

WEBVTT

1 "Mack, Kari" (3530262784)

00:00:00.964 --> 00:00:24.409

Yeah, everyone, and thank you for joining us for Cigna's substance use Disorder awareness series. My name is Carrie Mac and along with my co workers Wanda Russell, Jordan, Nielsen, and Stephanie Gissol. We appreciate you joining us here today. We are a team of nurses and behavioral commissions for the substance use disorder team here.

2 "Mack, Kari" (3530262784)

00:00:24.409 --> 00:00:41.850

At Evernorth, which is a part of Cigna. Due to the format of the seminar, you will not be able to ask questions during the presentation, but you are, however able to add questions any time in the Q and A section which is found at the lower right hand corner there of your screen in Webex.

3 "Mack, Kari" (3530262784)

00:00:41.850 --> 00:01:01.850

We're gonna try to address as many questions as we can with the time that permits during the last 15 min of our hour together. Please limit your questions to the seminar topic. If you do have specific questions regarding your substance use disorder treatment or your policy, please contact myself or one of my team members and our contact information.

4 "Mack, Kari" (3530262784)

00:01:01.850 --> 00:01:36.260

Can be found on the last slide of the powerpoint. The powerpoint is gonna be part of the presentation here today in Webex, or you can also click the link that's gonna be found in the chat section near the Q and A section as well to get that powerpoint. Today I have the pleasure of introducing Maria Smith for a webinar on family's anonymous. Maria Smith has been a grateful member of family's Anonymous for over twelve years. She and her husband joined family's anonymous when their daughter entered a rehab facility and the family was advised to get support to better deal with the chaos.

5 "Mack, Kari" (3530262784)

00:01:36.260 --> 00:01:52.710

Surrounding their daughter's addiction. She is all too familiar with the struggles that face families during dealing with substance use disorders. She credits families anonymous with helping her turn her life around from one of despair and hopelessness to one of serenity, fulfillment, and growth.

6 "Mack, Kari" (3530262784)

00:01:52.710 --> 00:02:12.710

Some additional good news by getting professional help and working with the program her daughter has recently achieved achieved ten years

of recovery. Maria has been a member of the family's anonymous world World service board for over eight years holding various positions. She had currently serves as chair. She is here today.

7 "Mack, Kari" (3530262784)

00:02:12.710 --> 00:02:22.026

To share her experience as a family's anonymous member. I will now turn it over to our presenter Maria from Family's Anonymous.

8 "Maria Smith" (2475921664)

00:02:22.026 --> 00:02:41.990

I want to start off by thanking the substance use Disorder Awareness Series team for inviting me to present on behalf of families anonymous. In today's session, I'll introduce you to our organization. I'll touch upon substance use disorder and the impact on the family and review some.

9 "Maria Smith" (2475921664)

00:02:41.990 --> 00:02:54.810

Use the tools and resources available through families anonymous. During the presentation, you may hear me refer to families anonymous as FAA.

10 "Maria Smith" (2475921664)

00:02:54.810 --> 00:03:14.810

Okay, so family's Anonymous is a non profit organization incorporated in California over 50 years ago. We were founded by a group of parents who were looking for ways to deal with the problem of substance use disorder and addiction in their children. We are a fellowship of concerned relative.

11 "Maria Smith" (2475921664)

00:03:14.810 --> 00:03:44.240

Those and friends are facing the reality that problems of someone close to us are seriously affecting our lives and our ability to function. We're a self help fellowship, we're based on an adaptation of the twelve steps and twelve traditions of alcoholic synonymous, which we use with their permission. Where we differ is that the focus of our fellowship is on the family member or friend, not our addicted love.

12 "Maria Smith" (2475921664)

00:03:44.240 --> 00:04:05.150

Loved one. Although were similar to Alanon, which also supports family members, were different and that our loved ones are impacted by a broader range of substances such as opioids, other narcotics or they may simply suffer from behaviors that are similar to those.

13 "Maria Smith" (2475921664)

00:04:05.150 --> 00:04:28.010

Was associated with substance use disorder. Since its start in the early 1970s, Family's Anonymous has become an international fellowship that helps people experiencing the fallout from substance use disorder in their homes and families. Our world service office is located in Des Plaines Illinois.

14 "Maria Smith" (2475921664)
00:04:28.010 --> 00:04:32.969
Noise which is in the Chicago area.

15 "Maria Smith" (2475921664)
00:04:32.969 --> 00:04:52.969
So substance use disorder is a defined medical term according to the diagnostic and statistical manual of mental disorders. A substance use disorder occurs when the recurrent use of alcohol and or drugs causes clinically and functionally significant impairment.

16 "Maria Smith" (2475921664)
00:04:52.969 --> 00:05:21.859
Such as health problems, disability, and failure to meet major responsibilities at work, school or home. It's recognized as a family disease in that it impacts not only the user, but also family and friends. Often family members are in denial or are experiencing a sense of shame and they don't seek the help that they need. They some.

17 "Maria Smith" (2475921664)
00:05:21.859 --> 00:05:29.399
Sometimes see it as a moral failure rather than a disease for which there is help.

