**Fifty percent** of American lives are impacted by the addiction of a family member

When someone is addicted to drugs or alcohol, the disease affects the entire family. They need information and support and the Family Education Program is a place for them to turn. The program helps individuals and families recognize and address addiction problems in a spouse, parent, child or other loved one.

Facilitated by trained volunteers who have been on the same journey, this information and education-support program gives the participants the tools they need to address addiction in the family constructively and begin their own process of healing and recovery. The program includes three two hour sessions, spread over three weeks and covers the following to include ample time for discussion:

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| --- | --- | --- |
| **Week One:** **Understanding Addiction** | **Week Two:** **Understanding the Impact on the Family** | **Week Three:** **Developing the Next Steps** |
| * Addiction Defined
* Characteristics of People at Risk for Alcohol & Drug Addiction
* Common Myths About Alcohol & Drug Use
* Dopamine’s Effect on the Brain
* The Brain Does Recover
* Recovery Defined
* Many Pathways to Recovery
 | * Family Recovery Management
* Enabling and Why We Do It
* Enabling Questionnaire
* Changing Behavior
* Changing Family Scripts Behavioral Exercise
* Responsible for Myself
* Letting Go
* The Twelve Rewards of Family Recovery
 | * Changing Behavior Recap
* Empowering a Loved One to Seek Recovery
* Intervention
* Basis for Effective Recovery
* Continuum of Care
* Health Coverage: Act 106 & Parity
* Safety Planning
* Support Networks
* Suggest Books & Other Media
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*Pennsylvania Recovery Organization - Achieving Community Together (PRO-ACT) is a grassroots advocacy and recovery support initiative of The Council of Southeastern* *Pennsylvania, Inc. This is a free education program offered in Bucks, Chester, Delaware, Montgomery & Philadelphia Counties. Call 1-800-221-6333 to register,* ***no fee to attend****.*