

# Inviting Change: Supporting recovery when someone you love uses substances

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# Territorial Acknowledgement



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# Our goals together:

- ▶ How can I support recovery if a loved one is using substances?
  - ▶ Science-based options

\*Much of material today is based on principles of Community Reinforcement and Family Training, Invitation to Change Approach, and Motivational Interviewing.



# The experience of many support people:

Blame  
Must Should Have to  
Just do it like this or else  
No hope if you don't do it this way  
Why can't you see that you need to do it  
To save their life you must      You should  
You just need to The secret is      Do this  
Fault Responsible Don't care  
Blame Judgement Stigma  
You're sick You're sicker  
This is urgent You can't  
Why can't you You have to  
You have got to If you don't  
Don't you understand that if you  
You are responsible for them You can  
You must You have to You need to do this  
Just do this It's simple you have to just do this  
Please let them Why can't you see You are to blame  
If you don't then The only way change happens is if You need  
If you really love them you will You Have got to Shouldn't you By now you must  
You need You've got to Why don't you If you were stronger you would A caring parent would  
You Should You Must You Ought to You Have to You need to You Must You have got to You have to You need to  
If only you would do You have to You want to It is essential It is imperative Don't you realize what will happen if you don't



# Agenda

- ▶ Why is behavior change so hard?
- ▶ What are some options to support change?
- ▶ What are free or low cost resources to find out more?



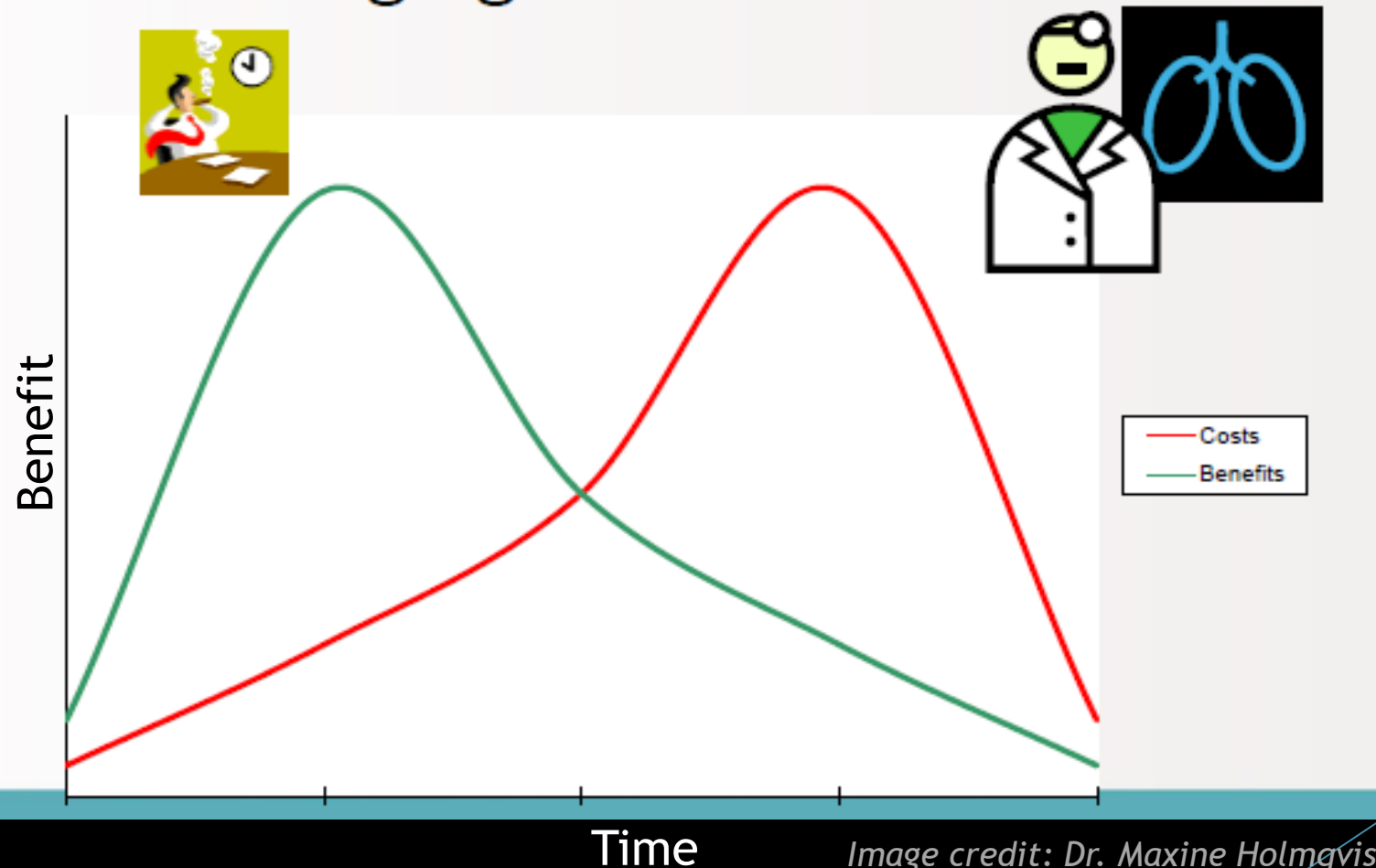
# Why is change hard? Why don't we do the “healthy option”?

