



# The Family Restored Support Group

## Welcome Packet

We are a support group for family members and loved ones of individuals battling addiction. We are here for you and your family. You are not alone. We are glad you made the decision to join us.

For more information contact:

207-387-0015

[info@thefamilyrestored.org](mailto:info@thefamilyrestored.org)

[www.thefamilyrestored.org](http://www.thefamilyrestored.org)



# Welcome to the Family Restored Support Group

Our goal is to help you increase your understanding about the realities of addiction, help you recognize the symptoms of this disease and how the symptoms manifest in different situations. We are here to help you develop the skills needed to deal with your loved one and the disease. We offer support through:

- first hand experiences - facilitators are people in long-term recovery
- parent to parent experiences
- recovery resources
- fellowship

As people in recovery, we hope to help you understand addiction. Addiction is:

- not a result of our upbringing
- not your fault, and most importantly
- not something you can control

We will offer our experience to help you understand your loved one's illness and behavior, particularly how people in the midst of addiction manipulate, lie and bully their loved ones into giving them what they want. We will offer you insight based on firsthand experience of what is and is not helpful. We will tell you the truth, as painful as that is. We will support you in some of the toughest decisions you will make in your life.

Our meeting includes guest speakers, people in long-term recovery, who offer their experience in an effort to enlighten you and assist you in understanding addiction. We do this because we've come to recognize the destructive effect of our bad choices upon our families. Taking responsibility for the damage we've done to our loved ones and doing what we can to heal those relationships has been an integral part of our recovery. While we can't undo the pain we caused our families, we can offer support to other families suffering in the same way ours did. We truly appreciate the importance and love of family and will do what we can to help.

We have family members who have been attending our support meetings for several years. Their experience with a loved one who is struggling coupled with their recovery from co-dependency makes them valuable assets. They are available to help guide and assist newcomers who are seeking support and understanding. They will share with you their successes and failures. Many of our members meet regularly outside of the meeting to talk and support one another in dealing with addiction.

We offer:

- a list of resources for treatment and sober living
- scholarship funds - to help pay treatment costs for those who cannot afford it.
- instructions for writing sober contracts and relapse plans. These instructions will help you develop guidelines and a concrete way to deal with problems when they arise. We believe these guidelines are essential for the family in dealing with addiction. It's hard to make effective decisions while in a state of panic, anger or chaos. These plans can help families be prepared to stand firm and united in their efforts to help, not enable, their loved ones.

Finally, we offer our companionship as people who really do understand, because we've lived through this ourselves. Loving someone in the throes of addiction can be isolating and lonely. Addiction is a terrible problem as it's hard to know where to turn, who to trust, and to know who will understand. As a loved one, you will face situations that are painful. You may have to resist every natural instinct as a family member or loved one. In other circumstances, your instincts and actions would be beneficial (providing food, housing, money, transportation, clothing), but when dealing with the illness of addiction, these strategies make it easier for the person who is struggling to continue using. Your intervention eliminates the natural incentives for them to get the help they need. While you cannot control whether or not your loved one gets better, you can control whether or not you do. We will help you get better.

In this packet you will find:

- a list of phone numbers for community support
- resources for treatment and sober living,
- an outline of the disease model of addiction
- guidelines for crafting a sober contract/relapse plan.

**We welcome you to our family meeting and are glad you are here.**

# MEETING RULES AND GUIDELINES

1. There is an expectation that attendees will be sensitive to the confidential nature of the information shared during this meeting.
2. Please limit check-ins to 1-2 minutes to ensure ample time for the speaker and questions.
3. Please limit any side conversations during the meeting.
4. Please turn off technology so you can be fully present and benefit from this meeting.
5. This is a closed meeting for family and friends of people with addiction.
6. Please save questions until the end of the meeting when the speaker is finished.
7. Please feel free to offer your own experience, rather than advice, to other attendees.
8. Please see the facilitator after the meeting if you did not have an opportunity to ask your question or would like any additional help.

# 12 Steps for Loved Ones

We offer and highly encourage a 12-step experience aimed at solving the family's obsession with their loved one. We strongly believe this can be one of the key components to a recovered life as a family member or loved one.

