

WV Addiction Family Support Groups

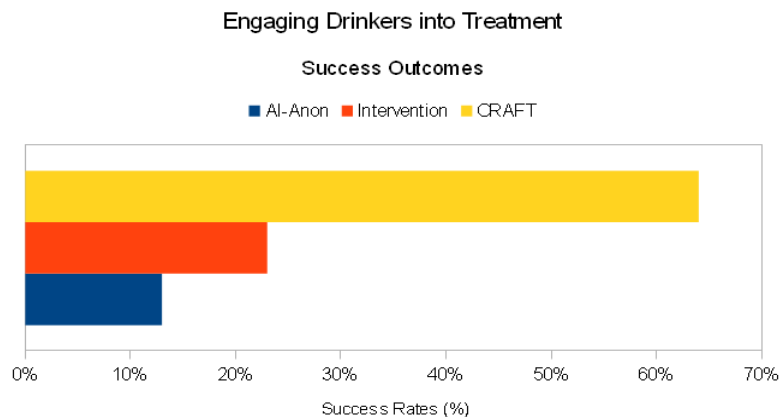
How these groups are different

No One Size Fits All

If you are brave enough to ask for it, or probably even if you don't ask, people will give you their opinions, advice, and even veiled criticism about helping your loved one get help. In one ear you might hear: "How could you let that happen in your own house? You should kick him out!" And in the other ear you might hear: "Don't worry about it, it will all work out." Whom should you listen to? What's the best advice?

Our experience is this: No One Size Fits All. Everyone is different, and their path to recovery is different. Having a *choice* among plans for recovery is what predicts positive outcomes. On this point the evidence is crystal clear. Giving any of us options helps us feel less trapped and invites us to get invested in a plan for change. This is also true for your loved one as well.

So, as you think through ways to help your loved one, do your homework. If the first (or fifth) person you consult tells you they know exactly what you should do, you might want to get some more opinions, especially if the person says this without meeting your loved one. Black-and-white thinking abounds when it comes to figuring out how to deal with a substance use problem. Falling into the black-and-white thinking trap can prevent you from understanding the subtleties of who your loved one really is and how to help him. Give yourself permission to take the time you need to sort out what is going on. (From *The 20 Minute Guide* pg 8)



Study by the National Institute on Alcohol Abuse and Alcoholism, 1999, Albuquerque, NM, Bill Miller, et als.

How CRAFT is Different (From *The 20 Minute Guide*)

Unlike other approaches, CRAFT teaches you how to stay involved in a positive, ongoing way, while also taking care of yourself. This guide will help you with such tools as:

- How to talk to your loved one so that you are more likely to be heard
- How to take care of yourself all along the way
- How to react when your loved one is using and when he or she is not using
- Getting more of what you want to see from your loved one and less of what you don't
- For parents: How to co-parent and collaborate as effectively and smoothly as possible

The WV Addiction Family Support Network
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