

## INVITATION TO CHANGE

Family Support Group Presentation for the  
Addiction and the Family International Network  
(AFINet)

Wednesday 17th July 2024 14.00 (UK time)

Dave and Tina James

<https://www.alternat-i-ves.org>

Why is support families? surely their loved ones need the support.

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How do you think you would feel if you discovered your loved one was using street drugs or their relationship with alcohol had become more important than their family?

What do you think you would need to learn to encourage them to change and where would you learn this?

Why do you think you would need support for yourself in this situation and where would you find it?

*Are you aware that at least 5,000,000 UK families are affected by the substance use of a loved one (The forgotten five million - Adfam)*

Our support journey since 2008, whilst also supporting our eldest son's co-occurring conditions

## Experience / Training

- Al-Anon (national phone line supporters), NA
- ACT Peer recovery
- Intuitive Recovery
- LifeRing
- SMART Recovery F&F Australia, USA, UK
- SMART Recovery Facilitator Training
- SMART Recovery F&F Facilitator (CRAFT)
- Breakthrough Australia Training
- 5 Step Method
- Invitation To Change

## F & F groups hosted (F2F/Online)

- DATUS Group B'ham
- SMART Recovery CGL Birmingham (B'ham)
- SMART Recovery CGL Dudley
- Alternat+ves B'ham City Hospital Alcohol Team
- Alternat+ves CGL Dudley
- SMART Recovery UK (National)
- SMART Recovery Parents Group USA/Canada
- Recovery Dharma USA F&F
- Alternat+ves ITC (Global)

# Welcome to our Friends & Family group

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The purpose of these meetings is to bring about positive change. We first prioritise our own safety and well-being, but we will also learn better ways to support our loved ones.

## Don't believe everything you think

Regardless of what we may think or have been told, we are not responsible for the choices and behaviour of our loved ones.

Nobody is completely “powerless” over addiction. Change will happen. We can all develop a more calm, accepting and peaceful mind.

## Positive communication works

Our loved ones are much more than their current problematic behaviour, so we avoid disrespectful and stigmatising labels such as “alcoholic”, “druggie” or “addict” in our meetings. We also avoid the labels “enablers” and “co-dependency” for family members. Labels are for jars, not people!

We will learn from, rather than dwell on, the bad things that have happened in the past, so we avoid “war stories”. You can’t make progress if you are glued to the rear view mirror.

## Changing our behaviour

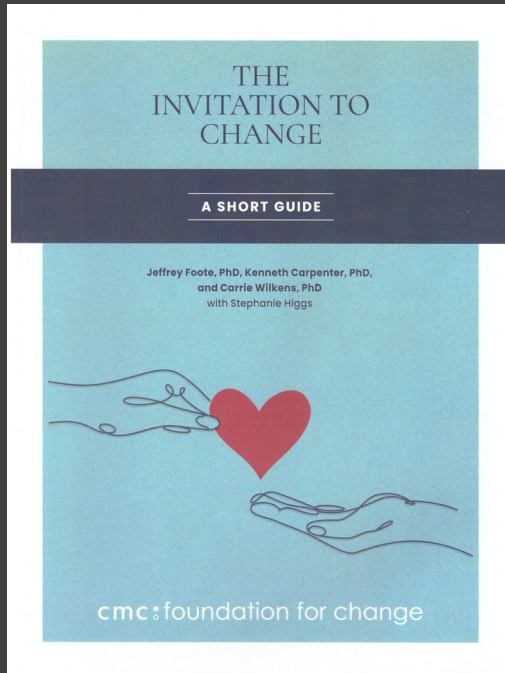
We don’t wait for our loved ones to reach “rock bottom”. We encourage and reward non-using behaviour whilst allowing the natural, negative consequences of their substance use to happen sooner, rather than later.

Positive change takes time and requires effort. Like any training, the more meetings you attend and the more you learn and practice between meetings, the sooner your life will improve, regardless of whether your loved one chooses recovery or not.

