

Partnership for a  
Drug-Free New Jersey  
in Cooperation with the Governor's Council on Alcoholism  
and Drug Abuse and the NJ Dept. of Human Services



**NJCARES.gov**  
New Jersey Coordinator for Addiction Responses and Enforcement Strategies

# The Opioid Epidemic and the Impact on New Jersey Families

## February 24, 2022



The Partnership For A  
Drug-Free New Jersey  
In Cooperation with the Governor's Council on Alcoholism  
& Drug Abuse and the NJ Dept. of Human Services

# Featured Presenters



**Suzanne Borys, Ed.D.**

**Assistant Division Director for the Office of Planning, Research, Evaluation, Prevention and Olmstead, New Jersey Division of Mental Health and Addiction Services (DMHAS)**

Dr. Suzanne Borys is the Assistant Division Director for the Office of Planning, Research, Evaluation, Prevention and Olmstead in the New Jersey Division of Mental Health and Addiction Services (DMHAS). Her office is responsible for conducting research studies, evaluations, data analyses, needs assessment, planning and managing prevention and early intervention services. Dr. Borys oversees the Substance Abuse Block Grant and many other federal grants. Some of the new programs her office oversees are the statewide Opioid Overdose Recovery Program, Support Team for Addiction Recovery, Intensive Recovery and Treatment Support for prisoners pre- and post-release, Student Athlete Prescription Misuse Education, and Opioid Reduction Options in the Emergency Department.



**Susan Long, MSW, LSW, CTP**  
**Director, Hope One of Atlantic County**

Susan Long is the Director of Hope One of Atlantic County in conjunction with the Atlantic County Sheriff's Department. She has previously worked with individuals with mental health and addiction issues at both inpatient and outpatient levels of care. Susan is a person in long term recovery and finds joy and meaning in helping others help themselves. Susan received her Bachelor's & Master's Degree in social work from Rutgers University. She is a licensed social worker in the state of NJ and has earned her certification as a certified trauma professional. Susan volunteers her time with Adelaide's Place and Angels in Motion.



**Pam Capaci,**  
**CEO, Hope Sheds Light**

Pam Capaci is the CEO of Hope Sheds Light in Toms River, a nonprofit that educates individuals, families and the community about the impact of addiction and helps provide resources that lead to positive community change and long-term recovery. She previously served as Executive Director/CEO for Prevention Links. Pam started her career as an alcohol and drug counselor working with adolescents involved in the juvenile justice system and their families. Pam later became an advocate and community organizer developing drug-free community coalitions throughout New Jersey. She is recognized as the founder of New Jersey's first public high school for teens in recovery from substance use disorder, the Raymond J. Lesniak Experience Strength and Hope Recovery High School.



**Donna DeStefano**  
**Founder, Parents in Connection for Kids, Inc.**

Donna DeStefano is the founder of P.I.C.K. (Parents in Connection for Kids, Inc.), a nonprofit agency that serves as a prevention, treatment and recovery resource. Donna created P.I.C.K. to help families who are struggling with substance use disorder, after she and her family lived through their own journey with one of her daughters. Donna created a NJ Recovery Support License Plate, which was approved by the state legislature in 2019. Proceeds from the license plates are used to fund sober living. Donna previously served as the director of Community Relations for RWJ/Barnabas Health Institute for Prevention. She was also instrumental in helping write and execute the Opioid Overdose Recovery Program (OORP) grant that is now helping individuals revived with naloxone get treatment for opioid abuse.



**Suzanne Borys, Ed.D.**  
**Assistant Division Director for the Office of Planning, Research, Evaluation,**  
**Prevention and Olmstead,**  
**New Jersey Division of Mental Health and Addiction Services (DMHAS)**

# NJ Division of Mental Health And Addiction Services



## SERVICES FOR FAMILIES IMPACTED BY ADDICTION

**SUZANNE BORYS, ED.D.**

**FEBRUARY 24, 2022**

# Services for Families Across the Continuum of Care



- Strengthening Families
- Family Support Center
- NJ Connect for Recovery
- Opioid Overdose Recovery Program
- Maternal Wrap Around Services (M-WRAP)
- Integrated Opioid Treatment and Substance Exposed Infants (IOP-SEI)
- Pregnant and Parenting Women (PPW)



# Services for Families Across the Continuum of Care

## Prevention: Strengthening Families



- The Strengthening Families Program (SFP) is an evidence-based family skills training program for high-risk and general population families that is recognized both nationally and internationally.
- Parents and youth attend weekly SFP skills classes together, learning parenting skills and youth life and refusal skills.
- They have separate class training for parents and youth the first hour, followed by a joint family practice session the second hour.
- Using documented evaluation tools, SFP skills-training proved to be effective in reducing multiple risk factors for later alcohol and drug abuse, mental health problems, and delinquency.
- SFP is effective because it was specifically crafted to increase Protective Factors and reduce the Risk Factors that lead to both substance abuse and youth depression.
- There are currently 11 agencies providing SFP in New Jersey.
- In 2020 there were 633 families served.