- Often, “healthy behavior” is *abnormal* behavior
- Behavior is influenced by:
  - Environment
  - Social factors
  - Individual factors



# Why is change hard?: *Importance of Reward*

## Health Damaging Behaviours

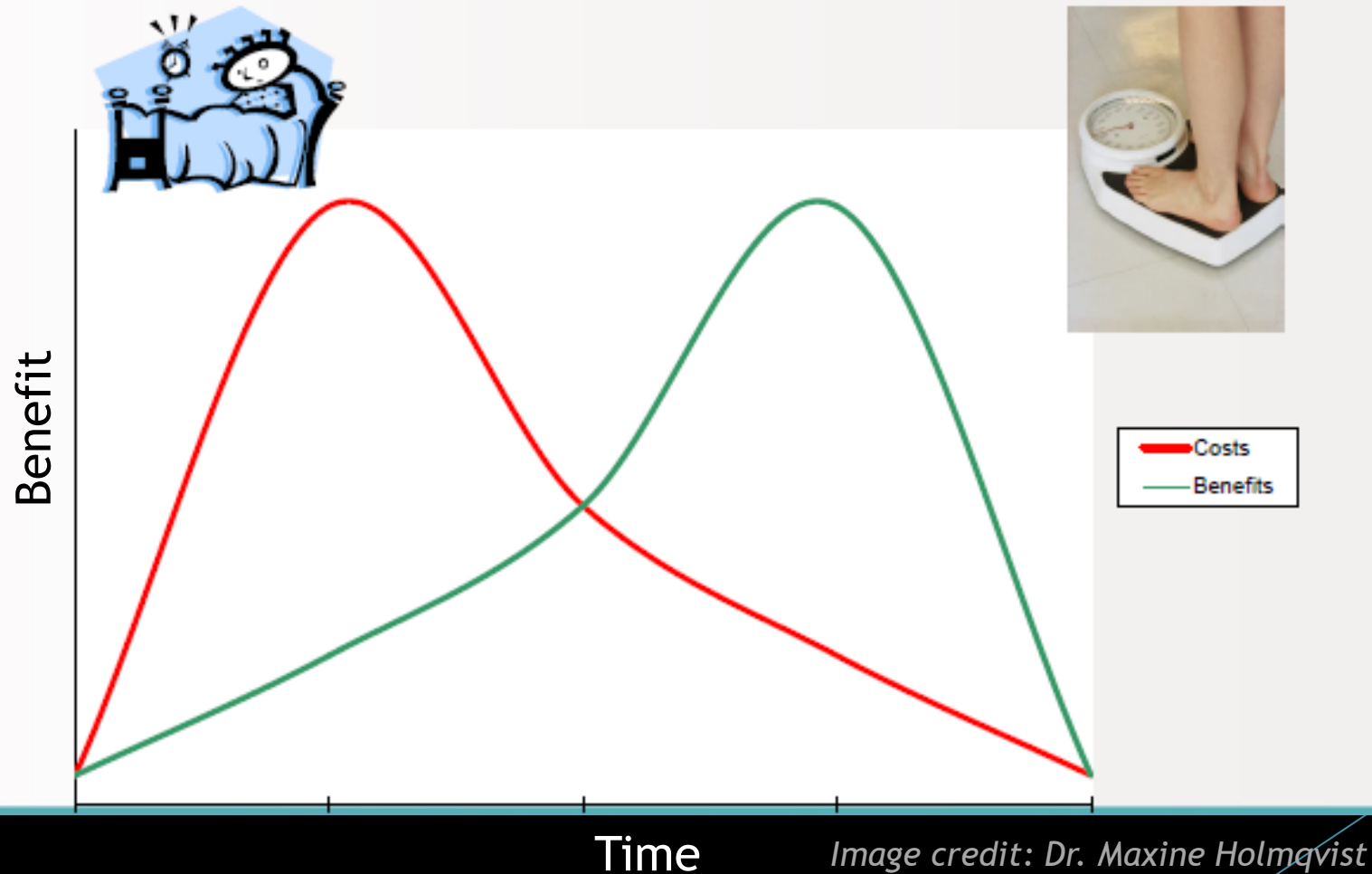


- ▶ Health damaging behaviors often have immediate rewards and costs are delayed



# Why is change hard?: *Importance of Reward*

## Health Protective Behaviours



- ▶ Health protective behaviors often have a later reward, and costs are early





# Behaviors make sense

Are you interested in:		
Forgetting your worries, problems	Being sociable	Expanding your awareness
Feeling less depressed	Fitting in with others	Losing/maintain weight
Feeling less emotions (numb out)	Being included	Help focusing/concentrating
Feeling more emotions (less flat)	Feeling like you're part of something	Help getting to sleep
Lessening physical pain	Feeling like you're fun and interesting	Help staying awake
Taking away your boredom	Feeling more self-confident	Facing the day
Have more fun	To celebrate	Trying new experiences
Feeling excited	Getting more energy	Being more creative



# Individual Factors

- ▶ Attitudes, beliefs, biases
- ▶ Competing demands and resources
- ▶ Self-efficacy