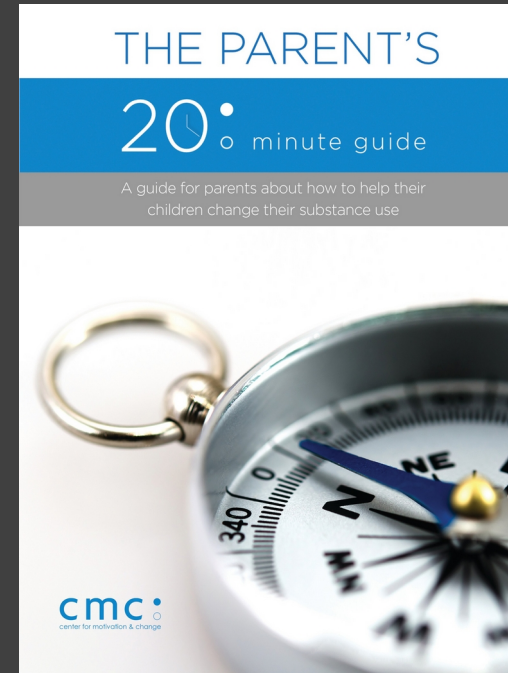
We want this to be a safe place to share our experiences and be listened to non-judgementally. We will respect confidentiality, unless you indicate you may harm yourself or others. In this case, for safeguarding, we will seek professional support.

Thank you for joining us, we hope you find this meeting supportive and helpful.

# Short guides from the Center for Motivation and Change



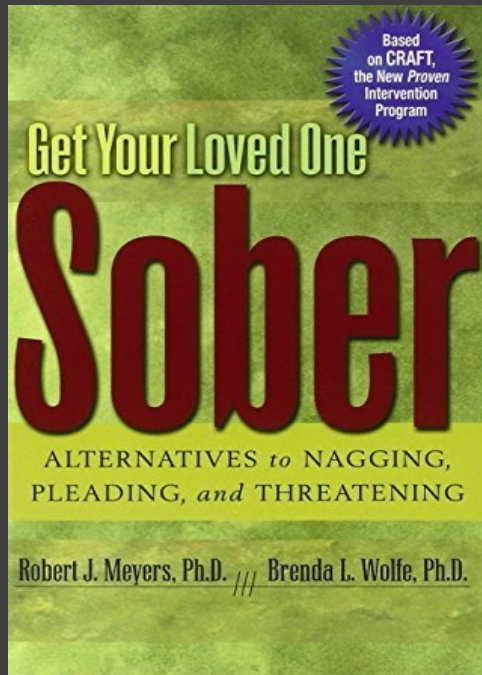
The Invitation To Change approach in a nutshell!



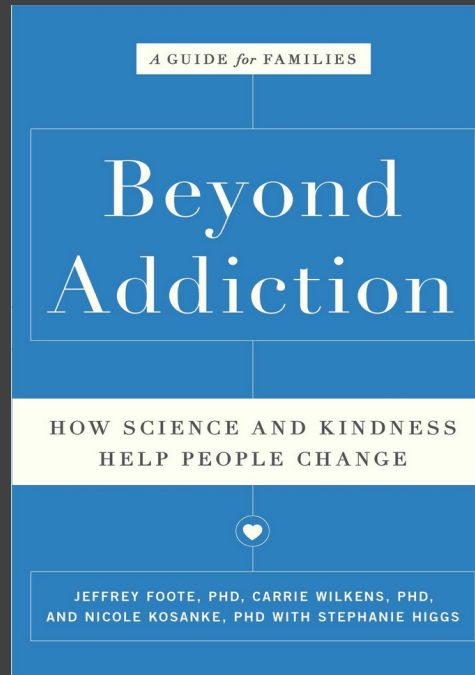
Our pre-2021 recommendation! There is also a partner's version.

# Recommended Books

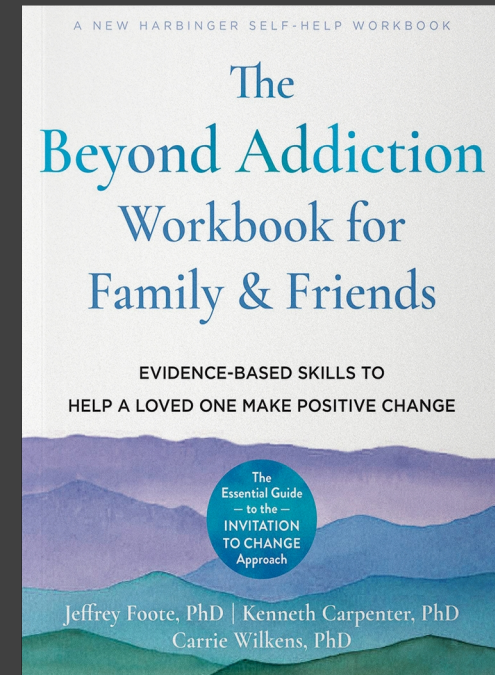
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Community  
Reinforcement And  
Family Training  
(CRAFT).

