

# ME-WE FAMILY EDUCATION AND SUPPORT GROUP VIRTUAL PROGRAM

## 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 are concerned about a loved one's 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 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 Smartphone)

**WHEN:** Wednesday 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

## Wednesday Schedule

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

July 14, 2021	<b>Neurobiology of Substance Use Disorder: From The Inside Out</b>
July 21, 2021	<b>Alcohol and Other Drugs, What You Should Know</b>
July 28, 2021	<b>Substance Use Disorder and The Family Dis-Ease</b>
August 4, 2021	<b>Enabling and Codependency: When Helping Hurts</b>
August 11, 2021	<b>Boundaries and Rules: The Things You Can and Can Not Change</b>
August 18, 2021	<b>Understanding Treatment, Recovery and Relapse: Having a Plan Before They Come Home</b>
August 25, 2021	<b>Memo to Self (DVD) Part 1</b>
September 1, 2021	<b>Memo to Self (DVD) Part 2</b>
September 8, 2021	<b>Pleasure Unwoven (DVD) Part 1</b>
September 15, 2021	<b>Pleasure Unwoven (DVD) Part 2</b>
September 22, 2021	<b>Neurobiology of Substance Use Disorder: From The Inside Out</b>
September 29, 2021	<b>Alcohol and Other Drugs, What You Should Know</b>
October 6, 2021	<b>Substance Use Disorder and The Family Dis-Ease</b>
October 13, 2021	<b>Enabling and Codependency: When Helping Hurts</b>
October 20, 2021	<b>Boundaries and Rules: The Things You Can and Can Not Change</b>
October 27, 2021	<b>Understanding Treatment, Recovery and Relapse: Having a Plan Before They Come Home</b>
November 3, 2021	<b>Memo to Self (DVD) Part 1</b>
November 10, 2021	<b>Memo to Self (DVD) Part 2</b>
November 17, 2021	<b>Pleasure Unwoven (DVD) Part 1</b>
November 24, 2021	<b>Memo to Self (DVD) Part 2</b>
December 1, 2021	<b>Neurobiology of Substance Use Disorder: From The Inside Out</b>
December 8, 2021	<b>Alcohol and Other Drugs, What You Should Know</b>
December 15, 2021	<b>Substance Use Disorder and The Family Dis-Ease</b>
December 22, 2021	<b>Enabling and Codependency: When Helping Hurts</b>
December 29, 2021	<b>Boundaries and Rules: The Things You Can and Can Not Change</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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