



### **Information for Family and Friends**

Please keep in mind that this can be very hard work. Often times intense emotions are stirred up and brought to the surface, and many leave here in a very vulnerable emotional state. The interpersonal encounters during the first days and weeks after the treatment are extremely important in the outcome. More than likely you will play an important role in your loved one's successful, long-lasting recovery. We would like to offer a few suggestions that may help:

- Please treat the patient with respect and compassion.
- Avoid making them feel guilty by reminding them of the things that have taken place because of their addiction.
- Please have patience. Many people experience extreme fatigue or emotional overload after their treatment.
- Remember that their condition will improve on a daily basis.
- Encourage them to eat healthy, take their vitamins, and exercise.
- Promote being productive and proactive in their recovery.
- Guide them towards healthy people to spend time with.
- Help them develop an aftercare plan, including seeing a professional therapist.
- Remember that it is likely that you also have several issues to resolve based around the patient's addiction. You yourself may also benefit from counseling.
- Learn what it means to be an enabler and do your best to avoid this type of behavior.
- Please wait to make big plans and decisions. The first weeks and months of recovery are a time to focus on creating a healthy foundation and learning the skills to remain clean.

If we can offer you any assistance or guidance during this important time please feel free to call us.