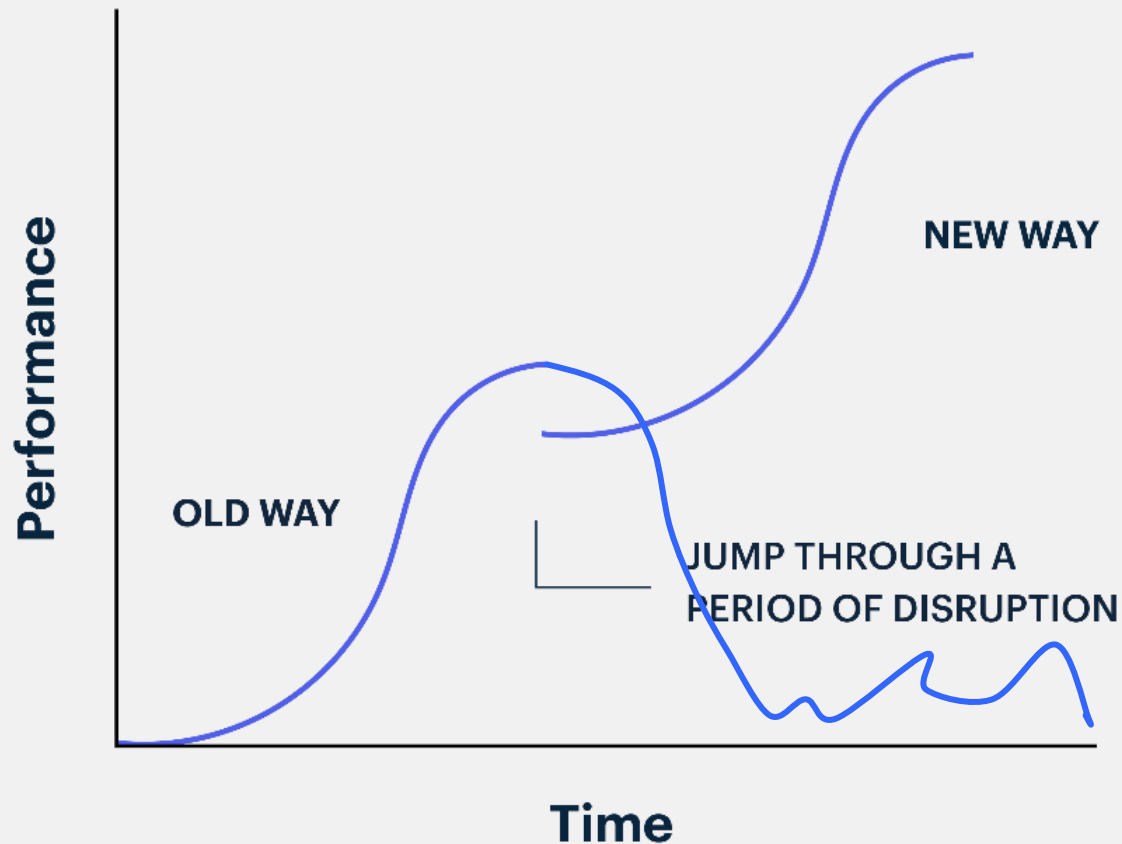
# Think of a change you have been wanting to make:

- ▶ How long have you been thinking about this change?
- ▶ Have you taken steps towards this change?
- ▶ How consistent have you been in achieving these steps?
- ▶ Does this change come and go from your mind or is it constant? What influences it?



