



RecoverWays



What is RecoverWays

RecoverWays is a peer based support network that was built to help families navigate the crisis of a loved one suffering from addiction. We were inspired to start RecoverWays based on our own personal experience of family members with addiction issues. In our journey to get our family members the support they needed we found there was a lack of transparent or honest resources to understand the challenge of addiction. We're building RecoverWays to offer what we wish we had:

- Peer based support groups
- Access to vetted therapists
- A community of others who are going through similar challenges

The handbook is just the start – please reach out and we'd love to help support you further.



Text us for personalized support: (646) 893-9064

RecoverWays offers peer based support and is not medical advice



Welcome to the Recovery Handbook

As the family members of those who have gone through addiction, we understand how difficult it is to support a loved one struggling with addiction. That's why we've created the Recovery Handbook specifically for the family of people suffering from addiction. Our goal is to provide you with the tools and resources you need to help you and your loved one navigate this challenging journey.

It's important to remember that addiction affects not just the addicted individual, but also those closest to them. The fact that you've take this first step to become informed on addiction is an amazing first step. RecoverWays support doesn't stop here – please reach out with any questions.

Sincerely,
Bobby and Joey

What RecoverWays hopes to help you accomplish

- Understanding addiction: Explanation of the physical and psychological effects of drug and alcohol abuse, including common misconceptions and the underlying causes of addiction.
- The family's role in addiction: Tips for having a compassionate and effective conversation with someone struggling with addiction, including how to set boundaries and manage expectations.
- Supporting recovery: Information on the various resources and treatments available for addiction recovery, including inpatient and outpatient programs, support groups, and therapy.
- Self-care: Strategies for taking care of yourself while supporting a loved one through addiction, including how to manage stress and avoid burnout.
- Staying the course: Advice for maintaining a supportive role during the recovery process, including how to recognize and address setbacks, and how to continue encouraging progress even after treatment.

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Understanding addiction

Drug and alcohol addiction is a complex condition characterized by compulsive substance use despite negative consequences. It affects not only the individual but also their family, friends, and community. Addiction changes the brain's chemistry, creating physical and psychological dependencies on the substance.

Addiction is often caused by a combination of genetic, environmental, and personal factors. It can lead to a range of physical and mental health problems, including liver damage, heart disease, depression, and anxiety. It can also harm relationships, impact employment and financial stability, and increase the risk of criminal behavior.

Treatment for addiction typically involves a combination of therapy, support groups, and medication. The goal of treatment is to help individuals develop the skills and coping mechanisms necessary to maintain long-term sobriety. While recovery is a challenging process, it is possible with the right support and resources. Family and friends can play an important role in supporting their loved ones through their journey to recovery.

The role of family in addiction

The most important thing to recognize as the family member of someone suffering from addiction is that it's not possible for you to cure your loved one of this disease. The role of the family is to be supportive while setting boundaries. We've summarized 4 key areas to be focused on below:

1. **Be non-judgmental:** Avoid blaming, criticizing, or shaming your loved one. Instead, offer empathy, love, and support
2. **Encourage treatment and reduce harm:** Encourage your loved one to seek professional help and implement modern day harm reduction practices into your home
3. **Take care of yourself:** Make sure to prioritize self-care and seek support from friends, family, or a support group
4. **Be patient:** Recovery is a long-term process and requires patience and understanding

This is all easier said than done – read on for best practices in how to take these words into action.



Supporting recovery

Supporting your loved one on their road to recovery is a combination of encouragement for seeking treatment and being prepared to reduce harm if they are still using drugs or alcohol:

- **How to encourage them to get treatment:**
 - Recognize it is their choice to seek treatment and until they're ready treatment will not be successful
 - Help them navigate the complexity of insurance, paid leave and state subsidized programs
 - Work with your loved one for legal sign-off on information to be shared with family
- **Harm reduction:**
 - The majority of addicts will continue to use after they recognize they have a problem
 - Modern care has evolved to support proactive harm reduction such as fentanyl testing kits, Narcan and medication-assisted treatment
 - Partner with a care platform such as RecoverWays to develop a harm reduction plan aligned with your unique needs

Self-care

Having a loved one suffering from addiction is stressful and confusing. Proper self care is critical to deal with the ups and downs of your family member's addiction. In addition to helping you it can also help them as you will be better prepared to understand how you can best help them. A few keys of proper self-care:

- Set boundaries with your family member
- Join group therapy sessions or support groups
- Connect 1:1 with a therapist
- Accept that your loved one's recovery is not under your control

For more details on how to find a group therapy group or 1:1 therapist reach out to RecoverWays for peer based advice on how to locate the best support options for your situation.



Staying the course

Unfortunately most recovery journeys are a long process. For this reason, it's important for the family to emotionally prepare accordingly. As their family member it's important for you to recognize both when you can and when you cannot help. A few tips for setting boundaries through the journey to recovery:

- Understand your boundaries and consistently enforce them
- Be patient with your loved one and recognize small steps forward as wins
- Recognize that addiction is a lifelong challenge – develop a long term plan with support from doctors or care advisors
- Invest in yourself and what you need to emotionally handle your loved ones addiction

Most importantly, don't blame yourself or your loved one. Remember that this is a disease and lean on professionals and others who have been through similar situations for support and advice.

Summary of key tips

- **Help yourself:**
 - Join a RecoverWays support group of other family members in similar situations
 - Attend a personal or group therapy session
 - Set boundaries with your loved one and ensure you prioritize your health and emotional well being
- **Help your loved one:**
 - Be patient, non-judgemental and recognize what is in or out of your personal control
 - Embrace modern harm reduction techniques and purchase items such as Narcan or fentanyl testing kits
 - Partner with a care platform such as RecoverWays to develop a harm reduction plan aligned with your unique needs
 - Understand the insurance and financial situation of your loved one so you can provide proper advice as they navigate their treatment options