


HOPE

for Family and Friends
Struggling with Addiction



HELP 
is here.
PREVENT • TREAT • RECOVER



This guide can help you help those struggling with addiction.

All too often, we find ourselves busy with day-to-day responsibilities, making it hard to research addiction resources when a need arises. We have included information in this booklet that will equip you with knowledge, both scientific and spiritual, to intervene effectively. We encourage you to continue your healing mission. Your work can be life-changing for people struggling with addiction — and for their families.

Signs of Addiction

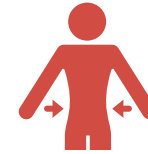
PHYSICAL SIGNS



ALTERED SLEEP HABITS



SMALL OR PINPOINT PUPILS



DRAMATIC WEIGHT CHANGES



FREQUENT NOSEBLEEDS



FREQUENT COLDS OR ILLNESSES



ITCHY SKIN OR UNEXPLAINED CUTS OR SCABS



LEG CRAMPS



POOR HYGIENE

EMOTIONAL SIGNS



A SENSE OF DESPERATION



CHANGES IN PERSONALITY OR FRIENDS



SCHOOL OR WORK PERFORMANCE PROBLEMS



OUT OF OR IN NEED OF MONEY



NODDING OFF OR CONSTANT SLEEP PROBLEMS



PARANOIA



SECRECY

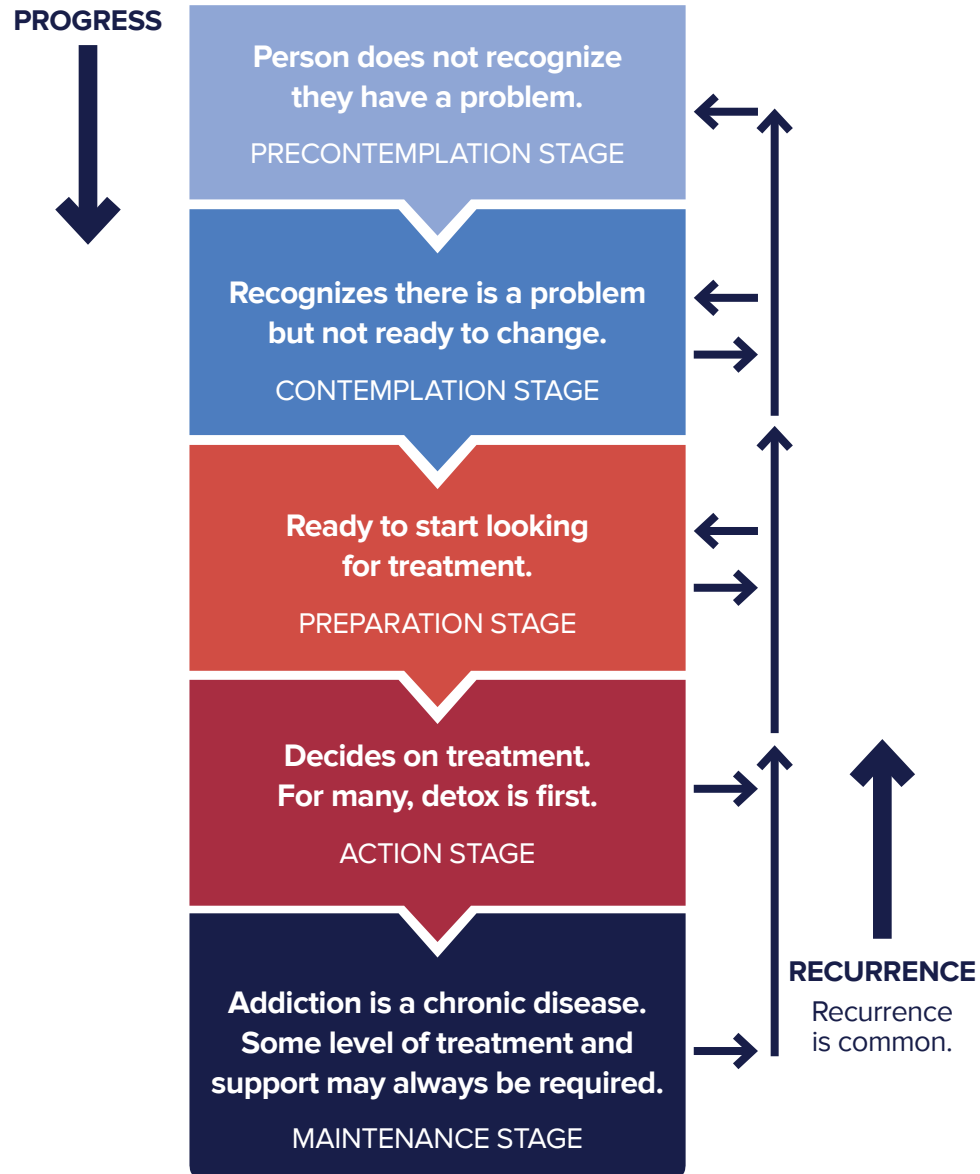


LOSING INTEREST IN ACTIVITIES

NOTE: These are only a few of the most common signs.

