



START2STOP

LONDON OUTPATIENT & RESIDENTIAL
ADDICTIONS TREATMENT



Start2Stop & The Mews House Family Support Group

Groups: Currently held online
Time: Wednesdays, 7pm - 8.30pm
Frequency: Weekly
Facilitator: Francis Lickerish

For: Family members whose loved one is in addiction, treatment or recovery

Francis is a respected professional with over 20 years experience working in the fields of adult addiction and family services and has run family programmes for notable treatment centres across the UK. He also runs workshops in schools and colleges on the nature of addiction and how it impacts on, and can be managed in, such systems. He sees addiction as a systemic condition that has its roots in society and history.

At Start2Stop/The Mews House, we are passionate about trying to help and support the loved ones of those in active addiction, treatment, or recovery.

Key research from the USA has consistently shown that family involvement is a key predictor of successful treatment and recovery outcomes. This shouldn't be surprising - both addiction and recovery occur within family systems. But what is surprising is that while so much help and support is available for people in addiction or recovery, relatively little professional support is available to their loved ones. The Start2Stop/The Mews House Family Programme is intended to address this imbalance. It is aimed at individuals who may have been affected by a loved one's emotional ill health, or are now trying to adapt to their relative or partner having entered a recovery process - both of which can be equally challenging to manage.

Subjects to be covered include:

- Boundaries
- How to manage your emotional world
- Identity
- Living with recovery
- Care taking
- Co-dependency
- How to manage the addict
- Self-esteem
- Communication
- Appropriate ways to respond to relapses
- Forgiveness

The focus will be on participant contributions, and the group process will provide solutions to the challenges described - the objective is a positive one.

Group members can attend the programme online at their convenience, or as and when needed. There is no need for weekly attendance.



Francis Lickerish
PGCert, PGDip, CAC

Please contact **Fi Mackenzie**, the Start2Stop/Mews House practice manager, for more details.

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Living with **addiction**

Active addiction will almost certainly have caused suffering and pain to partners, children, and pretty much everyone in the family system.

Do you ever think:

"It's my fault. If I had done things differently this would not be happening."

"It's someone else's fault. If they change then the problem will go away."

"I should be able to fix this."

"I should be able to do this all myself."

"If the person stops using, everything will return to normal/be OK."

It often takes a long time to figure out what the real problem is. When someone is in active addiction, they hide and cover up a great deal and may behave in ways that it is hard for others to understand. They become self-destructive and inconsistent. This is scary to live with, if you care about or depend on them. As a family member, you may start to believe that your mistakes are responsible for a life-threatening condition in someone else. You may start to put a lot of pressure on yourself to 'get it right' or be 'perfect'. This pressure is stressful and debilitating and creates more problems. Families very often blame themselves or others for the addicts' behaviour and don't know who to turn to for help, or what to do.

Living with **recovery**

This can also be very confusing. Although your loved one is now in treatment or recovery, you are still scarred by having lived through their addiction.

You may have felt alone while the person you love was in addiction, and you may continue to feel alone and perhaps abandoned, now that they are in recovery and always out with recovery friends, or at meetings.

Your loved one may have changed immensely, and you are struggling to adapt to the new dynamics within your relationship.

You may still feel hurt and angry from the behaviours you had to live with during the addiction, and are scared that if you own these feelings, your loved one might relapse.

Perhaps your loved one has relapsed, and you don't know what to do for the best.

Perhaps it is very hard to learn to start trusting your relative or partner again, after so many broken promises and betrayals.

If you have any of the above thoughts, then you are not alone. The weekly Start2Stop/The Mews House Family Support Group will offer a safe space in which to educate yourself, get support, and become empowered.

