



# Make waves

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COMMUNITY EDUCATION DAY



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THE SILENCE.**

Lindner Center  
of HOPE

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# The Challenging Balance of Being a Loved One of a Person with a Substance Use Disorder

**Peter White, MA, LPCC, LICDC**  
*Addictions Counselor*

# Key Points

- **Chronic crisis is common for loved ones of people with substance use disorders.**
- **Reactivity or inactivity is a frequent response.**
- **There is a range of responses that can be helpful.**
- **These responses build skills and strike a balance between intervention and disengagement.**
- **Self care is a core skill, and self care usually involves a journey of acceptance, grief and hope.**

# Living with Chronic Crisis

**When addiction is in the home common problems include:**

- **Disrupted relationships**
- **Loss of predictable roles and routines**
- **Decay of communication**
- **Disruption of social life and household stability**
- **Excessive secrecy, loss, and fear**
- **Increased risk of violence and abuse**

# Moving from Crisis to Balance

**Loved ones often feel trapped in choices with risky outcomes at best:**

- Demand the person quit
- Disengage if they don't quit
- Continue to make unwanted adjustments or compromises if they don't quit

# Acceptance, Grief, Hope

It is painful to accept that Substance Use Disorders are chronic conditions, and therefore our responses need to be both effective and enduring.

- The Bad News: Substance Use Disorders have no cure
- The Good News: Recovery remains immediately and continually available

# Building a Balance

**We can build our skills to stay healthy and intervene:**

- **Help our love ones get motivated for recovery**
- **Become partners who see the issues accurately**
- **Learn how to make sobriety rewarding**
- **Improve our communication, even when angry**
- **Learn, specifically, how to access treatment**
- **Expand our own lives with safety and happiness**

# Acceptance, Grief, Hope

- **Acceptance of the ongoing presence of a Substance Use Disorder impacting the home comes with the grief of the loss of living a life without a destructive chronic condition.**
- **We work to honor our losses and ‘Change the Dream’ to build and grow in the satisfaction of recovery.**



# Acceptance, Grief, Hope

## **Self Care is the compassionate response:**

- **It can help repair the damage of current or past substance use.**
- **It can lower the impact of any future substance use.**
- **Self-care may seem selfish, but it is the most effective way to care for your loved one and everyone else in your life.**

# Resources

- SMART Recovery Family and Friends  
<https://www.smartrecovery.org/family/>
- Greater Cincinnati Al-Anon  
<https://cincinnati afg.org/>
- Addiction Services Council  
<https://addictionservicescouncil.org/>