18 "Maria Smith" (2475921664)
00:05:29.399 --> 00:05:49.399
Now the good news is there is help. As indicated on this slide, a truly successful and long lasting recovery from substance use disorder is more likely to occur if two things happen. 1st, the person suffering from substance use disorder seeks professional.

19 "Maria Smith" (2475921664)
00:05:49.399 --> 00:06:13.099
Will help to stop the progression of their disease, and secondly and equally important, family members and friends get help for themselves. Now, if Family's Anonymous, we learn that regardless of whether or not our loved ones are ready to stop using drugs and alcohol, there are things.

20 "Maria Smith" (2475921664)
00:06:13.099 --> 00:06:32.369
Things that we can do to avoid standing in the way of their recovery from substance use disorder. Recovery programs are available for our users who are seeking help. Family's Anonymous by contrast was created

for us, the parent, grandparent, spouse.

21 "Maria Smith" (2475921664)

00:06:32.369 --> 00:06:52.369

Sibling or other emotionally involved relative or friend. A family's anonymous is compatible with other twelve step recovery programs. There's a similar language that are used across all these programs. Even in situations where our addicted loved ones.

22 "Maria Smith" (2475921664)

00:06:52.369 --> 00:07:15.709

Refuses to accept help. Changes in family attitudes can influence that person's motivation and set the stage for recovery. We've learned that most of our efforts to control or change the situation were in effect unintentionally enabling. That is, they allowed or encouraged.

23 "Maria Smith" (2475921664)

00:07:15.709 --> 00:07:39.979

Bridged or addicted loved ones to continue their self destructive patterns. We support FA members to begin learning a new way of living and to find some degree of serenity admit the chaos that's created by substance use disorder. E.g., many of us in FA suffer from co dependency and.

24 "Maria Smith" (2475921664)

00:07:39.979 --> 00:07:55.199

Dependencies is defined as excessive, emotional or psychological reliance on another. It's an imbalanced, interpersonal relationship in which one person such as a parent or a spouse.

25 "Maria Smith" (2475921664)

00:07:55.199 --> 00:08:15.199

Allows his or her well being to depend on the well being of another person. In this case, the addicted loved one. Co dependent people exhibit what are called enabling behaviors. These enabling behaviors include such things as denying.

26 "Maria Smith" (2475921664)

00:08:15.199 --> 00:08:37.369

That there's even a problem, paying for rent or giving them a car while they're using, making excuses for them, when they don't met their commitments like showing up for work or school, and sometimes even bailing them out of jail. And there are many other examples of how codependent persons.

27 "Maria Smith" (2475921664)

00:08:37.369 --> 00:08:42.299

Rescue the individual suffering from substance use disorder.

28 "Maria Smith" (2475921664)

00:08:42.299 --> 00:09:02.299

Codependent people often need special help to regain their own lives and find some peace of mind, let go of hyper responsibility and stop making situations worse by enabling other people's self destructive behaviors. A family's anonymous provides.

29 "Maria Smith" (2475921664)

00:09:02.299 --> 00:09:27.569

That's that help? We provide guidance on how you can stay connected to your loved one while not interfering directly in what they do, and how to encourage and support your loved ones positive choices while not getting caught up in their problems or their issues. These are among the critical changes families anonymous members making themselves over time.

30 "Maria Smith" (2475921664)

00:09:27.569 --> 00:09:45.239

As they attend meetings and work the program. Families anonymous meetings provide the basic foundation for the road to recovery from our codependents. The FA program provides ongoing support that complements.

31 "Maria Smith" (2475921664)

00:09:45.239 --> 00:10:00.419

The services that are provided by family counselors and therapists. Okay, so, what happens at FA meetings? The meetings consist of sharing some basic readings during the 1st 10 min.

32 "Maria Smith" (2475921664)

00:10:00.419 --> 00:10:20.419

They are read allowed by different members at each meeting to remind everyone of an important FA principles. The 1st reading is about substance use disorder and it reminds our members that it is a matter of illness. It's not a moral issue, and that we do not.

33 "Maria Smith" (2475921664)

00:10:20.419 --> 00:10:48.499

Close it, we can't cure it, nor can we control the actions and behavior of another individual. The other readings deal with our twelve steps, our traditions, and we also provide some basic guidelines for the conduct of the meeting. My favorite reading, is the last one, and it's called helping. And if you allowed me, I'd like to read it to you because for me.

34 "Maria Smith" (2475921664)

00:10:48.499 --> 00:11:17.039

It summarizes what all of us and families anonymouss are working towards. It encourages us to focus on ourselves and the positive changes that we can make. Okay, so this is helping. My role as helper is not to do things for the people I am trying to help, but to be

things, not to try to control and change their actions, but through understanding and awareness.

35 "Maria Smith" (2475921664)

00:11:17.039 --> 00:11:37.039

To change my reactions. I will change my negatives to positives, fear to faith, contempt for what they do, to respect for the potential within them. Hostility to understanding and manipulation or overprotect.

36 "Maria Smith" (2475921664)

00:11:37.039 --> 00:11:58.939

Protectiveness to release with love, not trying to make them fit a standard or image, but giving them an opportunity to pursue their own destiny regardless of what their choice maybe. I will change my dominance to encouragement, panic to serenity, the inertia of despair to.