# Making Changes

How people think  
change happens



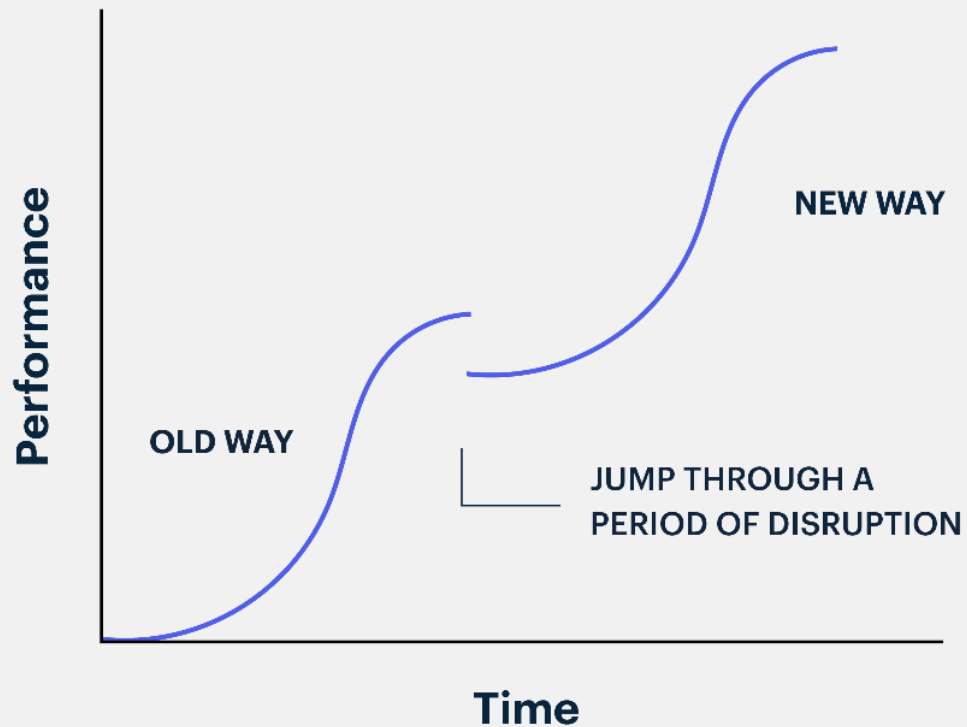
- ▶ Change journey is not straight line



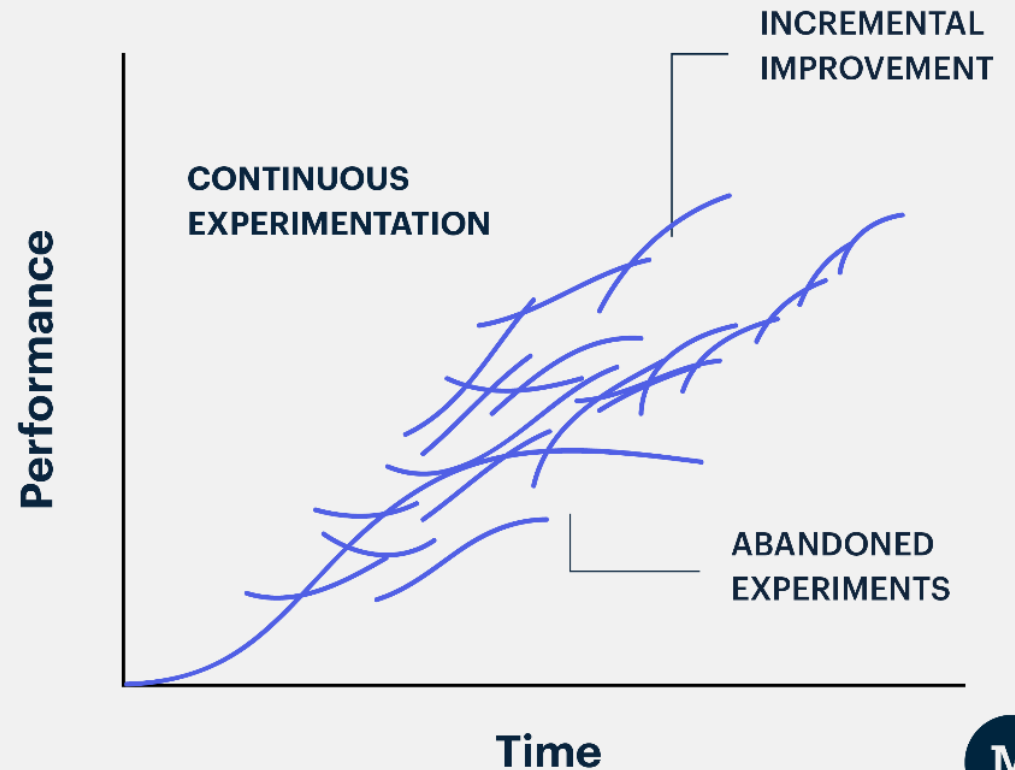
# Making Changes

- ▶ Change journey is not a straight line

How people think change happens



How change really happens



# Ambivalence is normal, to be expected

- Ambivalence
- Developing ambivalence is a step towards change
- Most common place to get stuck on 'road to change' is ambivalence



# The challenge in supporting people to make changes

- ▶ **Helpers want to help!**
  - ▶ Our natural tendency as helpers to argue for change can backfire- make change LESS likely
  - ▶ “Righting reflex”

Miller & Rollnick, 2013



# AMBIVALENCE

Sustain

Change

Autonomy





# Combating the “righting reflex” & other barriers to change

- ▶ Recognize that people engage in behavior for important reasons
  - ▶ Environmental, Social, Individual factors
  - ▶ Ambivalence is part of change
  - ▶ Reasons and influencers are unique to an individual



Image credit: Flaticon.com



# Combatting the “righting reflex” & other barriers to change

- ▶ Instead of persuasion, other communication options:
  - ▶ Listening and reflecting:
    - ▶ Simply listening can give the other person room to say what they are thinking and feeling
    - ▶ Can help your loved one feel safer
    - ▶ Can reduce stigma and shame
    - ▶ Increases connection, collaboration, hope



# Combating the “righting reflex” & other barriers to change

- ▶ Ask-Offer-Ask Method (AKA the Information Sandwich)
  - ▶ If you have information or suggestions you really want to share



*Image credit: Flaticon.com*



# If you have to give advice or information:

“People don’t care what you know until they know that you care”

- Theodore Roosevelt

- ▶ Mirror back your understanding in your own words
  - ▶ You may “get it”- but do they know that you “get it”?



# Ask-Offer-Ask method for sharing information



Step	Examples
ASK permission	<ul style="list-style-type: none"><li>• <i>Would it be okay if I offered a suggestion?</i></li><li>• <i>Can I ask a question?</i></li><li>• <i>Can I share some concerns I have about this plan?</i></li></ul>



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ASK how it landed	<ul style="list-style-type: none"><li>• <i>What do you think about that?</i></li><li>• <i>How does that sit with you?</i></li><li>• <i>I'm not sure I said that clearly....</i></li></ul>



# One more tool option :

- ▶ Self compassion



*Image credit: Arupin/Adobe Stock*





# Self Compassion

## Common Ideas & Reactions

- ▶ “My kid comes first. I’ll take care of myself once I get them into treatment.”
- ▶ “I don’t even want to see friends anymore.”
- ▶ “I can’t control myself, I keep crying and feel so weak.”
- ▶ “I can’t imagine what other people think.”
- ▶ “If only I had . . .” or “If only I had not . . .”