# Services for Families Across the Continuum of Care

## Family Support Center (FSC)



- Regional Family Support Centers are a free resource and support to family members who have a loved one with a substance use disorder.
- New Jersey has three regional FSCs to provide individualized and group peer to peer family support services to families in each region.
- FSCs offer direct family support, education, resources and advocacy in a confidential, safe and non-stigmatizing environment.
- Each regional center is staffed with Family Support Coordinators with lived experiences who are specially trained in the Community Reinforcement and Family Training (CRAFT) Model which teaches families self-protection along with non-confrontational skills to help empower their loved one to seek treatment, as well as helping each family member develop and work on their own Individualized Wellness Recovery Plan.
- Family Support Coordinators are available via phone, text, email, and Zoom for one-on-one sessions and weekly virtual support groups. The overall goal of the FSC Coordinator is to provide compassionate support to empower family members to have a better quality of life, improve their psychological health, reduce levels of stress, feel less isolated, and gain skills needed to cope with their loved one's use.
- Families who receive FSC services also receive Naloxone Training and Kits to assist their loved ones at risk of opioid overdose.

# Services for Families Across the Continuum of Care

## NJ Connect for Recovery



- A free, confidential call line (855-652-3737) focused on helping family members and friends coping with a loved one's substance use disorder.
- Calls answered live by counselors and trained family peer support specialists weekdays 8 am to 10 pm, and on Saturday and Sunday 5 pm to 10 pm, and 3 pm – 10 pm on holidays. Messages left during off hours returned the next business day.
- A service of the Mental Health Association in New Jersey, NJ Connect for Recovery provides a safe, nonjudgmental place for individuals and family members to get counseling, and assistance from professional staff members on substance use issues.
- Provides emotional support, education, ongoing family and peer guidance and access to treatment options through REACHNJ.
- Virtual Support Group sessions are offered.
- To assist families, NJ Connect for Recovery offers CRAFT training, an evidence-based intervention program to help families of people living with substance use disorder.



# Services for Families Across the Continuum of Care

## Community Reinforcement Approach and Family Training (CRAFT)



- The CRAFT intervention is a scientifically based intervention designed to help concerned significant others (CSOs) to engage treatment-refusing individuals who use substances into treatment.
- This new intervention method was developed with the belief that since family members can, and do make important contribution in other areas of addiction treatment (i.e., family and couples therapy), that the CSO can play a powerful role in helping to engage the substance user who is in denial to submit to treatment.
- It is often the individual using substances who reports that family pressure or influence is the reason treatment is sought.
- CSOs who attend the CRAFT program also benefit by becoming more independent and reducing their depression, anxiety and anger symptoms even if their loved one does not enter treatment.
- CRAFT uses an overall positive approach and steers clear of any confrontation. It is a culturally sensitive program that works with the client's mores and beliefs to develop an appropriate treatment plan.

# Services for Families Across the Continuum of Care

## Community Reinforcement Approach and Family Training (CRAFT)



- The program emphasizes learning new skills to cope with old problems.
- Some of the components include how to stay safe, outlining the context in which substance abusing behavior occurs, teaching CSOs how to use positive reinforcers (rewards) and how to let the substance user suffer the natural consequences for their using behavior.
- CRAFT teaches the CSO how to use this information in a motivational way to increase the chance of the individual using substances entering treatment.
- CRAFT research has shown that almost 7 out of 10 people who use the program get the individual using substances to attend treatment.

# Services for Families Across the Continuum of Care

## Opioid Overdose Recovery Program (OORP)



- OORP is a program to respond to individuals reversed from opioid overdoses and treated at hospital emergency departments as a result of the reversal.
- The OORP utilizes Recovery Specialists and Patient Navigators to engage individuals reversed from an opioid overdose and transported to an emergency department to provide non-clinical assistance, recovery supports and appropriate referrals for assessment and substance use disorder treatment.
- The OORP will meet with family members who may be present.
- Providers deliver or assertively link individuals to appropriate and culturally-specific services, and provide support and resources throughout the process.
- The Recovery Specialists and Patient Navigators maintain follow-up with these individuals for 8 weeks.
- At a minimum, recovery specialists are accessible and on-call from Thursday evenings through Monday mornings.

