

EDUCATE YOURSELF ABOUT ADDICTION

Search creditable online resources such as government, university, medical and research-based sites for the most updated information on addiction. Look to local resources for information and steps to stay involved and talk you're your C.O.P.E. QRT members, as they are here to help both you and your loved one.

BE AWARE OF "DOCTOR SHOPPING"

Doctor shopping is the practice of requesting care from multiple physicians or medical practitioners at the same time without coordinating care between the practitioners, to obtaining narcotic prescription medications from more than one physician at the same time.

ATTEND FAMILY SUPPORT GROUPS

Alcoholics Anonymous (Al-Anon), Alateen and Narcotics Anonymous (Nar-Anon) provide support for you and help you find ideas and resources from other individuals that are facing similar challenges. Ask your C.O.P.E. QRT members for a resource guide, but at the very least attend an Al-Anon meeting if you cannot locate or attend a Nar-Anon meeting.

SET BOUNDRIES AND LIMITS

It's a fine line between enabling and support. Do not provide money, access to money or other valuables as an alternative. Do not tolerate unacceptable behavior such as violence or abuse, drugs in your home and drugs around children. Call your C.O.P.E. QRT members or other local law enforcement personnel if needed.

FOCUS CONVERSATIONS TOWARD RECOVERY, NOT BLAME

Do not threaten of shame your loved one. Reinforce that the addiction is an illness and that you are there to assist in the recovery process.

OFFER TO ATTEND THERAPHY AND BE PART OF THE RECOVERY PROCESS

Clinicians and treatment providers cannot legally talk to you unless your loved ne asks them to and then signs a written consent form allowing you to communicate with the treatment provider. Ask your C.O.P.E. QRT members for that form and ask that your love one sign it so that you can be with and support them at every step of the recovery process.

TAKE CARE OF YOURSELF!

Loving someone with an addiction can take a major toll on your physical and mental wellbeing. You need to take care of yourself to continue to be the best support that you can. Take care of your basic needs such as sleep, healthy eating and exercise. Engage in pleasurable activities regularly and seek support for yourself.



WHEN SOMEONE YOU LOVE IS ADDICTED

Opioid/opiate addiction is one of the most serious addictions your loved one or family member can face. The dangers that addiction to opiates presents goes well beyond a simple chemical dependence it is a serious medical condition. Opiate addiction has grown even more dangerous thanks to increased prescription drug monitoring – which makes opiate prescription drugs harder to obtain, and often forces those who are addicted to turn to heroin and black-market drugs.

One of the most difficult situations that families can faced is coping with a loved one who is actively abusing opiates, but where do you begin when someone you know and care for is addicted to opiates?

