



THIS IS WHO WE ARE.



**FACES & VOICES
OF RECOVERY**

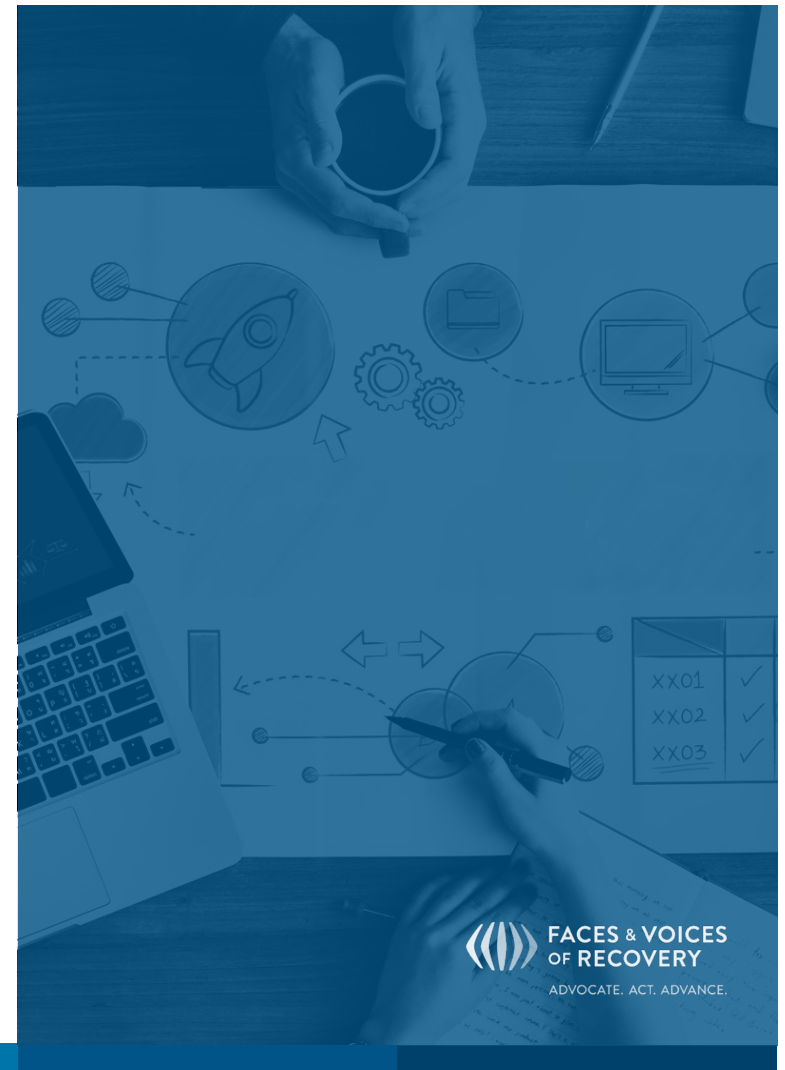
ADVOCATE. ACT. ADVANCE.

FROM TOUGH LOVE TO LOVING WELL

- Engaging Families in Recovery

presented by

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- Shelly Young, Director of Programs, The Chris Atwood Foundation



