is common enough to have become the primary theme in pop culture scenarios about addiction and recovery.

3) But how exactly does a parent help a child into recovery?

4) The single most important factor is ensuring that obtaining help is economically viable for the family.

5) Contrary to numerous movies and treatment center advertisements, recovery is seldom achieved quickly or on the first attempt for this young adult demographic.

6) Additionally, the process of helping a child maintain their recovery *AFTER* the initial intervention is equally challenging.

7) The parent(s) effectively need to perform an elaborate balancing act of encouraging the child to utilize recovery supports while simultaneously not coming across as overbearing.

8) These supports typically include mutual aid groups such as Alcoholics Anonymous, SMART Recovery, Narcotics Anonymous.

9) They may also include professional clinical support such as intensive outpatient programs or one on one therapy.

10) It is highly recommended that the parent(s) seek help for themselves as well through this process in the form of individual therapy and/or mutual aid groups such as Al-Anon.

11) These supports may also include either short or long term use of MAT (medication assisted treatment) drugs such as Suboxone, Vivitrol or Methadone.

12) Lastly, these supports can include psychopharmacological interventions such as medication for co-occurring depression and other mental health concerns.
The Role of the Family in Recovery

Parent Helping The Other Parent

1) When we think about the role of family in recovery it is much less common to think of a parent helping another parent than other scenarios.

2) The reason for this is the existence of a societal "stigma" against "adults" (as opposed to "young adults") being out of control with a substance use disorder. This is further exacerbated by the fact that the other parent/spouse/partner in the relationship is also stigmatized and viewed as having failed as well.

3) So how exactly does a parent help the other parent into recovery?

4) The single most important factor is ensuring that obtaining help is economically viable for family. This is particularly significant in a parent helping the other parent scenario as it is likely that the helping parent is temporarily eliminating half or more of the household income and simultaneously reducing the labor force for taking care of any minor children in the house.

5) One significant advantage that parents have when attempting to enter recovery and/or stay in recovery is that they have often already built a life that's worth getting in recovery to gain back.

6) Additionally, the process of helping the other parent maintain their recovery, while challenging is less difficult than it is with a young adult.

7) The helping parent needs to perform the elaborate balancing act of encouraging the other parent to utilize supports while simultaneously not coming across as overbearing or worst of all, judgmental.

8) These supports often include mutual aid groups such as Alcoholics Anonymous, SMART Recovery, Narcotics Anonymous.

9) They may also include professional clinical support such as intensive outpatient programs or one on one therapy.

10) It is highly recommended that the helping parent seek help for themselves as well through this process in the form of individual therapy and/or mutual aid groups such as Al-Anon.

11) These supports may include either short or long term use of MAT (medication assisted treatment) drugs such as Suboxone, Vivitrol or Methadone.

12) Lastly, these supports sometimes include psychopharmacological interventions such as medication for co-occurring depression and other mental health concerns.
The Role of the Family in Recovery

1) When we think about the role of family in recovery we rarely think of a child helping their parent into recovery.

2) The reason for this is the existence of a completely unreasonable societal expectation that parents are supposed to be "responsible" and should therefore never experience any issues of any kind.

3) But what exactly can a child do to help their parent into recovery?

4) The single most important factor is ensuring that obtaining help is economically viable for the family. This varies between adult children and minor children but generally involves contacting other family members, organizations that provide assistance and establishing a network of help.

5) One significant advantage that parents have when attempting to enter and/or stay in recovery is that they have often already built a life that's worth getting in recovery to gain back.

6) Additionally, the process of helping a parent maintain their recovery is equally challenging.

7) The child needs to perform an elaborate balancing act of encouraging their parent to utilize supports while simultaneously not coming across as obnoxious. Remember, the parent is going to naturally be experiencing shame at the need to be helped by their child.

8) These supports often include mutual aid groups such as Alcoholics Anonymous, SMART Recovery, Narcotics Anonymous.

9) They may also include professional clinical support such as intensive outpatient programs or one on one therapy.

10) It is highly recommended that the helping child seek help for themselves as well through this process in the form of individual therapy and/or mutual aid groups such as Alateen.

11) These supports may include either short or long term use of MAT (medication assisted treatment) drugs such as Suboxone, Vivitrol or Methadone.