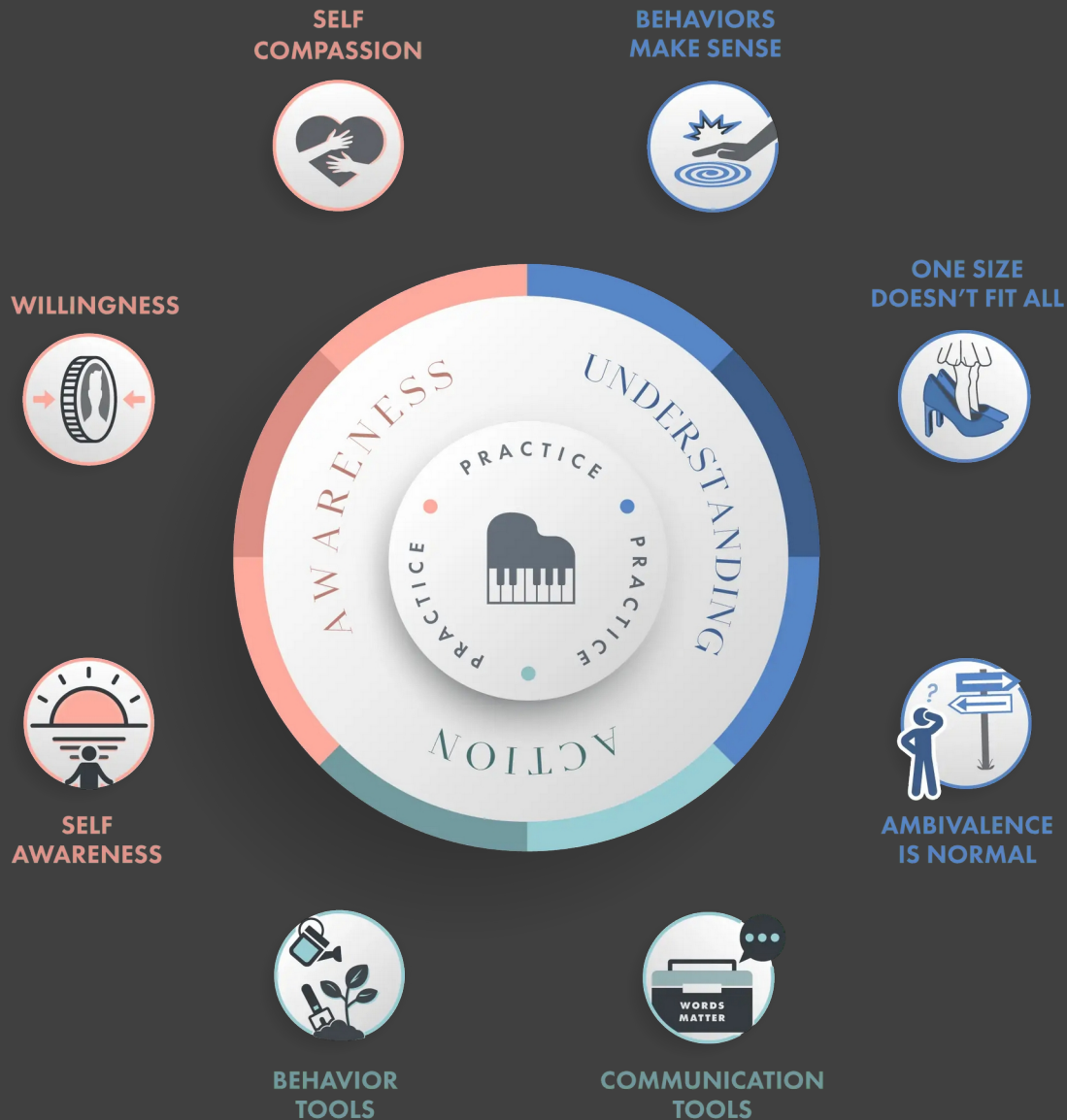


CRAFT-based and a  
rich resource of  
evidence-based  
science and  
kindness.



The full Invitation To  
Change manual.

CRAFT + MI + ACT.



## BEHAVIOURS MAKE SENSE

Open the door to change by viewing your loved one's substance use through a new lens.

