

Supporting Families In Recovery

Resources and Methods for Engaging and Supporting Families in Treatment



Objectives in Supporting Families in Recovery

- Why is this so important for treating adolescents and young adults?
- Statistics and secondary trauma
- Compassionate assumptions for parents and family members
- Parenting and family dialectics – where are we and where do we want to be?
- Setting effective contingencies with parents and family members

McLean Hospital 2

Secondary Trauma Behavior Checklist

Hypervigilance	Anger	Poor Boundaries
Hopelessness	Cynicism	Inability to Listen
Guilt	Sleeplessness	Diminished Self Care
Avoidance	Illness	Survival Coping
Fear	Social Withdrawal	Chronic Exhaustion
Minimizing	Disconnection	

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Clinical Assumptions for Parents/Families

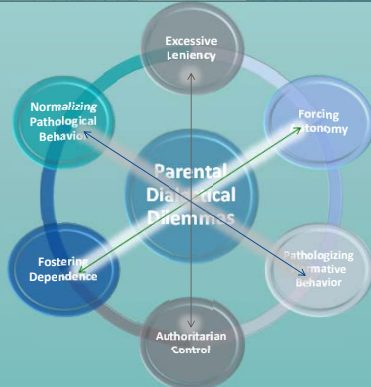
- Parents and families are doing the best that they can
- Parents and families want to improve their support skills
- Parents and families must learn new skills in treatment and in the context of their day to day life
- Parents and families can not fail in our care
- Parents and families may not have caused all of their problems, but they have to solve them anyway
- Parents and families need to do better, try harder and be more motivated to change
- Being a parent or family member of someone who is actively hurting themselves is unbearable to witness

Adapted from DBT Skills Training Handouts and Skills Manual by Marsha M. Linehan

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Parent/Family Dialectics – Finding The Effective Middle

- This is where I am.....this is where I want to be
- These are the situations that drive me to a pole
- These are the emotions that drive me to a pole
- These are the situations where my partner is more balanced
- I am most/least effective as a parent when I am.....
- These are the activities that move me toward the middle



Family support and adolescents/young adults understanding paired associations and helping family anxiety

Effective contingencies help build healthy adolescent/young adult capabilities & autonomy

Parent self care, effective co-parenting help families find the balance

Clinical Assumptions for Parents/Families



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Contingency Management

Effective contingency management is a teachable skill that relies on the principles of behaviorism and validation

- C onsistent
- L ivable
- I ntuitive
- C ollaborative
- H olistic
- E stablished

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Bringin' It Home

- It is essential that treaters at all levels of care engage families struggling with addiction
- We can provide models and skills that can create more effective, skillful family support systems
- Remembering our treatment assumptions helps keep our family/parent work rooted in compassion
- Helping families determine 'where they are' and 'where they want to be' in core dialectics can help parents/families feel more effective individually and as family systems
- Validation may be the most powerful way to help people evolve from problem solvers to effective listeners and communicators
- Contingency management helps build capabilities and establish guidelines based in logic rather than emotion
- Anxious families do crazy things
- No one has ever regretted approaching a family with unlimited compassion
- Punishment is a poor agent of change for adolescents and families alike
- There is no reason to believe that parenting should be intuitive; teaching skills and providing support is THE most compassionate thing we can do for families in our care

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