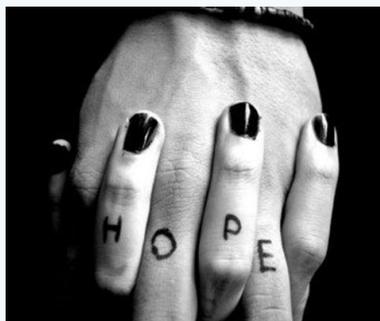


Best Practices for Supporting Youth & Families in Recovery



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Governor Mills Opioid Response Webinar Series

October 4, 2024

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Webinar Overview

- ❖ *Welcome*
- ❖ *Handouts*
- ❖ *Checking in and self-care*



“To know even one life has breathed easier because you have lived.
This is to have succeeded.” - *Ralph Waldo Emerson*

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Learning Goals

- ✓ To understand the challenges families face when caring for a young person struggling with substance use.
- ✓ To identify strategies to engage and support parents/caregivers to help get their loved ones in treatment and recovery.
- ✓ To review family recovery resources at the local, state, and national levels.



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Why Focus on the Family?

- Families need help too - addiction is a chronic disease that affects everyone!
- Nurture the soil - the plant will have a much better chance of thriving.
- Reduce stigma and distress; increase empathy, knowledge and skills.
- Break the cycle of intergenerational addiction.



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Challenges Faced by Families of Young People with SUDs

- **Confusion** - what's going on with my child?
- **Stigma** - parents feel shame, judgment, and fear
- **Sadness and anxiety** - what will happen to my child?
- **Loneliness** - how can I share what's really going on?
- **Navigating treatment** - how do I know what to do?



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Challenges Faced by Families of Young People with SUDs

- **Limited resources** - financial, emotional, etc.
- **Unresolved parent/caregiver issues** - substance use, domestic violence, mental health issues, etc.
- **Cultural barriers** - language, religion, racism, etc.
- **Logistics** - transportation, child care, insurance, etc.
- **Burnout and secondary trauma** - various symptoms



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Secondary Trauma

Changes in the inner experience of caregivers as a result of empathic engagement with the trauma and substance use disorder of a loved one or client.

Symptoms may include:

- **Physical ailments:** Somatization, frequent illness
- **Intrusive thoughts:** Flashbacks, nightmares, obsessing
- **Disrupted emotional regulation:** Numb, reactive
- **Disrupted sense of self, others, and the world:** changes in trust, safety, connection, control, etc.



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Recovery from Trauma

- **Resilience** is the ability to experience trauma and adversity in life and to “bounce back” - to emotionally heal and continue moving towards one’s goals.
- **Post-traumatic growth** occurs when people find deeper psychological and spiritual meaning in their lives after experiencing trauma.



kintsukuroi

(n.) (v. phr.) "to repair with gold"; the art of repairing pottery with gold or silver lacquer and understanding that the piece is more beautiful for having been broken

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Key Messages for Families in Recovery

- Addiction is a treatable disease. There is hope!
- *It's not your fault.*
- Relapse is part of the disease; have a safety plan.
- *Healing trauma and mental health is important too.*
- Recovery takes time - there are no quick fixes.
- *Recovery has many pathways.*
- You are not alone - getting support is essential.
- *Focus on self care - put your own oxygen mask on first.*
- Keep learning about addiction and recovery.



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Key Principles for Engaging Families in Recovery

How can we engage families in meaningful ways? Through...

**Empathy &
Respect**

**Education
about
Addiction**

**Inclusion in
Treatment
Services**

**Referrals to
Family
Supports**

Resources

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Supporting Family Recovery: Program Recommendations

- ✓ **Develop a Family Recovery Resource Guide** - share with families as early as possible in recovery process.
- ✓ **Support Staff Training** - help staff learn how to best support families, respond to calls and provide resources.
- ✓ **Offer Family Programming** - include families in program activities, counseling, support groups, etc.
- ✓ **Inform Clients of Family Resources**- share family resources with clients at admission and in policy manual.



