



Coping Skills For Friends and Families

COMMUNITY ADDICTION COORDINATOR

(781)507-2405

Coping Skills 101

Negative coping skills

- ▶ Shouting, arguing, blaming, anger
- ▶ Running away from problems
- ▶ Substance abuse
- ▶ Cutting, Using violence
- ▶ Not sleeping, Not eating or an unhealthy eating cycle
- ▶ Criticizing yourself (negative self-talk)
- ▶ Becoming aggressive or violent (hitting someone, throwing or kicking something)
- ▶ Maximizing or minimizing
- ▶ Unhealthy boundaries
- ▶ Denial
- ▶ Internalization and externalization , Idealization and devaluation
- ▶ Projection
- ▶ Withdrawal
- ▶ Passive aggressiveness

Positive coping skills

- ▶ Positive relationships
- ▶ Healthy boundaries
- ▶ spirituality
- ▶ Therapy- individual and group
- ▶ Acupuncture, acupressure, massage therapy
- ▶ Meditation, yoga, mindfulness
- ▶ Pet therapy- bipolar
- ▶ Halt- don't get hungry angry lonely or tired
- ▶ Volunteer work
- ▶ Detaching

What can help you?

- ▶ “active addicts don’t make friends they take hostages”
- ▶ Our family system can revolve around addiction
- ▶ We too can develop trauma and post traumatic stress disorder (PTSD)
- ▶ Coping- ways you deal with stress or triggers
- ▶ There is positive and negative coping skills
- ▶ Resilience- whatever is thrown at you is for a reason

Parents- Learn to Cope, Addict in the Family

Alanon- growing up with addiction/ alcoholism.
Being in a marriage with addiction/alcoholism

Alateen- teen group for people with
addiction/alcoholism

Grandparents Raising Grandchildren- group for
grandparents who are raising their grandchildren
due to loss of a child, incarceration or custody

Nami- groups for mental illness

AA/NA- 12 Step groups

Smart Program- Cognitive Behavior Therapy
groups

Grasp- losing a child due to addiction/ overdose

What are the different types of therapy?

- ▶ License Mental Health Counselor LMHC, License Independent Clinical Social Worker LICSW, PHD in Counseling or License Drug and Alcohol Counselor LADACI can provide clinical therapy, Licensed Marriage Family Therapist LMFT
- ▶ Remember different therapist specialize in different categories
- ▶ Any personality disorder and substance dependence- Dialectic Behavior Therapy and Cognitive Behavior Therapy are best practices

What is Holism- concept of mind, body and soul

Mind:

Positive thinking

AA/NA

Be aware of your aura and other people's aura

Smart recovery

Alanon

Trauma therapist

One: one counseling

Meditate

Go to a serene place like the beach or forest everyday

Rearrange furniture and clear clutter- Research in China show it stimulates change

Paint your room light blue- light blue has a calming affect

Get a sunlamp- helps with seasonal depression

Listen to classical music while you sleep- calms you down and helps with stimulate brainwaves

Get a pet- research shows it helps with depression and calms people down

Read before bed- helps calm you down so your thoughts don't race

Put a wind chime outside your bedroom window- helps with sleep

Practice visualization-guided visualization with meditation helps with brainwave activity

Sleepy time tea- this is a tea you can buy that helps sleep

Journaling- write down your thoughts to express them in a healthy way

Detach from unhealthy people

Volunteer work- helps build self esteem

Aromatherapy- scents help activate your brainwaves for example lavender calms people down

Expressive art- draw on your free time about your feelings



(Blessing of the Hounds-First Graduating Class)

- ▶ **Body:**
- ▶ Make sure you have a proper diet and exercise
- ▶ Take a multivitamin everyday
- ▶ Halt- don't get hungry angry lonely or tired
- ▶ Swimming and yoga is good for your joints and helps calm nerves
- ▶ Acupuncture- helps with withdrawal symptoms and brain waves
- ▶ Acupressure- this is an old Chinese tradition where you put massage your pressure points to help stimulate the mind and body
- ▶ Get a massage to help relax you
- ▶ Go tanning- not too much but helps with depression and has vitamin D
- ▶ Take baths- helps relax you
- ▶ Lift weights at the gym for anger



- ▶ **Spirit :**
- ▶ Go to church or temple
- ▶ Talk to your guardian angels
- ▶ Watch the clouds and stars
- ▶ Burn incense while you pray



Don't Use Drugs or Alcohol use Vitamins, Minerals and a different diet!!!

