



Date: 09/23/2024
Time: 10 AM until 12 PM
Location: 1750 West 103rd Street Chicago IL, 60643
Virtual info:
Meeting ID: 83457129193
Password: 553998
Phone Number: 312-626-6799

Breaking Barriers and Family Reunification

Presenter/Trainer:

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Overview:

- Barriers
- Addiction and the family
- Support Systems
- Family Reunification
- Key resources

There are Barriers to care that must be broken!

What is a barrier: A fence or other obstacles that prevent movement or access

Fact:

- It is reported that 43% of U.S. Adults have reported the NEED for Substance use or Mental health care within the last 12 months. According to, a new national survey, more than 2,000 U.S. adults have not been able to gain the necessary assistance due to barriers.

Barriers that can affect/limit/or discourage getting the assistance needs:

Physical Barriers	Limited to no access to healthcare and or treatment, transportation, housing, stigmas, lack of resources, peer pressure,
Intellectual Barriers	Lack of resources, understanding of addiction, belief systems, accountability,

Emotional Barrier	Stress, Anxiety, Anger, Grief/loss, managing feelings and emotions fear of rejection,
Spiritual Barrier	Understanding Spirituality, biases, shame/guilt, forgiveness, mindfulness practices
Support Systems and actions	Treatment programs, Recovery Support, church, sponsors, peers, family, community

Addiction and the Family and Family Reunification

- Addiction affects not only the person with the Substance Use Disorder BUT everyone around them.
- Promoting reunification in recovering substance-abusing families requires a cross-system commitment and coordinated approach to address the multiple and complex needs of these families.
- Integrated service provision with providers who are flexible and committed to the success of parents is needed.
- The effects of substance misuse and addiction can be short-term or long-term. However, the stress and strain caused by the effects of use can cause long-term damage to the family and community.

Barriers that can affect family reunification include:

- Substance Misuse
- Domestic Violence
- Lack of Knowledge
- Lack of resources
- Repeated Behavior
- Fear
- Anger
- TIRED

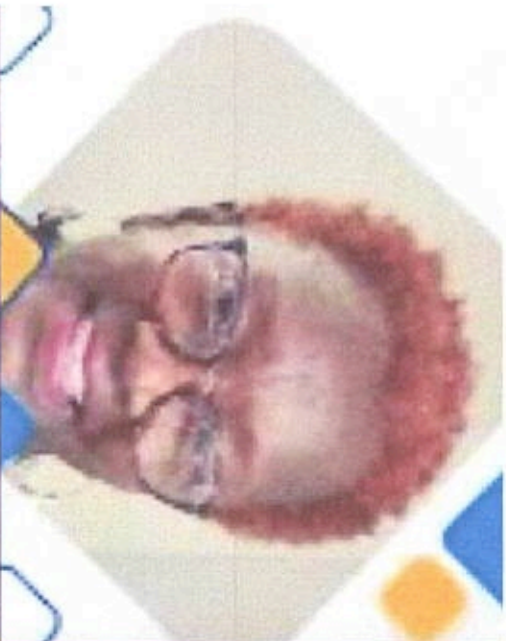
What's needed for unification?

- **Education**
- **Resources**
- **Support**

Key Resources:

- Identify the issues related to substance misuse early: Example: Screen family members for possible substance use disorders with culturally appropriate validated tools as a practice and routine.
- Have those honest and uncomfortable conversations

- **Engage Recovery Coaches:** Studies show that parents are more likely to enter treatment quickly and stay longer if they have a recovery coach. Recovery Coaches can work alongside the counselor, caseworkers, and treatment agencies and be advocates and navigators for the individual in recovery while incorporating the family unit.