# Services for Families Across the Continuum of Care

## Maternal Wrap Around Services (MWRAP)



- MWRAP is a statewide initiative that provides intensive case management and recovery support services for pregnant women with substance use disorder during pregnancy and up to one year after the birth event.
- Intensive case management focuses on developing a single, coordinated care plan for pregnant/postpartum women, their infants and families.
- Intensive Case Managers work as liaisons to all relevant entities involved with each woman.
- The Recovery Support Specialists provide non-clinical assistance and recovery supports while maintaining follow-up with the women and their infants.

# Services for Families Across the Continuum of Care

## Maternal Wrap Around Services (MWRAP)



- The overall goal of the MWRAP is to alleviate barriers to services through comprehensive care coordination that is implemented within the five major timeframes when intervention in the life of the substance exposed infants (SEI) can reduce potential harm of prenatal substance exposure: pre-pregnancy, prenatal, birth, neonatal and early childhood.
- MWRAP is intended to promote maternal health, improve birth outcomes, and reduce the risks and adverse consequences of prenatal substance exposure.



# Services for Families Across the Continuum of Care

## Integrated Opioid Treatment and Substance Exposed Infants (IOT-SEI)



- The IOT-SEI initiative provides an array of services for opioid dependent pregnant women, their infants and family ranging from substance use disorder treatment, prenatal and postpartum medical/obstetric services, care coordination, sober living arrangements, wraparound services such as intensive case management and recovery supports.
- The overall goal is intended to improve outcomes for pregnant women with opioid use disorder, their infant and families.
- This initiative promotes maternal health, improve birth outcomes and reduce the risks and adverse consequences of prenatal substance exposure.

# Services for Families Across the Continuum of Care

## Pregnant and Parenting Women (PPW) Programs



The Substance Abuse Block Grant (SABG) requires states to set aside 5% of its SABG allocation for Pregnant and Parenting Women (PPW).

NJ appropriates SABG funds to support a statewide network of licensed substance use disorder (SUD) treatment providers in all modalities for pregnant and parenting women and women with dependent children under child welfare supervision. Levels of care include:

- Intensive Outpatient/Outpatient
- Methadone Intensive Outpatient/Methadone Outpatient
- Long-Term Residential
- Short-Term Residential
- Halfway House

# Services for Families Across the Continuum of Care

## Pregnant and Parenting Women (PPW) Programs



- Assessment and treatment for co-occurring disorders
- Family centered treatment approach
- Individual counseling sessions
- Family counseling sessions
- Trauma Informed/Trauma Specific Treatment using “Seeking Safety Program”
- Group and Educational counseling sessions
- Case management services including referrals and follow-up throughout continuum of care
- Evidence based Parenting Skills Curriculum & Choices Curriculum ([www.cdc.gov](http://www.cdc.gov))
- Childcare – to focus on developmental needs and age appropriate activities
- Choices curriculum, a program for women about choosing healthy behavior-*Center for Disease Control* ([www.cdc.gov](http://www.cdc.gov))
- Children referred for medical (including immunization and/or psychological care as needed)
- Primary medical care including referral for prenatal care
- Strengthening Families Program
- Life Skills Training (budgeting, nutrition, household, child safety)
- Linkages and Recovery Management and Supports
- Housing support and assistance, helping women with children access permanent housing
- Transportation

# How to Access Services



## Reach NJ

<https://www.nj.gov/humanservices/reachnj/>

## DMHAS Addiction Resources

<https://www.state.nj.us/humanservices/dmhas/resources/addiction/>

DMHAS Treatment Directory <https://njsams.rutgers.edu/TreatmentDirectory/>

SAMHSA Treatment Locator <https://findtreatment.samhsa.gov/locator>

# Questions?



## **Contact:**

Suzanne Borys, Ed.D.