The 12 steps are a concrete set of instructions to recover from a recurring problem in your life. This program is what we, as people in recovery, have used to recover from our addiction, and it can be used by anyone trying to combat addictive issues. The reason we believe this is so important in the loved one's recovery is because it gives you an opportunity to take real constructive action, to identify and break unhealthy patterns of interaction with your loved one, to stop being held hostage by their sickness, and to regain control of your own lives. The 12 steps have the answers that you will need when trying to deal with the pain and frustration of loving a person grappling with addiction.

The steps will help you deal with pain and learn to grow and change as a person. They will help you become stronger, understand yourself, and most importantly, build unwavering faith. We believe that faith is paramount because there is no guarantee that your loved one will ever get better, but you have the ability to get better.

**The 12 steps are not a religious program,** and this is a very common misconception. You do not have to believe in god, you do not have to have faith, you do not have to even believe that it will work for you when you begin. **You simply have to be willing to try.** We believe that, faced with your own powerlessness over your loved ones addiction, and the pain that comes with that, you have nothing to lose and everything to gain.

If you are interested in a 12 step experience, please see one of the meeting facilitators and they will share with you any upcoming 12-step workshops.

# OUR TREATMENT PARTNERS

## MAINE

### Men's Sober Houses

Atlantic House  
207-233-4484

Chestnut Street Sober Living  
774-200-7070

Dirigo Sober Living  
207-939-3432

The Landing Recovery Home  
781-726-2998

Lighthouse Sober Living  
603-557-4993

Ocean House Sober Living  
207-618-2129

Park Place  
207-415-6890

Portland Sober Living  
978-257-2699

Providence Place Sober Living  
207-322-1315

Providence Retreat  
207-298-9130

Steve's Place Sober Living  
978-382-0904

### Women's Sober Houses

Aletheia House  
617-690-9020

Beacon Sober Living  
207-613-5382

Washington Ave Sober Living  
207-747-4858

### Treatment

Plymouth House Extended Care (Men)  
617-413-8288

Plymouth House Extended Care (Women)  
207-747-4858

### Detoxes

Milestone  
207-775-4790

Pine Tree Recovery Center  
833-338-6945

St. Mary's Hospital  
833-338-6945

Visit [www.detox.net](http://www.detox.net) to find a comprehensive  
guide to medical detoxes in any state.

# OUR TREATMENT PARTNERS

## MASSACHUSETTS

### Men's Sober Houses

Michael's House  
781-775-5313

Fox Run Sober Living  
978-804-7844

Michael J. Dias Foundation  
413-788-0270

### Detoxes

High Point  
508-224-7701

McLean Hospital  
800-333-0338

Recovery Centers of America  
888-744-4056

Spectrum Health Systems  
508-854-3320

### Women's Sober Houses

H.O.W. House  
617-938-2795

### Organizations

Dennis Messing Memorial Foundation  
[dennismessingmemorial.org](http://dennismessingmemorial.org)

Pelican Intervention Fund  
[pelicaninterventionfund.org](http://pelicaninterventionfund.org)

Herren Project  
[herrenproject.org](http://herrenproject.org)

Visit [www.detox.net](http://www.detox.net) to find a comprehensive guide to medical detoxes in any state.

# OUR TREATMENT PARTNERS

## NEW HAMPSHIRE

### Men's Sober Houses

Merrimac Street Sober Living  
207-838-1254

### Detoxes

Farnum Center/Webster Place Recovery  
855-974-4364

### Women's Sober Houses

Sober Sisters Recovery  
603-703-9077

Liberty Health Services  
855-689-5685

### Treatment

The Plymouth House  
603-536-5500

Visit [www.detox.net](http://www.detox.net) to find a comprehensive guide to medical detoxes in any state.