# And yet.....



Image credit: Teerawut Bunsom/Shutterstock



Image credit: TelTechInsight



# Self compassion

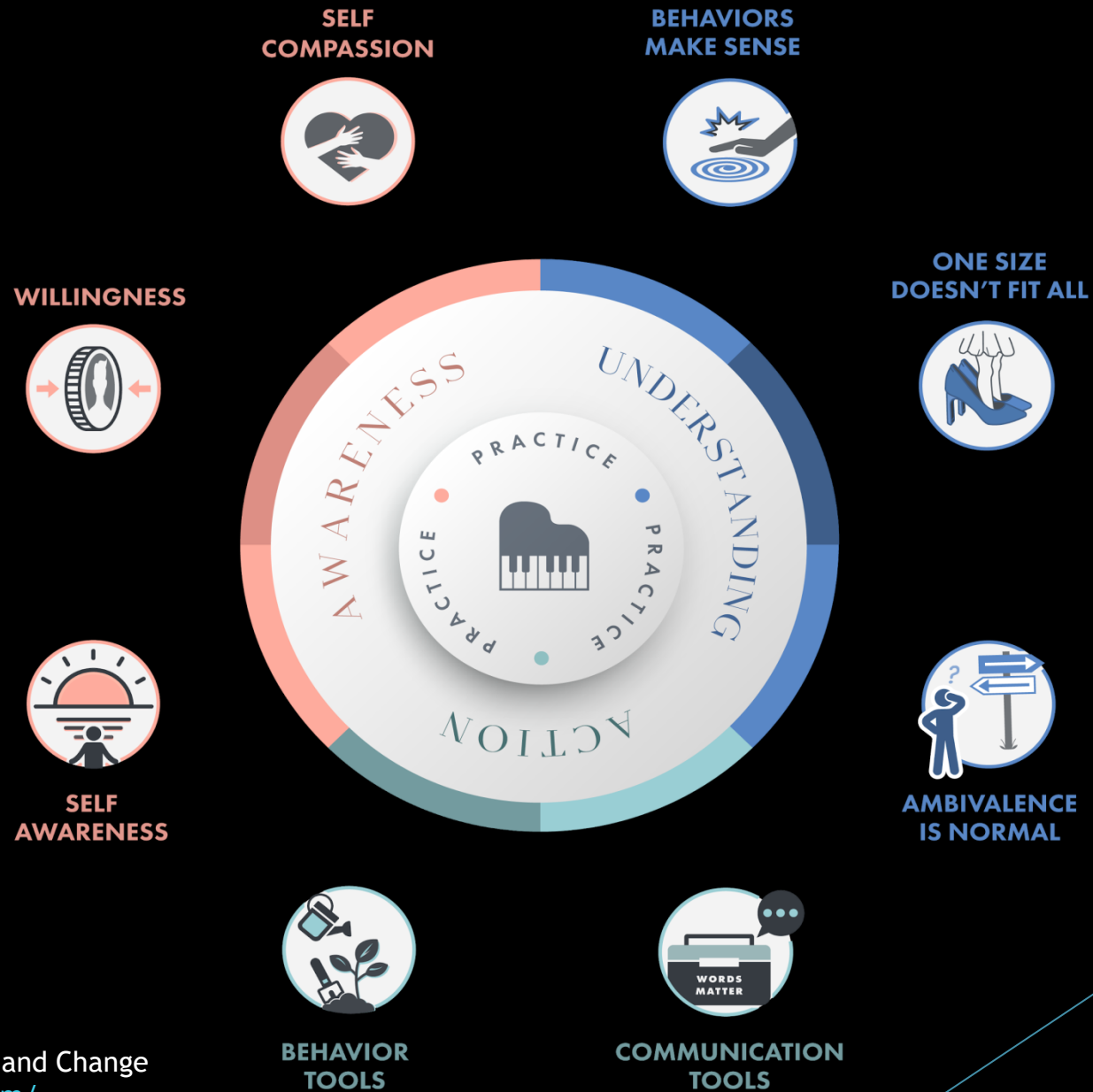
- ▶ It is tactical
- ▶ More than just “self-care”
- ▶ It is acknowledging your own experience and approaching it with kindness



*Image credit: Ponomariova\_Maria/Getty Images*



# Option: Invitation to Change Approach



# The Invitation to Change (ITC) Approach

Evidence-based concepts and strategies employed in the ITC:

- ▶ Community Reinforcement and Family Training (CRAFT)
- ▶ Motivational Interviewing (MI)
- ▶ Acceptance and Commitment Therapy (ACT)

The ITC Approach: “Science and Kindness”

- ▶ A compassionate approach for encouraging change, drawing on evidence-based principles and practices of behavior change