About Us





What families feel



What families think



What families hear

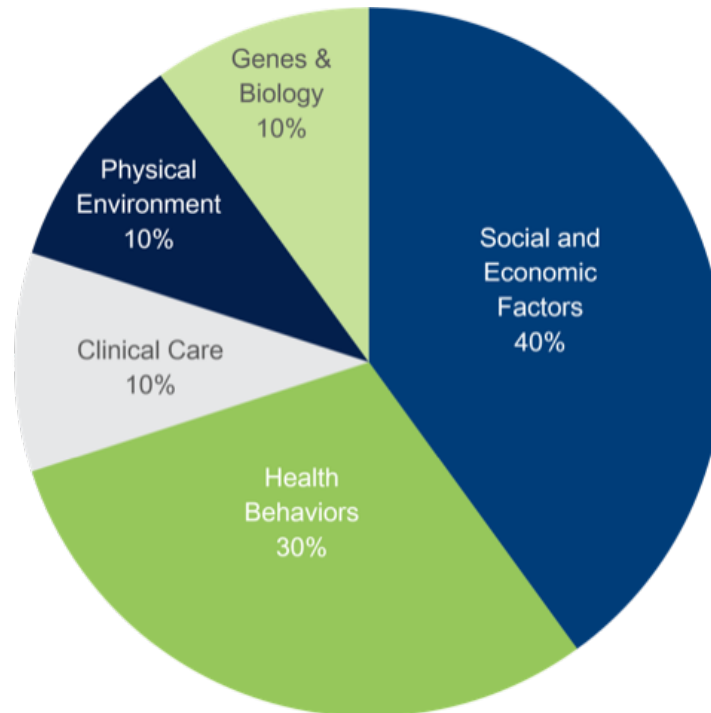


Systems are failing families



FAMILIES MATTER

DETERMINANTS OF HEALTH

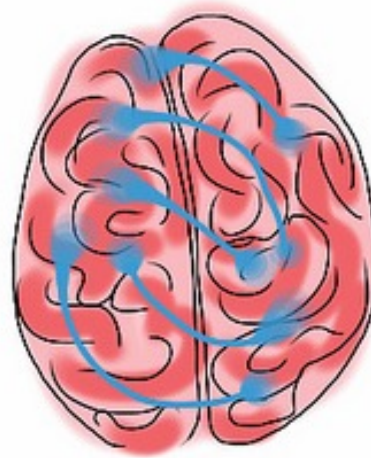


NIDA Study of Arise Comprehensive Care

With family participation

- **83%** engaged in treatment
- **61%** indicated continuous recovery
- **10%** indicated improved health

REGULATE





3 R's



Value Statements





Intention



Love Well



DECONSTRUCT





**The family has to wait until
their loved one “wants it” or
hits “rock bottom”**



Influence Change





**A family has to detach,
disconnect or do
“tough love”**



Connect, nurture and love well



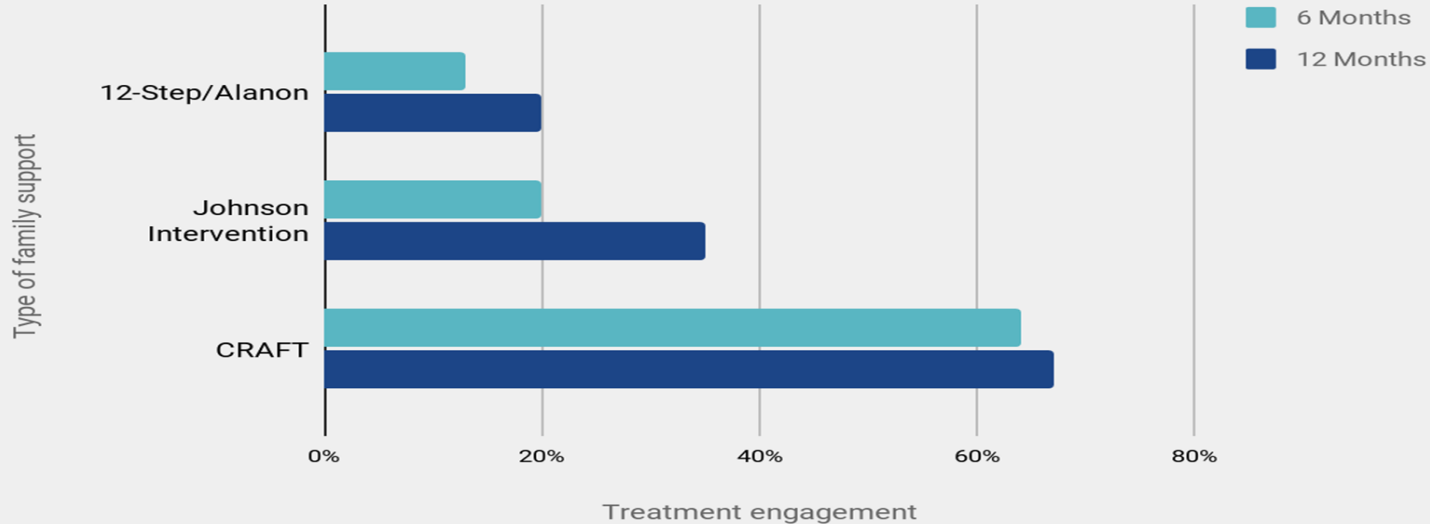
**The family is “powerless”
and
“there is nothing they can do”**



