**COE Learning Network:** Are We Helping or Hurting? Family Dynamics, Substance Misuse, Addiction & Recovery

**Presenters:** Bill Stauffer

**Date and Time:** 03/22/2023-12:00-1:15 pm

**Location:** Virtual Training (on Zoom)

**Host:** University of Pittsburgh, School of Pharmacy, Program and Evaluation Unit (PERU)

**Target Audience:** Centers of Excellence Leadership and Staff

**Training Objectives:**

* Identify characteristics of “Functional” and “Dysfunctional” behavior and how homeostasis is disrupted when substance use misuse occurs in the family
* Describe the continuum of healthy and unhealthy behavior with families impacted by substance use disorder.
* Identify the roles often assumed within families impacted by substance use disorder.
* Discuss how families can make choices to discuss and address substance misuse as part of the recovery process.

**Agenda:**

1. Introduction
2. Review of Objectives
3. Family Dynamics and Roles
   1. Family Dynamics
      1. Enabling
      2. Importance of the use of words
      3. Drug misuse in families
      4. Functional and Dysfunctional
   2. Roles
      1. Person with Substance Use Disorder
      2. Dependent
      3. Caretaker
      4. Hero
      5. Scapegoat
      6. Clown
      7. Lost Child
4. Important Considerations in Serving Families
   1. Harm Reduction Strategies
   2. Helping Families Understand Addiction and the Right Things to do
5. Role of Peer Support
6. The Use of Storytelling
7. The Peer’s Role with Family
   1. Collaboration
   2. Recovery Plans
   3. Voice and Choice
   4. Principles of Recovery Management
   5. Tools
   6. Motivational Interviewing
      1. 5 principles
      2. 4 Processes
      3. Key Concepts
8. Questions/ Discussion

**Post-Test Questions:**

1. Describe the term “Enable” as it is used in the field of Addiction medicine
   1. To make possible, practical, or easy
   2. A person who facilitates the self-destructive behavior of another person
   3. To prevent, hinder, or impede
   4. A person who joins in the self-destructive behavior of another individual
2. Which of these phrases can be used to define a “Functional” family dynamic?
   1. Embraces mutual respect
   2. Enjoys spending time together
   3. Embraces conflict and disruption
   4. Doesn’t include abuse and neglect
   5. Creates tension and points blame
3. True or False: Another term for a family enabler is also caretaker.
4. True or False: A person with SUD may identify or be identified as a lover, a dependent, and a clown.
5. The process for creating change is driven by what 4 key elements?
   1. Choice, Acceptance, Empathy, Individuality
   2. Partnership, Acceptance, Compassion, Evocation
   3. Resistance, Harm, Isolation, and Blame

**References:**

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