Stages of Change in Recovery from Addiction

This behavior change model shows how people go through five specific stages in order to make a positive change in their life. Those stages are:



How to Start the Conversation

Talk to your loved ones about their addiction.
If you suspect someone you love has a problem:

- **Choose the right time to talk.** Be sure they have not been drinking or using drugs.
- **Use faith and prayer with the person, seeking wisdom and guidance.** Begin by expressing your concerns without making accusations (e.g., “Susan, can I ask you about your drug or alcohol use? I am concerned about you. Is there something going on we need to talk about?”).
- **Be specific.** Explain what you observed that concerns you. For example, you’ve found missing pills or an empty pill bottle, you’ve noticed a change in appearance that may indicate a problem, or you’ve discovered their school or work performance has declined.
- **Be prepared for strong reactions.** They may accuse you of snooping or say you’re crazy. Stay calm.
- **Reinforce what you think** about drug use and its dangers. Tell them how much you care for them.
- **Get help from the experts.** Help finding treatment is available through the Delaware Hope Line, 24/7 — 1-833-9-HOPEDE.

Types of Treatment



DETOX: The process of ridding the body of the toxins from the drugs. This treatment should be done safely to manage withdrawal symptoms after someone has stopped using drugs. The types of approaches in detox include:

- **Medication-Assisted Treatment (MAT):**

The use of medication with counseling and behavioral therapies to treat substance use disorder caused by opioids and prevent overdose. Common drugs used in MAT include:

- » **Methadone**
- » **Naltrexone**
- » **Suboxone**

A provider will choose the best treatment plan.



INPATIENT TREATMENT: A person will stay at the hospital or clinic for treatment.



OUTPATIENT TREATMENT: A person will not be admitted, but visits will continue with a hospital or clinic for treatment.



SUPPORT GROUPS: Available groups include Narcotics Anonymous and Alcoholics Anonymous.



Recurrence is common. It does not mean failure.

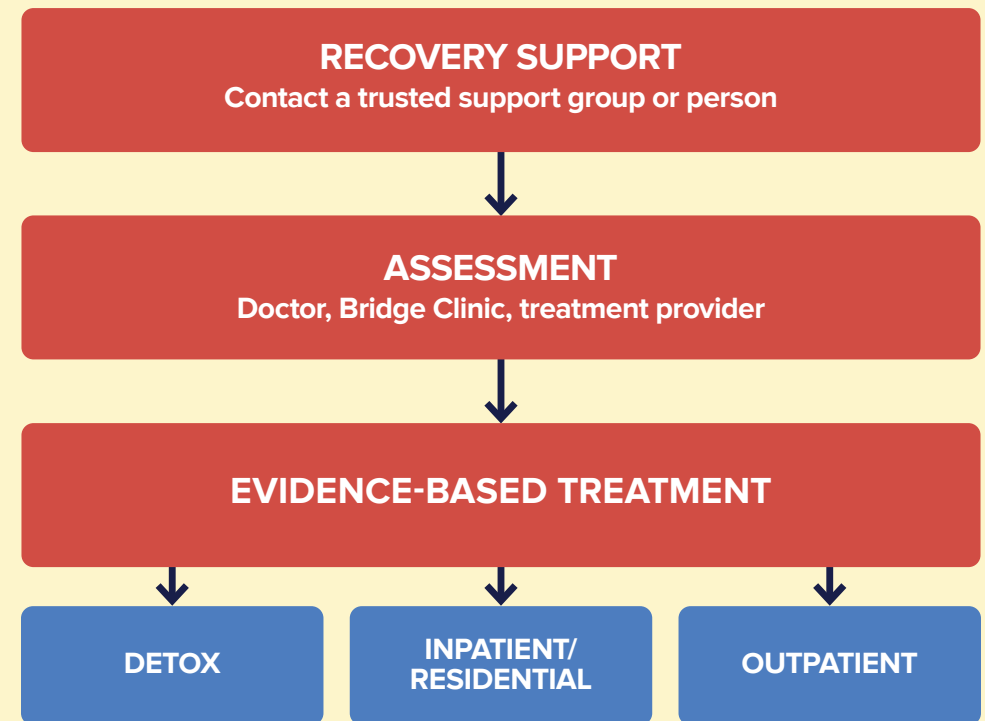
Addiction is more than a physical dependence on a drug. It also involves social and mental behaviors that need to be unlearned. This is why support and communication are so important in the treatment and recovery process.