# DISEASE MODEL

Addict/Alcoholic		
MIND	BODY	SPIRIT
<p><b>Obsession</b> a reoccurring thought that is stronger than and does not respond to reason</p>	<p><b>Allergy</b> Abnormal reaction to a substance</p>	<p><b>UNTREATED</b> SELFISH DISHONEST SELF-CENTERED</p> <p><b>TREATMENT</b> 12-STEPS PSYCHIC CHANGE SPIRITUAL EXPERIENCE</p>
<p><b>R.I.D.</b> Restless, Irritable, Discontent</p>	<p><b>P.O.C.</b> Phenomenon of craving</p>	
<p><b>Once I stop, I can't stay stopped</b></p>	<p><b>Compulsion</b> Behavioral</p>	
	<p><b>Progressive</b> Gets worse over time</p>	
	<p><b>Terminal</b> Will eventually kill you</p>	
	<p><b>Once I start, I can't stop</b></p>	
Family Member		
MIND	COMPULSIVE BEHAVIOR	SPIRIT
<p><b>Obsession</b> a reoccurring thought that is stronger than and does not respond to reason</p>	<p><b>Control</b> Threatening, rewards, planning, babysitting</p>	<p><b>UNTREATED</b> GUILT, SHAME, REMORSE DEPRESSION, HEALTH ISSUES Invades all aspects of my life, ignore other loved ones</p> <p><b>TREATMENT</b> STOP enabling, spying, controlling 12-steps Therapy Relapse Contracts Meetings Helping other families</p>
<p><b>R.I.D.</b> Restless, Irritable, Discontent</p>	<p><b>Enabling</b> Money, providing living arrangements</p>	
<p><b>When I try to stop compulsive behavior I can't hold my ground</b></p>	<p><b>Spying</b> Going through emails, following them, calling work</p>	
	<p><b>Once I start controlling, enabling and spying, I can't stop</b></p>	

# RECOVERY PLAN GUIDELINES

## Writing a Recovery Plan

At the Family Support Group, we suggest families write a plan for how they will assist in their loved ones recovery. This means offering some “tough love” to your loved one, making clear which behaviors will and will not be supported. It also means setting boundaries that hold true in recovery and others that hold true relapse. Unfortunately, relapse can happen, and it is best to have a plan in place. None of us make our best decisions in moments of crisis; having a solid plan can help us to do the right thing in difficult circumstances.

## Work Together

We encourage families to work on their plan with anyone and everyone who will be involved in supporting the continued sobriety of the person who is struggling. Because people struggling with addiction tend to be skilled at manipulating others, it is best to present them with a unified front. When everyone stands together in support of sobriety and stop supporting the addiction, it is much harder for the person to return to using or to continue using if they do slip.

## Define Clear Boundaries

Each person involved should state clear boundaries around their own behavior toward the family member who is struggling. Remember that these boundaries will support both your own sanity and your loved one's recovery. As you think about your plan, identify your own behaviors that are problematic and make note of them. Have you provided money or material support while they were using? Have you shielded them from consequences? Have you lied on their behalf? Have you obsessively monitored them or attempted to control their behavior?

Once each participant has identified their own problematic behaviors, you can write a list of boundaries related to these behaviors. For example, if you have provided your loved one with a place to stay while using, we suggest that you make it clear that they are no longer able to stay in your home. If you

provided financial support or in some way enabled them to continue using, state clear boundaries around these behaviors as well. Make sure your statements are worded so that there is no confusion about their intent. If you like, you can use a form like this:

*Until you [insert behavior, i.e. stay sober 6 months, complete the program, etc], we will not [insert result, i.e. let you come home, give you money, take your calls, etc]."*

A list of statements like this will make a strong relapse plan.

## **Be Firm**

People struggling with addiction can sense and exploit indecision, and they will test your resolve, so make sure that the boundaries you list are boundaries you can keep. As you write your plan you may struggle with feelings of fear and guilt. Some families worry that setting strong boundaries will drive their loved one who is struggling away: that they might push them to use, and even die. But the opposite is true. Strong boundaries are the best hope of preserving your sanity and helping your loved one recover.

Please feel free to ask us for help with your recovery plan. If you have any questions or troubles, let us know. We are here to help you support your recovery.

# ADDITIONAL RESOURCES

## Books

**Don't Let Your Klds Kill You: A Guide for Parents of Drug and Alcohol Addicted Children** (Charles Rubin); Sold on Amazon for \$14.00

**Addict in the Family: Stories of Loss, Hope and Recovery** (Beverley Conyers); Sold on Amazon for \$13.73

**Everything Changes: Help for Families of Newly Recovering Addicts** (Beverley Conyers); Sold on Amazon for \$15.95

**Meditation for Fidgety Skeptics** (Dan Harris, Jeffrey Warren, Carlye Adler); Sold on Amazon for \$17.00

**10% happier** (Dan Harris); Sold on Amazon for \$16.99

## Video

[Family Disease Model](#)

## Smart Phone Apps

Insight Timer

Headspace

Meditation Studio

Calm

10% Happier

## Websites

[mindful.org](http://mindful.org)

## Survey

[Take our survey](#)