Assistant Division Director

NJ Division of Mental Health and Addiction Services

Office of Planning, Research, Evaluation, Prevention and Olmstead

[Suzanne.borys@dhs.nj.gov](mailto:Suzanne.borys@dhs.nj.gov)





**Susan Long, MSW, LSW, CTP**  
**Director, Hope One of Atlantic County**



**The Partnership For A  
Drug-Free New Jersey**  
In Cooperation with the Governor's Council on Alcoholism  
& Drug Abuse and the NJ Dept. of Human Services

# SOCIAL WORKERS ASSISTING IN HEALING FAMILIES IMPACTED BY SUBSTANCE USE DISORDERS

Susan Long, MSW, LSW, CTP

# ADDICTION IS A DISEASE

□ The American Society of Addictions Medicine defines addiction as:

- “a treatable, chronic medical disease involving complex interactions among brain circuits, genetics, the environment, and an individual’s life experiences. People with addiction use substances or engage in behaviors that become compulsive and often continue despite harmful consequences.” (ASAM.org, 2022)

# STATISTICS

- ❑ **40 million** Americans (ages 12+) experiences issues with substance use disorders. (Drugfree.org, 2020)
- ❑ **80 million** Americans engage in risky use of substances with the potential for substance use disorders. (Drugfree.org, 2020)
- ❑ **Addiction is a developmental disease:**
  - **Over 90%** of individuals who experiences issues with substances, began smoking, drinking or using substances before age 18. (Drugfree.org, 2020)
- ❑ **75%** of all high school students have used substances with addiction potential.  
**1 in every 5** of those students develops a problem with substances. (Drugfree.org, 2020)
- ❑ **99,543** overdose deaths were reported in a 12-month period from September 2020 to September 2021. (Center for Disease Control, 2022)

# ADDICTION IS A FAMILY DISEASE

- ❑ Addiction affects the entire family unit, not just the individuals engaging in using substances.
- ❑ Substance Use Disorder can have **significant** negative impacts on the family. It disrupts things like **attachment styles, family roles, rituals/routines, social lives, finances, and communication** (Lander, Howsare, & Byrne, 2013).
- ❑ **46% of children** (under age 18) live in a household where an adult (age 18 or older) is smoking, drinking excessively, misusing prescription drugs or using illegal drugs. (Drugfree.org, 2020)
- ❑ One of the first steps in helping families is to provide education on the disease of addiction. By educating the family, they are able to begin to set healthy boundaries and gain a better understanding of behavior patterns due to the use of substances.



# IMPACT OF SUBSTANCE USE DISORDER ON FAMILY LIFE CYCLE STAGES

STAGE	DEVELOPMENTAL TASKS	IMPACT OF SUD ON DEVELOPMENTAL TASKS
Married without children	Establish healthy marriage with boundary from family of origin.	Poor communication, impairment of emotional and physical intimacy, increased conflict.
Childbearing families	Create safe, loving home for infant and parents. Establish secure attachment with child(ren).	Home not physically or emotionally safe due to impairment and labile mood. Insecure attachment with infants.
Families with preschool children	Adapt to needs of preschool children and promote their growth and development. Cope with energy depletion and lack of privacy.	Inconsistent parenting, possible abuse, neglect, Child Protective Services involvement, removal of children, marital conflict.
Families with school-age children	Fitting into the community of school-age families. Encourage children's education.	Educational needs of children not met. Possible domestic violence, conflict at home.

Table from Lander, Howsare, & Byrne, 2013

# IMPACT OF SUBSTANCE USE DISORDER ON FAMILY LIFE CYCLE STAGES

STAGE	DEVELOPMENTAL TASKS	IMPACT OF SUD ON DEVELOPMENTAL TASKS
Families with teenagers	Balancing freedom with responsibility. Establish healthy peer relationships. Develop educational and career goals.	Teens may follow model of parent with SUD. Children have difficulty forming healthy peer relationships due to impaired early attachment. School/legal problems and family conflict. Anxiety, depression, or oppositional disorders.
Families launching young adults	Release young adults with appropriate assistance. Maintain supportive home base. Young adults develop careers.	Failure to launch due to adult children being unable to support themselves, relationship conflict.
Middle-age parents	Rebuild the marriage. Maintain ties with younger generations.	Marital conflict, adult children may disconnect from parents and not want them to be around their young children.
Aging family members	Coping with bereavement and living alone. Closing the family home or adjusting to retirement.	Isolation, depression can lead to SUD or vice versa.

Table from Lander, Howsare, & Byrne, 2013

# HELPING A LOVED ONE DEALING WITH MENTAL AND/OR SUBSTANCE USE DISORDERS

You may suspect or discover your loved one is dealing with a mental illness, drinking too much, or using drugs. As a family member, you can play a central role in getting them the help they need (SAMHSA, 2021).