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Help Families Navigate Treatment for Youth and Young Adults

- Help families navigate the continuum of care for youth and young adults with SUDs.
- Help families understand how to find high-quality, licensed treatment programs.
- Help families find recovery supports for their loved ones, including peer recovery support groups, peer recovery centers, and recovery coaches.



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Family Recovery Checklist

-  **Harm Reduction**
-  **CRAFT / Invitation to Change**
-  **Peer support & parent coaching**
-  **Outpatient Family Services**
-  **Educational Resources**

Share these resources with all families in recovery



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Harm Reduction: What Families Can Do

- Encourage families to get trained to use naloxone (Narcan) and have Narcan kits on hand, to reverse an opioid overdose and save a life.
- Work with each family to create a family safety plan in case of a substance use or mental health crisis.
- Role model no substance use at home. Lock up any drugs, alcohol, or other substances (e.g. prescription opioids). Create a recovery-supportive environment.



To learn more: www.cdc.gov/stopoverdose/naloxone; www.nida.nih.gov/publications/drugfacts/naloxone

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Harm Reduction Resources

Organizations helping families/providers learn how to access and use Narcan and other harm reduction measures:

- Get Maine Naloxone: www.getmainenaloxone.org
- OPTIONS liaisons: www.knowyouoptions.me
- Maine Access Points: www.maineaccesspoints.org
- Get Naloxone Now: www.getnaloxonenow.org



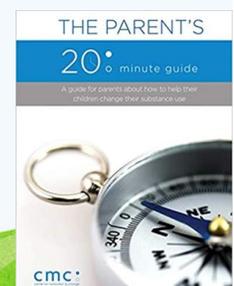
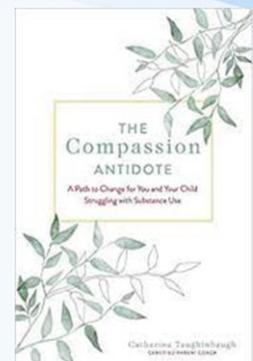
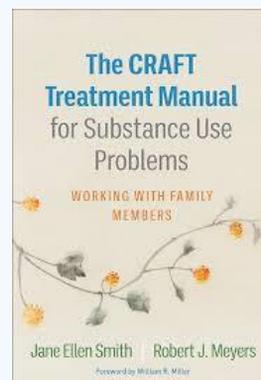
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Evidence-Based Family Recovery Model: CRAFT (Community Reinforcement and Family Training)

Aims to end a loved one's substance use by providing a way for the family to change the conversation about addiction.

CRAFT helps parents learn how to:

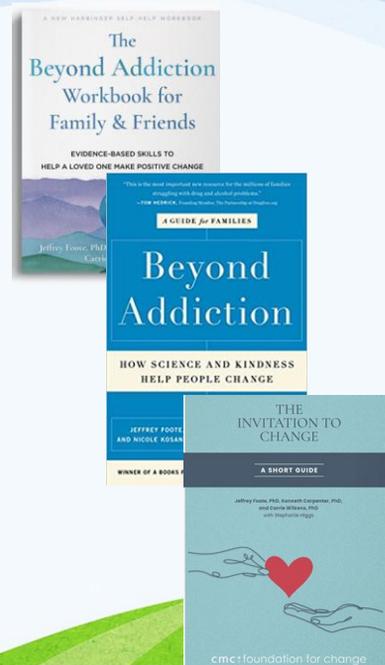
- Gain skills scientifically proven to work
- Reduce loved one's substance use
- Get loved one into treatment
- Reduce pain, anger, & worry
- Improve their own well-being



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Evidence-Based Family Recovery Model: Invitation to Change Approach®

- Draws from CRAFT, Motivational Interviewing, and ACT (Acceptance and Commitment Therapy)
- Holistic framework based in science and kindness aims to reduce shame and stigma, while providing tools to foster growth and recovery
- Free download: <https://invitationtochange.com/>
- Learn more: <https://cmcffc.org/>