# Resources

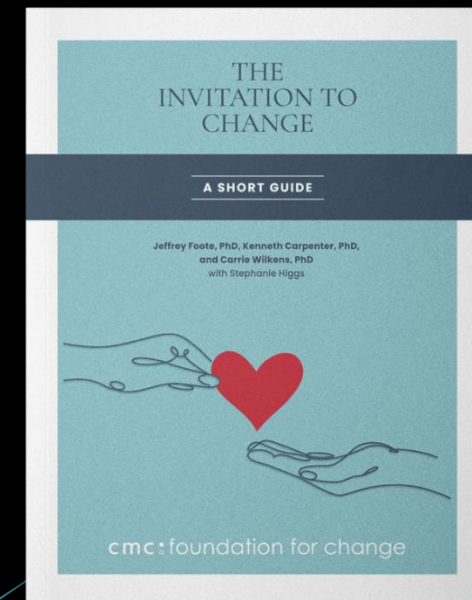
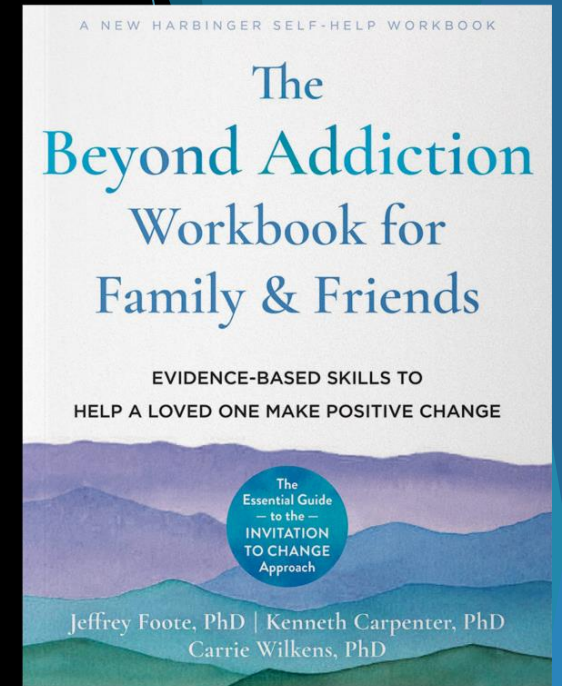
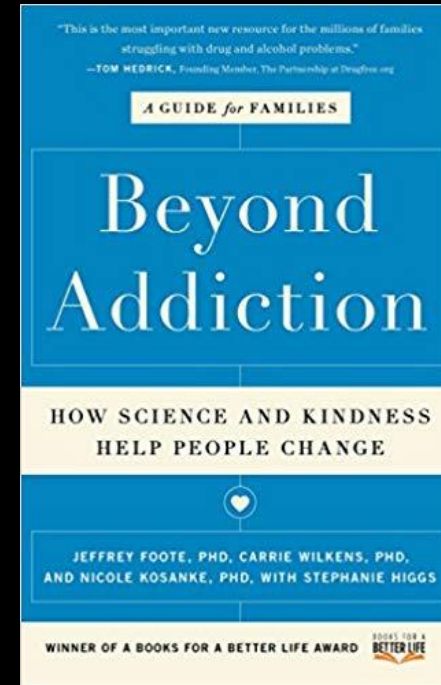
- ▶ Centre for Motivation and Change

- ▶ [www.motivationandchange.com](http://www.motivationandchange.com)



- ▶ <https://the20minuteguide.com/>

- ▶ <https://invitationtochange.com/pages/free-chapters>



# Resources

- ▶ [HelpingFamiliesHelp.com](https://www.HelpingFamiliesHelp.com)
  - ▶ CRAFT resources
    - ▶ HFH Blog posts
    - ▶ Group listings
    - ▶ Provider Directory



# Resources

- ▶ Recovery Research Institute
  - ▶ <https://www.recoveryanswers.org>

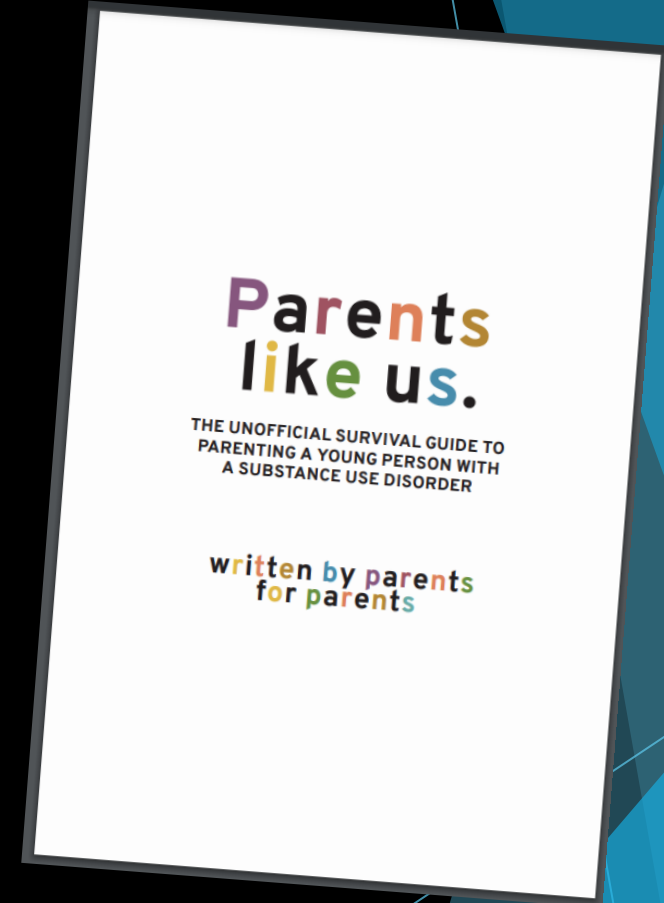
The screenshot displays the Recovery Research Institute website. At the top left is the logo with the text 'RECOVERY RESEARCH INSTITUTE'. To the right is a navigation menu with links: 'ADDICTIONARY®', 'ADDICTION', 'RECOVERY', 'RESEARCH', 'MULTIMEDIA', 'NEWS AND OPINIONS', and 'ABOUT'. Below the navigation is a green banner with the text 'Special Topics and Resources'. Underneath the banner is a search bar with the text 'SEARCH' on the left, 'Keywords' in the input field, and 'SEARCH' on a green button on the right. The main content area features three circular icons. The first icon contains the text 'QUALITY ADDICTION TREATMENT'. Below it is the date 'OCT 6, 2017' and the text 'Guide: 11 Indicators of Quality Addiction Treatment', followed by a 'READ MORE' link. The second icon shows a diverse group of people. Below it is the date 'SEP 24, 2018' and the text 'Guide for Family Members', followed by a 'READ MORE' link. The third icon shows a sign that says 'DRUG REHAB' in front of palm trees. Below it is the date 'AUG 9, 2018' and the text 'Addiction Treatment (Rehab) Guide', followed by a 'READ MORE' link.