## HELPING A LOVED ONE DEALING WITH MENTAL AND/OR SUBSTANCE USE DISORDERS

You may suspect or discover your loved one is dealing with a mental illness, drinking too much, or using drugs. As a family member, you can play a central role in getting them the help they need.



# RESOURCES FOR AN INDIVIDUAL STRUGGLING WITH SUBSTANCE USE DISORDERS

## ■ In a Crisis always call 911

Hope One of Atlantic County	<b>609-909-7200</b>	<a href="https://www.hopeoneac.com/">https://www.hopeoneac.com/</a>
SAMHSA's National Helpline	<b>1-800-622-HELP (4356)</b>	<a href="https://www.samhsa.gov/find-help/national-helpline">https://www.samhsa.gov/find-help/national-helpline</a>
New Jersey Connect for Recovery	<b>1-855-652-3737</b>	<a href="https://www.njconnectforrecovery.org/">https://www.njconnectforrecovery.org/</a>
Mental Health Association of NJ	<b>1-866-202-HELP (4357)</b>	<a href="https://www.mhanj.org/">https://www.mhanj.org/</a>
Acenda Integrated Health (Healing Hearts & Minds)	<b>1-844-422-3632 ext 9500</b>	<a href="https://acendahealth.org/">https://acendahealth.org/</a>
National Suicide Prevention Lifeline	<b>1-800-273-TALK (8255)</b>	<a href="https://suicidepreventionlifeline.org/">https://suicidepreventionlifeline.org/</a>
National Alliance on Mental Illness	<b>1-800-950-NAMI (6264)</b>	<a href="https://nami.org/help">https://nami.org/help</a>

# RESOURCES FOR FAMILY MEMBERS OF SOMEONE WITH SUBSTANCE USE DISORDERS

- ❑ Substance Abuse and Mental Health Services Administration  
<https://www.samhsa.gov/families>
- ❑ Al Anon  
<https://al-anon.org/>
- ❑ Nar Anon  
<https://www.nar-anon.org/>
- ❑ Alateen (ages 13-18)  
<https://al-anon.org/newcomers/teen-corner-alateen/>
- ❑ Center For Family Services Reconnections (877-922-2377)  
<https://www.centerffs.org/our-services/addiction-and-recovery/reconnections>
- ❑ NAMI 1-800-950-NAMI (6264)  
<https://nami.org/help>
- ❑ Parent to Parent  
<http://www.parent2parentnj.org/services.php>





**ENLIGHTENED  
SOLUTIONS**

# **FAMILY SUPPORT GROUP**



**The Last Thursday of Each Month  
Free and Open to Everyone  
7:00-8:30 PM**

Facilitated by:  
Geoff Flower, CADC, CCTP



Enlightened Solutions

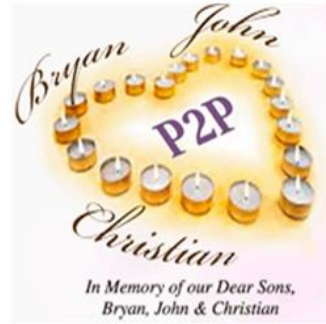
Our Family Support Group is an opportunity for family members to gain an understanding and education on how they can better help and support their loved one in the recovery process, while also building support and connection with others who have loved ones struggling with disease.

**You may also access the online  
meeting by scanning this QR code  
with your phone or going to:**

**<https://bit.ly/3DbCcB6>**



# RAPROOM PARENT TO PARENT SUPPORT GROUPS



1st Tuesday of the month:

**Support Group** for Parents & Loved ones of those struggling with addiction  
1010 Tuckerton Rd. 2nd fl. Marlton 6pm

2nd Tuesday of the month:

**Grief Group** for those who lost a loved one due to addiction  
1010 Tuckerton Rd. 2nd fl. Marlton 6pm

1st & 3rd Saturday of the month:

**Family Support Group** for family members & loved ones struggling with the affects of drug and alcohol addiction  
371 Glassboro Rd, Woodbury Heights 10am  
(My Friends House Recovery Center 2nd floor)

2nd Saturday of the month:

**Lost Angels Group** for those who lost a loved one due to addiction  
371 Glassboro Rd. Woodbury Heights 10am  
(My Friends House Recovery Center 2nd Floor)

If this is your first visit with us

PLEASE CALL AHEAD

For more information please contact

**Rap Room Parent To Parent**

office: (856) 983-3328 cell: (856) 264-1141

Email: [p2p@raproom.org](mailto:p2p@raproom.org)



*The Hope All Day*  
RECOVERY CENTER

## Hope Family Education and Support Group Every Monday 6:30-8:30 pm

Developing coping skills that promote recovery for those who care about a loved one or friend impacted by substance abuse.

