

## **FAMILY EDUCATION AND SUPPORT GROUP PROGRAM**

### **MetroHealth-Parma Medical Center**

#### **Parma, Ohio**

##### ***The Concern***

Concerned about a loved one's use of alcohol or other drugs? **You're not alone and there is help.** Addiction negatively impacts the user's life and the lives of those who love them. It's estimated that 1 out of 10 people who use alcohol and as many as 6 out of 10 who use other drugs, develop alcoholism or other drug addiction and dependency. Thoughts like, "it can't happen in my family" or "it's just a phase they're going through" can fuel years of denial, during which time overwhelming emotional and financial difficulties take a toll.

The stigma associated with addiction prevents family members from identifying the problem and seeking appropriate help. For most people, recognizing the realities of addiction and therefore making healthy choices for themselves feels next to impossible.

##### ***The Education Group***

The goal of ***The Education Group*** is to provide participants with basic information that will assist them in making healthy choices for themselves and those they love. ***The Education Group*** meets from 12:30 p.m. – 1:45 p.m.

##### ***The Family Support Group***

The ***Family Support Group*** is designed and conducted primarily for parents, spouses and other family members who are concerned about a loved one's harmful use of alcohol or other drugs. It is not a 12-step community based self-help group. ***The Family Support Group*** provides a structured, caring environment for individuals seeking support for making healthier choices for themselves and those they love. Participants are free to share their common strength and hope through their past and present experiences, without fear of reprisal, judgment or negative feedback. ***The Family Support Group*** meets from 1:45 p.m. – 3:00 p.m. or immediately after ***The Education Group***.

##### ***Fee***

Program services are free and open to persons who are concerned about a loved one's abuse or addictive use of alcohol and or other drugs.

##### ***Program Location and Hours***

MetroHealth-Parma Medical Center, 12301 Snow Road, Conference Room D, **enter East Pharmacy Entrance**, every Saturday from 12:30 p.m. – 3:00 p.m. unless otherwise scheduled.

##### ***Staffing***

Coordination and facilitation of both group services are provided by Jim Joyner, Licensed Independent Chemical Dependency Counselor Clinical Supervisor (LICDC-CS) with 47 years of continuous experience in the field of alcohol and other drug addiction, treatment, prevention, education and intervention services. Jim has an ample foundation of knowledge and experiences to assist those family members negatively impacted by a loved one's abuse and addictive use of alcohol, other drugs and substances.

# ***Family Education & Support Group Program Schedule Meeting Dates and Topics***

***December 1, 2018 – April 27, 2019***

(The topics listed are those which will be covered in the Education Group.)

## **MetroHealth-Parma Medical Center**

December 1, 2018	Understanding Treatment, Recovery, Relapse and Resources
December 8, 2018	Opiates: Opiates: <b>“Chasing the Dragon”</b> DVD
December 15, 2018	Addiction Not a Choice: <b>“Pleasure Unwoven”</b> DVD
December 22, 2018	The Neurobiology of Addiction
December 29, 2018	Alcohol and Other Drugs, What We Should Know
January 5, 2019	Addiction and The Family Dis-Ease
January 12, 2019	Enabling, When Helping Hurts
January 21, 2019	<b><u>Canceled Due To Weather</u></b>
January 26, 2019	Boundaries & Rules, The Things You Can and Can’t Change
February 2, 2019	Reducing the Risk: Talking to Your Kids About Drugs
February 9, 2019	Understanding Treatment, Recovery, Relapse and What to Do Before They Come Home
February 16, 2019	Opiates: Opiates: <b>“Chasing the Dragon”</b> DVD
February 23, 2019	Addiction Not a Choice: <b>“Pleasure Unwoven”</b> DVD
March 2, 2019	Substance Use Disorder, Not Your Fault, Not Your Fix, Not Your Fault
March 9, 2019	Alcohol and Other Drugs, What We Should Know
March 16, 2019	Addiction and The Family Dis-Ease
March 23, 2019	Enabling, When Helping Hurts
March 30, 2019	Boundaries & Rules, The Things You Can and Can’t Change

**Topics and dates can change without notice.**

**“Now that you know, there’s no reason not to make a difference.”**

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