# Peer Support Resources

- ▶ Parents Like Us- Victoria, BC
  - ▶ Written by parents, for parents of young people experiencing substance use problems
  - ▶ [https://foundrybc.ca/wp-content/uploads/2021/08/parentHandbook\\_6x9\\_screen\\_sept7.pdf](https://foundrybc.ca/wp-content/uploads/2021/08/parentHandbook_6x9_screen_sept7.pdf)



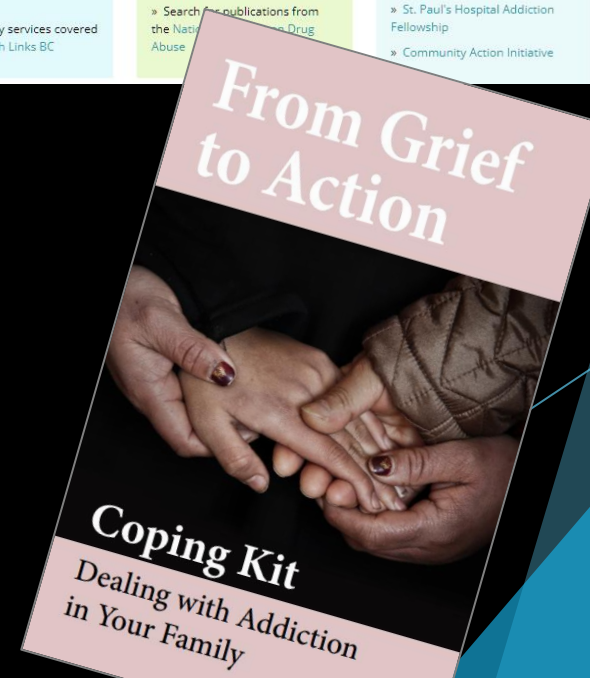
# Peer Support Resources

► From Grief to Action  
(incl. Coping Toolkit)

► <https://www.fgta.ca/>

The screenshot shows the homepage of the From Grief to Action (FGTA) website. The header features the FGTA logo with the tagline "FROM GRIEF TO ACTION when addiction hits home" and a search bar. Below the header is a navigation menu with links for HOME, ABOUT US, CURRENT ISSUES, FAMILY SUPPORT, KNOW THE EVIDENCE, JOIN US, and CONTACT. The main content area is divided into four columns, each with a header and a list of resources:

- SUPPORT & SELF-CARE** (KNOW THAT YOU ARE NOT ALONE):
  - Download FGTA's COPING KIT
  - Contact the support group PARENTS FOREVER
  - Call 1-800-663-1441 for BC Alcohol & Drug Information and Referral Service
  - Locate nearby services covered by MSP at Health Links BC
- SCIENCE** (UNDERSTAND ADDICTIONS):
  - Drugs, Brains, and Behavior: The Science of Addiction
  - The Science Behind Drug Abuse Resources for Teens
  - Easy to Read Drug Facts
  - Search for publications from the National Institute on Drug Abuse
- SYSTEM CHANGE** (MAKING IT WORK):
  - Families at the Centre – BC Ministry of Health Policy
  - Healthy Minds, Healthy People – BC 10 Year Plan
  - St. Paul's Hospital Addiction Fellowship
  - Community Action Initiative
- ADDICTION SERVICES** (Education Services Winter/Spring 2016):
  - Join us for a series of free videos, lectures and discussions at Pacific Spirit Community Health Centre 2110 West 43 Avenue, Vancouver
  - January 15-June 17, 2016**
  - No registration required
  - View times and dates



# Peer Support Groups

- ▶ Parents Forever
  - ▶ In person in Vancouver and online (alternating)
  - ▶ [www.parentsforever.ca](http://www.parentsforever.ca)



The screenshot shows the homepage of the Parents Forever website. The header includes the logo 'Parents Forever' and the location 'Vancouver, British Columbia'. A navigation menu on the left lists 'Home', 'About', 'Meeting dates', 'Contact', and 'Resources'. The main content area features the title 'Parents Forever' and the tagline 'Supporting families affected by substance abuse'. Below this is a section titled 'What we're about.' which describes the group as a professionally supported mutual support group for parents and family members of adult addicted children. It also mentions that the group is managed by Boys and Girls Clubs of Greater Vancouver and has been providing services for over 20 years. A copyright notice '© 2009 Parents Forever' is visible at the bottom left of the page content.