Treatment Steps



SUBSTANCE USE DISORDER TREATMENT SHOULD BE INDIVIDUALIZED.

The general steps for evidence-based treatment include:



The length of time it takes to go through the treatment process will vary, as will the intensity of the treatment needed.



Find more treatment resources:

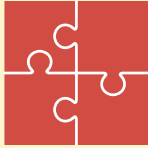
[HelpsHereDE.com/GetHelpNow](https://www.helpshere.com/get-help-now)

Setting Boundaries



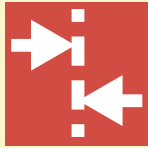
DO NOT ENABLE ADDICTION.

For example, do not lie to protect the person.



DO NOT FOCUS ON PICKING UP THE PIECES.

This may lead to the neglect of other family members.



SET BOUNDARIES.

This will help the family act as a unit so that the disease will no longer be in charge of running the household.

Examples of boundaries include:

- No drug use in a house, during certain times, or around certain people.
- No one under the influence of drugs is welcome in your home.
- Family members are to be treated respectfully.
- The family will not wait for your loved one to show up when plans have been made to attend an event or go on an outing.
- No one in the family will call in sick for your loved one if they are unable to go to work.
- The family is no longer prepared to lie to anyone to cover up for your loved one, under any circumstance.

SET BOUNDARIES YOU CAN KEEP

Harm Reduction Strategies



HARM REDUCTION IS AN IMPORTANT STRATEGY FOR REDUCING RISK OF OVERDOSE.

Harm reduction supports any positive change, while resisting the narrative that treats substance abuse as a moral failure. Harm reduction respects that everyone has a path of their own, yet offers compassionate, evidence-based support for their journey. Faith communities can help reduce overdose risks by educating themselves, speaking nonjudgmentally about substance abuse and overdose risk, and using other strategies, such as:

- **Having Narcan (naloxone) available** and knowing how to use it. Evidence has shown that having more Narcan in a community results in fewer overdose deaths.
- **Asking someone to go to church/temple/mosque with you.**
- **Supporting those with mental health needs** and helping them access professional resources, as appropriate.
- **Creating a plan for responding to an overdose** in your place of worship or faith community areas. This includes having Narcan available.
- **Helping those in need access support**, such as good food and clean water, stable housing, a safe living environment, and job assistance.

INTERVENTION AS AN OPTION FOR FAMILIES AND FRIENDS

An intervention is a well-organized process, involving a professional, that may:

- Interrupt a negative cycle that someone with a substance use disorder is in but cannot find a way out.
- Motivate the person with a substance use disorder to seek help.
- Make the person with a substance use disorder aware of how their behavior impacts family and loved ones.
- Involve a faith leader important to the individual, to help them stay connected to their faith, family, and friends for encouragement and support.

If you, family members, or friends think an intervention might be needed for someone, ask an intervention specialist for help. Call the Delaware Hope Line 24/7 at 1-833-9-HOPEDE.

Know About Lifesaving Resources



NARCAN

Narcan can reverse the effects of an opioid overdose. It is available for free without a doctor's prescription through mail order, at participating pharmacies (prices vary), and at statewide distribution events. Find more information at [HelpsHereDE.com/GetNarcan](https://www.HelpsHereDE.com/GetNarcan).



DRUG DROP-OFF BOXES

Almost two-thirds of those who abuse prescription medication or opioid prescriptions get them from friends or relatives. Proper disposal of unused prescription medications can keep them from falling into the hands of others. You can dispose of unused medications at most police stations throughout Delaware. For a complete list, visit [HelpsHereDE.com/StorageAndDisposal](https://www.HelpsHereDE.com/StorageAndDisposal).



SAFE STORAGE

Lock up all medications or keep them out of the way of anyone, including children or pets, who might consume them by accident or on purpose. For more tips and information, visit [HelpsHereDE.com/StorageAndDisposal](https://www.HelpsHereDE.com/StorageAndDisposal).

Get Help Now

IN PERSON



Visit one of the Bridge Clinics.

New Castle County: 302-255-1650
14 Central Avenue, New Castle

Kent County: 302-857-5060
805 River Road, 3rd Floor, Dover

Sussex County: 302-515-3310
546 S. Bedford Street, Georgetown

BY PHONE



Talk to trained counselors by calling the Delaware Hope Line 24/7 — **1-833-9-HOPEDE**.

ONLINE



Visit Delaware's comprehensive website for addiction prevention, treatment, and recovery information — [HelpsHereDE.com](https://www.HelpsHereDE.com).

No one is ever
too broken
or too far gone
to save.

Never lose
faith.



HelpsHereDE.com

833-9-HOPEDE
(833-946-7333)