

## Chemical Dependency is a family disease

It's devastating to find out that someone in your family has a chemical dependency problem.

Not only is there the daily challenge of dealing with the addictive behaviors of a loved one, many family members struggle with powerful feelings of guilt, resentment, and anger.

At Unity Chemical Dependency, we offer a variety of counseling, education, and support services to help family members deal with the difficulties that arise when a loved one has an alcohol or drug problem.

Our goal is simple. We strengthen families and help them build healthy bonds so they can make a vital contribution to their loved one's recovery.

## FAMILY COUNSELING

When a loved one enters treatment, family counseling is an important part of the recovery process.

That's why we offer families the option of scheduling individual sessions with our family counselor for guidance and support.

The family counselor can meet with families as often as needed to help members support their loved one's recovery, and rebuild healthy communication techniques and boundaries.

***Please call 585-368-4312 to speak with our family counselor and to get more information for any of our family programs.***

## OVERCOMING CO-DEPENDENCY: A GROUP THERAPY PROGRAM

When one family member starts abusing drugs or alcohol, other family members can become overly involved in an unhealthy way. This often results in a problem called "co-dependency."

Family members who are diagnosed with co-dependency benefit from effective, caring treatment. That's why we offer this specialized group therapy program. The participants become clients of Unity and work with a Unity Chemical Dependency counselor who specializes in overcoming co-dependency.

The counselor will work with each client to develop a treatment plan that helps them:

- Identify their personal needs
- Develop healthy boundaries
- Learn & practice effective new communication skills
- Explore & understand family roles

## FREE FAMILY EDUCATION SEMINAR

Education about the complex issues involved in addiction and recovery can be a big help to families when a loved one develops a chemical dependency problem.

Our family education seminar is a good first step for families who don't know how they can help a loved one who is struggling with addiction. This seminar is free to anyone in the community. You do not need to have a loved one in treatment at Unity to attend.

The seminar lasts four to five weeks and addresses different topics each week to help family members understand:

- Addiction and its impact on the family
- The basic steps involved in chemical dependency treatment
- How recovery impacts the family
- Co-dependency and family roles
- How to deal with family members who resist getting help for a substance abuse problem

## EFFECTIVE INTERVENTIONS

People with chemical dependency problems can be difficult to help because they often resist the idea of getting treatment. They may even refuse to believe that they have a problem.

If someone in your family is resisting treatment, you may want to consider an "intervention" facilitated by a Unity Chemical Dependency expert.

*What's an intervention?* It's a carefully managed, non-threatening process for confronting family members about their alcohol and drug abuse problems and getting them to consider the possibility of treatment.

Interventions also help people with substance abuse problems understand the destructive impact their addiction has on the people they love – and on themselves.

But here's something to keep in mind. You don't always need an intervention to get someone into treatment. So it's a good idea to talk to an experienced family counselor for guidance.



## Helping Families Work Together In Recovery.

Family Programs and Support