



# Usefulness of a Brief Educational Event to Challenge Service Providers' Approaches with Families Affected by Substance Misuse and Abuse

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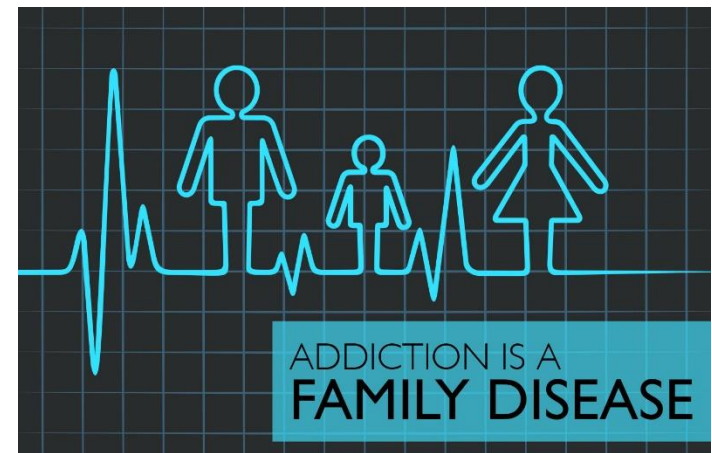
Addiction & the Family International Network (AFINet)

1st International Conference

Friday 9th to Sunday 11th November 2018

Newcastle upon Tyne, UK

# Are We Helping Families Affected by Addiction?



- In the U.S., providers of substance abuse and addiction services continue to use terms, labels and approaches that are very dated and lack any evidence of being helpful, if not harmful.
- This endeavor looked at whether a brief workshop on the topic could effectively challenge their use while providing suggestions and resources that have been found to be useful.



- Obtained pre-workshop participant ratings of the perceived value of four terms.
  - Codependency
  - Family Disease
  - Family Roles
  - Enabling
- Following a one-hour training session, participants completed post-workshop ratings
- N = 138

Strongly  
Disagree

Disagree

Neutral

Agree

Strongly  
Agree

1. It is helpful for families to understand about co-dependency.

2. When working with families, it is important to include information about the family disease of addiction.

3. Families affected by addiction assume roles such as mascot, hero, scapegoat, and the lost child.

4. Family members are often enablers because they do things that allow the substance abuse to continue.

# Challenging Use of Codependency



“It has come to refer to any relative of a person with any type of behavior or psychological problem. The idea has been criticized for pathologizing caring functions, particularly those that have traditionally been part of a woman’s role, such as empathy and self-sacrifice. **Despite the term’s common use, little scientific inquiry has focused on codependence.** (SAMHSA, 2008, p. 24).”

<http://www.ncbi.nlm.nih.gov/books/NBK64265/pdf/TOC.pdf>

# 2018 Codependency Conference



## *workshops and speaker meetings*

### International CoDA Convention (ICC)

October 12-14, 2018

Register@ [www.coda.org](http://www.coda.org)

#### **Registration Fee**

Early Registration **\$50.00** (until May 1<sup>st</sup>)

Registration **\$65.00** (after May 1<sup>st</sup>)

Can also register by mail and pay by check  
(Note in memo line: ICC Registration and your email)  
Mail check to CODA Fellowship Offices  
P.O. Box 33577, Phoenix, AZ 85067-3577.  
Must be postmarked by September 27, 2018

#### **Send registration questions to**

[iccregistration@coda.org](mailto:iccregistration@coda.org)

#### **Meal Purchase**

Friday Evening Dinner \$25.00

## *annual business meeting*

### CoDA Service Conference (CSC)

October 9-12, 2018

Delegate Packets-available September 15

@[www.coda.org](http://www.coda.org)

Business Meeting Agenda-available October 1, @

[www.coda.org](http://www.coda.org)

Send questions for delegate packets to

[imcvel@coda.org](mailto:imcvel@coda.org)

#### **Hotel Information**

#### **Crowne Plaza Mission Valley**

2270 Hotel Circle N.

San Diego, California

619.297.1101

**Room Rate \$115.00**

# Challenging Use of Family Disease



“The family disease model looks at substance abuse as a disease that affects the entire family. Family members of the people who abuse substances may develop codependence, which causes them to enable the IP’s substance abuse. **Limited controlled research evidence is available to support the disease model, but it nonetheless is influential in the treatment community as well as in the general public** (SAMHSA, 2008, p. 5).”

