

ME-WE FAMILY EDUCATION AND SUPPORT GROUP VIRTUAL PROGRAM

Sponsored by Stella Maris, Inc.
Cleveland, Ohio

THE ISSUE:

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.

WHO: Parent, spouse, other family member or significant other who have a loved one currently enrolled in treatment services provided by Stella Maris, Inc.

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 taking responsibility for them. To receive the greatest benefit from the program it is recommended that you attend all 10 sessions presented, along with the support group.

The **Support Group** provides a caring environment for those seeking insight and support for making healthier choices for themselves and those they love in response to the negative impact of a loved one's substance use disorder.

WHERE: Online (Access program by computer, I-Pad or Smart phone)

WHEN: Friday evenings from 6:00 pm – 8:00 pm

STAFFING: Coordination and facilitation of both group services are provided by Jim Joyner, Licensed Independent Chemical Dependency Counselor – Clinical Supervisor (LICDC-CS) with over 50 years of experience in the field of alcohol, other drug and substance treatment, prevention, training and consultation services.

ME-WE Family Education and Support Group

Friday Schedule

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

July 16, 2021	Memo to Self (DVD) Part 2
July 23, 2021	Pleasure Unwoven (DVD) Part 1
July 30, 2021	Memo to Self (DVD) Part 2
August 6, 2021	Neurobiology of Substance Use Disorder: From The Inside Out
August 13, 2021	Alcohol and Other Drugs, What You Should Know
August 20, 2021	Substance Use Disorder and The Family Dis-Ease
August 27, 2021	Enabling and Codependency: When Helping Hurts
September 3, 2021	Boundaries and Rules: The Things You Can and Can Not Change
September 10, 2021	Understanding Treatment, Recovery and Relapse: Having a Plan Before They Come Home
September 17, 2021	Memo to Self (DVD) Part 1
September 24, 2021	Memo to Self (DVD) Part 2
October 1, 2021	Pleasure Unwoven (DVD) Part 1
October 8, 2021	Pleasure Unwoven (DVD) Part 2
October 15, 2021	Neurobiology of Substance Use Disorder: From The Inside Out
October 22, 2021	Alcohol and Other Drugs, What You Should Know
October 29, 2021	Substance Use Disorder and The Family Dis-Ease
November 5, 2021	Enabling and Codependency: When Helping Hurts
November 12, 2021	Boundaries and Rules: The Things You Can and Can Not Change
November 19, 2021	Understanding Treatment, Recovery and Relapse: Having a Plan Before They Come Home
November 26, 2021	Memo to Self (DVD) Part 1
December 3, 2021	Memo to Self (DVD) Part 2
December 10, 2021	Pleasure Unwoven (DVD) Part 1
December 17, 2021	Memo to Self (DVD) Part 2
December 24, 2021	NO GROUP

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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ME-WE Family Education Session Topics

- Session #1 **Neurobiology of Substance Use Disorder: From The Inside Out**
This session will cover what drugs are, why people use drugs, why drugs effect the brain, define addictions as brain disorder and why some individuals are most at risk of developing addiction/Substance use Disorder (SUD).
- Session #2 **Alcohol and Other Drugs, What You Should Know**
This session will provide general information about the different drug classifications, the general impact of different drugs, possible signs and symptoms of use, and some specifics you should know about alcohol.
- Session #3 **Substance Use Disorder and The Family Dis-Ease**
This session will cover the progressive negative impact that a loved one's drug use behaviors has on the family and the family's denial about the problem and why their responses may not be healthy for them or their loved ones.
- Session #4 **Enabling and Codependency: When Helping Hurts**
This session will focus on the difference between taking responsibility for their loved one as opposed to responding to them, along with the importance of taking care of "self", and identifying those behavioral responses to your loved one which may be adding to the stress and dysfunction in the family.
- Session #5 **Boundaries and Rules: The Things You Can and Can Not Change**
This session will identify that next important step family members need to take once they stop enabling and why healthy boundaries are more impactful than "rules" and how well-designed plans can replace the need to worry.
- Session #6 **Understanding Treatment, Recovery and Relapse: Having a Plan Before They Come Home**
This session will cover basic information and understanding of what SUD treatment can do, the different levels of treatment, medication assisted treatment, what to know about relapse and the importance of having a plan before they come home.
- Session #7 & #8 **Memo to Self (DVD)**
These two sessions will present Dr. Kevin McCauley's video in which he "re-lives his own precarious early sobriety – negotiating hazards such as hostile prosecutors, treatment programs with divided loyalties, and his own craving brain." This film will be a valuable tool to help viewers understand how they can assist and survive their loved one's first year of sobriety. The video is a valuable tool in understanding the concepts and practices of Recovery Management.
- Session #9 & #10 **Pleasure Unwoven (DVD)**
These two sessions will present Dr. Kevin McCauley's video which addresses one of the most asked and important questions about

addiction/Substance Use Disorder,
“Is Addiction really a “Disease?” Dr. McCauley turns complex
neuroscience concepts into easy-to-understand visual images that will
help families understand the changes that take place in the addicted brain and
that recovery is possible.

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