

# HELP-ME-NETWORK CSP

**TOGETHER WE  
CAN MAKE OUR  
COMMUNITY  
STRONGER!**

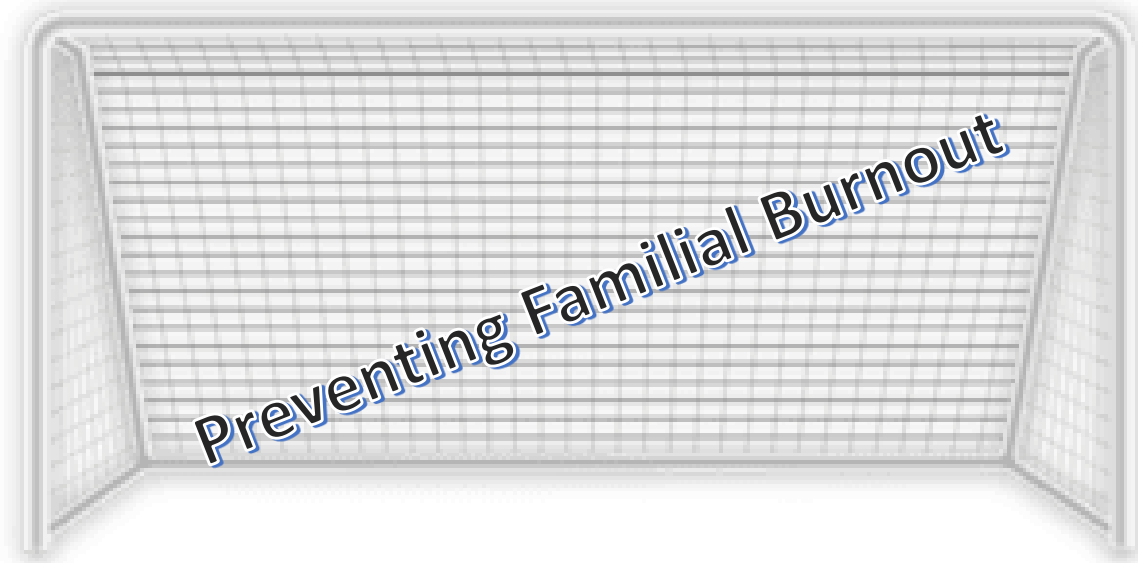
Engaging Families & Significant Others

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# GOALS for intervention with significant others

NOT only about preventing relapse,  
BUT also preserving the family / 'significant other' network



- TREAT ALL significant others as INDIVIDUALS with INDIVIDUAL NEEDS
- Better family functioning
- Increased accountability by user & increased family support with view of assisting recovery process
- Supporting 'healthy detachment' by significant others where relevant

# Understanding users' (and significant others) internal posture

## Versus



**Empower**



**Reduce Guilt & Shame**

## Emphasis

# PROCESS & CONSIDERATIONS for intervention with significant others

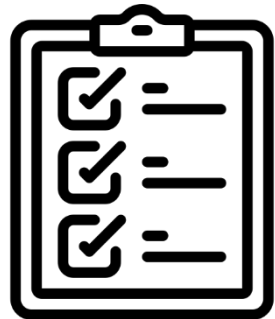
**Assess: Dynamics, Impact & Capacity**

- Family network
- Individuals
- User

**NOT one size fits all approach**



**Determine and foster readiness to change & increase cooperation.**



**Find necessary equilibrium & focus:**

- |   |  |
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| <ul style="list-style-type: none"> <li>▪ Affirming users for recovery efforts made</li> <li>▪ Recognising changes made and those that NEED to be made by USER</li> <li>▪ EDUCATION / INFORMATION SHARING for family around recovery (including understanding that it can get worse before getting better).</li> <li>▪ Encouraging Users 'recovery process' &amp; taking ownership</li> <li>▪ Empowering significant others in setting boundaries with legal, safety and health considerations &amp; reducing guilt where stringent steps are required.</li> </ul> | <ul style="list-style-type: none"> <li>▪ Honesty &amp; Addressing issues</li> <li>▪ Identifying families unhelpful coping mechanisms / patterns that should ALSO change</li> <li>▪ Support, urging self-care and application of coping mechanisms. Including encouraging Support group attendance and addressing Individual therapy needs.</li> <li>▪ Where necessary support 'Healthy loving detachment' by significant others. (Assists in handing over responsibility to USER &amp; dismantling co-dependency &amp; enabling behaviours). Not largely basing life on users recover progress.</li> <li>▪ Love, support, patience – 'rebuilding' of relationships.</li> </ul> |
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**REFEREE / coach - Developing insight & increasing understanding amongst parties**  
**Negotiating areas for change**  
**Establishing agreed structure and boundaries**  
**Deciphering between realistic & unrealistic expectations**



**Agreeing realistic expectations / goals & action tasks that are reviewed**  
**Building accountability**