



# RECOVERY



## CONGRATULATIONS

### YOU AND YOUR CHILD HAVE COME A LONG WAY!

Celebrate your progress and keep in mind that recovery is a lifelong process. As your child continues to grow and change, so will his/her recovery. The journey to an alcohol and drug-free life happens one day at a time.

Working on recovery is not easy and may not always be perfect. A recurrence may happen, so having a plan on how to deal with it is important. A recurrence can be part of the recovery process and does not mean that recovery is over or that anyone has failed. Your child has a chronic disease which needs lifelong management. Similar to other illnesses, family support and on-going check-ups are necessary to assist with overall health and wellness.

This brochure will provide information and resources on some of the steps you and your family can take to support your child as he or she progresses and grows in his/her recovery.

The following organizations offer information and resources that can help you and your family.

New York State Office of Alcoholism and Substance Abuse Services  
[oasas.ny.gov](http://oasas.ny.gov) | **518-473-3460**

[CombatAddiction.ny.gov](http://CombatAddiction.ny.gov)  
[www.Talk2Prevent.ny.gov](http://www.Talk2Prevent.ny.gov)

The Partnership at Drugfree.org  
[drugfree.org](http://drugfree.org) | **855-378-4373**

American Council for Drug Education  
[acde.org](http://acde.org) | **800-378-4435**

Families Against Drugs  
[familiesagainstdrugs.net](http://familiesagainstdrugs.net)

Al-Anon and Alateen  
[al-anon.org](http://al-anon.org) | **757-563-1600**

Faces and Voices of Recovery  
[facesandvoicesofrecovery.org](http://facesandvoicesofrecovery.org)  
**202-737-0690**

SAMHSA's Center for Substance Abuse Treatment  
[samhsa.gov/about/csat.aspx](http://samhsa.gov/about/csat.aspx)  
**240-276-1660**

Substance Abuse and Mental Health Services  
[www.samhsa.gov](http://www.samhsa.gov) | **877-SAMHSA-7**

National Institute on Drug Abuse  
[www.nida.nih.gov/nidahome.html](http://www.nida.nih.gov/nidahome.html)  
**800-662-HELP**

National Council on Alcohol & Drug Dependence  
[www.ncadd.org](http://www.ncadd.org) | **800-NCACALL**

**FOR HELP & INFORMATION**  
[COMBATADDICTION.NY.GOV](http://COMBATADDICTION.NY.GOV)

**CALL:** 1-877-8-HOPENY (1-877-846-7369)  
**TEXT:** HOPENY TO 467369



Office of Alcoholism and Substance Abuse Services

# YOU CAN BE THE DIFFERENCE

A Guide to Teen/Young Adult Substance Abuse



# RECOVERY



Office of Alcoholism and Substance Abuse Services

# YOU CAN BE THE DIFFERENCE



## RECOVERY

### RECOVERY

Recovery is a journey, not an event. It is more than not using alcohol and/or drugs; it includes all aspects of life from social activities to health and wellness. It is important for the individual to focus on finding a healthy, new direction he or she wishes to take and developing a realistic plan to achieve goals. Keep in mind, recurrence may happen, so having a plan on how to deal with them is important.

### SUPPORT YOUR CHILD'S PLAN

Your child's desire to do things on his or her own is an important part of their growth and development. Your support will help a great deal when your child begins working on his or her recovery program.

- Learn about your child's disease to support change. Understand what to expect as your family adjusts to a new family "normal."
- Know your child's recovery plan and the steps it will take to reach his/her goals. Remember, it is one day at a time.
- Recognize and celebrate achievements.

### COMMON SIGNS OF RELAPSE

LACK OF GRATITUDE	BLAME
LACK OF SELF CARE	ISOLATION
SELF PITY	UNREALISTIC GOALS
RETURN TO DENIAL	MANIPULATION
DEFENSIVE BEHAVIOR	



### RELAPSE

Having an understanding of triggers that may cause your child to relapse will help you to safeguard your child and recognize when to step in and help. Some common triggers may include:

#### FAMILY OR SOCIAL SITUATIONS

Where alcohol, drugs and/or tobacco are available.

#### SOCIAL ISOLATION & BOREDOM

It's natural for teens and young adults to want to be doing something. Help them find new, healthy ways to spend their time – of course being too busy is not good either. You need to help your child find some balance.

#### RETURN TO HANGING OUT WITH ACTIVE USERS

Recovery requires a drastic change in lifestyle, and this includes a complete separation from any former companions who are actively using.

#### STRESS

This can be from major life changes or from everyday worries. Notice your child's stress level and use resources, like other family members, counselors or addiction medical professionals.

Don't feel it is all on your shoulders.

#### OVERCONFIDENCE/COMPLACENCY

Sometimes when people first get sober, they feel so happy and proud and think they would never go back to using; this is a common phase of recovery which can lead to overconfidence.

#### MENTAL OR PHYSICAL ILLNESS/PAIN

Many of us suffer with chronic or frequent mental or physical pain. This can lead to seeking the short term, false relief that alcohol, drugs and tobacco provide. Be aware of this trigger and seek professional assistance when you or your child need it.

#### THINKING/TALKING A LOT ABOUT PAST USE

This can mean your child is thinking about the excitement or relief that drugs provided and not thinking as much about recovery and new ways to be happy and successful.

- Know your child's triggers and relapse warning signs.
- Know what your child is doing, where and with whom. People, places and things have a powerful effect on recovery.
- Join a support group in your community with other parents and/or families in recovery to help keep you from feeling alone and allow you to share your experiences and hopes with others.
- Remember, your child needs you. Your interest and concern is important to him/her.