37 "Maria Smith" (2475921664)

00:11:58.939 --> 00:12:21.269

The energy of my own personal growth and self justification to self understanding. Self pivoty blocks effective action. The more I indulge in it, the more I feel that the answer to my problems is a change in others and in society, not in myself. Thus I become a hopeless case.

38 "Maria Smith" (2475921664)

00:12:21.269 --> 00:12:37.019

Exhaustion is the result when I use my energy in mulling over the past with regret or in trying to figure ways to escape a future that has yet to arrive. Projecting an image of the future.

39 "Maria Smith" (2475921664)

00:12:37.019 --> 00:12:52.499

I'm anxiously hovering over it for fear that it will or it won't come true, uses all my energy and leaves me unable to live today. Yet living today is the only way to have a life.

40 "Maria Smith" (2475921664)

00:12:52.499 --> 00:13:07.529

I will have NO thought for the future actions of others neither expecting them to be better or worse as time goes on. For in such expectations I am really trying to create or control. I will love.

41 "Maria Smith" (2475921664)

00:13:07.529 --> 00:13:27.529

And let be. All people are always changing. If I try to judge them, I do so only on what I think I know of them, feeling to realize that there is much I do not know. I will give others credit for attempts at progress and for having had many victories.

42 "Maria Smith" (2475921664)

00:13:27.529 --> 00:13:49.399

That are unknown to me. I too am always changing and I can make that change a constructive one if I am willing, I can change myself, others I can only love. So even though I've read that reading hundreds of times.

43 "Maria Smith" (2475921664)

00:13:49.399 --> 00:14:14.869

I always get some additional insight from it, and I look in case you want a copy, they are available on the family's anonymous website. It's under, downloadable materials. So after the basic greetings, members then share their experiences both their successes and failures.

44 "Maria Smith" (2475921664)

00:14:14.869 --> 00:14:34.869

And are supportive of others who might be going through a current crisis. We benefit from knowing that we are not alone and that there is a better way. We recognize the mistakes we all had made while trying to do the best we possibly could. The realization that they.

45 "Maria Smith" (2475921664)

00:14:34.869 --> 00:14:56.359

That we are part of an understanding and loving community, helps us to begin feeling good about ourselves again. Not only does family as anonymous meetings set the stage for our recovery, it could also encourage beneficial changes in other family members, including the addicted loved one, who brought us to this.

46 "Maria Smith" (2475921664)

00:14:56.359 --> 00:15:14.099

Program. Through the meetings, we learn from our shared experiences and wisdom. Meetings are a source of strength, hope and comfort. It's a safe, welcoming place where people come to listen and learn, where they can share their burdens with others who have walked in their shoes.

47 "Maria Smith" (2475921664)

00:15:14.099 --> 00:15:34.099

Meetings usually focus on a specific topic, such as fear, expectations, hopelessness, dealing with anger or anxiety, communication, overprotectiveness, and many many other topics. We also studied.

48 "Maria Smith" (2475921664)

00:15:34.099 --> 00:16:08.449

The twelve steps and the twelve traditions, which are the heart and soul of our program, and from time to time we might invite guest speakers from other twelve step programs or professionals working in

the recovery community. There is NO cost to attend. Family's anonymous is self supported by voluntary donations from within the fellowship and from the sale of our self published recovery literature. So groups typically meet weekly, some meetings are held in person and they use.

49 "Maria Smith" (2475921664)

00:16:08.449 --> 00:16:36.289

Usually take place at a local hospital, a community center, library or behavioral health center. Some of our groups meet virtually using applications like Zoom, and some groups meet in a hybrid fashion, which is a combination of both in person and virtual. Meetings usually last about an hour, although they maybe shorter or longer depending on the.

50 "Maria Smith" (2475921664)

00:16:36.289 --> 00:17:00.289

Groups decision, or the number of attendees. Group members take turns volunteering to lead the meeting. We have an easy to use suggested meeting format that the leader follows. The benefit of leading a meeting is that you get to select a topic that is most meaningful for you or that you may need some additional help with.

51 "Maria Smith" (2475921664)

00:17:00.289 --> 00:17:15.569

We protect the anonymity of our members. Our last names are not revealed at meetings. No member questions or advices other members, even if he or she happens to be a professional in the recovery field.

52 "Maria Smith" (2475921664)

00:17:15.569 --> 00:17:36.619

There is NO formal enrollment. You can attend any meeting that's listed in the directory on our FA website. When you attend a meeting, you are usually invited to join the group's email and phone list. This gives members the opportunity to connect between meetings.

53 "Maria Smith" (2475921664)

00:17:36.619 --> 00:17:59.579

Things. We find this is especially helpful for new members who maybe in crisis and need additional support between the meetings. Calling someone who has had the same experiences as you are now having and who has moved on past those difficulties can help you sort out the details of your own path for recovery.

54 "Maria Smith" (2475921664)

00:17:59.579 --> 00:18:19.579

You can find information about our local in person meetings, online meetings, and, and other helpful information at families anonymous.org. And we always recommend that individuals attend at least six meetings, just to see if this is the right group for you.

55 "Maria Smith" (2475921664)
00:18:19.579 --> 00:18:23.519
So.

