

# FAMILY CHECKLIST

## STRATEGIES FOR SUCCESS

We know that addiction impacts everyone in the family. The UAB Medicine Addiction Recovery Family Program is designed to promote the well-being of those who live with and care about their loved one's struggle with addiction. By learning about your role in the recovery process, you can identify and develop effective ways of coping.

**The list below highlights some of the ways that we can provide opportunity, education, and support for you in this journey:**

- Help you understand the treatment process
- Help you understand your role in the 12-step recovery process
- Participation in family sessions
- Participation in weekly family support/education groups (virtual via Zoom, Mondays from noon to 1 pm and Thursdays from 5 pm to 6 pm)
- Begin attending Al-Anon meetings
- Education about medication-assisted therapy, if recommended by staff
- Education on sober living, if recommended by staff
- Awareness of how to practice self-care, while supporting your loved one's recovery
- Reviewing a discharge plan with your family therapist