

How to Help a Family Member or Friend... **...with Addiction**

1. Learn the signs and symptoms of intoxication and addiction. <http://www.drugfree.org/>
2. Talk to your friend/family member. The best approach is one of honesty, straightforwardness, and compassion.
3. Share your concerns with others and encourage them to talk to the person.
4. Get professional support in order to have the biggest impact. Talk to a Chemical Dependency Professional (CDP) at a licensed agency for more information. http://www.whatcomcounty.us/health/human/substance_abuse/recovery.jsp
5. Encourage your friend/family member to get an “assessment” at a treatment center. A substance abuse assessment will determine if the individual has a problem or not, the level of problem that their symptoms indicate, and the services that would best suit this person’s needs.



Addiction is painful for everyone.

6. Offer to accompany your friend/family member to the assessment.
7. You could consider ways you would be willing to assist without enabling — for example, going to counseling together, or providing transportation or childcare.

What if this person is drunk or high right now?

Sudden withdrawal can have serious or even life-threatening risks. Please contact the Crisis Helpline at 1-800-584-3575 or the Whatcom Community Detox at 360-676-2205. Someone will talk to you about how to handle the situation and how to get this person to Detox, if needed.



Celebrate Recovery!!!

How Will Treatment Help?

The Treatment Counselor will:

1. Help the patient to admit that he or she suffers from the disease of chemical addiction.
2. Point out the signs and symptoms of addiction that are relevant to the patient's experience.
3. Teach the addict to recognize and rechannel urges to use drugs.
4. Encourage and motivate the patient to achieve and sustain abstinence.
5. Monitor and encourage abstinence by using objective measures, such as urinalysis and Breathalyzer® tests.
6. Hold the chemically addicted person accountable for and discuss any episodes of use and strongly discourage further use.
7. Assist the patient in identifying situations where drugs were used to cope with life's problems and in understanding that using drugs to cope with or solve problems does not work.
8. Help the addict to develop new, more effective problem-solving strategies.
9. Introduce the patient to the 12-step philosophy and strongly encourage participation in NA, AA, and/or CA.
10. Encourage the chemically addicted person to develop and continue with a recovery plan as a lifelong process.
11. Help the addict to recognize and change problematic attitudes and behaviors that may stimulate a relapse.
12. Encourage the patient to improve self-esteem by practicing newly acquired coping skills and problem-solving strategies at home and in the community.