56 "Maria Smith" (2475921664)
00:18:23.519 --> 00:18:43.519
So in the US, we currently have about 130 in person, weekly meetings and 85 virtual or hybrid weekly meetings. The in person meeting list is organized by state while the virtual meeting list is organized by day and time.

57 "Maria Smith" (2475921664)
00:18:43.519 --> 00:18:56.939
So with virtual meetings, you can find a meeting that suits your schedule and attend from the comfort of your own home using a mobile phone, a tablet or a computer.

58 "Maria Smith" (2475921664)
00:18:56.939 --> 00:19:15.749
We also have several special meetings such as a Spanish speaking meeting and a bereavement support meeting. These are both virtual meetings. The Spanish speaking meeting is based out of Miami and it occurs every Tuesday at 06:00 P.M. Eastern time.

59 "Maria Smith" (2475921664)
00:19:15.749 --> 00:19:33.029
The bereavement support meeting, that was started a few months ago based on the needs of our fellowship. In the US, they are held once a month on the last Sunday of the month starting at 12:00 p.m.. Eastern Time.

60 "Maria Smith" (2475921664)
00:19:33.029 --> 00:19:53.029
Our next one is scheduled for 28 July. Any of our members who have been believed through addiction, and that could be, doesn't have to be from overdose, suicide, any loss, they, they are welcome to attend and also anyone who's.

61 "Maria Smith" (2475921664)
00:19:53.029 --> 00:20:11.159
Willing to support others who find themselves in those circumstances they're willing to welcome to attend. We've recently even had some individuals from other twelve step recovery programs join us, and so far the feedback has, been very positive.

62 "Maria Smith" (2475921664)
00:20:11.159 --> 00:20:35.689
Okay, I mentioned earlier that we are an international organization. We have national service boards in Italy, Mexico, Portugal, the United Kingdom and Spain. National service boards are established in

countries outside the US.

63 "Maria Smith" (2475921664)

00:20:35.689 --> 00:21:07.439

Whenever the growth of groups creates a need for local administration of the program, and collaboration on business matters such as the translation, sale and distribution of literature. We also have a presence in other countries listed on this slide with approximately a hundred and 75 in person or virtual meetings there. The groups in, those countries are supported by our US office.

64 "Maria Smith" (2475921664)

00:21:07.439 --> 00:21:28.729

So in addition to meetings, we provide many other recovery resources. They are listed on this slide, and they can be accessed, these resources can be accessed via our website at [families anonymous.org](http://familiesanonymous.org). I've already mentioned our in person.

65 "Maria Smith" (2475921664)

00:21:28.729 --> 00:21:45.119

And our online meeting directories, and I'll cover the other resources here such as our newsletter, bookstore, ebrochures, and workshops in more detail in the next few slides.

66 "Maria Smith" (2475921664)

00:21:45.119 --> 00:22:01.589

We have lots of recovery literature that was developed by our community. Some can be downloaded from our website for free and some are for purchase in our e store. Many of them are available in Spanish.

67 "Maria Smith" (2475921664)

00:22:01.589 --> 00:22:17.099

As well as English, and I've highlighted some of the selections on this slide. There are three that I have found to be especially helpful in my personal recovery from co dependency, today a better way.

68 "Maria Smith" (2475921664)

00:22:17.099 --> 00:22:37.099

This is our member written daily thought book. It is fully indexed, so you can search for specific topics such as enabling, letting go with love, dealing with anger, you know, et cetera. It's available both in hard copy.

69 "Maria Smith" (2475921664)

00:22:37.099 --> 00:22:56.759

And as an e book. We also have a brochure on setting boundaries which provides valuable insights on how to protect ourselves in our living environment from the insanity that occurs when living with someone suffering from substance use disorder.

70 "Maria Smith" (2475921664)

00:22:56.759 --> 00:23:17.959

We also have a flip booklet entitled What do I say? It's a collection of suggested responses to use when on the phone with your loved one. Often we don't know what to say. We do know that we don't want to be manipulated or make a situation where.

71 "Maria Smith" (2475921664)

00:23:17.959 --> 00:23:38.219

Feeling at a loss for words or saying something that might cause a situation to escalate, makes us feel vulnerable, angry, afraid, nervous, we feel hopeless, helpless. So this booklet is intended to help you through those situations.

72 "Maria Smith" (2475921664)

00:23:38.219 --> 00:23:59.429

Yeah Families Anonymous also provides a free quarterly newsletter, a call the Serenity messenger. In it, members share their experience, strength, and hope as they work the FA program. It is available as a free download on our website.

73 "Maria Smith" (2475921664)

00:23:59.429 --> 00:24:15.809

If you go to our homepage and scroll to the bottom, there's a place where you can enter your email address to receive families anonymous news, and you'll automatically get a link to the newsletter each time it's published.

74 "Maria Smith" (2475921664)

00:24:15.809 --> 00:24:35.809

Our most recent edition is the summer edition, and it features articles on overdose Awareness Month, which is August. In there, there's an article about a gratitude diary and an article entitled Revelation and Redemption.

75 "Maria Smith" (2475921664)

00:24:35.809 --> 00:24:52.409

And which describes how self examination can help lead us to a better life. So please feel free to go to our website, you can look at back issues, and have, I hope you enjoy reading them.