Breaking Barriers and Family Reunification

KIMBERLY HAYWOOD



Agenda

- ▶ Introduction
- ▶ Physical Barriers
- ▶ Intellectual Barriers
- ▶ Emotional Barriers
- ▶ Spiritual Barriers
- ▶ Support Systems
- ▶ Family Reunification
- ▶ Conclusion



Barriers to Care

We Must Break Down
These Barriers

- ▶ A staggering 43% of U.S. adults who say they needed substance use or mental health care in the past 12 months did not receive that care, and numerous barriers to access stand between them and needed treatment, according to a new national survey of more than 2,000 U.S. adults conducted online by The Harris Poll on behalf of the National Council for Mental Wellbeing.

▶ <https://www.thenationalcouncil.org/news/more-than-4-in-10-us-adults-who-needed-substance-use-and-mental-health-care-did-not-get-treatment/>

Physical Barriers



- ▶ Access to care and treatment programs
- ▶ Medical or co-occurring disorders
- ▶ Transportation
- ▶ Housing
- ▶ Employment
- ▶ Background
- ▶ Social Influence/Peer Pressure
- ▶ Lack of Resources
- ▶ Stigmas
- ▶ Family – Unhealthy relationships

Intellectual Barriers

- ▶ Awareness of available resources
- ▶ Understanding addiction(cause and effect)
- ▶ Lack of self-awareness and self-worth
- ▶ Unlearned or developmental disabilities
- ▶ Belief Systems
- ▶ Accountability



Spiritual Barriers

- ▶ Understanding Spirituality
- ▶ Spiritual Support (1:1 or support groups)
- ▶ Biases
- ▶ Shame and Guilt
- ▶ Forgiveness (self and others)
- ▶ Lack of activities that promote awareness
 - ▶ Meditation
 - ▶ Support
 - ▶ Prayer
 - ▶ Exercise
 - ▶ Yoga



Support Systems and Actions

- ▶ Treatment Programs
- ▶ Recovery Support Programs
- ▶ Sponsors
- ▶ Church
- ▶ Mentors
- ▶ Peers
- ▶ Family
- ▶ Community
- ▶ Mindful activities
- ▶ Goal setting and execution

**SUCCESS
DOESN'T JUST
COME AND
FIND YOU,
YOU HAVE TO
GO OUT
AND GET IT.**

Addiction and the Family

Addiction affects not only the person with the substance use disorder, but everyone around them as well.

▶ <https://www.addictioncenter.com/addiction/how-addiction-affects-the-family/>

Family Reunification

- ▶ Promoting reunification in recovering substance-abusing families requires a cross-systems commitment and coordinated approach to address the multiple and complex needs of these families. Integrated service provision with providers who are flexible and committed to the success of parents is needed.
- ▶ The effects of drug and alcohol addiction can be both short-term and long-term. Peaceful, loving homes can be divided by the strain caused by drug and alcohol abuse. Conflict becomes normal as family members fight to engage with a loved one who abuses heroin, for example. Trust begins to erode. Relatives may become more guarded if a relative abusing illicit substances acts with aggression or hides their disorder in secrecy. Marriages can end due to changes caused by addiction. Communication becomes more difficult, highlighting frustration.

▶ <https://www.addictioncenter.com/addiction/how-addiction-affects-the-family/#:~:text=The%20effects%20of%20drug%20and,Trust%20begins%20to%20erode>

Barriers to unification

- ▶ Substance Use
- ▶ Domestic Violence
- ▶ Lack of Knowledge
- ▶ Lack of Resources
- ▶ Repeated Behavior
- ▶ Fear
- ▶ Anger
- ▶ "TIRED"

Key Resources

- ▶ **Identifying the issues related to substance abuse early** is critical to the success of reunification and long-term recovery. Screening family members for possible substance abuse with culturally appropriate and validated tools should be routine.
- ▶ **Engage recovery coaches.** Studies show that parents are more likely to enter treatment quickly and stay longer if they have a recovery coach. Recovery coaches work with parents, child welfare caseworkers, treatment agencies and advocates to remove barriers to treatment and provide ongoing support to families.

What's Needed for Unification

Education

Resources

Support

Thank You
Questions

