

InFocus

Education Program

For families and friends affected by someone's drug and alcohol use.

InFocus is an education program, developed by Family Drug Help, that offers practical support, relevant information, coping strategies and the opportunity for people to connect through their shared experiences. The program is facilitated by professionals who have also been impacted by someone's drug and alcohol use, and is generally delivered over 6 weeks in 2 hour sessions. Here is a snapshot of what it includes.

Week 1	<p>Addiction and the impact on families</p> <p>The first session is an exploration of addiction and its impacts on families. We present current facts, explore the stages of change model and the neuroscientific basis of addiction. We discover maladaptive coping mechanisms and familiarise participants with the health implications of stress and provide practical exercises for stress reduction.</p>
Week 2	<p>Boundaries and assertiveness</p> <p>In this session we present in-depth information around boundaries including the practical application of boundaries. We explore methods to effectively communicate boundaries and introduce distress tolerance exercises as a coping strategy.</p>
Week 3	<p>Family dynamics</p> <p>Week 3 covers our interpersonal relationships and family dynamics. We introduce participants to enabling as a destructive form of relating and explore enabling behaviours. We clarify unhelpful methods of communicating and examine more productive ways of relating with a focus on empowering ourselves and others.</p>
Week 4	<p>Managing our reality</p> <p>In this session we look at the interconnectedness of our thoughts, feelings and behaviour. We bring about an awareness of our patterns and discover ways to alleviate the burdens of our anxiety and guilt. We explain how we create our reality through cognitive distortions and practice reframing our perceptions.</p>
Week 5	<p>Crisis and hope</p> <p>In week 5 we present the real time issues of our current circumstances and look forward to our newfound path in recovery. We define family violence and assist participants to prioritise personal safety. We introduce the concept and impact of unconventional grief and instill hope through a powerful story of recovery from a guest speaker.</p>
Week 6	<p>Moving forward</p> <p>In this final session we explore our intentions moving forward and develop personal recovery plans. We assess our wellbeing needs and develop appropriate linkages with external supports. We have experienced a shift of focus from the problem to self-preservation, empowerment and growth.</p>

Bookings are essential. Phone **Family Drug Help** at SHARC on **1300 660 068**