76 "Maria Smith" (2475921664)

00:24:52.409 --> 00:25:14.989

We also have an area on our website that contains electronic brochures. They're available under the literature tab of our home page. These are free and, and they can be downloaded and printed or they can be forwarded electronically to others via email. They're available in English.

77 "Maria Smith" (2475921664)

00:25:14.989 --> 00:25:36.979

And in Spanish. A few examples of these e brochures are shown on this slide. We have many more. They contain information about families anonymous, and because they're electronic, they also have active links to areas on our website such as our meeting directories, our bookstores.

78 "Maria Smith" (2475921664)

00:25:36.979 --> 00:25:58.499

For the newsletter and other helpful resources. Some of these brochures were created for family members who have a loved one struggling with substance use disorder. They explained the benefits of joining our program and they contain links to the resources that I have previously mentioned.

79 "Maria Smith" (2475921664)

00:25:58.499 --> 00:26:18.089

Other brochures were designed specifically for the professional community who may encounter families dealing with substance use disorder. These professionals include behavioral health specialists, educators, employers, community leaders.

80 "Maria Smith" (2475921664)

00:26:18.089 --> 00:26:38.089

Law enforcement, faith leaders, and other health care providers. They helped to raise awareness of families anonymous, and they also explain key components of our program. Families anonymous, also.

81 "Maria Smith" (2475921664)

00:26:38.089 --> 00:26:58.089

So provides educational workshops which you can attend for free. They're recorded and then placed on our website, so you can access them anytime in case you need, you missed the session and you need help in a certain area. You can find the recordings under the event tab of our homepage.

82 "Maria Smith" (2475921664)

00:26:58.089 --> 00:27:26.929

Depending on the topic, they're led by members or outside experts. Four examples are listed on this slide. We've had several sessions on setting boundaries, which provides help in not only setting appropriate boundaries, but also how to maintain them, which is often the most difficult part. We also provided sessions on how to deal with holiday situations. We know that family.

83 "Maria Smith" (2475921664)

00:27:26.929 --> 00:27:46.929

The gathering gatherings and holiday events can be tough, but there are things that we can do to help us navigate those occasions that

often bring added stress to our family's recovery. At our most recent holiday session, two of our more seasoned veterans of family recovery shared their.

84 "Maria Smith" (2475921664)
00:27:46.929 --> 00:28:01.499

Family gathering experiences and offered ideas for dealing with our emotions and they provided encouragement for the attendees own journey through their next family event.

85 "Maria Smith" (2475921664)
00:28:01.499 --> 00:28:17.129

We have another session, that, provided an introduction to borderline personality disorder and emotion dysregulation. It was led by members of the National Education Alliance for Borderline personality disorder.

86 "Maria Smith" (2475921664)
00:28:17.129 --> 00:28:37.129

Many individuals suffering from substance use disorder also struggle with other mental illnesses such as this one. The presentation gave an overview of borderline personality disorder, attendees were given coping strategies, NO matter what the diagnosis for dealing with.

87 "Maria Smith" (2475921664)
00:28:37.129 --> 00:28:47.279

With the family member that struggles with regulating their emotions that can lead to angry outbursts and other difficult behaviors.

88 "Maria Smith" (2475921664)
00:28:47.279 --> 00:29:07.279

We held a session on the topic of creating personal balance and achieving emotional freedom. It was geared for those of us who struggle with letting go of worry or resentment or regret. It was led by an outside speaker who offered practical solutions for getting.

89 "Maria Smith" (2475921664)
00:29:07.279 --> 00:29:31.909

Bringing our feedback under us and moving towards emotional freedom. Again, these are just a sample of educational sessions and recordings we offer, and I hope it gives you a flavor of what you'll find in this area of our website. I want to point out that if you sign up for our newsletter, you'll also get announcements of upcoming workshops and then links.

90 "Maria Smith" (2475921664)
00:29:31.909 --> 00:29:41.699

To the recordings of the workshops once they're available on the website after the event.

91 "Maria Smith" (2475921664)

00:29:41.699 --> 00:30:01.699

The last tool that I'll share with you today, is our presence on social media. You can find us on Facebook, Instagram, and youtube at family's Anonymous official. In addition to announcements of upcoming educational workshops.

92 "Maria Smith" (2475921664)

00:30:01.699 --> 00:30:21.749

Jobs or new literature pieces. You'll find personal stories where members share their experience, strength and hope and their recovery journeys. Through these social media sites, we want to not only raise awareness of our organization, but we want to help destigmatize.

93 "Maria Smith" (2475921664)

00:30:21.749 --> 00:30:38.549

The disease of addiction and let friends and loved ones know that there is a supportive community out there. I'll hope you'll follow like and share the information that you find there and help us spread the word about families anonymous.

94 "Maria Smith" (2475921664)

00:30:38.549 --> 00:31:00.359

Okay, so in closing, I'd like to thank you for attending today's session. Please visit our website. If someone you love is suffering from substance use disorder, I invite you to attend one of our meetings.

95 "Maria Smith" (2475921664)

00:31:00.359 --> 00:31:18.569

I have personally found families anonymous to be a safe haven, where members can share their problems with others who understand. Before joining families anonymous, I was a huge enabler. I found it hard to say NO to my daughter.