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Resources to learn CRAFT (*sample list*):

- **Co-occurring Collaborative Serving Maine:** www.ccsme.org/product/community-reinforcement-and-family-training-craft (online course for providers)
- **Partnership to End Addiction:** www.drugfree.org/parenting-toward-recovery (CRAFT skills info, free parent coaching using Invitation to Change Approach, etc.)
- **Allies in Recovery:** www.alliesinrecovery.net (online course, workshops, videos, support, training groups, and expert guidance)
- **We The Village:** www.wethevillage.co (online course)
- **SMART Recovery Family & Friends:** www.smartrecovery.org/family (uses CRAFT model)
- **CRAFT Certified Clinicians:** www.robertjmeyersphd.com/download/CertifiedTherapists.pdf
- **Parent CRAFT:** www.cadenceonline.com (online course)

For more info and resources on CRAFT & Invitation to Change:
Helping Families Help - www.helpingfamilieshelp.com

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Peer Support Groups for Families and Parent Coaching

- Encourage families to join a peer support group:
 - ✓ *Connect with others who are going through a similar experience*
 - ✓ *Gain shared understanding, respect, and empowerment*
 - ✓ *Stay updated on resources and continue learning about addiction*
 - ✓ *Stay engaged in the recovery process*
- Refer all families to local and/or virtual peer support groups.
- Tell families about free parent coaching too! Request through the Partnership to End Addiction's helpline: www.drugfree.org/helpline



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Peer Support Groups for Families: 12-Step (sample list)

- **Al-Anon/Alateen Groups:** www.al-anon.alateen.org; www.maineafg.org
Peer support for those impacted by a loved one's alcohol use. Alateen offers groups, online and in person, and a mobile chat app for teens impacted by others' addiction.
- **Nar-Anon Groups:** www.nar-anon.org
Peer support meetings for those impacted by a loved one's drug use.
- **Mar-Anon Family Groups:** www.mar-anon.com
Peer support for those affected by another person's marijuana use.
- **Families Anonymous:** www.familiesanonymous.org
Peer support meetings for families affected by a loved one's SUD and behavioral issues.
- **Hazelden Betty Ford:** www.hazeldenbettyford.org/treatment/family-children/family-program
Weekly virtual family support groups; free, one-day programs (in English and Spanish), including specifically for families of youth and young adults

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Peer Support Groups for Families: Non 12-Step *(sample list)*

- **Family Restored Support Group (Maine):** www.thefamilyrestored.org
Support groups for families and loved ones of those battling addiction, statewide. Find a meeting: <http://thefamilyrestored.org/support/the-family-restored-support-group>
- **Parents of Addicted Loved Ones (PAL):** www.palgroup.org
Chapters in Bingham and Madison
- **Learn To Cope (Massachusetts):** www.learn2cope.org
Online discussion board; virtual and in-person meetings.
- **SMART Recovery Family & Friends:** www.smartrecovery.org/family
Peer support meetings based on SMART Recovery and CRAFT.
- **Herren Project:** www.herrenproject.org/online-support-groups
Meetings for families and loved ones affected by addiction, led by clinicians
- **NAMI:** www.namimaine.org
Peer support meetings for individuals and families impacted by mental health

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Grief Support Groups *(grieving the loss of a loved one due to substance use)*

- **Find Grief Support Groups in Maine:** www.mainehealth.org/care-services/behavioral-health-care/grief-support-services
- **NAMI Maine's 2024 Directory of Grief Groups:** www.namimaine.org/wp-content/uploads/2024/02/2024_Grief_Support_Groups_In_person_Online.pdf
- **Family Restored Support Group:** www.thefamilyrestored.org/grief-support-services - Every 1st and 3rd Weds of the month, 6-7:30 pm (1st Weds in person in Portland; 3rd Weds is virtual)
- **Grief Recovery After a Substance Passing (GRASP):** Augusta (contact Sharon at 207-549-3877, sbaileymb1118@gmail.com)
- **Recovery From Grief:** Saturdays 9-10 am, Portland Recovery Community Center
- **SADOD (Support After a Death by Overdose):** www.sadod.org - resources, training, grief booklet, quick guide and more peer grief support in Massachusetts
- **Learn to Cope: Grief Support:** www.learn2cope.org/grief-resources (MA-based peer recovery program; support for loved ones after a substance use death; Peer Grief Ally Program).

