

# RECOVERY

Beyond addiction.

## Recovery 2.0 Resource Guide For Families

### **...and All Loved Ones of Someone Struggling With Addiction**

The purpose of this is to provide basic guidelines in a family's approach to a loved one struggling with addiction.

#### **SEEK PROFESSIONALHELP**

If you learn that a loved one may be struggling with drugs, alcohol or another addiction, the very first thing to do is to seek professional help in the form of an addiction counselor, therapist or medical doctor. Everyone dealing with addiction either directly or indirectly will fare better with support of friends, family, community and professional guidance. Addiction is a very strong force. It is unwise to go at this alone.

#### **CHECK OUT AL-ANON (Also see 12 Step Fellowship list below)**

Al-Anon is a 12 Step program for people who have a loved one who is struggling with addiction of some kind. In this fellowship you can find so much helpful information from people who have come through exactly what you are facing. I strongly encourage you to check out an Al-Anon meeting in your city or town.

#### **WHAT IS LIFE-THREATENING? WHEN DO YOU NEED MEDICAL SUPPORT?**

- Mixing benzodiazepines with alcohol is very dangerous. These include: Valium, Xanax, Klonopin, Ativan, and Ambien. If a person is addicted to this mixture, they **MUST** have medical supervision to detox off of it.
- Alcohol detox can also be life-threatening in severe cases. A person who needs to detox off of alcohol will also need medical supervision.
- Please note: If someone you encounter is passed out from drugs or alcohol, call 911 immediately and get them to a hospital. Some people never wake up. Better safe than sorry. Make the call.
- Drinking or using drugs and driving is life-threatening to you and to others. If you find a loved one engaging in this behavior, it is time for some kind of intervention because this is unacceptable, dangerous behavior.
- Oxycontin, Percocet, Vicodin, Morphine, Demerol and Heroin are all opiates. There is an opioid epidemic in the United States right now. You need to know that if someone you know is addicted to heroin they will likely need medical supervision to ease severe detox symptoms and treatment to help them recover.

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- Methamphetamine (Meth) and Cocaine are highly addictive drugs, which cause a variety of side effects including psychosis in severe cases. Getting off of these drugs is difficult and is rarely done without treatment.

## **WORKING WITH YOUR INSURANCE COMPANY**

Use your insurance benefits wherever possible. Detox and addiction treatment are very expensive. If you need to help someone get to a detox or treatment facility, you can start by calling the number on the back of your insurance card. Explain the situation to the customer service rep and you will be transferred to a care advocate for your insurance company. They will do an assessment and give a series of options. It's helpful to know that insurance companies will not pay for detox off of opiates or meth (non-lethal detoxes) unless there is a mental health issue such as being a danger to oneself or others or some form of psychosis.

## **COMMUNICATE WITH COMPASSION, BUT HAVE A PLAN**

Try to speak with your loved one directly about it. Try not to criminalize them or shame them. You want to build a bridge and be helpful if they are willing to receive your help. Making them feel bad about their behavior usually removes you from being helpful to them now and perhaps in the future as well.

However, being a pushover will not be helpful either and if things have gotten bad, the situation may be beyond normal communication. Setting clear boundaries and knowing how you will respond if certain situations come to pass will help you to avoid emotional outbursts. Don't support addictive, destructive, self-harming behavior. And again, seek professional help in the form of a therapist, interventionist, addiction counselor, etc.

## **BE ON THE SAME PAGE WITH YOUR PARTNER OR FAMILY**

It is very important to have a united front when approaching someone caught in addiction. Having more than one message can undermine your attempts to be useful.

## **TAKE CARE OF YOURSELF**

Remember that the situation at hand is rendered more difficult if you are stressed out and run ragged. Take care of your needs and remember H-A-L-T. Being hungry, angry, lonely and tired are signs that you need to address some of the basics. If you stay balanced all will go much better. Also, remember our suggestion above about going to Al-Anon.

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## **DO NOT GIVE MONEY TO SOMEONE WHO IS STRUGGLING WITH ADDICTION**

This is a general rule and I cannot stress it enough. If your loved one is caught in addiction the money you give them will only enable them to continue the addictive behavior and lifestyle. This is a trap that many parents fall into.

## **PARENTS, YOU HAVE SOME LEGAL POWER UNTIL YOUR KIDS TURN 18**

Exercising that power in the right way is a difficult thing to do. That's why our first suggestion is seek professional help. If your kid is in trouble you can force them into drug and alcohol treatment. While some people believe that a person has to want to change in order to change, sometimes sending someone to a well-vetted rehab facility can be very positive.

## **12-STEP FELLOWSHIPS**

The 12-Step fellowships offer the most widespread solution for people seeking recovery from addiction. Here is the contact information for several of the primary ones. If you are looking for something you cannot find here, simply Google the 12 Step program of your choice in your hometown and you will find it.

The process is easy to follow: Find and attend a meeting. Connect with others who are overcoming or have overcome similar issues you are facing. Find a sponsor. Work through the 12 Steps. Recover and begin to build an extraordinary life.