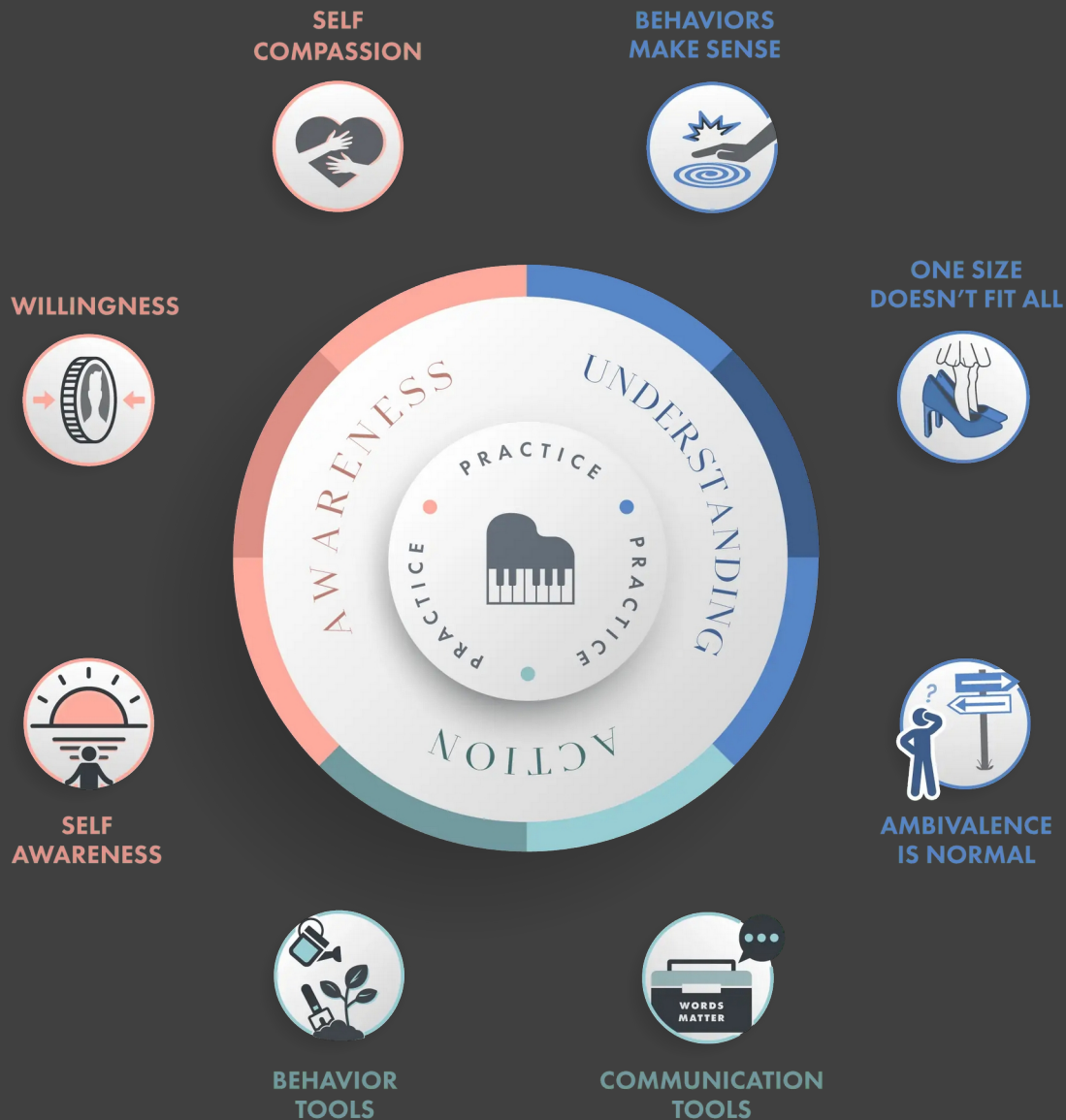
## ONE SIZE DOESN'T FIT ALL

The path to change is different for everybody – there is no one “right” way to help!

## AMBIVALENCE IS NORMAL

It's normal for new behaviours to compete with the old, even as you move towards change.





