

## Do's & Don't When Helping an Addict

**Do:** Maintain your own balance and integrity. Don't let the addicted person draw you into using drugs or alcohol with him/her. Also don't let him convince you that you're wrong for seeing the problem.

**Don't:** Expect results just by asking him/her to quit. It will seldom (if ever) do any good to say, "If you loved me, you'd quit." It's really not about you or love. When using the compulsion is the dictator of a addicts actions. Accept this, you can get started on the solution.

**Do:** Find a rehab program for your loved one. If you have any choice in the matter, ask plenty of questions before selecting one. Find out exactly how the program works, ask if you can talk to someone who has completed the program. The program should make sense to you.

**Don't:** If at all possible, don't choose a 30-day program. The National Institute on Drug Abuse recommends a program of three months or longer for a better chance of sobriety. Addiction seldom occurs overnight and there is plenty of destruction of life skills along the way. It takes time to rebuild a life.

**Do:** If safely possible, stand by the addicted person in your life. Sometimes, especially when there are kids, it's vital to remove yourself and the children from the situation. If you can, let the addicted person know that you support him and his recovery. convinced him that he is worthless. When he has support there is a greater chance to for success during rehab.

**Don't:** Put yourself in a situation where you can be abused mentally or physically. If you are vulnerable due to size, emotional state or other reason, find your own support. Family, counselors, ministers, even law enforcement can and should be utilized. You might feel ashamed or embarrassed about being in this situation. That's completely natural. You must speak out for your own protection. You are better positioned to help when you are clear minded and safe.

**Do:** Insist on rehab as the right answer for addiction. Families with an addicted loved one live in terror of the phone call that tells them that their addicted loved one is dead or has been jailed. Find an effective rehab program and make this the **only solution** you will accept – not promises to cut down, or wean themselves off.

**Don't:** Expect that the person will immediately take off for rehab when you first approach him. You may have to intervene. Either find a professional interventionist who has successfully helped many people to rehab or get together with all your family and the addict's close friends and cut off all means of escape. If some have been providing money or shelter, they must agree that rehab is the only option. There must be no way out other than going to rehab.

**Do:** If you are going to stage an intervention, it mu The drugs have already st be done from caring and love. Criticism or blame will only push the person further into his uncomfortable guilt. Drugs are already his solution for this guilt.

**Don't:** Assume that because an addict is going to rehab means that everything has been resolved. He will need your love acceptance, and support during rehab and afterwards as he establishes a new, sober life for himself. Help him move back into life in a step-by-step manner, maintaining your support.

**Do:** Take Action. Research sober living housing also known as recovery housing. Help your loved one choose an environment with strict standards for sober living. Recovery housing should be selected from a certified or approved association such as, [BCRHA](#) of Pennsylvania. Mandatory participation in recovery program schedule, coaching and accountability provides the best opportunity for sober living success.



