

*Helping  
Others  
Personally  
Empower*



*Recovery  
Education  
for  
Families*

Delivering Family Recovery Coaching As Direct Services  
Developed by Barbara DeHart Titone  
Certified AODA Counselor &  
Certified Holistic Life Coach

# Recovery Education For Family

## Mission:

REFF is dedicated to providing education, family recovery coaching and early support to substance involved families within the community. Inspiring and assisting their goals of building bridges to treatment by offering family recovery coaching, support, resources, and self-care tools while working with substance involved families within their communities

## Motto:

“Don’t Just Hope to Cope”

# Introduction

- Life Coaching is a modern and rapidly growing method for helping others to develop new skills to find personal success, and manage life changes.
- Family recovery coaching is a new concept that REFF Organization began delivering within community/clinical settings with the goal to address the needs of family members living and loving an actively addicted loved one.
- The program has been offered since 2005 and has expanded to serve in community and clinical settings as a resource for family, and transitional aged youth within families or community .
- The L.I.F.E. program is a 6 week program teaching tools and techniques to help participants to understand how to navigate the recovery process.

# Training Objectives

- ✓ Identify how the Recovery Education For Family Organization offers programs and utilizes evidence based motivational models and techniques for families and transitional aged youth to support recovery.
- ✓ Be able to introduce family members and transitional aged youth to the benefits of participating in a Family focused Recovery Coaching services.
- ✓ Encourage families and transitional aged youth to gain assistance through the L.I.F.E. program in developing boundaries ,using recovery language ,and adaptive distancing to reinforce recovery boundaries.
- ✓ Support family members and transitional aged youth in navigating the Recovery process to include self care ,wellness, setting goals to improve lifestyle choices.
- ✓ Help family and transitional aged youth to identify tools to help themselves or their family members to identify personal strengths , focus on strengths to rebuild relationship alliances
- ✓ Provide mindfulness mentoring and self-care techniques for stress management

# Self Care Screening

## Don't' Just Hope to Cope!

- Do you find you **CARE** for others needs before your own? (Missing meals is an early sign of this self -neglect pattern.)
- Do you find you **OFFER** to help when your help is not asked for? (Trying to fix a situation to keep it from getting worse or others finding out)
- Do you find you **PACIFY** to avoid conflict or confrontation? (Agreeing, allowing quieting yourself changing plans to avoid the person's tension, shaming or blaming)
- Do you find you **ENGAGE** in debates or arguments often? (Answering, defending or arguing the need to prove your point)

(Developed by Barbara DeHart-Ttone CADDC)

# Building on Evidenced Based Models

The Learning Interventions Family Education Training is a program that began as a pilot program from the Recovery Education For Family (REFF) mission. Research suggests that family involvement and education included in case management of youth can be very effective. Results of the LaBodega Study (1966 Vera Institute, New York) showed a reduction of recidivism from 80% to 43% when family members received supportive resources and were trained in how to motivate and support recovery.

- Inspired by the study and after developing several successful family recovery education support groups in several communities.
- The Recovery Education For Family Organization was formed in 2005 with the vision of helping family members who have a loved one of any age in active addiction or the recovery process to develop coping mechanisms , improved understanding, receive active support and resources to develop their personal action plan for recovery while motivating loved ones.

# Wellness Recovery Action Planning (WRAP)

- WRAP is a Training model recognized by the Department of Human Services in mental illness self-management with WRAP Resources.
- Reduced depression and anxiety and improved self-perceived recovery over time for people with serious mental illness
- Assisted clients, family members and those they chose to be part of the support system attending WRAP Team Building Sessions.

# Community Reinforcement and Family Training

## Craft Goals:

- Reduce a loved one's harmful choices,
- Engage the loved one into treatment,
- Improve the functioning of the Concerned other

(<https://www.robertjmeyersphd.com/craft.html>)

- Results indicated that CRAFT was considerably more successful in getting the persons with substance abuse into treatment and reducing their alcohol consumption
- More likely to complete a full course of counseling during which the persons abusing drugs were far more likely to enter treatment (64% vs 17%.) Sisson and Azrin (1986)



# REFF Model

- **Prepare:** the family member to improve understanding of the disease and recovery process and recognize symptoms in their loved one.
- **Educate:** Offer a menu of recovery resources including utilizing CRAFT and WRAP ,parenting ,self-care education, and mindfulness mentoring for goal setting to improve personal empowerment while reducing stress.
- **Plan:** Assist the family member to develop a plan of action to address issues for a loved one or transitional aged youth to help them motivate towards setting goals and keeping realistic boundaries for self and their loved one.
- **Support:** Provide a safe place where members are able to receive tools to improve skills and practice techniques to build on renewed alliances.

# Introduction to the “L.I.F.E.”

Learning Interventions Family Education

(L.I.F.E.) Coaching Program provides education in the following coaching pathways and is a holistic training program that has provided:

- Family and Transitional Aged Youth Recovery Training
- Personal Motivation Training
- Parenting Training
- Spirituality Training
- Meditation Mentoring (For Increased Serenity and Stress Relief)

# Population Served

- Families of origin or Families of choice
- Transitional Aged Youth 18 or older
- Seniors living with adult children
- Concerned others.
- Families with incarcerated or returning members
- Families of a recently diagnosed loved one or member in crisis
- Families who have exhausted insurance or are without insurance.

