

FGTA's Coping Kit

From Grief
to Action:
When
Addiction
Hits Home



ISBN # 0-9732423-1-0

Third edition

Copyright © 2012 from Grief to Action,
Association of Families and Friends of Drug Users

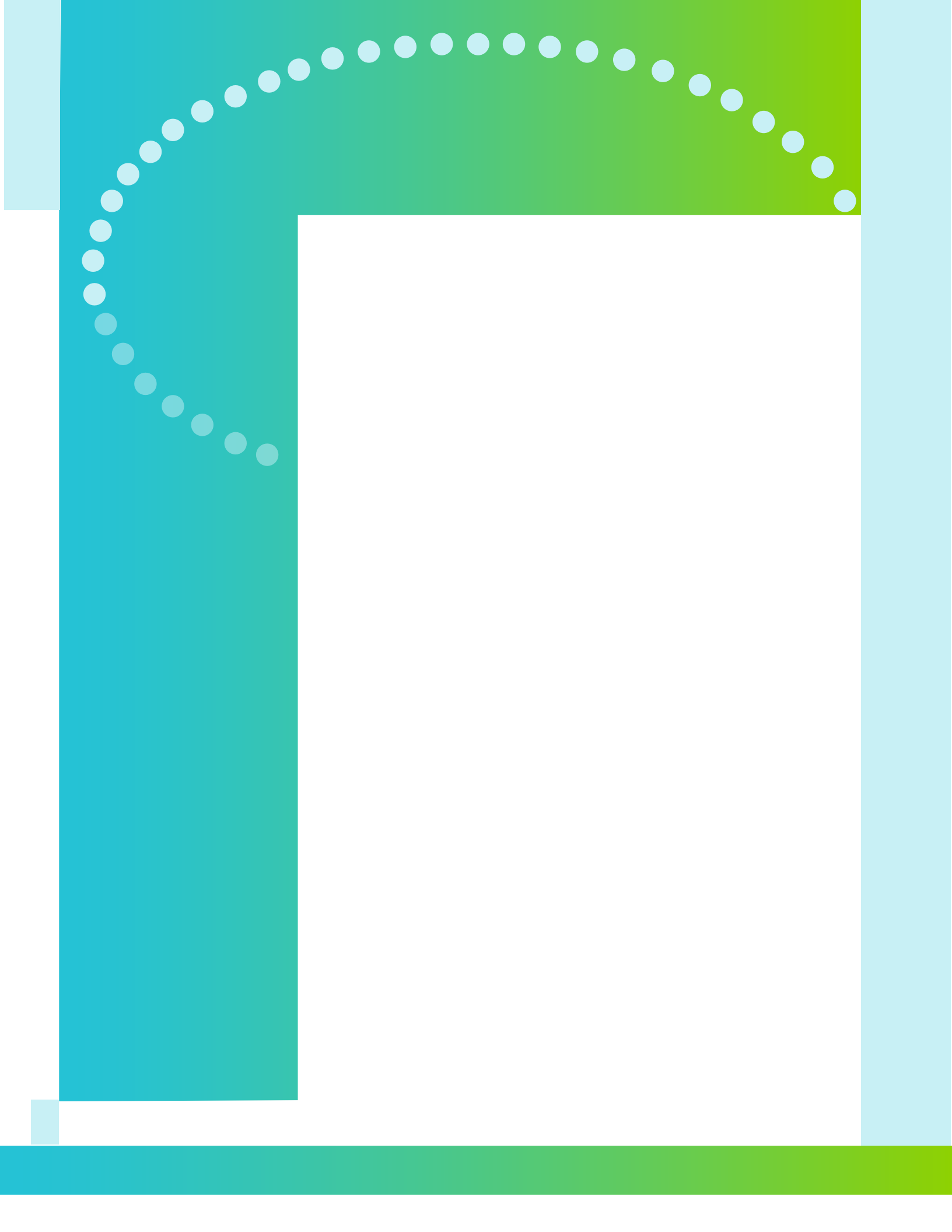
For copyright permission, contact the FGTA Board of Directors
c/o St. Mary's Kerrisdale Church
2490 West 37th Avenue
Vancouver, Canada
V6M 1P5

FGTA is a not-for-profit society working to improve the lives
of addicted youth and their families and friends.



Contents

Acknowledgments	2
Introduction	3
About Drugs and Your Child	4
Why Your Child Might Use Drugs	9
This Can't Be Happening...	12
Communication	14
You Can Minimize the Harm	16
Supporting versus Enabling	18
Finding Help	20
Taking Care of Yourself	25
Life on the Street	27
Dealing with the Criminal Justice System	28
Supporting Someone through Detox	36
Addiction and Recovery	40
After They Go Straight	43
Last Words of Advice	45
Drugs and Alcohol at a Glance	47



Acknowledgments

From Grief to Action is grateful to the Government of British Columbia, the United Way of the Lower Mainland, the Christmas Family Ball Society and the Moffat Family Foundation for funding the creation and first printing of this Coping Kit.

It is our hope that this resource will prove beneficial to many BC families struggling with the problems associated with addiction.

We also thank the many professionals working in this field for their ongoing understanding and support, especially Tony Trimmingham of Family Drug Support (New South Wales, Australia), who produced a similar guide which gave us inspiration.

Most of all we thank those who are using their own experience to assist others struggling with their drug- related family issues and who have so generously shared their hard-earned wisdom and experience in the development of this coping kit for British Columbia.

Funding sources for the Coping Kit

2006-2007

Ministry of Community Development, Government of British Columbia; The United Way of the Lower Mainland; The Christmas Family Ball Society; The Moffat Family Foundation; Driving to Make a Difference

2012



Introduction

When FGTA's founding members first got together, it was for mutual support. Were we in some way responsible for our children's drug use, abuse, and addiction? What could we do to help them? And what could we do to help ourselves?

After much soul searching, research, and consultation with professionals working in the field, we decided to take action to help our own families, as well as other families facing similar challenges.

Equipped with information and effective support, families can and do develop management and coping skills which enable them to face those challenges head on and to rebuild and strengthen family relationships.

The road to recovery may be long and arduous, with many unexpected twists and turns, but with enough information and support, families can work their way through to a brighter future.

Who this kit is for

This resource kit focuses on questions, issues and practical problems faced by parents or guardians of drug users. Whether you have a child who is just beginning to experiment with drugs or one who has developed a dependency, this kit should be of value to you.

Partners, grandparents, friends and siblings of young persons with an addiction disorder, or at risk of a disorder, should also find it helpful.

How to use this kit

This kit is designed to be absorbed in short, manageable chunks. The headings are self-explanatory, providing a brief road map to issues commonly faced by family members dealing with addiction.

Because individual circumstances influence the complex or difficult problems associated with drug use, the kit does not pretend to provide definitive answers to these problems. Instead, it offers a summary of ideas and information which has proved helpful to families with drug-using members.

As you use this kit, bear in mind that when it comes to drugs and their impacts, information varies widely, and can be conflicting. FGTA recommends seeking advice from qualified professionals before embarking on a plan of action.