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Peer Support for Grandparents Raising Grandchildren

- Often grandparents must raise their grandchildren, while their own children struggle with addiction or are in treatment.
- Make referrals to support groups for grandparents. For resources / programs, go to: www.grandfamilies.org/Portals/0/State%20Fact%20Sheets/Grandfamilies-Fact-Sheet-Maine.pdf

Helpful Resources:

- **Grand Resource: Help for Grandfamilies Impacted by Opioids and Other Substance Use:** www.gu.org/app/uploads/2019/01/Grandfamilies-Report-GRANDResource-Opioids.pdf
- **Grandparents Raising Grandchildren Impacted by Addiction/Substance Use Disorder:** www.elunanetwork.org/resources/grandfamilies-grandparents-raising-grandchildren-impacted-by-addiction-subst
- **Talking to Grandchildren about Parent's Substance Use:** www.massgrg.com/assets/DCF_SubstanceAbuse_Flyer.pdf



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Outpatient Family Services: Evidence-Based Approaches

Evidence-based models to support families & reduce youth substance use:

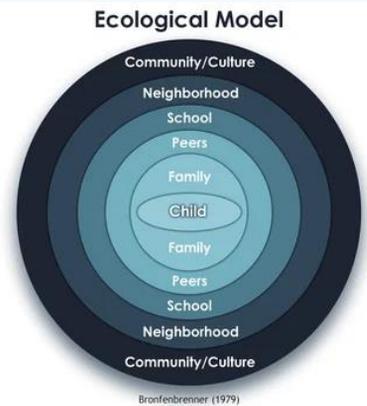
- **Multisystemic Therapy (MST):** www.mstservices.com
- **A-CRA:** www.chestnut.org/ebtx/treatments-and-research/treatments/a-cra
- **Multidimensional Family Therapy:** www.mdft.org
- **ARISE:** www.arise-network.com
- **Brief Strategic Family Therapy:** www.brief-strategic-family-therapy.com



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Multisystemic Therapy (MST)

- MST is an intensive, family-focused treatment program for youth (aged 12 - 17) and their families.
- Aims to reduce delinquent and antisocial behavior by addressing core causes.
- Views client as a network of systems (family, peers, school, and neighborhood). Therapists work in all these areas.
- Small caseloads; team member on all 24/7; services provided in home for 3-5 months.
- Find an MST provider in Maine: www.maine.gov/dhhs/ocfs/support-for-families/childrens-behavioral-health/services/find-a-provider

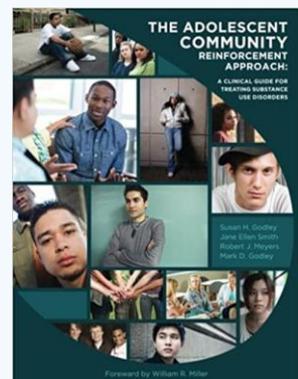


To learn more, go to www.mstservices.com; call 843-856-8226 or email info@mstservices.com

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Adolescent Community Reinforcement Approach (A-CRA)

- Community-based, brief treatment for ages 12-24
- Includes individual sessions for the client, parent/caregiver sessions, and family sessions.
- Goal is to help young person develop a healthy pro-social lifestyle more rewarding than using behavior
- Promotes abstinence, positive social activity and peer relationships, and improved relationships with family.



