

# Empowering Families Impacted by Opioid Use Disorder

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“Instead of viewing caregivers as part of the disease, prodependence views them as being in crisis and behaving as anyone in crisis would naturally behave”

Prodependence-Moving Beyond Codependency  
by Robert Weiss, PhD, MSW

# Family Support Center

State Opioid Response Grant (SOR) funded by DMHAS

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# Family Support Coordinators

## Central Region

Jennifer Denlinger, Rocky

Schwartz, Christine

Yanoso: 908-782-3909

*Prevention Resources*

Niki Sumka: 732-381-4100

*Prevention Links*

## Southern Region

Heather Thomas, Julia

Jolles: 856-651-7553,

x40011

*Center for Family Services,*

*ReConnections Family*

*Support Center*

## Northern Region

Matthew Grey, Sherika

Sanders:

201-265-8200, x 5394

*Care Plus NJ*



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# SAMHSA Ten Guiding Principles of Recovery

Recovery emerges from hope

Recovery is person-driven

Recovery occurs via many pathways

Recovery is holistic

Recovery is supported thru relationship and social network

Recovery is supported by peers and allies

Recovery is culturally-based and influenced

Recovery is supported by addressing trauma

Recovery involves individual, family, and community strengths and responsibility

Recovery is based on respect



# Family Support Coordinator Objectives

- **Reduce levels of stress and isolation**
- **Develop skills to manage life with their loved ones' OUD**
- **Build resiliency to reduce the disabling impact of OUD on the family**
- **Increase knowledge on navigating the treatment system and recovery services**

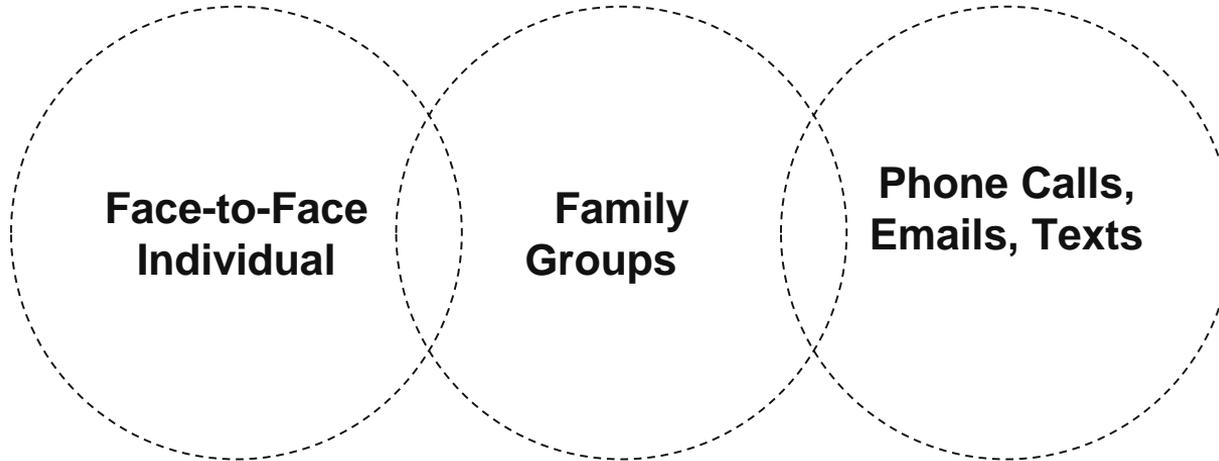


# **(CRAFT) Community Reinforcement Approach and Family Training**

- **Reduce a loved one's substance use**
- **Influence a loved one to seek treatment**
- **Improve the functioning of family members by making positive life choices**



# How Do We Interact with Families?



# Develop Individualized Wellness Plans

- Identify self-care needs – physical, emotional, psychological, social, spiritual, financial
- Identify barriers and areas for improvement
- Co-create self-care plan

# Family Support Center

*Wellness Plan*



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# Services Offered to Families

- **Develop individualized wellness plans**
- **Teach non-confrontational communication skills**
- **Offer resources for family support groups in the community**
- **Offer CRAFT family group if geographically feasible**
- **Educate families about the stages of change and appropriate interventions**



# Services Offered to Families

- **Encourage Medication Assisted Treatment as best practice for OUD**
- **Inform families of “patient brokering” and other unethical practices**
- **Offer resources for treatment**
- **Assist families in navigating the behavioral healthcare system**
- **Encourage and offer Naloxone trainings**



179

**Number of Families Served thru May 2019**

# Our Process

**Initial  
Anonymous  
Survey**



**6 Month Follow-  
Up Survey**



**Wellness Plan-**  
family contacts  
reported each month

# Reports Submitted Monthly to DMHAS and Rutgers School of Social Work

## Demographics

- County
- Age, Sex of Loved One
- Family member relationship to LO
- Referral source, initial intake

## Treatment Status

- In treatment with MAT
- In treatment without MAT
- Not in treatment
- Unknown

## Medication Assisted Treatment

- Utilizing MAT – Y/N
- Naloxone Administration History

# Paradigm Shift

*You can help*

*Helping yourself helps*

*Your loved one isn't crazy*

*The world isn't black and white*

*Labels do more harm than good*

*Different people need different options*

*Treatment isn't the be-all and end-all*

*Ambivalence is normal*

*People can be helped at any time*

*Life is a series of experiments*

Beyond Addiction, Jeffrey Foote, PhD, Carrie Wilkens, PhD, and Nicole Kosanke, PhD, with Stephanie Higgs, 2014



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# What Success Looks Like ....

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**Adrienne Petta, NCPRSS**

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Mercer Council on Alcoholism and Drug Addiction

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# References

*Beyond Addiction – How Science and Kindness Help People Change* by Jeffrey Foote, PhD, Carrie Wilkens, PhD, and Nicole Kosanke, PhD, with Stephanie Higgs. 2014

*Get Your Loved One Sober – Alternatives to Nagging, Pleading and Threatening* by Robert J. Meyers, PhD and Brenda L. Wolfe, PhD. 2004

*Prodependence – Moving Beyond Codependency* by Robert Weiss, PhD, MSW. 2018

*the20minuteguide.com*, The Center for Motivation and Change 2012-2017



# Thanks!

*Any questions?*

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