**Free and Open to the Public**

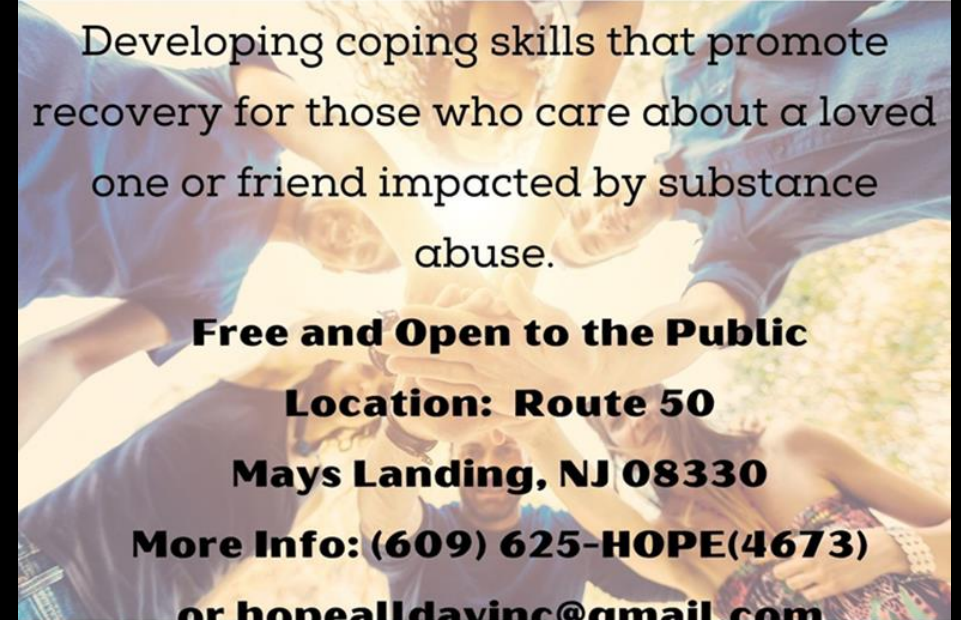
**Location: Route 50**

**Mays Landing, NJ 08330**

**More Info: (609) 625-HOPE(4673)**

**or [hopealldayinc@gmail.com](mailto:hopealldayinc@gmail.com)**

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







# RECONNECTIONS FAMILY SUPPORT CENTER

ReConnections is a program that offers peer-to-peer coaching and support services to family, friends, and loved ones of individuals struggling with a substance use disorder (opioid use, stimulant use, alcohol, benzos, marijuana etc.)

## Who is serviced:

- ☐ Parents
- ☐ Siblings
- ☐ Extended family members
- ☐ Friends
- ☐ Significant others
- ☐ Neighbors

## What services are offered:

- ☐ Peer-to-peer coaching
- ☐ Case management
- ☐ Educational workshops
- ☐ Family advocacy
- ☐ Wellness plan development
- ☐ Connections to 12 Step meetings and other recovery support groups
- ☐ Treatment resource information
- ☐ Information about obtaining and using Naloxone (Narcan)
- ☐ Help developing positive communications skills

# CITATIONS

- ❑ <https://www.asam.org/quality-care/definition-of-addiction>
- ❑ <https://www.cdc.gov/nchs/nvss/vsrr/drug-overdose-data.htm>
- ❑ <https://www.drugabuse.gov/drug-topics/trends-statistics/overdose-death-rates>
- ❑ <https://drugabusestatistics.org/#:~:text=9.5%20million%20or%203.8%25%20of,marijuana%20and%20prescription%20pain%20relievers>
- ❑ <https://drugfree.org/article/fast-facts-about-addiction/>
- ❑ <https://www.facebook.com/enlightenedsolutions2015/photos/a.1633642593577157/3114937322114336/>
- ❑ <https://hopeallday.org/>
- ❑ <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3725219/#R25>
- ❑ <https://raproom.org/calendar>
- ❑ <https://www.samhsa.gov/families>

# CONTACT INFO

Susan Long, MSW, LSW, CTP

Hope One Atlantic County Director

[Long\\_susan@aclink.org](mailto:Long_susan@aclink.org)