## SELF AWARENESS

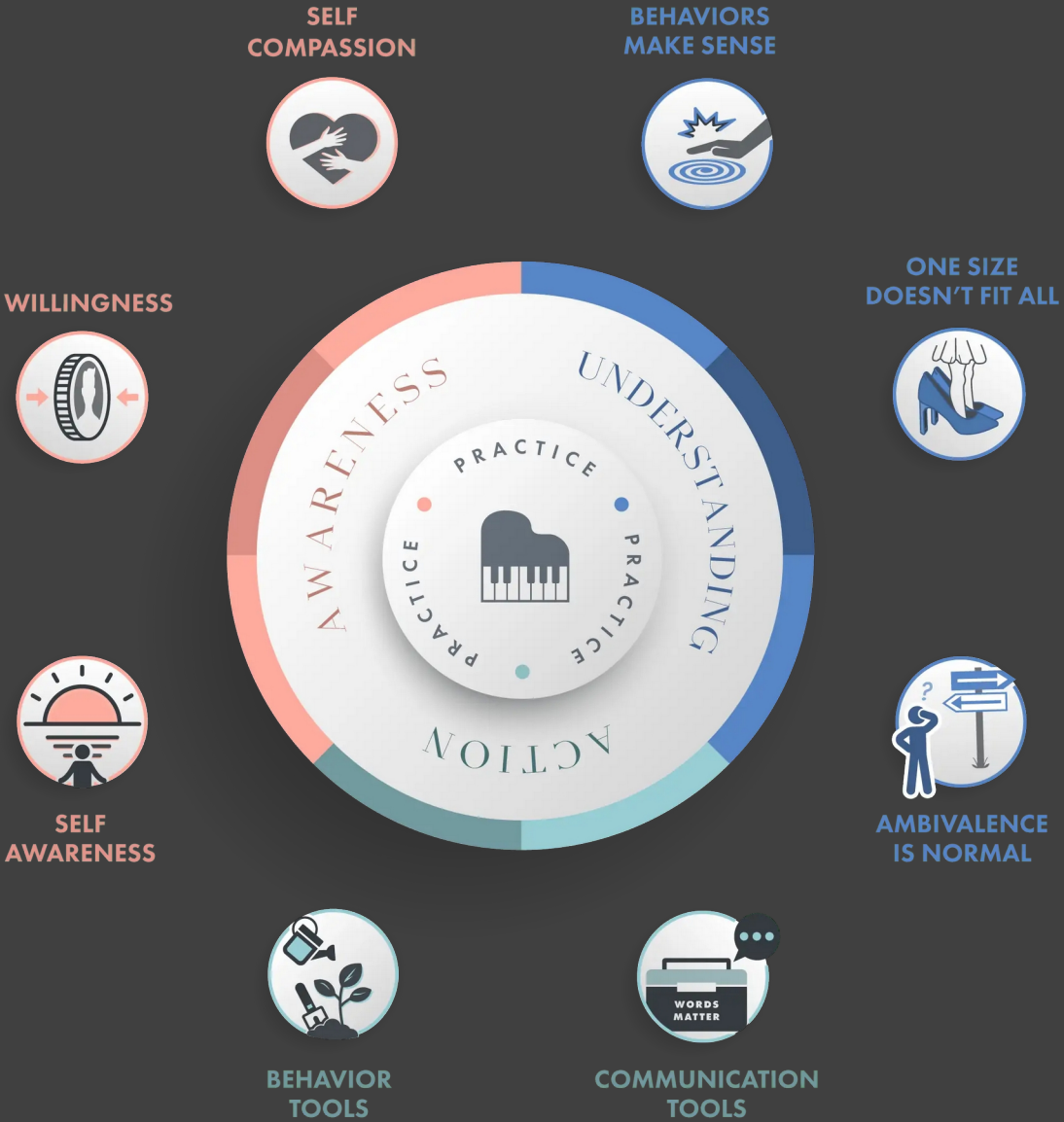
What are our values and emotions? How can you bring them into our process of change?

## WILLINGNESS

Move toward what is important, while accepting the difficult feelings that come with change.

## SELF COMPASSION

Take care of yourself! Acknowledge your needs throughout this process.



### COMMUNICATION TOOLS

Collaborative communication is key to supporting change in your loved one. This includes listening skills using MI.

### BEHAVIOUR TOOLS

Grow positive behaviours and reduce negative ones with evidence-based strategies.

### PRACTICE, PRACTICE, PRACTICE

Trust in the process, not the outcome. Understanding and confidence grows with repetition of the wheel.

# Our Meetings

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Currently held on Zoom Tuesday and Sunday evenings 6.00 pm <https://us02web.zoom.us/j/81498967810>

We can also support families face-to-face at the Brett Young Carers' Hub Halesowen (B63 3ST)

No registration required, all meetings are open, free and everyone is welcome.

Please pass on our contact details to anyone you feel we can help:-

07982815783

[alternatives@gmx.com](mailto:alternatives@gmx.com)

<https://www.alternat-i-ves.org>

Posters available to print and display: <https://www.alternat-i-ves.org/pages/our-groups.html#Flyer>

Excellent family training is available from the CMC:- <https://cmcffc.org/trainings-hub>

cmc : foundation for change



Thank you .....

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To Richard Velleman, Eileen Farrar and everyone involved in organising this webinar and allowing us to share our experience.

To The Center for Motivation and Change for the best training we have found for families and for their continued support.

To everyone around the world who have contributed to our knowledge base and have shared their lived experience with us.

Everyone here today for listening.