Empower & Equip

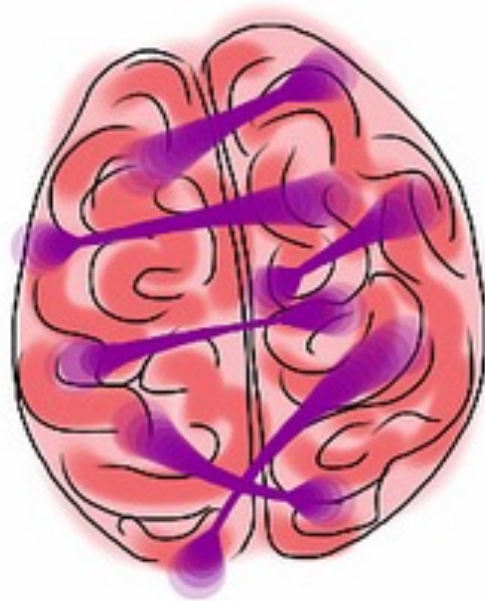
POSITIVE ENGAGEMENT WORKS

Treatment Engagement at 6 months and 12 months



Miller, W. R., Meyer, R. J., & Tonigan, J. S. (1999). Engaging the unmotivated in treatment for alcohol problems: A comparison of three intervention strategies. *Journal of Consulting and Clinical Psychology*, 67(5), 688-697

ENGAGE



Engage in Education

- **Addiction 101**
- **Behaviors make sense**
- **Language**
- **Destigmatization**



Engage in Change

- **Changing the narrative**
- **Stages of Change**
- **Evidence based practices**
- **Harm reduction**



Engage in Recovery

- **Family recovery plan**
- **8 Dimensions of Wellness**
- **Tenets of Loving Well**



FROM TOUGH LOVE TO LOVING WELL

**Regulate the Family System
Deconstruct Beliefs
Engage in Recovery**



Q&A



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Shelly Young shelly@thecaf.org

Completing Evaluations

- Please complete your evaluations in order to receive your CEUs.
- Thank you for joining us!



CITATIONS

Susan Denzer, Forging a National Agenda to Advance Health Care Without Walls, AHIP's National Health Policy Conference, March 13, 2019

Landau-Stanton, Judith (2010) The ARISE Intervention and Continuum of Care: Engaging Substance Abusers and their Families In Treatment and Long-Term Recovery

Miller, W. R., Meyer, R. J., & Tonigan, J. S. (1999). Engaging the unmotivated in treatment for alcohol problems: A comparison of three intervention strategies. *Journal of Consulting and Clinical Psychology*, 67(5), 688-697

Jeffrey Foote, PhD Nicole Kosanke, Carrie Wilkens, PhD, Stephanie Higgs - Beyond Addiction: How Science and Kindness Help People Change

Jeff Foote, PhD, Carrie Wilkens, PhD, - Invitation to Change Model

William R. Miller - Motivational Interviewing

Prochaska and DiClemente 1983 - Stages of Change

Bill Hettler - 8 Dimensions of Wellness



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