- **Alcoholics Anonymous:** [www.aa.org](http://www.aa.org)
- **Narcotics Anonymous:** [www.na.org](http://www.na.org)
- **Overeaters Anonymous:** [www.oa.org](http://www.oa.org)
- **Sex and Love Addicts Anonymous:** [www.slaafws.org](http://www.slaafws.org)
- **Al-Anon:** (offering support for friends and families of people who struggle with addictions) [www.al-anon.alateen.org](http://www.al-anon.alateen.org)
- **CoDependents Anonymous:** (offering support for people who are seeking healthy relationships) [www.coda.org](http://www.coda.org)
- **Adult Children of Alcoholics:** (supporting people who grew up in alcoholic or otherwise dysfunctional homes) [www.adultchildren.org](http://www.adultchildren.org)
- **Gamblers Anonymous:** [www.gamblersanonymous.org/ga](http://www.gamblersanonymous.org/ga)

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- **Debtors Anonymous:** (Supporting people who habitually and addictively end up in debt) [www.debtorsanonymous.org](http://www.debtorsanonymous.org)

## ALTERNATIVE RECOVERY PROGRAMS

**The Yoga of 12-Step Recovery (Y12SR)** ([www.y12sr.com](http://www.y12sr.com)) Nikki Myers' Yoga of 12-Step Recovery combines the practice of yoga with the 12-Steps. Y12SR offers an integrated approach to recovery, which includes universal 12-Step meetings (meaning all addictions are welcome in the same meeting) followed by a yoga practice. This format of meeting is catching on like wildfire. There are over 100 Y12SR meetings currently that regularly meet across the U.S. I believe we will soon see Y12SR meetings everywhere across the country. Nikki offers 2 regular trainings—the Intensive and the Leadership Training—to teach people how to use the 12 Steps, yoga and meditation together in the treatment of addictions of all kinds. This is an outstanding resource. If it calls to you take advantage of it right away.

**Refuge Recovery and Against the Stream** ([www.againstthestream.org](http://www.againstthestream.org) and [www.refugerecovery.org](http://www.refugerecovery.org)) Noah Levine's Refuge Recovery offers a non-theistic, Buddhist approach to Recovery. "Refuge Recovery is a community of people who are using the practices of mindfulness, compassion, forgiveness and generosity to heal the pain and suffering that addiction has caused in our lives and the lives of our loved ones. The path of practice that we follow is called the Four Truths of Refuge Recovery."<sup>1</sup> Noah offers something powerful and community-based that works and is growing. This is a much-needed resource for atheists and agnostics as well as anyone who simply prefers to follow the teachings of Buddha as their path of recovery. There are regular Refuge Recovery meetings in Los Angeles, which are very well attended by a growing community of people who are split 50-50 between people who also practice the 12-Steps and those whose recovery path is based solely on Buddhist practice and meditation. Also check out Against The Stream, which is the Buddhist teaching that Noah and other teachers are doing. Very powerful and uplifting.

**SMART Recovery** ([www.smartrecovery.org](http://www.smartrecovery.org)) While I have no direct experience with SMART Recovery, I feel compelled to include it here because it offers a popular alternative to the 12-Step path. The fact that it stresses self-reliance and self-empowerment, makes it markedly different from the 12-Step approach. I have heard good things, though about their program, so in the spirit of "there is no one way," SMART recovery appears to have provided a solution for some people.

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## **ON LINE RECOVERY**

**InTheRooms.com** ([www.intherooms.com](http://www.intherooms.com)) InTheRooms.com (ITR) is an online social network for people in recovery and also their families. I consider it to be one of the greatest uses of technology there is. As I am writing this, they have over 307,000 members who share their experience, strength, and hope with each other through live, interactive video meetings, personal profiles, direct messaging, and participation in a variety of recovery-related groups. I think it is important to get out to meetings and connect with people as much as you can, but I also see the immense value that ITR provides. If you are housebound, infirmed, sick, tired, nervous about connecting face-to-face, or enjoy having a meeting from home, ITR has you covered. Another amazing perk to online meetings is to connect in real time with an international contingency of people in recovery from addiction. It is the coolest thing to “attend” an ITR meeting and hear from people from all over the world. Every Tuesday night at 10pm EST, I host a live show/meeting on ITR called The Recovery 2.0 Power Hour. I have guests on my show from Recovery 2.0 Conferences and we cover a variety of topics all relating to thriving in life as a recovering person. It is one of my most coveted hours of the week and I encourage you to come join us.

## **Recovery 2.0 Resources for Your Life and Recovery**

With acute addiction scenarios where people are caught in it badly, the above set of guidelines can prove helpful. For people who are on a path of recovery and want to thrive in their life, I want to offer up the best ways of connecting with our work at Recovery 2.0.

If you are looking for something that is not here and that you cannot find, please feel free to drop me an email at [info@recovery2point0.com](mailto:info@recovery2point0.com).

## **CONNECTING WITH TOMMY ROSEN AND RECOVERY 2.0**

**My Websites:** [tommyrosen.com](http://tommyrosen.com) and [thriveinrecovery.com](http://thriveinrecovery.com)

**Recovery 2.0 Website:** [recovery2point0.com](http://recovery2point0.com)

**Recovery 2.0 Retreats and Workshops:** [recovery2point0.com/retreats](http://recovery2point0.com/retreats)

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**Recovery 2.0 DVDs:** The two DVDs in my Yoga, Addiction, Recovery series, *Strong Body, Calm Mind* and *Full Body Tune-Up*, are available for purchase on my website at [tommyrosen.com/yoga/store](http://tommyrosen.com/yoga/store).

**Recovery 2.0 Power Hour on InTheRooms.com:** InTheRooms.com Every Tuesday evening of the year at 10 P.M. EST join me live (often with guests) for an interactive hour of recovery and yoga philosophy, sharing and community.

**YouTube:** [www.youtube.com/user/tommyrosen](http://www.youtube.com/user/tommyrosen)

**Facebook:**

- **Tommy Rosen:** [www.facebook.com/tommyrosen31](http://www.facebook.com/tommyrosen31)
- **Tommy Rosen Yoga:** [www.facebook.com/TommyRosenOfficial](http://www.facebook.com/TommyRosenOfficial)
- **Recovery 2.0:** [www.facebook.com/Recovery2point0](http://www.facebook.com/Recovery2point0)

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