

FAMILY SUPPORT NETWORK

Amare, NFP

Metro-East Recovery Council

About the Partners



- Recovery Community Organization (RCO)
- Mission: To educate, empower, and provide compassionate recovery support services for those suffering from drug and alcohol addiction and their families to strive toward the overall wellness and stability of our community.



- IL Recovery Oriented Systems of Care (ROSC) system.
- Mission: Collaborating to build and empower communities of recovery
- MERC's work is funded through the Illinois Department of Human Services, Division of Substance Use, Prevention, and Recovery.

Family Supports Committee

- Small group made up of members of Amare and MERC
- Meetings every Wednesday at 10am via Zoom
- Email merc@chestnut.org to get involved in the group
- Early discussions regarding long term strategies to support family and friends of individuals who misuse substances

Family Supports Committee

Long-Term Strategies:

1. Information campaign directed to families (support circles)
 - Education regarding addiction
 - Understanding the importance of self-care
 - Connection
2. Support Materials- books, brochures, etc. that can be recommended/provided for individuals
3. Support Network- a warm line for family and friends

The Need...

“As a family member myself, I know it takes courage to reach out for help.”

“I am the mother of a son who uses drugs. I felt like I was riding a roller coaster. When I felt my son was not using drugs, I was happy. However, when I thought he was using, I felt miserable. There were times I did not think I would survive. I got to the point where I was not eating or sleeping. My body began to shake. At this point I reached out and asked for help. I found out there were other family members and friends that were experiencing the same thoughts and feelings that I was having. Reaching out for help saved my life.”

The Benefit...

Research shows that when the family (support circle) is engaged in a support group or some kind of self-care, the person who misuses substances is more likely to engage in recovery supports too

Family Support Network - The Process...

- Amare has established a phone line dedicated to the network
- Trained volunteers will answer the phone -initially on a “who is available basis” rather than a scheduled rotation
- Volunteers will gather information and offer support based on a provided script and the needs of the caller
- This is NOT a counseling service. Volunteers are only offering a friendly ear and supportive demeanor. Volunteers will receive training regarding what to do in the case of an identified crisis

The Process, continued

- Only first names will be used
- If a call comes in when volunteers are unavailable, volunteers receive an email message, and someone returns the call as soon as possible
- Volunteers will share that the call will be kept confidential unless something dangerous is mentioned
- Volunteers will NOT be telling callers what they should do. Instead, they will share ideas and tips that “other people in your situation have found to be helpful”

The Process, continued

- Goal – For families and friends to understand that they have options and that there is help available. Self care is important!
- That help may not look like what they think it should initially
- No easy fixes – Nobody can “fix” their loved one
- We anticipate a vast array of calls, including...

The Calls...

“I need someone to get my son into treatment”

“My wife has started drinking a lot more in the past few months.
Is this a problem?”

“I am always stressed and worried about when the phone is going to ring telling me he has been arrested or has overdosed”

“My sister died from an overdose, and I am overwhelmed”

Training

Volunteers are receiving training on the following topics:

Empathy	Crisis and Mental Health	Stages of Change
A Family Member's Perspective	How the Phone System Works	Pathways to Recovery
Available Resources	Confidentiality	Amare/MERC
Importance of Self-Care	Diversity	8 Dimensions of Wellness

Family Supports Committee

Again...we are NOT providing counseling

We are providing KINDNESS, UNDERSTANDING, EMPATHY...

and RESOURCES

Resource Packets

Callers will also be offered a resource packet that will be mailed to them directly from the volunteers. Packets include information regarding:

Self-Care	Codependence	Al-Anon
*Resource Cards	NARCAN	Support Groups
NAMI	Nar-Anon	Amare Programs
Wellness	Online Support	PAL- Parents of Addicted Loved Ones

*Note that resource cards include information from several local treatment agencies, hotline numbers, etc.

QUESTIONS?