

**IMPORTANT  
HELPLINES/  
HOTLINES**

**Addictions Healing  
HELPLINE:** 856-342-4057

**NJ Hotline for  
Addiction: Dial 211.**  
This is an information and referral service that connects you with substance use disorder and support services

**988 SUICIDE & CRISIS  
LIFELINE**  
24/7 CALL, TEXT, CHAT

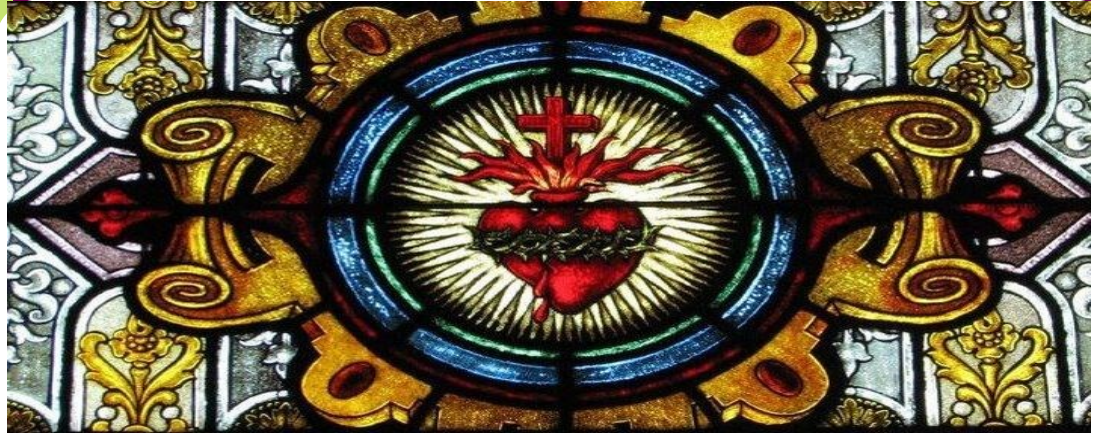
**PARISH SUPPORT  
GROUPS**

- ♦ **Calix Society—The Church of Incarnation 240 Main St. Mantua—EVERY Monday—ZOOM-8PM**
- ♦ **Community Connections The Church of Incarnation, 240 Main St., Mantua—EVERY Saturday-In-Person & ZOOM—9:30 AM**
- ♦ **For more information about these ministries or how to start an addiction healing support ministry in your parish, call JoAnne Farrell at 856-342-4057.**

# Addictions Healing & Recovery Newsletter

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*From Jesus Christ, the faithful witness, the firstborn of the dead and ruler of the kings of the earth. To him who loves us and has freed us from our sins by his blood, who has made us into a kingdom, priests for his God and Father, to him be glory and power forever [and ever]. Amen.— Revelation 1:5-6*

## Addiction in the Family: A Family's Role During Recovery

Many loved ones in recovery and their families discover the concept of CHIME (connectedness; hope and optimism about the future; identify; meaning in life; and empowerment). Folks discover a new identity—one that embraces meaning and purpose and casts loved ones in a new light, no longer as the “troubled one” or a “bad one”. The entire family is empowered to rise to their best possible selves.

In doing this, families become listeners, not tellers or yellors, and responders, not reactors. Families allow their loved ones to take responsibility for their actions. Family members do not hover or steamroll their opinions or try to wrap their loved ones in plastic wrap and control their behavior. They no longer worry endlessly if their loved ones are going to counseling, taking their meds, or going to support groups. They give loved ones the space needed to succeed on their own by setting clear and healthy boundaries.

And they engage in their own recovery, through family programs, support groups, self-care and/or counseling.



Families continue to learn about addiction and mental health and, with that, the seven Cs of recovery:

1. I did not cause the disease
2. I cannot cure the disease
3. I can't control the disease of my loved one
4. I can take care of myself
5. I can communicate my feelings
6. I can set healthy boundaries and make healthy choices
7. I can celebrate myself for taking action

Through this journey, families also learn that they are competent, confident and courageous in learning about the disease.—L. Stanger, EdD, LCSW



### Helping a Loved One Dealing with Mental and/or Substance Use Disorders

- ◆ REMEMBER MENTAL AND SUBSTANCE USE DISORDERS ARE TREATABLE. People can, and do, recover. Family support can make all the difference. For more information, visit [www.SAMHSA.gov/families](http://www.SAMHSA.gov/families).
- ◆ SEEK SUPPORT. If you or a loved one needs help, call 1-800-662-HELP (4357) for free and confidential information and treatment referral.
- ◆ TALK TO YOUR LOVED ONE. Express your concern and tell them that you're there to help. Create a judgement-free and loving environment to foster conversation and openness.
- ◆ BE OPEN. Discuss your family history of mental illness or drug and alcohol use, if relevant. It may help your loved one feel less alone.
- ◆ SHOW COMPASSION. Be patient as you help your loved one locate resources and treatment services.
- ◆ BE SURE TO CARE FOR YOURSELF TOO. Being a caregiver can be highly stressful and emotionally draining.

*“O, Sacred Heart of Jesus, fountain of eternal life, Your Heart is a glowing furnace of love. You are my refuge and my sanctuary.”*  
- St. Gertrude the Great



*“The desires of the Spirit result in life and peace.”* - Romans 8:6

### Flesh vs. Spirit

**Reflection:** St. Paul articulates well the war that is waged within those who try to do God's will. We know what the right thing to do is, we try to live it, but we more often than not fail.

What St. Paul learned and what those who have given their life to Jesus learn is that He gives us His Holy Spirit to empower us to live as we ought. We aren't designed to do it without Him.

**Prayer:** *Lord Jesus, send Your Holy Spirit so I can see You and live as You lived. .*