▶ HOW TO HELP SUBSTANCE ABUSE-

- ▶ *Multivitamin*- helps the detoxification process.
- ▶ *Milk Thistle (silybum marianum)*- take 250 mg three times a day. It supports liver detoxification and reduces elevated liver enzymes.
- ▶ *B-complex*- take 50 mg twice a day. This helps detox and is good for mood and energy
- ▶ *Homeopathic Nux Vomica*- take 30C potency twice daily for two weeks. This helps withdrawal or irritability, nausea, constipation, and fatigue
- ▶ *Chromium*- take 250 mcg two to three times a day to reduce alcohol and sugar cravings.
- ▶ *L-Glutamine*- take 500 mg two to three times daily to improve mood and energy levels.

▶ HOW TO HELP DEPRESSION-

- ▶ *S-adenosylmethionine (SAME)*- take 400 mg two times a day for two weeks. This increases brain neurotransmitters that are responsible for your mood. **However people who have bipolar disorder should not use this.**
- ▶ *B-Complex*- take 50mg one to two times a day. They help with neurotransmitters in your brain.
- ▶ *Fish oil*- take 1,500mg a day. This too helps neurotransmitter function.
- ▶ *Gingko Biloba*- take 60-120 mg a day. This improves blood flow in the brain and enhances neurotransmitter activity.
- ▶ DIET-
- ▶ Eat soy, beans, lean poultry, eggs, and nuts to boost your energy level. Complex carbohydrates are important in a diet because they have high in serotonin and helps with sleep. Calcium deficiency is a common problem for people who have trouble falling asleep so dairy products (for example milk) are recommended. Eat enough B vitamin foods that are found in dark green and leafy plants (for example spinach) for mood stabilization. Caffeine causes anxiety and so does refined sugar so stay away from these foods. Drink a glass of water every two hours which will clean toxins out of your system.

▶ **HOW TO HELP ANXIETY-**

- ▶ *LTheanine*- take 200-250 mg daily. This amino acid has a calming affect.
GABA- take 500 mg two to three times a day. This helps calm the central nervous system.
- ▶ *Passion flower (Passiflora Incarnata)*- take 250mg or .5 ml two to three times a day. This too calms nerves.
- ▶ *Chamomile* is a tea supplement which helps calm nerves found in tea at the store.
- ▶ *Fish oil* – take 2,000 mg a day for long term anxiety.
- ▶ *Melatonin*- take .3 to 3 mg half an hour before bedtime to fall asleep. This promotes serotonin in the brain for relaxation. ***This is a hormone that promotes sleep and SHOULD BE recommended by a doctor. Your doctor might not want you to use it if you are taking prescription antidepressants because of negative side effects.***



Family Systems- what does addiction look like in a family?

- ▶ **The Enabler** – The Enabler is a family member who steps in and protects the alcoholic/addict from the consequences of his or her behavior. The motivation for this may not be just to protect the alcoholic/addict, but to prevent embarrassment, reduce anxiety, avoid conflict or maintain some control over a difficult situation. The Enabler may try to clean up the messes caused by the alcoholic/addict and make excuses for him or her, thus minimizing the consequences of addiction.
- ▶ **The Hero** – The Hero is a family member who attempts to draw attention away from the alcoholic/addict by excelling, performing well and generally being “too good to be true.” The Hero has a hope that somehow his or her behavior will help the alcoholic/addict to stop using. Additionally, the Hero’s performance-based behavior helps to block emotional pain and disappointment.
- ▶ **The Scapegoat** – The Scapegoat is a family member who creates other problems and concerns in order to deflect attention away from the real issue. This can be through misbehavior, bad grades or his/her own substance use. Oftentimes, the Scapegoat is very successful at distracting the family and others from the addicted individual.
- ▶ **The Lost Child** – The Lost Child is a family member who appears to be ignoring the problem completely. There could be a fight, with yelling and screaming, and the Lost Child will be absent or secluded from the situation. They are often perceived as the “good” child because much time is spent alone with books or involved in isolated activities. While the Lost Child will not be successful at drawing attention away from the family problem, he or she is able to avoid stress personally.
- ▶ **The Mascot** – The Mascot attempts to use humor as a means to escape from the pain of the problems caused by addiction. He or she will often act out by “clowning around,” cracking jokes or making light of serious situations. While the Mascot can certainly help lighten up a desperate situation, the real intent is to ease tension, keep the peace and serve as a distraction. Many comedians come from dysfunctional homes.

**BREAKING
THE STIGMA:
MYTHS OF ADDICTION**

Please Don't Judge My Son

By: Rose Barbour

Pledge to
stop stigma.

