

## 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 January – June 2024

10:00 a.m. – 12:00 p.m.

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

January 6, 2024	Enabling: When Helping Hurts
January 13, 2024	Boundaries vs Rules: The Things You Can and Can Not Change
January 20, 2024	Understanding Treatment
January 27, 2024	Memo to Self (DVD) Part 1
February 3, 2024	Memo to Self (DVD) Part 2
February 10, 2024	Recovery and Relapse: Having a Plan
February 17, 2024	Neurobiology of Substance Use Disorder: From The Inside Out
February 24, 2024	Pleasure Unwoven (DVD)
March 2, 2024	Alcohol, Cannabis and Nicotine: America's Drugs of Choice
March 9, 2024	America's Other Drugs
March 16, 2024	Signs, Symptoms and Risk Factors
March 23, 2024	Addiction and The Family Dis-Ease
March 30, 2024	Enabling: When Helping Hurts
April 6, 2024	Boundaries vs Rules: The Things You Can and Can Not Change
April 13, 2024	Understanding Treatment
April 20, 2024	Memo to Self (DVD) Part 1
April 27, 2024	Memo to Self (DVD) Part 2
May 4, 2024	Recovery and Relapse: Having a Plan
May 11, 2024	Neurobiology of Substance Use Disorder: From The Inside Out
May 18, 2024	Pleasure Unwoven (DVD)
<b>May 25, 2024</b>	<b>NO GROUP</b>
June 1, 2024	Alcohol, Cannabis and Nicotine: America's Drugs of Choice
June 8, 2024	America's Other Drugs
June 15, 2024	Signs, Symptoms and Risk Factors
June 22, 2024	Addiction and The Family Dis-Ease
June 29, 2024	Enabling: When Helping Hurts

***"Now that you know, there's no reason not to make a difference."***

Joyner and Associates LLC, P. O. BOX 181310, Cleveland Heights, Ohio 44118

(216) 780-3883

Email: joynerandassoc2009@gmail.com

Web page: joynerandassociates.com

Revised: 1-2024