

Family Checklist

Strategies for Success

We know addiction impacts everyone in the family. UAB Addiction Recovery's Family Program is designed to promote the well-being of those who live with and care about a person struggling with addiction. By becoming aware of your role in the recovery process, you can identify and develop healthy ways of coping with addiction and relationships. The following checklist will provide opportunity, education, and support for you in this journey.

- Have an understanding of the treatment process.
- Have an understanding of how 12 step recovery works with treatment
- Review your patient's discharge plan with the patient and family counselor.
- Attend the family support group, Thursday: 5-6:30.
- Begin attending al-anon
- Make contact with "family ambassadors" to receive feedback about successful transitions with their patient.
- Attend the two day family workshop
- If the patient is an opiate addict, review information about Vivitrol.
- If sober living is a recommendation contact sober living facility and visit
- Understand the "disease concept" of addiction
- Have an awareness of how enabling hinders the recovery process