<http://www.ncbi.nlm.nih.gov/books/NBK64265/pdf/TOC.pdf>



# Challenging the Use of Family Roles

Introduced by Wegscheider Cruse (1989) Founding Chairperson of Nat'l Assn of Children of Alcoholics

## Addict's Family Survival Roles





# Challenging Use of Family Roles

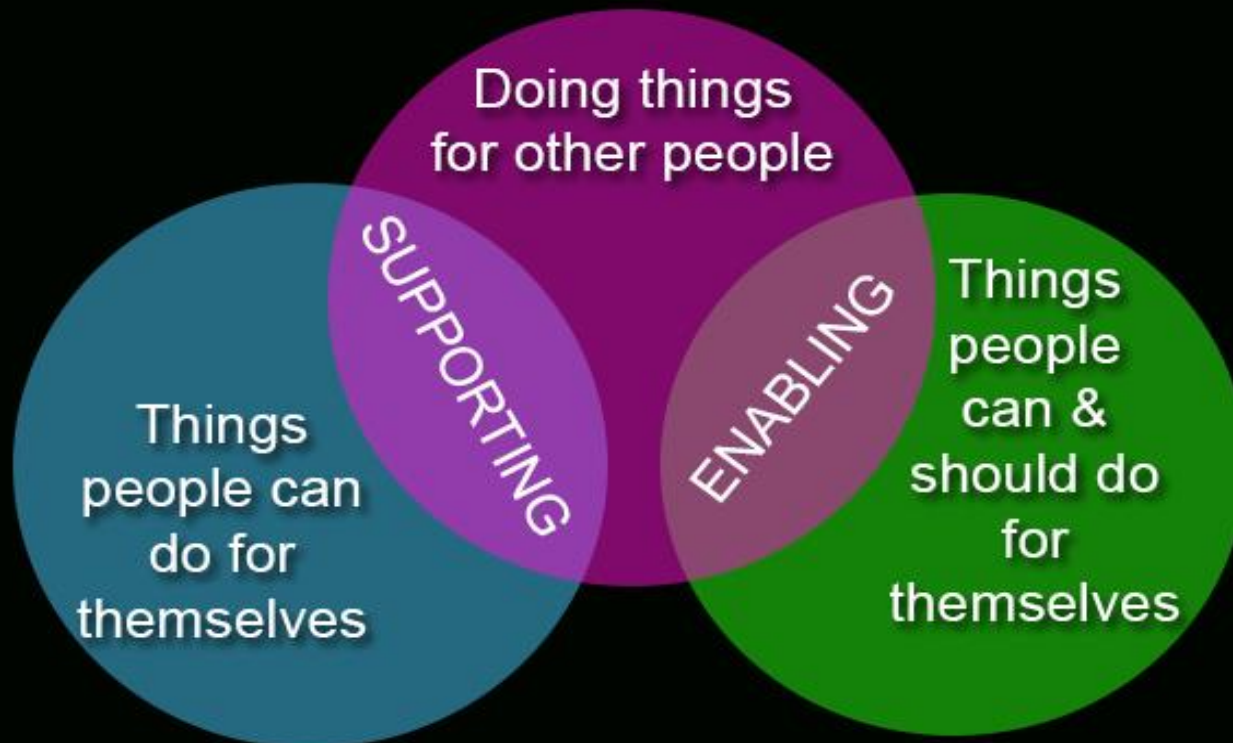
To better understand the dynamic and multifaceted roles that family members play in a home where a parent is dependent on alcohol, it is necessary to move away from a strict role theory and focus on not only the commonalities but the differences that come into play when family members cope with the myriad social, emotional, financial, and interpersonal consequences of alcohol dependence.

Vernig, P. K. (2011.). Family roles in homes with alcohol-dependent parents: An evidence-based review. *Substance Use and Misuse*, 46, 535-542.

# Enabling

**ARE YOU LOVING AN ADDICT TO DEATH?**

## Enabling Vs. Supporting



# Pre-Post Differences (Range = 0 to 5, Higher Numbers = Stronger Agreement)

## Pre

- Codependency 4.67
- Family Disease 4.48
- Family Roles 4.37
- Enabling 4.42

## Post

- 3.92 (14.5% decrease)
- 3.72 (17% decrease)
- 3.57 (18.4% decrease)
- 4.12 (9.2% decrease)





## Conclusions & Recommendations

- It is possible that brief educational events can initially influence providers' views of well-established, but ineffective labels and terms.
- The challenge is to shift staff and programs towards the utilization of models and approaches that are evidence-based.
- When families need services, it is essential to provide those that help - not harm.