

# **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 49 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.)

March 19, 2021	<b>Neurobiology of Substance Use Disorder: From The Inside Out</b>
March 26, 2021	<b>Alcohol and Other Drugs, What You Should Know</b>
April 2, 2021	<b>Substance Use Disorder and The Family Dis-Ease</b>
April 9, 2021	<b>Enabling and Codependency: When Helping Hurts</b>
April 16, 2021	<b>Boundaries and Rules: The Things You Can and Can Not Change</b>
April 23, 2021	<b>Understanding Treatment, Recovery and Relapse: Having a Plan Before They Come Home</b>
April 30, 2021	<b>Memo to Self (DVD) Part 1</b>
<b>May 3, 2021 (Monday)</b>	<b>A special showing of the film, <u>Beautiful Boy</u> 6:00 p.m. – 8:15 p.m.</b>
May 7, 2021	<b>Memo to Self (DVD) Part 2</b>
May 14, 2021	<b>Pleasure Unwoven (DVD) Part 1</b>
May 21, 2021	<b>Pleasure Unwoven (DVD) Part 2</b>
May 28, 2021	<b>Neurobiology of Substance Use Disorder: From The Inside Out</b>
June 4, 2021	<b>Alcohol and Other Drugs, What You Should Know</b>
June 11, 2021	<b>Substance Use Disorder and The Family Dis-Ease</b>
June 18, 2021	<b>Enabling and Codependency: When Helping Hurts</b>
June 25, 2021	<b>Boundaries and Rules: The Things You Can and Can Not Change</b>
July 2, 2021	<b>Understanding Treatment, Recovery and Relapse: Having a Plan Before They Come Home</b>
July 9, 2021	<b>Memo to Self (DVD) Part 1</b>
July 16, 2021	<b>Memo to Self (DVD) Part 2</b>
July 23, 2021	<b>Pleasure Unwoven (DVD) Part 1</b>
July 30, 2021	<b>Memo to Self (DVD) Part 2</b>
August 6, 2021	<b>Neurobiology of Substance Use Disorder: From The Inside Out</b>
August 13, 2021	<b>Alcohol and Other Drugs, What You Should Know</b>
August 20, 2021	<b>Substance Use Disorder and The Family Dis-Ease</b>
August 27, 2021	<b>Enabling and Codependency: When Helping Hurts</b>

**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.

*(Topics may change without notice.)*

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