**Parents Forever**  
Vancouver, British Columbia

Home  
About  
Meeting dates  
Contact  
Resources

© 2009 Parents Forever

## Parents Forever

Supporting families affected by substance abuse

*What we're about.*

PARENTS FOREVER is a professionally supported, mutual support group for parents and family members of adult addicted children (18 years of age and up) and is managed by Boys and Girls Clubs of Greater Vancouver, which has been providing services to parents for over 20 years.

Parents and family members find PARENTS FOREVER through a variety of sources – drug and alcohol counsellors, doctors, lawyers, hospitals, social service agencies from the From Grief to Action website ([www.fgta.ca](http://www.fgta.ca)) and the Boys and Girls Clubs of Greater Vancouver (<http://www.bgcbc.ca/>).

Intake of new parents or family members is generally done by phone with the group facilitator at which time folks are given a clear idea of what to expect at group and what the group's philosophy and mandate is. (i.e. to help folks learn new ways of coping and maintaining a connection with their addicted loved one)



# Peer Support Groups

## ▶ SMART Family and Friends groups

- ▶ In person & online
- ▶ Based on CRAFT

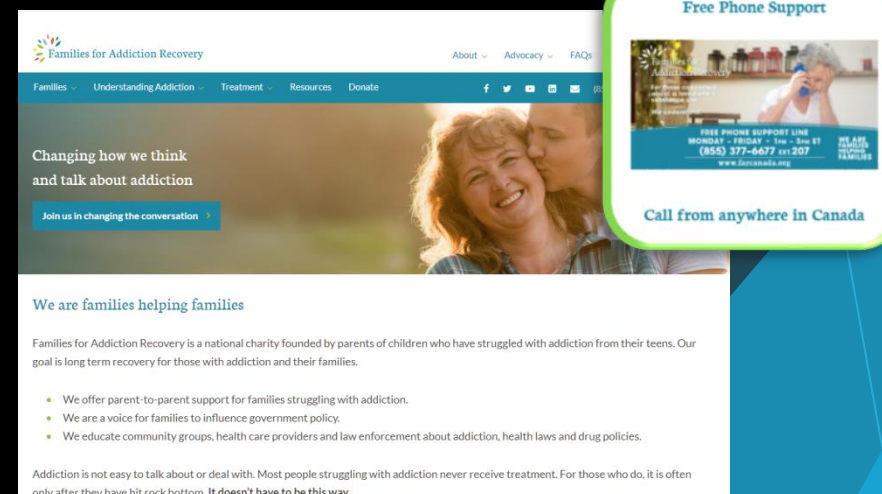
▶ <https://www.smartrecovery.org/family/>

## ▶ Families for Addiction Recovery (incl. free phone coaching options)

▶ <https://www.farcana.org/>



The screenshot shows the SMART Recovery website. The header includes the SMART Recovery logo with the tagline 'Life beyond addiction' and a search bar. A navigation menu contains links for Meetings, Programs, Resources, Videos & Podcasts, Online Community, Volunteers, and About Us. The main content area features a large image of a group of people standing in a circle with their arms around each other. Below the image, the text reads 'SMART Recovery Family & Friends' and 'Help For You and Your Loved Ones'. A section titled 'ON THIS PAGE:' lists several resources: 'Find a Family & Friends Meeting', 'Family & Friends Program', 'Recommended Reading', and 'Parent CRAFT'.



The screenshot shows the Families for Addiction Recovery website. The header includes the organization's name and navigation links for About, Advocacy, and FAQs. The main content area features a large image of a smiling couple and the text 'Changing how we think and talk about addiction'. A callout box with a green border highlights 'Free Phone Support' with a phone icon and the text 'FREE PHONE SUPPORT LINE MONDAY - FRIDAY 9am - 5pm ET (855) 377-6677 ext 207 www.farcana.org Call from anywhere in Canada'. Below the main content, the text reads 'We are families helping families' and provides information about the organization's mission and services.



# Finding Treatment

- ▶ Comprehensive guide from Canadian Centre on Substance Use and Addiction
  - ▶ <https://www.ccsa.ca/finding-quality-addiction-care-canada-drug-and-alcohol-treatment-guide>
- ▶ BC Alcohol and Drug Information and Referral Service
  - ▶ <https://www2.gov.bc.ca/gov/content/health/managing-your-health/mental-health-substance-use/crisis-and-information-lines>



# Questions



*Eyetoeyepix/Getty Images*



# Key take aways:



- ▶ Loving someone and being concerned about their substance use is very challenging. You are not alone.
- ▶ Behaviors make sense- even substance use
- ▶ Ambivalence is normal
- ▶ Emphasizing choice and control is essential in supporting behavior change
- ▶ Simply listening is not nothing- is active and important
- ▶ Ask-Offer-Ask is a helpful format when you need to offer information
- ▶ Self care and self compassion are tactical - not just “nice to have”
- ▶ There are MANY resources for more information



Thank you

