

## **ME-WE FAMILY EDUCATION AND SUPPORT** **GROUP ONLINE PROGRAM**

### **THE ISSUE:**

Concerned about a loved one's use of alcohol or other drugs? **You're not alone and there is help.** Substance use disorder/addiction negatively impacts the user's life and the lives of those who love them. It's estimated that in America today, 46.3 million people 12 years of age and older meet the diagnostic criteria for some level of substance use disorder. Surveys suggest that for each individual who suffers from substance use disorder 3 to 5 other people are adversely impacted. This suggests that millions of others most of whom are family members have been directly or indirectly effected. 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 their toll. The stigma associated with addiction along with a lack of understanding of what causes substance use disorder prevents many parents, spouses, other family members and concerned others from identifying the problem and seeking appropriate help. For most people, trying to navigate the consequences of a loved one's addiction feels next to impossible.

### **ABOUT THE PROGRAM**

- WHO:** Parent, spouse, other family member or significant other who are concerned about a loved one's misuse of addictive use of alcohol, other drugs or substances.
- WHAT:** The **Education Session** provides information covering a variety of topics to help family members understand addiction as a brain disorder, how addictive behaviors impact the family, and healthy ways for family members/concerned others to respond to their addicted loved one's behaviors without trying to manage those behaviors. To receive the greatest benefit from the program it is recommended that participants attend at least one rotation of the 12 education sessions presented, along with the support group.
- The **Support Group** provides a safe, caring and supportive environment for participants which helps them realize they are not alone as well as supporting them in their efforts to make healthier choices for themselves and in response to those they love.
- WHERE:** **In person** at the Cove Community Center, 12525 Lake Avenue, Lakewood, Ohio or **online** via zoom invite. **Must** be preregistered to participate.
- WHEN:** Saturday from 10:00 a.m. – 12:00 p.m. **Must** be preregistered to participate. To register call 216-780-3883 Mon. – Fri. 11:00 a.m. – 4:30 p.m.
- STAFFING:** Facilitation of both group services are provided by Jim Joyner, Licensed Independent Chemical Dependency Counselor – Clinical Supervisor (LICDC-CS) with over 50 years of professional experience in the field of substance use disorder treatment, prevention, training/education and consultation services.

# ME-WE Family Education and Support Group

## Saturday Schedule – 2023

10:00 a.m. – 12:00 p.m.

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

May 13, 2023	Neurobiology of Substance Use Disorder: From The Inside Out
May 20, 2023	Pleasure Unwoven (DVD) Part 1
<b>May 27, 2023</b>	<b>NO GROUP</b>
June 3, 2023	Pleasure Unwoven (DVD) Part 2
June 10, 2023	Alcohol and Other Drugs: What You Should Know
June 17, 2023	Signs, Symptoms and Risk Factors
June 24, 2023	Addiction and The Family Dis-Ease
July 1, 2023	Enabling: When Helping Hurts
July 8, 2023	Boundaries vs Rules: The Things You Can and Can Not Change
July 15, 2023	Understanding Treatment
July 22, 2023	Memo to Self (DVD) Part 1
<b>July 29, 2023</b>	<b>NO GROUP</b>
August 5, 2023	Memo to Self (DVD) Part 2
August 12, 2023	Recovery and Relapse: Having a Plan
August 19, 2023	Neurobiology of Substance Use Disorder: From The Inside Out
August 26, 2023	Pleasure Unwoven (DVD) Part 1
<b>September 2, 2023</b>	<b>NO GROUP</b>
September 9, 2023	Pleasure Unwoven (DVD) Part 2
September 16, 2023	Alcohol and Other Drugs: What You Should Know
September 23, 2023	Signs, Symptoms and Risk Factors
September 30, 2023	Addiction and The Family Dis-Ease
<b>October 7, 2023</b>	<b>NO GROUP</b>
October 14, 2023	Enabling: When Helping Hurts
October 21, 2023	Boundaries vs Rules: The Things You Can and Can Not Change
October 28, 2023	Understanding Treatment
November 4, 2023	Memo to Self (DVD) Part 1
November 11, 2023	Memo to Self (DVD) Part 2
November 18, 2023	Recovery and Relapse: Having a Plan

Topics can change without notice. Please call 216 780-3883 if you have any questions.

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

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