

## **SPECIALIZED GROUPS: FAMILY SUPPORT GROUP**

### **TARGET POPULATION**

- Family member(s) / friend(s) of patients who are attending or on the waitlist to attend the Addiction Centre Adult program.
- Group attendees must be at least 16 years of age.

### **GOALS**

- To provide psychosocial education to family member(s) / friend(s) about concurrent disorders.
- To provide an encouraging, safe environment for family member(s) / friend(s) to share their experiences in order to reduce interpersonal stress.
- To provide positive, healthy, and relevant psychosocial strategies to assist family member(s) / friend(s) in effectively supporting their family member / friend who has a concurrent disorder.

### **ACTIVITIES**

- This group is an ongoing group and family member(s) / friend(s) are welcome to attend for six consecutive weeks.
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- Group attendees are encouraged to share and support one another's experiences and challenges in a supportive educational atmosphere.
- Group attendees are provided with topics relevant to the concurrent disorders of their family member / friend, including:
  1. Addiction Centre program & Stages of Change
  2. Basic Facts about Addiction
  3. Concurrent Disorders, including Q&A with one an Addiction Centre consulting physician
  4. Supporting Relationships vs. Enabling Relationships
  5. Communication Skills
  6. Self Care, Self-Help, and other resources

### **OUTCOME**

- Increase positive communication and interactional patterns, reduced familial stress.
- Families/ friends become more involved and connected having the knowledge and skills to interact in a healthy and supportive manner.