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# FAMILY SUPPORT PROGRAMS

HOLLY ECHO-HAWK

SUBJECT MATTER EXPERT

KAUFFMAN & ASSOCIATES, INC.

*RURAL OPIOID TRIBAL TECHNICAL ASSISTANCE TRAINING  
MAY 1-2, 2019, GREAT FALLS, MT*

# FAMILY SUPPORT IS THE BACKBONE OF OUR WELLNESS

Imagine

Imagine what it felt like to have your family standing behind you with pride

Remember

Remember times when you stood with your family at dances and ceremony

Envision

Envision the family support you want for your children

Help

Family Support can help us regain our balance

# FAMILY SUPPORT PROGRAMS ARE ORGANIZED WAYS TO ...



- Build on community strengths and resilience
- Help our relatives who are struggling have the good experience of family support
- Provide education and support to family members who are trying to help an OUD relative
- Use the family voice of experience as guide to service improvements

Increase the strength  
and resilience of  
families and family  
members

Provide education  
and support parents  
and relatives that  
help loved ones  
move away from  
OUD and toward full  
potential

Improve community's  
capacity to serve  
families affected by  
OUD

Helps families make  
critical connections  
to other families and  
resources in the  
community

## GOALS OF FAMILY SUPPORT PROGRAMS

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Increases family  
knowledge about  
OUD

Increases family feeling  
of competence in  
helping loved one

Connects parents and  
family members with  
others who have  
shared experiences

Reduces sense of  
isolation

Provides opportunities  
for the family  
experience to improve  
community services

## BENEFITS OF FAMILY SUPPORT

Not fully  
understanding OUD

Anger and  
frustrated hope that  
loved one would  
just Stop Using!

Time for organizing  
a Family Support  
Program

## CHALLENGES OF FAMILY SUPPORT EFFORTS

# WHY IS FAMILY SUPPORT IMPORTANT FOR OPIOID USERS AND THOSE IN RECOVERY?



- OUD-aware Family Support can help those overwhelmed find and stay on better path
- Family Support helps opioid and substance users, and those in recovery, remember they are part of something larger than themselves
- Family Support can be the key that makes all other treatment and recovery services work

# FAMILY SUPPORT PROGRAMS CAN ALSO...

Lead	Lead the way in helping other community members understand brain changes and opioid addictive behavior
Work	Work with health care providers and First Responders to help community understand Naloxone
Provide	Provide critical support in those in recovery
Help	Help develop (or expand) peer support
Provide	Provide ideas to evaluators about “how do we know our tribal TOR approach is working?”
Develop	Develop a peer support workforce



# RECOVERY-ORIENTED SYSTEMS OF CARE



- Family Support is important part of ROSC
- Recovery from alcohol and drug addiction is a process of change with ups and downs
- Family Support promotes language of hope and possibility
- ROSC and Family Support helps people in recovery be active agents of change in their lives, not passive recipients of services.
- Family Support can help those in recovery find hope and ways to rejoin and rebuild life in the community

SPECIAL  
FAMILY  
SUPPORT  
ATTENTION  
FOR:

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Pregnant women

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Fathers

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Youth

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Grandparents caring for  
children

# SOME TECHNICAL ASSISTANCE IDEAS

- Family Support for pregnant and post-partum women
- Web-based learning opportunities for Family Support training
- Telephone recovery check ups
- Ways to integrate voice of Family Experiences in all aspects of OUD services
- Family Support for youth using music and art



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# FOR MORE INFORMATION

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