**Pam Capaci,**  
**CEO, Hope Sheds Light**

# Effects of Addiction on the Family

HOPE  
SHEDS LIGHT





---

## Our MISSION

---

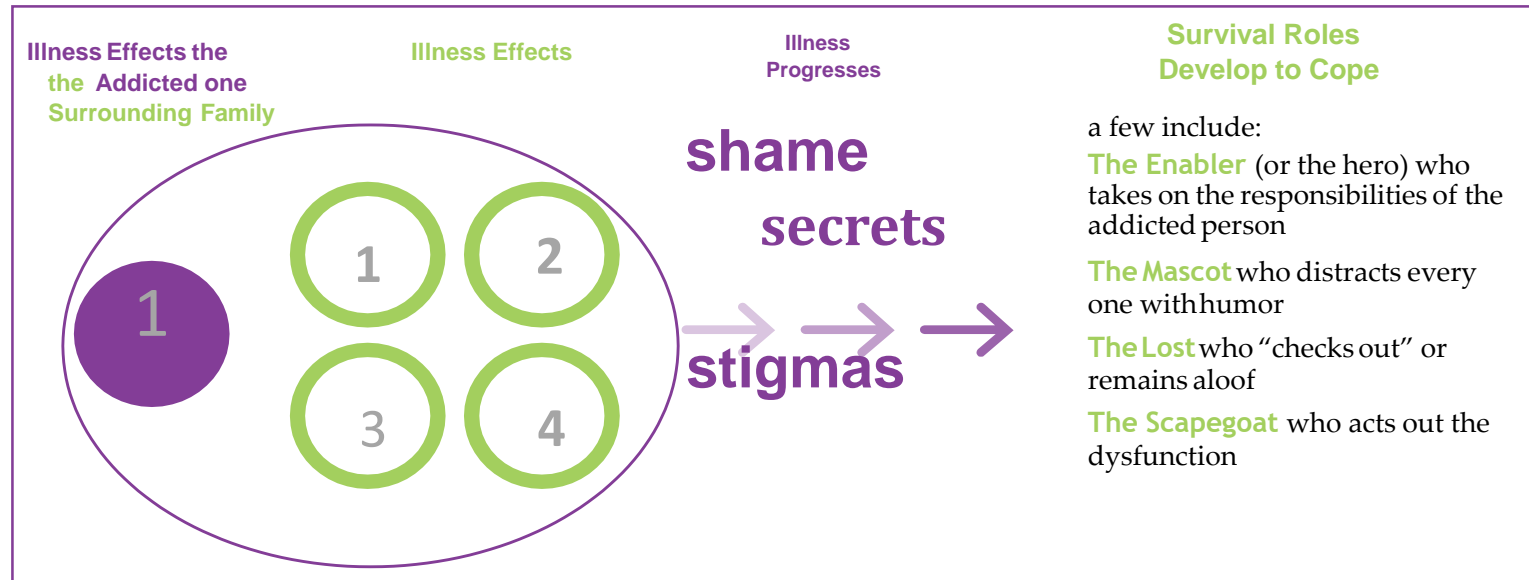
The mission of HOPE Sheds Light is to raise awareness and educate individuals, families and the community about the impact of addiction by having the courage to share personal experiences and offer strength, wisdom, hope and resources that lead to positive community change and long-term recovery.



# Effects of Addiction on the Family

- According to the Federal Reserve's annual report on the economic well-being of U.S. households, one in 5 Americans now know someone personally who has suffered from opioid addiction, and
- At least 25% of the population belongs to a family affected by a substance use disorder in a first-degree relative.
- The data also suggest that up to 90% of individuals with active addiction live at home with a family or significant other.
- Addiction affects the whole family. Loved ones, such as family members and friends, often need to seek out support services as well.

# Effects of Addiction on the Family



# Effects of Addiction on the Family

			
SEARCH	DENY	ACCEPT	LEARN
<p>Question the possibility of substance use. Search for reasons why changes are occurring in your loved one, or reasons why this may have happened. Question the loved one &amp; accept the answer that they are NOT using.</p>	<p>Deny that substance use is occurring or that substance use is a problem. Grieve for the loss of dreams once had for your loved one. Common feelings include frustration, anger towards yourself &amp;/or loved one. You may feel guilty for not realizing sooner, or afraid of what the future holds.</p>	<p>Accept that substance use is the cause of the observed changes in your loved one. Understand that while we can provide guidance, your loved one will be the source of their own action to achieve recovery. Realize that one does not have to accept unacceptable behavior.</p>	<p>Learn about the nature &amp; risk factors for substance use disorder, &amp; the available resources to support family members. Begin to distinguish the difference between behaviors related to the substance use &amp; your loved one themselves.</p>
Stages of Coping When a Loved One Has a Substance Use Disorder			
			