96 "Maria Smith" (2475921664)

00:31:18.569 --> 00:31:34.139

As a mother, I thought I needed to do everything I possibly could to save her, you know, fix up her messes. This meant responding to Franktack calls at midnight to pick her up in some remote parking lot.

97 "Maria Smith" (2475921664)

00:31:34.139 --> 00:31:49.739

Paying her unpaid bills, buying her things to make her life more bearable or at least I thought that's what I was doing. But in reality, I was destroying herself esteem.

98 "Maria Smith" (2475921664)

00:31:49.739 --> 00:32:06.689

By not giving her the dignity to solve her own problems of living and

learn from her mistakes, when you do too much for someone, the message you are giving is that they are incapable. Each time I enabled, I was making the problem worse.

99 "Maria Smith" (2475921664)
00:32:06.689 --> 00:32:26.099

A finding FA and attending my 1st meeting was the turning point that helped our family. Eventually, I was able to find joy and life again, and my daughter made the decision to seek recovery. I'm grateful that she has now been clean and Sober for over ten years.

100 "Maria Smith" (2475921664)
00:32:26.099 --> 00:32:43.439

We both have lives that I didn't think were possible twelve years ago. Over time she has made amends with her two brothers who at one point wanted absolutely nothing to do with her. So this truly feels like a miracle.

101 "Maria Smith" (2475921664)
00:32:43.439 --> 00:33:03.439

I know that relapse is not uncommon, but because of FA, I have a community and a toolbox that I know will help me. I NO longer live in fear of tomorrow. I'm grateful for what we have today, and I have learned that living too.

102 "Maria Smith" (2475921664)
00:33:03.439 --> 00:33:21.329

Day is the only way to have a life. Not everyone with substance use disorder is able to find recovery, but all family members friends impacted by this disease deserve a lifeworth living. At family's anonymous.

103 "Maria Smith" (2475921664)
00:33:21.329 --> 00:33:41.329

The details of our personal stories may differ, but our feelings and heartbreak are the same. In families anonymous, we want to recognize the roles we play in our families and how these roles aggravate our situations, making them more. We learn how to.

104 "Maria Smith" (2475921664)
00:33:41.329 --> 00:33:48.119

Change ourselves, and in doing so, we achieve serenity in spite of chaos.

105 "Maria Smith" (2475921664)
00:33:48.119 --> 00:34:08.119

Now if you're a healthcare professional, please refer your clients to us. We're here to help support the valuable work that you are doing in the recovery community. Families anonymous can help fill the gap and available professional resources and help families come to grips with

the insidious.

106 "Maria Smith" (2475921664)

00:34:08.119 --> 00:34:30.169

Nature of substance use disorder. Families anonymous helps members and friends see their roles in perpetuating this family disease and understand the ways that they contribute to their own and their loved one's recoveries. Now we're here to help. If you'd like to start an in person group in your area.

107 "Maria Smith" (2475921664)

00:34:30.169 --> 00:35:03.649

There are resources that our service office can provide to get you started. You, there are people that you can call if you have questions. In fact, you can reach out to me personally at Maria S at family's anonymous.org if you have any questions. Again, thank you for allowing me to share my personal story and my experience in being part of the family's anonymous fellowship. It is been a pleasure to be with you here today and remember you are not.

108 "Maria Smith" (2475921664)

00:35:03.649 --> 00:35:07.423

Up alone. So thank you.

109 "Nielsen, Jordan" (4196614400)

00:35:07.423 --> 00:35:24.619

Thank you so much Maria, and thank you for sharing part of your story and all of this amazing information. We're gonna take some time to do some questions and answer. You can continue to submit your questions if you have any, we will answer as many as we have time.

110 "Nielsen, Jordan" (4196614400)

00:35:24.619 --> 00:35:47.301

For. So just kind of to go off of what you were just telling us around your story and, you know, attending your 1st FA meeting, what made you ultimately decide to attend that 1st FA meeting? Taking that 1st step can definitely be scary. So if you don't mind just telling us a little bit about that 1st step to go to that 1st meeting.

111 "Maria Smith" (2475921664)

00:35:47.301 --> 00:36:04.609

Sure, not at all. My daughter had just entered a facility, and, we had a meeting with the family counselor there. In fact, our relationship, my daughter's relationship with me.

112 "Maria Smith" (2475921664)

00:36:04.609 --> 00:36:24.609

She was so toxic. I was such a bad enabler. One of the things they made us do is they said, you guys are not gonna communicate with each other for six months. She's gonna be here. She's gonna focus on

herself. You need to focus on yourself. And one of the things that you need to do is you need to find a family's anonymous meeting near.

113 "Maria Smith" (2475921664)

00:36:24.609 --> 00:36:46.639

You and you need to go. So I tend to be a very compliant person. I went, and I have to tell you the 1st time I walked into that meeting, I felt such a relief. I found people who were like me there. I have to tell you, I 1st.

114 "Maria Smith" (2475921664)

00:36:46.639 --> 00:37:12.119

1st thought, I walked into the wrong place because the people there, they're laughing, they're smiling, and I'm thinking these people aren't going through what I'm going through, but as the meeting went on, I heard they were also caring. I, again, I just felt such immediate relief and I have been going ever since.

