

Things to Know When a Loved One has an Addiction

1. **THERE IS HOPE.** Individuals recover from addiction every day. An individual can take concrete steps to put the symptoms into remission. The path to recovery is different for every person.
2. Addiction is a disease, not a moral failing or personality defect. Addiction is a lifelong, chronic disease of the brain. This can be shown by the person seeking drugs and/or alcohol before all other needs including food, family and safety.

Like other chronic diseases, addiction often involves cycles of relapse and remission. Without treatment or engagement in recovery activities, addiction is progressive and can result in disability or premature death.

3. There are treatment options available for you, for your loved one. Just as each person is unique, there are many different options available to treat an individual's addiction.
 - Participation in self-help (AA and/or NA) meetings
 - Treatment by a medical professional
 - Addiction medication should be seriously considered. Some options are:
 - Buprenorphine (Suboxone, Zubsolv) (Daily strip)
 - Campral (Daily pill)
 - Methadone (Daily)
 - Naltrexone (Daily pill)
 - Vivitrol (Monthly Intramuscular shot)
4. Get trained and carry Narcan (a nasal spray which temporarily reverses an opioid overdose). This has saved thousands of lives and is available at local drug stores without a prescription.
5. There is support for family and friends of someone who is addicted.
 - Al-Anon and Nar-Anon are self-help groups for people who are affected by the family disease of addiction.
 - Friends and families of individuals who have an addiction can receive counseling to assist in dealing with the feelings caused by caring about an individual who has an addiction. Coping skills and setting appropriate boundaries are the focus in this type of counseling.
 - You are not alone. Although it feels like you are the only one going through this, many other families are also dealing with the disease of addiction.
6. If your loved one, isn't ready to address his/her addiction, harm reduction is a way to try and minimize the negative consequences of use. Needle exchanges are an example of harm reduction.

If You Need Help Call

Addiction Hotline: 716.831.7007



Resources for Friends and Family of an Individual with Substance Use Disorder

OASAS Patient Rights:

<https://www.oasas.ny.gov/publications/pdf/PatientAdvocacyBrochure.pdf>

Addiction Happens in the Best of Families:

<http://store.samhsa.gov/shin/content//PHD1112/PHD1112.pdf>

Opioid Overdose Prevention Facts:

<https://www.oasas.ny.gov/publications/pdf/ODPreventionCard.pdf>

Different Treatment Options:

https://www.oasas.ny.gov/hps/state/CD_descriptions.cfm

Medication Assisted Treatment for Opiate Addiction:

<https://store.samhsa.gov/shin/content/SMA09-4443/SMA09-4443.pdf>

20 Questions: Is Nar-Anon for Me?

http://static1.squarespace.com/static/53714efae4b0db8de8cdfaf8/t/5403722ae4b0a8b368295646/1409511978204/Is_NarAnon_For_Me.pdf



Are You Unsure if You are Enabling Versus Supporting Your Loved One?

There are options to help you make decisions about what you are willing to do to support your loved one in their journey of recovery and your boundaries that will help you stay healthy.

Al-Anon: www.aiswny.org
716-856-2320
Nar-Anon: www.nar-anon.org

Nar Anon Meetings Erie County NY

Monday 630 pm
St. Andrews Church in Loyola Room
1525 Sheridan Drive
Kenmore / Tonawanda, New York 14217

Monday 630 pm
St. Mary's School
6919 Transit Road
East Amherst, New York 14051
Notes: Park behind the school and enter through the red door on the right

Monday 645 pm
Lord of Life Lutheran Church
1025 Borden Road
Depew, New York 14043

Wednesday 630 pm to 8 pm
St. Johns Outreach
160 Chestnut St.
Lockport, NY 14094

Wednesday 7 pm
St John's Grace Episcopal Church
496 Lafayette Avenue
Buffalo, New York 14222
Notes: Enter through Courtyard door on Lafayette. Meeting downstairs in Walter Lord Room

Thursday 630 PM
Central Park United Methodist Church
216 Beard Avenue
Buffalo, New York 14214



Addiction Family Support/ Education Groups

MONDAY:

Address: 531 Farber Lakes Drive
Williamsville, NY 14221
716-633-1927

Time: 6:00 p.m. - 7:00 p.m.

Restricted to Families of Clients: Yes No
Open to the Public: Yes No
Fee Charged: Yes No
Eligibility Requirements: Open to All

MONDAY:

Address: Because I Love You (BILY)
North Buffalo Community Center
203 Sanders Road
Buffalo, NY 14216

Contact: Rick 716-99-2452

****NOTE: MUST confirm attendance by 3:00 p.m. on Monday****

Time: 7:30 p.m.

Restricted to Families of Clients: Yes No
Open to the Public: Yes No
Fee Charged: Yes No
Eligibility Requirements: Open to All

TUESDAY:

Second & Fourth Tuesday of the Month

Address: Horizon Health Services
1370 Niagara Falls Blvd.
Tonawanda, NY 14228

Contact: Avi Israel 716-833-3708

Time: 6:30 p.m. – 8:30 p.m.

Restricted to Families of Clients: Yes No
Open to Public: Yes No
Fee Charged: Yes No
Eligibility Requirements: Loss of Child to Substance Abuse

Second Tuesday of the Month:

Address: First Trinity Lutheran Church
1570 Niagara Falls Blvd.
Tonawanda, NY 14228

Contact: Colleen Babcock 716-907-2985

Time: 6:30 p.m. – 8:00 p.m.



Restricted to Families of Clients: Yes No
Open to Public Yes No
Fee Charged: Yes No
Eligibility Requirements: Addictions Family Support

Third Tuesday of the Month:

Address: Wellness Center
Horizon Village Campus
6301 Inducon Drive E.
Sanborn, NY 14132
Contact: Colleen Babcock 716-907-2985
Time: 6:30 p.m. – 8:00 p.m.

Restricted to Families of Clients: Yes No
Open to Public Yes No
Fee Charged: Yes No
Eligibility Requirements: Addictions Family Support

WEDNESDAY:

First Wednesday of the Month:

Address: Holy Mother of the Rosary Cathedral
6298 Broadway St.
Lancaster, NY 14086
Contact: Colleen Babcock 716-907-2985
Time: 6:30 p.m. – 8:00 p.m.

Restricted to Families of Clients: Yes No
Open to Public Yes No
Fee Charged: Yes No
Eligibility Requirements: Addictions Family Support