There's an unshakable ache inside my heart
The words you say that tear me apart
While you see a junkie and scum of the earth
I see the child who I've loved since birth.
I love him today as much as I did then
That you judge him so cruelly is an absolute sin
You look in disgust at my sick young man
When you could instead, make him feel worthy again.
With your cruel words, you keep him down
There's no place for "them" in this nice town
You'd rather see him suffer another day
Than to lend a helping hand and lead the way.
What you don't understand or seem to know
Is that attitudes like yours cause it to grow
A compassionate society will kill this disease
That thrives in shame, secrecy and general unease.
So many are dying, while some are barely alive
Simply existing in the world trying to survive
A slave to a disease that knows no bounds
As we turn a blind eye, it is making its rounds.
Let's talk about it and bring it into the light
Let's not let it win, together let's fight
Let's stop the judging and our misguided hate
Let's open our arms to those we underrate.
Please give my boy hope and all the others
That we won't stand by and lose another
We want them to get well and will do what it takes
To bring them back home for all our sake.

www.HeroinSupport.org

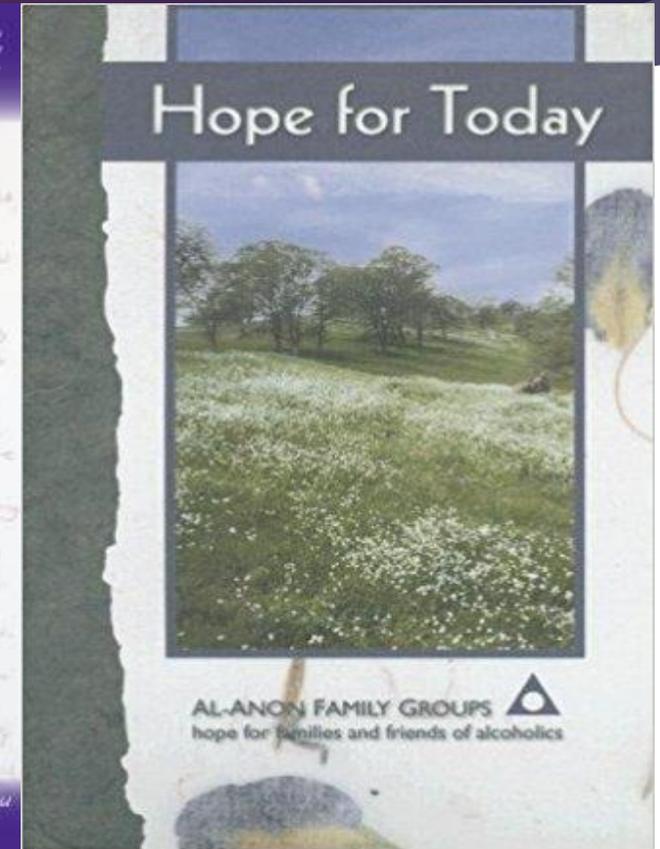
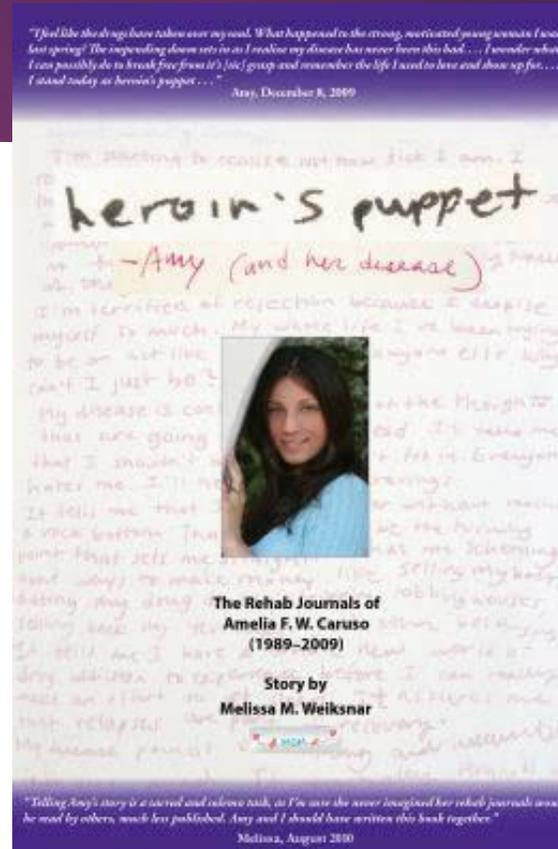
www.facebook.com/HeroinSupport.org



**NEVER
GIVE UP ON
SOMEONE
YOU CAN'T GO A DAY
WITHOUT
THINKING ABOUT**

Good Reads

- ▶ Heroin's Puppet
- ▶ Hope for Today- Alanon Book
- ▶ The New Codependency: Help and Guidance for Today's Generation





hope