# Effects of Addiction on the Family

## Educate Yourself

- Not only empowering yourself to make good decisions, but educating yourself will prepare you to be ready with information if and when your loved one is ready to seek help.
- Enroll in a Narcan course
- Learn about the nature and risk factors for addiction Stay up to date on the latest research on recovery

## Be Patient

- Expect recovery, but be prepared for relapse. Some individuals achieve long-term recovery on their first attempt, for others, it may take multiple attempts over multiple years.
- Keep your hope up, as substance use disorder is known as a '*good prognosis disorder*' in that the majority of people can and do recover.





# Effects of Addiction on the Family

## Get Outside Input

- The stigma of addiction often leads to secrecy, isolation, and shame. It is therefore important to seek outside input early and often.
- Peer Support (e.g. Al-Anon)  
Professional Help (e.g. Therapist)

## Set Boundaries

- Create firm limits about what you will and will not tolerate from your loved one, limiting feelings of frustration or being taken advantage of.
- Some examples include:
- No communication when intoxicated (e.g. phone calls or text messages)
- No alcohol or drugs allowed in the house

# Effects of Addiction on the Family

## Practice Self Care

You will not be able to help your family member or friend, if you cannot help yourself.

Work to maintain a healthy routine that includes nutritious meals, daily exercise, and a good nights sleep.

What do I do for self-care?

2015-03-18c

- |   |  |
|---|--|
|  Get plenty of sleep             |  Tidy   |
|  Enjoy sunshine                  |  Read   |
|  Cook                            |  Read about people whose lives are more complicated |
|  Write or draw (think out loud)  |  Garden   |
|  Talk to myself                  |  Get a hug   |
|  Cuddle cats                   |  |
|  Walk or bike (esp. in a park) |  Talk to select people                            |



WE CAN HELP. CALL NOW!  
**855.850.HOPE**

The path to a healthier community starts here.  
**HOPEShedsLight.org**

HOPE Sheds Light is supported by friends and families directly affected by addiction,  
and found recovery through continuous love, support and understanding.



**Donna DeStefano**  
**Founder, Parents in Connection for Kids, Inc.**



# P.I.C.K. AWARENESS PARENTS IN CONNECTION FOR KIDS

After the pain and shock of my daughter's addiction I started a non profit to provide treatment resources, referrals, prevention education and support to parents of children with substance use disorders..

My daughter Laura and I when she was finally in a good place.



When our daughter was in active addiction, we as a family had to learn fast how to cope and find solutions.

We had to stay strong, focused and informed.

We had to learn how to communicate without screaming, judgment and name calling because that doesn't work.



**Bill A268/ Bill S469 "The P.I.C.K. Awareness Act" for N.J."Support Recovery" License Plates Has Been Signed Into Law!**



N.J. Support Recovery License Plates, "The P.I.C.K. Awareness Act" was passed in January, 2019. I had bipartisan support! Besides raising awareness and helping to reduce stigma, these plates were created to help reduce homelessness due to substance use. The objective is to raise the necessary funds to provide critical post recovery support such such as housing, job training and health and wellness assistance.



Learning how to help my own family inspired me to help others.

I volunteered my way into a full time position in the prevention field.

Here's how you can too:

1. Learn the skills needed to heal and rebuild your family's relationships with confidence and courage.
2. Find a new tribe of people who get you.
3. Start speaking publically
4. Join Committees
5. Volunteer
6. Network
7. Give back





Mom's Know Best video from The Partnership for a Drug-Free New Jersey is about 4 Moms who's families were impacted by the opioid crisis. My family was one of them. Some of my best friends are ones I met along this journey.





Working with state and local government is a great way to make real policy change. Pictured here are then Governor Christie and Doug Collier, now retired DEA



Donna DeStefano, CEO P.I.C.K. Awareness    [ddestefano@pickawareness.com](mailto:ddestefano@pickawareness.com)





## UPCOMING WEBINAR

# Doing Your Part: Safe Disposal of Opioids

**11 a.m. Thursday, March 24, 2022**

**Register at [KnockOutDay.DrugFreeNJ.org/events](https://KnockOutDay.DrugFreeNJ.org/events)**