115 "Maria Smith" (2475921664)

00:37:12.119 --> 00:37:32.119

It was interesting. My husband's reaction was a little different. He was kind of angry because he was like, oh, you're not telling me what to do to help my, my daughter. What's this? You know, there's nothing wrong with me. What are you telling me to focus on myself, you know, for, but, and his anger came through, someone came up to him and said, you seem.

116 "Maria Smith" (2475921664)

00:37:32.119 --> 00:37:50.228

Like a really angry person, but eventually, you know, he also found tremendous help from attending. So that was my 1st experience. I was kind of told you have to go, but I am so grateful that they said that.

117 "Nielsen, Jordan" (4196614400)

00:37:50.228 --> 00:38:07.261

Awesome. You talked a little bit about codependency and even your relationship with your daughter and so how does FA assist family members to understand that by discontinuing the enabling behaviors? That doesn't mean that you love your loved one anywhere.

118 "Maria Smith" (2475921664)

00:38:07.261 --> 00:38:26.599

Right, we don't. In fact, someone said, someone said to me, you know, what does love have to do? And of course you love your daughter. You don't have to love the disease. You don't have to reinforce those negative behaviors as a result of that disease. So the way we get.

119 "Maria Smith" (2475921664)

00:38:26.599 --> 00:38:46.599

Hope is, again, people share their experiences. So, I had heard how

someone, you know, was giving their child money because the child said, oh, I need food, I haven't been eating. But what happened was they were actually.

120 "Maria Smith" (2475921664)

00:38:46.599 --> 00:39:03.060

Using that money, on drugs. So it's, you learn through hearing similar experiences through the meetings. Again, people don't give you advice, they're not gonna tell you, hey, you have to stop doing that, that's bad. People share.

121 "Maria Smith" (2475921664)

00:39:03.060 --> 00:39:23.060

Their experiences, and we also have, again, lots of material in our literature that talk about that. So, some people, you know, want to learn by reading some, you know, discussing, and there's always the opportunity to talk.

122 "Maria Smith" (2475921664)

00:39:23.060 --> 00:39:48.870

To other members. So e.g., when I went to a meeting, there were a group of women that are really related to. They also had daughters, they seem very similar. And so I would talk to them one on one, you know, after the meetings, they supported me and sometimes they would point out some of the things that I was doing and they were saying, hey, do you, do you really think that worked? Was that helpful for you?

123 "Maria Smith" (2475921664)

00:39:48.870 --> 00:40:06.519

So, you know, there are, there are multiple ways that you can learn about co dependency, how that impacts you and the negative impact that it has on, your loved one.

124 "Nielsen, Jordan" (4196614400)

00:40:06.519 --> 00:40:30.152

Thank you. I think you mentioned a little bit about sponsorship, but this person just had some more questions about the encouragement that SA has for outside support of, you know, sponsorshipship or mentorship and this idea that someone who's been there done that might kind of be key when you're trying to set those boundaries especially initially.

125 "Maria Smith" (2475921664)

00:40:30.152 --> 00:40:57.570

Yes, sponsorship is an extremely important part of our program, and, you know, it's similar like other twelve step programs as you attend a meeting when you really connect with someone, you know, there's that opportunity to ask them if they will be your sponsor. It's interesting that, now since the pandemic, a lot of our groups have gone virtually.

126 "Maria Smith" (2475921664)

00:40:57.570 --> 00:41:17.570

Right, and so we find that there is a need for virtual sponsors. In fact, some people who attend an in person meeting sometimes feel uncomfortable asking someone within their immediate community, especially early on, to be a sponsor.

127 "Maria Smith" (2475921664)

00:41:17.570 --> 00:41:38.810

So, we are, starting a program where we ask for volunteers from people across, actually across the globe, who's willing to be a virtual sponsor for someone and we're trying to match people that way. Some people just feel more comfortable opening up, you know, telling their.

128 "Maria Smith" (2475921664)

00:41:38.810 --> 00:41:50.716

Darkest, stories to someone who isn't immediately in their, you know, community or their vicinity. So we want to help with that.

129 "Nielsen, Jordan" (4196614400)

00:41:50.716 --> 00:42:01.911

That makes a lot of sense and actually a really good segue into our next question. What are some tips that you would have to find a group that would fit, you know, your needs or somebody's needs best?

130 "Maria Smith" (2475921664)

00:42:01.911 --> 00:42:21.450

Yeah, you know, it depends if you're, some people really like the in person meeting, so certainly if there is one in your community, I would suggest that you go there 1st. I know early on in my recovery, sometimes it was great just to get a hug from someone.

131 "Maria Smith" (2475921664)

00:42:21.450 --> 00:42:41.450

But now that we have so many virtual meetings, you can just scroll down our directory and if you find one that, you know, meets your schedule, you know, give it a try. Attend a couple of them. You know, groups, different groups are made out made up of.

132 "Maria Smith" (2475921664)

00:42:41.450 --> 00:43:09.110

Different people. Some of them have a slightly different feel to them. As I mentioned, we always suggest you attend six just to see if that's really the group that you want because different people lead different meetings, someone may have led a meeting and it maybe didn't work for you, but maybe the next few will. But if not, we have so many virtual groups. You can call in, you will be welcomed and you.