12) Lastly, these supports sometimes include psychopharmacological interventions such as medication for co-occurring depression and other mental health concerns.
The Role of the Family in Recovery

Aunt Or Uncle Helping A Nibbling

1) When we think about the role of family in recovery we don't often picture an aunt or uncle helping a nibbling find recovery.

2) While this is by no means the most common scenario it happens frequently enough that we need to discuss it given all the complex boundaries and expectations between the aunt or uncle and their sibling who is the parent of the nibbling.

3) So what can an aunt or uncle do when they see a nibbling suffering from a substance use disorder?

4) The single most important factor is ensuring that obtaining help is economically viable for the nibbling.

5) Contrary to numerous movies and treatment center advertisements, recovery is seldom achieved quickly or on the first attempt by younger generations.

6) Additionally, the process of helping a nibbling maintain their recovery is equally challenging.

7) The aunt or uncle needs to perform an elaborate balancing act of encouraging their nibbling to utilize supports while simultaneously not coming across as overbearing or condescending to their sibling (i.e. the nibbling's parent)

8) These supports include mutual aid groups such as Alcoholics Anonymous, SMART Recovery, Narcotics Anonymous.

9) They may also include professional clinical support such as intensive outpatient programs or one on one therapy.

10) While less important than for a parent or sibling it is still recommended that the aunt or uncle seek help for themselves as well through this process. This help can come in many forms such as individual therapy and/or mutual aid groups such as Al-Anon.

11) These supports may include either short or long term use of MAT (medication assisted treatment) drugs such as Suboxone, Vivitrol or Methadone.

12) Lastly, these supports can include psychopharmacological interventions such as medication for co-occurring depression and other mental health concerns.
Grandparent Helping Grandchild

1) When we think about the role of family in recovery we don't typically think of grandparents having to step in and help out their grandchildren.

2) The reason for this is the existence of a societal expectation that parents will handle any issue that comes up for their children.

3) So what exactly does a grandparent do to help a grandchild into recovery?

4) The single most important factor is ensuring that obtaining help is economically viable for the grandchild. This is particularly significant if the grandparent helping the grandchild has any sort of complex financial relationship with the grandchild's parents as grandparents are frequently approached for financial assistance under the current treatment model.

5) On the emotional front, one significant advantage that grandparents have when attempting to help a grandchild enter recovery is that their grandchildren may be extremely averse to disappointing them.

6) Additionally, the process of helping their grandchild maintain their recovery is equally challenging.

7) The grandparent needs to perform an elaborate balancing act of encouraging their grandchild to utilize supports while simultaneously not coming across as overbearing.

8) These supports often include mutual aid groups such as Alcoholics Anonymous, SMART Recovery, Narcotics Anonymous.

9) They may also include professional clinical support such as intensive outpatient programs or one on one therapy.

10) While not strictly necessary it is still recommended that the grandparent seek help for themselves as well through this process in the form of individual therapy and/or mutual aid groups such as Al-Anon.

11) These supports may include either short or long term use of MAT (medication assisted treatment) drugs such as Suboxone, Vivitrol or Methadone.

12) Lastly, these supports sometimes include psychopharmacological interventions such as medication for co-occurring depression and/or other mental health concerns.
1) When we think about the role of family in recovery we generally only think of a child helping another child in an auxiliary or support role.

2) The reason for this is the generally held belief that parents will always help children out in the event that such help becomes necessary.

3) So how exactly does a child help another child into recovery?

4) The single most important factor is ensuring that obtaining help is economically viable for the other child. This varies between adult children and minor children but generally involves contacting other family members, organizations that provide assistance and researching what help is available.

5) When it comes to children helping other children, the helping child does have one significant advantage. The child in need of help will be significantly less inclined to lie to a sibling than a parent.

6) Additionally, the process of helping a child maintain their recovery is equally challenging.

7) The other child needs to perform an elaborate balancing act of encouraging the child receiving help to utilize supports while simultaneously not coming across as overbearing.

8) These supports often include mutual aid groups such as Alcoholics Anonymous, SMART Recovery, Narcotics Anonymous.

9) They may also include professional clinical support such as intensive outpatient programs or one on one therapy.

10) It is highly recommended that the helping child seek help for themselves as well through this process in the form of individual therapy and/or mutual aid groups such as Alateen.

11) These supports may include either short or long term use of MAT (medication assisted treatment) drugs such as Suboxone, Vivitrol or Methadone.

