

# ARCHway Message to Caregivers

**You Are Not Alone – Do Not Give Up Hope**



**EDUCATE YOURSELF  
ABOUT THIS  
DISEASE**



**TAKE CARE OF  
YOURSELF**



**SEEK PROFESSIONAL  
HELP**



**MAINTAIN HOPE**

## Where to Start

### **Educate Yourself about this Disease**

*The more you know about this disease the better prepared you are to provide support for your loved one vs enabling the disease*

### **Take Care of Yourself**

*You are no help to your loved one if you are either mentally or physically sick*

### **Seek Professional Help**

*This is a disease and do not kid yourself that you or your loved one can handle this journey alone*

### **Maintain HOPE**

*Miracles happen every day and you should read these stories of HOPE*

*ARCHway: We believe in Recovery from the Disease of Addiction.*

# **“I Wish I Knew Then What I Know Now”**

**Educate yourself, your family, and your friends about addiction**

**Know your child’s and your family’s risk for addiction**

*Genetics (50%), environment, ease of access to drugs and alcohol*

**Consider looking for the early warning signs is a normal part of parenting**

*Trauma, poor school performance, problems with friendships and relationships, risky alcohol use*

**Learn that addiction is a disease of the family—and the caregiver is often in crisis mode**

*Take care of yourself mentally & physically because you are of no help to a loved one if you are broken.*

**Know you are not alone, and you did nothing wrong**

*1 out of 3 families in the US are dealing with this*

*1 out of 10 people over the age of 13 have an alcohol or drug addiction*

**Remember Your Traditional Network of Support may Not Work**

*Typically, your family doctor, pastor, therapist and friends have not been trained on drug addiction and what to do or where to go.*

**Treat addiction like we treat every other chronic disease**

*Get the right professional to provide the right kind of support*

*The whole family and close friends of your loved one need to be educated and on the same page. If one individual is not on the same page, it can create major problems in getting someone into Recovery*

**Know the difference between Enabling the Disease and Supporting Recovery**

**Befriend New Playmates and New Playground**

*Your loved one needs to surround themselves with new playmates as the old ones may not be motivated to help.*

*The new playground may be required as the current one could be the source of the stress and triggers.*

**Know that a treatment plan is not the same as a recovery plan or a thriving plan**

*30 to 90 Day program cleans your body of the drugs. Treatment leads to recovery. Recovery leads to thriving.*

*Recovery of the individual’s life starts after detox and initial medication management; make sure there is an on-going program like a 12-Step program, SMART Recovery, and/or Structured Sober Living Environment*

*Note: an individual that is 12 months clean still has a 60% chance of relapse. At five years it is around 10%.*

**Remember that Relapse most likely is part of the journey—like every other chronic disease.**

**Maintain hope. Be patient. Find joy.**

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# ARCHway can Help - Where to Start



## Contact ARCHway and Talk to a Peer Support Specialist

**ARCHway Will Help You Find The Resources You Need  
(Informational, Professional Services, and Stories of HOPE)**

<https://thearchwayinstitute.org/get-help/speak-to-an-advocate-for-hope/>

or Contact Emily Jung at [Emily.Jung@thearchwayinstitute.org](mailto:Emily.Jung@thearchwayinstitute.org) or call 314-635-8887



## Educate Yourself about the Disease of Addiction

**ARCHway Materials – But There Is Lots More Out There**

**Subscribe To ARCHway’s Newsletters**

[The ARCHway Institute | Funding Recovery for Mental Health and Addictive Disorders](#)

**Subscribe to ARCHway’s YouTube Channel**

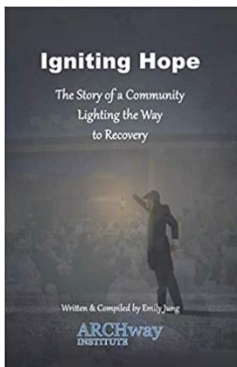
[The ARCHway Institute - YouTube](#)

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**Subscribe (small fee) to ARCHway’s Vimeo Educational Libraries**

[ARCHway Institute’s On Demand Pages on Vimeo](#)



## Maintain HOPE

**Stories of HOPE on ARCHway’s Web Site**

[Stories of Hope | The ARCHway Institute](#)

**Purchase or Download ARCHway’s Book “Igniting Hope”**

[Igniting Hope: The Story of a Community Lighting the Way to Recovery: Jung, Emily: 9798707193866: AmazonSmile: Books](#)

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## Recommended by ARCHway Friends & Followers

### Other Educational Material

Here are some favorite go-to resources—all evidence-based, public-facing resources.

- From SAMHSA: excellent searchable database of vetted, free, downloadable resources, <https://store.samhsa.gov/>
- Resources for Families Coping with Mental and Substance Use Disorders, <https://www.samhsa.gov/families>
- [What Is Substance Abuse Treatment? A Booklet for Families](#)  
Created for family members of people with alcohol abuse or drug abuse problems. Answers questions about substance abuse, its symptoms, different types of treatment, and recovery. Addresses concerns of children of parents with substance use/abuse problems.
- [Alcohol and Drug Addiction Happens in the Best of Families](#)  
Describes how alcohol and drug addiction affect the whole family. Explains how substance abuse treatment works, how family interventions can be a first step to recovery, and how to help children in families affected by alcohol abuse and drug abuse.
- [It's Not Your Fault \(NACoA\) \(PDF | 12 KB\)](#)  
Assures teens with parents who abuse alcohol or drugs that, "It's not your fault!" and that they are not alone. Encourages teens to seek emotional support from other adults, school counselors, and youth support groups such as Alateen, and provides a resource list.
- [It Feels So Bad: It Doesn't Have To](#)  
Provides information about alcohol and drug addiction to children whose parents or friends' parents might have substance abuse problems. Advises kids to take care of themselves by communicating about the problem and joining support groups such as Alateen.
- [After an Attempt: A Guide for Taking Care of Your Family Member After Treatment in the Emergency Department](#)  
Aids family members in coping with the aftermath of a relative's suicide attempt. Describes the emergency department treatment process, lists questions to ask about follow-up treatment, and describes how to reduce risk and ensure safety at home.
- [Family Therapy Can Help: For People in Recovery From Mental Illness or Addiction](#)  
Explores the role of family therapy in recovery from mental illness or substance abuse. Explains how family therapy sessions are run and who conducts them, describes a typical session, and provides information on its effectiveness in recovery.
- More content-specific, but still public-friendly, information from NIDA, <https://www.drugabuse.gov/>
- Similar to NIDA, but with a focus on alcohol, <https://www.niaaa.nih.gov/alcohols-effects-health/alcohol-topics>
- Addiction is Real "Don't Wait" film (\$10 Donation) - [Don't Wait — Addiction is Real](#)
- Addiction is Real "Hidden In Plain View" - [Addiction Is Real – Signs of drug and alcohol use are often in plain view but go unnoticed. Throughout this bedroom are seemingly innocent items commonly used to take part in or conceal risky behavior.](#)

### Caregiver Support Groups

- [The Crossroads Program](#)
- [PAL Groups & PAL Blog](#)
- [Hazelden Betty Ford Foundation - Support for Families](#)
- [Al-anon Support Groups](#)
- [CoDA - Codependent Anonymous](#)
- [Harris House - Family Program](#)
- <https://aviaryrecoverycenter.com/family-wellness-program/>

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