

Unity in Recovery

Embracing Family & Friends



About Tammy

- A mother, a wife, a sister, a daughter, a niece, a friend
- Family Member in Recovery for 7 years
- Learned more about myself and opportunities for personal growth
- Facilitator in Orlando, FL for over 5 years
- Facilitate 4-Point and Family & Friends, alternating every week



Agenda

- Benefits of Including family & friends in a recovery meeting setting.
- Promoting engagement and higher attendance
- How to introduce tools to a mix group with 2 examples
- Creating an inclusive and unified ecosystem and how to avoid pitfalls of facilitating a mixed meeting
- Call to Action
- Q & A

Benefits

The Recovery Research Institute study:

- Impact of a social network on substance use and early recovery
- How relationships relate to recovery outcomes
- Participants answered 32 questions that reviewed their strengths and barriers during active addiction and in recovery

Findings:

- Sustained recovery was associated with more recovery capital
- Being in a stable relationship was linked to more recovery capital
- Having friends to talk to were linked to greater recovery capital

Benefits

What I have observed:

- Participants able to learn from others without feeling attached to a specific friend or family dynamic
- Additional tools available in both handbooks
- Cultivating deeper levels of empathy and compassion
- Feedback has been positive overall
- Common language shared

Engagement & Attendance

- By including both 4-Point participants and Family & Friends to attend an open meeting, attendance can be higher
- Family & friends can observe what happens in a SMART Recovery meeting while also benefiting from the tools and topics
- Being more inclusive, as opposed to encouraging “listen only”, allows all participants an opportunity to engage and want to attend specific meetings for their own support
- Cross promoting these meetings, as well as recovery or family & friends specific focus, encourages participants to return

Tool Time:

Active Listening



Tool Time: Boundaries



Boundaries

- What Boundaries are and what they are not
- Signs a boundary is needed
- Taking responsibility for our own upsets (ABC tool)
- Implementing healthy boundaries. Communication tools used.
- Protective measures.
- Inform, Request, Inform model
 - When you do: behavior, I feel: My reaction
 - Can I ask you to: stop or change behavior
 - If you are not willing to: stop or change behavior, I will need to: take protective action

Guidelines & Avoiding Pitfalls

- Clearly communicate and encourage participants to also attend 4-point or Family & Friend specific meetings
- Help the participants determine if attending meetings with a loved one is helpful or harmful to their own recovery
- Continue to reiterate group guidelines throughout the meeting
- Remind that the meetings are about Self Management and the importance of using “I” statements
- Interrupt participants and redirect if they begin to address their family/friend
- Listen for cues of upsets and potential disagreements
- Stay focused on the topic and structure of your meeting

Call to Action

- If you have not done so, take the family and friends training
- Create space for a true “open” inclusive meeting
- Consider marketing one meeting a month as mixed to your participants
- Begin including tools from either handbook to your meeting
- Cross promote your meetings with other 4-point and family & friend meetings in your area

Thank you!

Q & A

