



Families Experiencing Addiction and Substance Use

Madison, Olympia, Tre, and Cheyenne



Land Acknowledgement

We would like to take a moment to acknowledge that we live, work, study and play on the ancestral, traditional, and unceded territory of the Tk'emlups te Secwepemc within Secwepemcul'ecw. We are beyond grateful to be lucky enough to call this land home, and will continue to fight for decolonisation and to bring awareness and put an end to discrimination against Indigenous people.

What is an Addiction?

- Addiction is a disease
- Behaviours become compulsive
- Often continue despite negative and/or harmful consequences
- Behavioural addiction vs. substance addiction



Short Overview to Understand Addiction



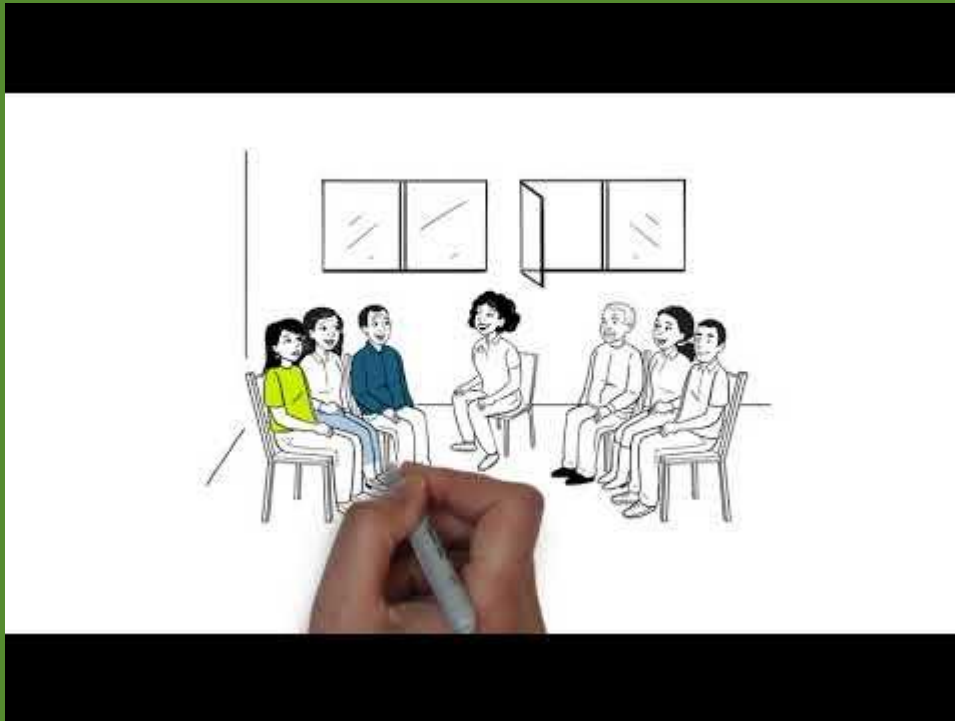
The Effect of Addiction on Families

- Addiction is a family disease
- Affects families emotionally, psychologically, financially, and socially
- Can be more dangerous for the family of the user than the user themselves

Substance abuse affects a family on every level:



How Addiction Affects Families



Play from 0:00 to 0:35

How to Support a Loved One In Addiction

- Inform yourself so you're better able to understand
- Set healthy boundaries
- Practice consistent self-care (self-care isn't selfish)
- Avoid blame



Supporting Someone With Addiction



Visit Our Website For More Information on Families Experiencing Addiction and Substance Use

<https://ourteam2022.trubox.ca/>

Resources

Oasis Mental Health Associations. (2020). *Addiction: Types, causes, and solutions (for teens) - youtube*. YouTube. <https://www.youtube.com/watch?v=dsTwkX1cdCY>

What is the definition of addiction? American Society of Addiction Medicine. (2019, September 15). Retrieved November 15, 2022, from <https://www.asam.org/quality-care/definition-of-addiction>