To learn more: www.chestnut.org/ebtx/treatments-and-research/treatments/a-cra

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A-CRA Services in Maine

- **Aroostook Mental Health Services (AMHC):** Outpatient and telehealth services in Aroostook County and Machias; referrals call 1-800-244-6431
- **Anglez:** Outpatient services in Kennebec County and surrounding areas (Lincoln, Sagadahoc, Androscoggin, and Waldo County); referrals visit <https://anglezbhs.com/> or call (844) 294-5306
- **Community Health and Counseling Services (CHCS):** Outpatient and telehealth services from Bangor office; referrals call (207) 947-0366
- **Kennebec Behavioral Health (KBH):** Outpatient and school-based services in Kennebec county; services in Maranacook schools area and office-based in Augusta; referrals call 1-888-322-2136
- **Sweetser:** CCBHC, school-based, and telehealth services in Brunswick office serving Cumberland and Sagadahoc Counties; referrals call 1-800-434-3000

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Educational Resources for Family Recovery

Nationally (*sample list*):

- *National Institute on Drug Abuse (NIDA):* www.drugabuse.gov
- *SAMHSA:* www.samhsa.gov
- *Partnership to End Addiction:* www.drugfree.org
- *NAADAC (Association for Addiction Professionals):* www.naadac.org
- *Faces and Voices of Recovery:* www.facesandvoicesofrecovery.org



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Key Resource: Partnership to End Addiction

- Intervention and treatment resources
- Videos (talking with youth about substance use, CRAFT, etc.)
- Toolkits for parents, guides on a variety of topics, etc.
- Interactive online parent community
- Bilingual helpline - 1-855-DRUG-FREE or text HOPEMA to 55753
- Free parent coaching using CRAFT model

www.drugfree.org



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Additional Family Recovery Resources

Navigating Treatment and Addiction: A Guide for Families:

www.addictionpolicy.org/post/navigating-treatment-and-addiction-a-guide-for-families

How to Navigate the Treatment System (Partnership to End Addiction):

www.drugfree.org/article/navigating-the-treatment-system

SAMHSA - Alcohol and Drug Addiction Happens in the Best of Families:

www.store.samhsa.gov/product/Alcohol-and-Drug-Addiction-Happens-in-the-Best-of-Families/SMA12-4159

Substance Use Recovery and Prevention for Families (New England PTTC):

www.canva.com/design/DAFucVt1rcA/_ZfyPADDICn25htkPMYitw/edit

The Ripple Effect: The Impact of the Opioid Epidemic on Children and Families (2019):

www.uhfnyc.org/media/filer_public/17/2c/172ca968-43aa-45f9-a290-50018e85a9d8/uhf-opioids-20190315.pdf

TIP 39: Substance Abuse Treatment and Family Therapy

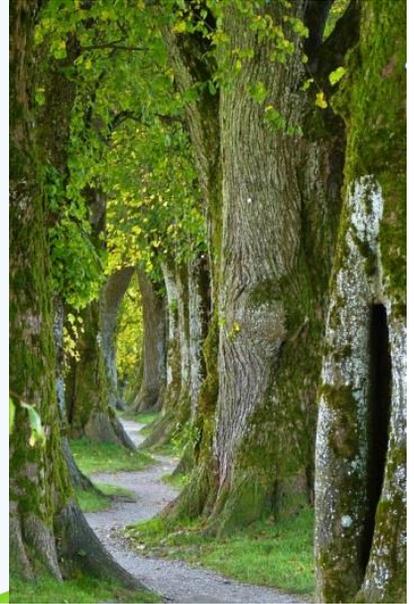
www.store.samhsa.gov/product/tip-39-substance-abuse-treatment-and-family-therapy/pep20-02-02-012

Addiction Education: e-Books and Guides (Partnership to End Addiction): www.drugfree.org/addiction-education

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Final Thoughts...

- Thank you for taking time to learn!
- Thank you for your hard work!
- Thank you making a difference!



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Questions, Comments, and Thank You!

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