



EMPLOYEE SERIES

Tips for Families dealing with Drug and Alcohol challenges

-  **There are no simple answers or easy solutions when it comes to Drug and Alcohol challenges.** Recognise that this is a delicate situation and often family members are in a good position to help people make safe choices around drugs and alcohol and also support access to appropriate help and support services.
-  **Stay calm and logical.** Think ahead about your response to the person using. Be prepared and less reactionary. Pausing before responding will allow you to focus, regroup, manage your emotions and formulate a productive meaningful reply. This could involve a short break whilst you remember to take a breath.
-  **Maintain open communication lines.** A major part of your support will be your response and accessibility. Keep communication lines open. Verbal and physical confrontation is not productive and will often make the situation worse.
-  **Create an environment of trust and support.** An environment of suspicion and mistrust will diminish your influence with change and recovery. Creating an environment of honesty will open up positive potential.
-  **Express concerns.** Calmly explain your concerns for the person and the family as a whole and be mindful not to venture into “accusation” territory. Explain clearly how the drug taking is affecting you and the family.
-  **Listening skills are essential.** Connection to family is a major part of recovery. Your ability to listen without interrupting will support the person to feel heard and supported. Create an opportunity for them to speak freely.
-  **Share the problem.** Seek support, information, resources and advice for yourself by enlisting family, friends and support services to best equip you to support your significant other.
-  **Set appropriate boundaries.** Be clear on your boundaries and family limitations.
-  **Practice Mindfulness Techniques and self-care.** Take care of yourself and other family members too. This may include yourself and/or other family members attending counselling individually, or your family may benefit from attending counselling as a group.
-  **Encourage and support positive steps forward.** Recovery can be a slow process. Acknowledge change and moves forward regardless of speed and expectation.

If you would like to book an appointment and /or speak with one of our Counsellors, it's as easy as calling 1300 66 77 00 or New Zealand 0800 327 669 or visit our website www.accesswellbeingservices.com.au