# Methods of Delivering Family Recovery Coaching & Support Services

- Family Recovery Education Community Group meets every Tuesday from 7:00 to 8:30pm the group offers support and resources.
- The Learning Interventions Family Education program is a six week training for family members includes weekly 90 minute session plus training guide. Soon to be available as online training. Registration required.
- Individual family recovery coaching sessions are offered via tele coaching, skype and in person.
- The REFF Resource Help Line **773-800-1106** is available daily to provide referrals and encouragement.
- REFF News 4 You Newsletter -Web Site [reffnews4u.info](http://reffnews4u.info) - email [reffnews4u@gmail.com](mailto:reffnews4u@gmail.com)

# Coaching Compliments Counseling

- The primary purpose of the individual recovery coach program is to help individuals and family members in treatment to:
- Gain access to needed resources, services, or offer supports that will help them achieve recovery from their substance use disorder.
- Family Recovery Coaches can help family members address multiple domains that have been impacted in their relationship with a using loved one.
- Family Recovery coaches also support family members as they help loved ones transition through the continuum of addiction treatment (i.e., from detox to aftercare).

# Benefits to Family Recovery Coaching

- In a study REFF completed with members using a yearly survey resulted in members reporting
- 71% of members who utilized the Family Recovery Coach Training identified experiencing the following benefits:
  - **Ability to identify and maintain** personal and recovery supportive **boundaries**.
  - **Ability to Identify strengths** as tools and techniques to improve personal choices for recovery related goals.
  - **Ability to encourage** loved ones into lowering high risk choices.
  - **Renewed ability to reduce the desire to manage** resulting in reduction of arguing and debating.
  - **Recognize the importance of Self-care** techniques
  - **Utilize brief interventions** to role model recovery for loved ones through wellness coaching

# Navigating Recovery

- “Families are usually not aware of the changes that occur around age 18 and are not provided with adequate education, resources and supports to provide guidance to their young adult,” said Project Officer Diane L. Sondheimer, M.S.N., M.P.H., C.P.N.P., Deputy Chief of the Child, Adolescent, and Family Branch in SAMHSA’s Center for Mental Health Services.
- The services from which young adults typically age out include eligibility for children’s mental health services; case management; supervised, supported, or group home settings; educational support; specialized vocational support, preparation, and counseling; preparation for independent living; and social skills training
- Recovery Education For Family has developed and offered those individuals and /or families with access to resources through our REFF Resource Help Line 773-800-1106. Reaching callers to provide compassionate listening, offering support and information at a time when they feel alone helps them to become open to believing someone really hears them.
- Utilizing online resources such as the SAMHSA Behavioral Health Treatment Services Locator assists those in need with timely resources.

# Rebuilding Family Alliances

- Define what healthy support is for you
- Identify what we need from our family members
- Select family who are able to provide this support
- Clear communication is key
- Adaptive Distancing is Setting boundaries & limits
- Apologies and forgiveness is the Key to rebuilding on both sides
- Being consistent Rebuilds Trust
- Mutual support is Listening and Clarifying what we hear
- Importance of Giving and Receiving
- Ability to see the past as PAST
  
- As shared in the 2016 DHS Statewide Family Call



# Creating Healthy Family Relationships

- Use your strengths however be aware that they can also become a weakness.
- Positive family activities
- Realistic Expectations
- Bringing our gifts to the table
- Using our mistakes as opportunities for change
- Making our own decisions about what is right for us
- Sharing our goal to not repeat old behaviors and ask for help
- Share what you fear about yourself
- Recognizing what you feel and share openly

# Tools for Building Alliances

- Using a Menu of Choices with parameters as boundaries allowing the person to feel they have made the choice which empowers them.
- Team Building Exercises such as: WRAP Team Building sessions as wellness and recovery planning (Copeland)
- CRAFT Use of Functional Assessment charts while creating a road map to recovery actions
- Adapting and Playing games such as Recovery Family Feud and participating in recreational planning.
- (Meyers & Wolfe)

# Communication Tools

OARS is a style of communicating that supports improved open dialogue

O=Open ended questions use of words like who, what where, how and why encourage open dialogue

A= Provide affirmations such as emphasis on positive words, identify successes, and focusing on a persons strengths

R= Reflect back to the speaker what you think you heard or how their feelings are heard

S=Summarize the content of what was said to confirm you understand their story

(Miller and Rollnick)

# Introducing Mindfulness

Providing a compassionate recovery curriculum involves offering stress reduction tools, teaching the holistic approach of reducing anxiety through meditation and mindfulness exercises.

A favorite is our laughter yoga exercises which assist in breath work and relaxation.

Family members who care for those with high risk choices, addictions or the negative consequences really benefit from the Self-Care education and techniques.



# Six Steps to Improved Self -Care

60 Simple Self-Care Seconds



1. Self inventory- daily check-in to total the time you spend helping others versus yourself.
2. Exercise- walk , Yoga, Pilates join a health club.
3. Food Diary- Are you eating foods that comfort you vs help
4. Laugh- as often as you can learn Laughter Yoga.
5. Fill your mind with beautiful sounds , images and words
6. Gratitude journal -keep a list of all you are grateful for

# Conclusion

- Delivering Direct services of Family focused Recovery Coaching in clinical settings provides an additional support to treatment.
- Recovery Education For Family Organization offers families and transitional aged youth as well as clinicians an additional tool to assist families during the recovery process.
- Learning Interventions Family Education and Recovery Coaching offers family members a viable tool that trains participants how to motivate, support the recovery and wellness process.
- Assist participants in the understanding of the importance of how to develop a self-care plan , offering mindfulness mentoring to assist the return to wellness of families and transitional aged youth.

# Contact Information

REFF Resource Help Line  
773-800-1106

L.I.F.E Family Recovery Training  
Beginning November 15<sup>th</sup> to December 20<sup>th</sup>  
Registration Required  
For more information  
Office 708-536-8775

Email: [reffnews4u@gmail.com](mailto:reffnews4u@gmail.com)

Web: [reffnews4u.info](http://reffnews4u.info)