

INTERVENTION WEBINAR

**What to Say to a Loved One
Who Relapses on Drugs or
Alcohol**

 Starting Soon



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Family First Intervention

Mike has an extensive history of helping families treat addiction. He is an authority in addiction treatment and remains dedicated to providing hands-on expertise at our clinic.

What to Say to a Loved One Who Relapses on Drugs or Alcohol

Defining Relapse



- **General Definitions of Relapse**
 - Merriam-Webster's Definition
 - i. The act or an instance of backsliding, worsening, or subsiding
 - ii. A recurrence of symptoms of a disease after a period of improvement
 - iii. To Slip or fall back into a former worse state
 - Common Interpretations in Addiction Recovery
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Defining Relapse (cont'd)



- **Relapse vs. Resumption**
 - Difference Between a Relapse and a Resumption
 - Understanding Behavior Change and Abstinence
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What Causes Relapse?

- **The Role of Thoughts, Behaviors, and Patterns**
 - **The Impact of Resentment, Victim Mentality, and Unresolved Emotions**
 - **Evidence-Based Treatments for Preventing Relapse**
 - 12-Step Facilitation
 - Cognitive Behavioral Therapy (CBT)
 - **Importance of Changing Perceptions and Addressing Underlying Issues**
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How to Recognize Early Signs of Relapse



- **Behavioral Warning Signs Before Substance Use**
 - **Role of Family Awareness and Recovery Programs**
 - Al-Anon, Families Anonymous, Codependents Anonymous, ACOA
 - **Identifying Changes in Thinking and Behavior**
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What to Say (and Not Say) to Someone Who Has Relapsed

- **Encouraging Treatment and Recovery Program Participation**
 - **The Limitations of What Words Can Achieve**
 - **Setting Boundaries and Avoiding Enabling**
 - **Family Recovery: Preparing for Potential Relapse Situations**
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How to Help Someone Who Has Recently Relapsed



- **Detachment: Loving Without Enabling**
 - Importance of Detachment for Families
 - Avoiding Actions That Encourage Relapse
 - **Family Relapse on Codependency and Enabling**
 - Understanding the CRAFT Model of Addiction Recovery
 - Discouraging Negative Behaviors Through Healthy Boundaries
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Supporting Addiction Recovery for the Long Term

- **The Role of Family Recovery and Self-Help Groups**
 - **Changing Focus From the Addict to Family Wellness**
 - **Benefits of Intervention, Therapy, and Professional Guidance**
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How to Approach Family Recovery

- **Addressing Family Dynamics and Roles**
 - Codependency, Enabling, and Family System Dysfunction
 - **Utilizing Resources Like Family Recovery Coaching and S.A.F.E.® Programs**
 - **The Importance of Letting Go of Control**
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Stop Accepting Excuses and Start Getting Help

Questions? The Floor Is Yours!

Prefer to talk in private? Get in touch below:

Call Us: 1 (888) 291-8514

Chat with us: family-intervention.com