133 "Maria Smith" (2475921664)

00:43:09.110 --> 00:43:23.091

You could see if you click, you know, with those individuals, I I feel fairly confident that you'll be able to find, people will be able to find a group that, that works for them.

134 "Nielsen, Jordan" (4196614400)

00:43:23.091 --> 00:43:33.391

Thank you. And then how is FA and like Alan on different? And can you attend both of those meetings at the same time?

135 "Maria Smith" (2475921664)

00:43:33.391 --> 00:43:53.150

Yeah, absolutely. I have several friends who are in FA and they also attend Alanon. We, you know, it's interesting I mentioned our bereavement support group. We do have people actually from Naron who attended our, our.

136 "Maria Smith" (2475921664)

00:43:53.150 --> 00:44:13.150

Support group, they heard about it from a friend and they're certainly welcomed. We all speak the same language, and, you know, it's like within FA, sometimes one particular group doesn't fit for you. You want to try another one, and if that doesn't work, certainly try, you know, another community.

137 "Maria Smith" (2475921664)

00:44:13.150 --> 00:44:36.960

Such as Alan I have a lot of respect for those other groups and again we're similar in terms of following the twelve steps, the twelve traditions, and providing that community support. One of the things that someone told me who had gone to another twelve step recovery was what she liked about families anonymous was our literature.

138 "Maria Smith" (2475921664)

00:44:36.960 --> 00:44:58.493

She found that it resonated more with her. So you might want to check that out, but certainly I think the important thing for someone is to seek that help, NO matter with what group it is until you find something that, that you feel comfortable going to.

139 "Nielsen, Jordan" (4196614400)

00:44:58.493 --> 00:45:14.230

Kind of answered this but maybe you have more to elaborate, but what is maybe one piece of advice that you would share with the parent who is supporting a child or a loved one in an addiction, active addiction that's maybe hesitant about joining an FA group?

140 "Maria Smith" (2475921664)

00:45:14.230 --> 00:45:33.920

You know, you can't do it alone. I'm one of these people who loves to help other people, right? That's what enablers do. They love to help

other people, but I always hesitated asking for help myself, and I'm not sure why, I know that I think maybe I would feel less of myself.

141 "Maria Smith" (2475921664)

00:45:33.920 --> 00:46:04.340

If I did that, and I can't tell you how good it was to have, to meet people who have walked in your shoes who are willing to provide that helps for you. You don't realize it at the time. Again, as I mentioned, there's a sense of shame. You think oh my god, I'm to blame that my child, you know, has this disease, it's my faults, I'm not a good parents, I'm not a good partner, I'm not a good spouse, and that's not.

142 "Maria Smith" (2475921664)

00:46:04.340 --> 00:46:25.740

That's not the truth at all and you need to hear someone else say that. And in fact I was surprised some of my dearest friends right now have, been those people I have met through families anonymous. I was shocked, you know, I thought.

143 "Maria Smith" (2475921664)

00:46:25.740 --> 00:46:42.840

You know, it, it changed I became less judgmental. I used to think, you know, I I would see people, you know, addicts, you know, on the street and I would be judgmental and think, oh, you know, they're from a broken family etc. And it wasn't until I started experiencing.

144 "Maria Smith" (2475921664)

00:46:42.840 --> 00:46:57.990

That disease within my own family that I'd learned to be, and, and coming to FA I learned to be less judgmental cause I was very hard on myself, I was judging myself thinking, oh, I'm that bad mother, you know.

145 "Maria Smith" (2475921664)

00:46:57.990 --> 00:47:16.176

So, it's so important to reach out. You cannot do it alone. If you try to do it alone, you may make it worse. So, my advice is, don't hesitate to reach out. That is, I think step one.

146 "Maria Smith" (2475921664)

00:47:27.894 --> 00:47:39.240

Absolutely. I think, that may even helped with my daughter's recovery, the fact that she knew I was going to a program.

147 "Maria Smith" (2475921664)

00:47:39.240 --> 00:47:59.240

That I, you know, that I cared about myself. I think it gave her the lesson, to learn that you need to care about yourself. You have to take care of yourself. You need to get support. And again, we speak

the same language about recovery because we've both been through twelve step re.

148 "Maria Smith" (2475921664)

00:47:59.240 --> 00:48:24.690

Recovery programs, and, she's aware that I'm very involved in FA and I think she's, you know, kind of proud that I do that. So yes, I'm very open with people that I meet, I let them know that I volunteer for this wonderful organization that has helped me and encourage others to find out more about it.

149 "Nielsen, Jordan" (4196614400)

00:48:26.837 --> 00:48:46.830

Well, thank you so much. That was our last question and thank you again for all of this wonderful information and telling us your story. For those of you that are attending, there is a five question survey on the side panel. We just kindly ask that you take a few moments to fill this out. We just want to keep our seminars relevant to you.

150 "Nielsen, Jordan" (4196614400)

00:48:46.830 --> 00:49:05.304

And once you've completed that, thank you again for everyone who has joined us today for the substance use awareness series and we hope that you have a great rest of your day.