12) Lastly, these supports sometimes include psychopharmacological interventions such as medication for co-occurring depression and other mental health concerns.
The Role of the Family in Recovery

1) When we think about the role of family we essentially never think about a nibbling helping their aunt or uncle enter recovery.

2) Despite the importance of aunts and uncles, nibblings are rarely thought of as the go to family member for help.

3) So how exactly does a nibbling help an aunt or uncle into recovery?

4) The single most important factor is ensuring that obtaining help is economically viable for the aunt or uncle.

5) On the plus side recovery is often significantly easier to obtain and easier to maintain for established adults than their untethered young adult counterparts.

6) This however does not mean that the process of helping an aunt or uncle maintain their recovery is without its challenges.

7) The nibbling needs to perform an elaborate balancing act of encouraging the aunt or uncle to utilize supports while simultaneously not coming across as overbearing.

8) These supports frequently include mutual aid groups such as Alcoholics Anonymous, SMART Recovery, Narcotics Anonymous.

9) They may also include professional clinical support such as intensive outpatient programs or one on one therapy.

10) It is highly recommended that the nibbling seek help for themselves as well through this process in the form of individual therapy and/or mutual aid groups such as Alateen.

11) These supports may include either short or long term use of MAT (medication assisted treatment) drugs such as Suboxone, Vivitrol or Methadone.

12) Lastly, these supports can include psychopharmacological interventions such as medication for co-occurring depression and/or other mental health concerns.
The Role of the Family in Recovery

Grandchild Helping Grandparent

1) When we think about the role of family in recovery even the idea of grandchildren helping grandparents seems foreign to us.

2) The expectation is, quite simply, that whatever issues any given individual might have they overcame them long before having grandchildren.

3) So how exactly does a parent help the other parent into recovery?

4) The single most important factor is ensuring that obtaining help is economically viable for the grandparent. This is often a very complex financial dynamic as the grandchild’s parents may be required to financially assist their own parent in affording treatment and subacute care.

5) One significant advantage that grandchildren have is that they are virtually impossible to say, "no" to.

6) Additionally, the process of helping a grandparent maintain their recovery is equally challenging.

7) The grandchild needs to perform an elaborate balancing act of encouraging their grandparent to utilize supports while simultaneously not coming across as overly annoying.

8) These supports often include mutual aid groups such as Alcoholics Anonymous, SMART Recovery, Narcotics Anonymous.

9) They may also include professional clinical support such as intensive outpatient programs or one on one therapy.

10) It is highly recommended that the grandchild seek help for themselves as well through this process in the form of individual therapy and/or mutual aid groups such as Alateen.

11) These supports may include either short or long term use of MAT (medication assisted treatment) drugs such as Suboxone, Vivitrol or Methadone.

12) Lastly, these supports sometimes include psychopharmacological interventions such as medication for co-occurring depression and/or other mental health concerns.
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1) When we think about the role of family in recovery we often discount that close family friends are often times closer to us that relatives we've lost touch with.

2) As the saying goes, "they're like family."

3) So how exactly does a close family friend help a family member into recovery?

4) The single most important factor is ensuring that obtaining help is economically viable for the family member. This varies from person to person but is almost never the responsibility of a close family friend. What is involved for the friend is contacting other family members, organizations that provide assistance and researching what help is available.

5) When it comes to close family friends helping family members remember, the close friend is at a disadvantage because the family member in need of help can simply attack and reject the close family friend.

6) Additionally, the process of helping a close friend maintain their recovery is equally challenging.

7) The close friend needs to perform an elaborate balancing act of encouraging the family member receiving help to utilize supports while simultaneously not coming across as overbearing.

8) These supports often include mutual aid groups such as Al-Anon, SMART Recovery, Narcotics Anonymous.

9) They may also include professional clinical support such as intensive outpatient programs or one on one therapy.

10) It is recommended that the family friend seek help for themselves as well through this process in the form of individual therapy and/or mutual aid groups such as Al-Anon.

11) These supports may include either short or long term use of MAT (medication assisted treatment) drugs such as Suboxone, Vivitrol or Methadone.

12) Lastly, these supports sometimes include psychopharmacological interventions such as medication for co-occuring depression and/or other mental health concerns.
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Sources:

https://www.recoveryanswers.org
https://www.samhsa.gov
https://nida.nih.gov
https://www.myflfamilies.com/