

The background is a vibrant, abstract watercolor-style wash of colors including shades of green, blue, yellow, and red. A white, rounded rectangular frame is centered on the left side of the image, containing the main text.

**The Impact of  
Mental Health &  
Addiction on the  
Family**

# Learning Objectives

Explore what Codependency is how it influences the treatment journey

Review the three areas in which support networks are needing more assistance

Discuss the four elements of self-care

# FRIDAY NIGHT

TheCooperReview.com



## Codependence defined

Over-functioning in someone else's life and under-functioning in your own

Occurs when we put other people's needs ahead of our own on a fairly-consistent basis.



## Codependence

Do you feel compelled to help your loved one?

Are you afraid of what will happen if you don't?

# I'm a Nice Person - Aren't I?

When you say yes to others, especially  
when you really want to say **NO**



# Enabling / Caretaking

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Intention is to:

- Want to help
- Want to avoid
- Want to control



- Short term – some behaviours work
- Long term – both parties sink deeper into dysfunction

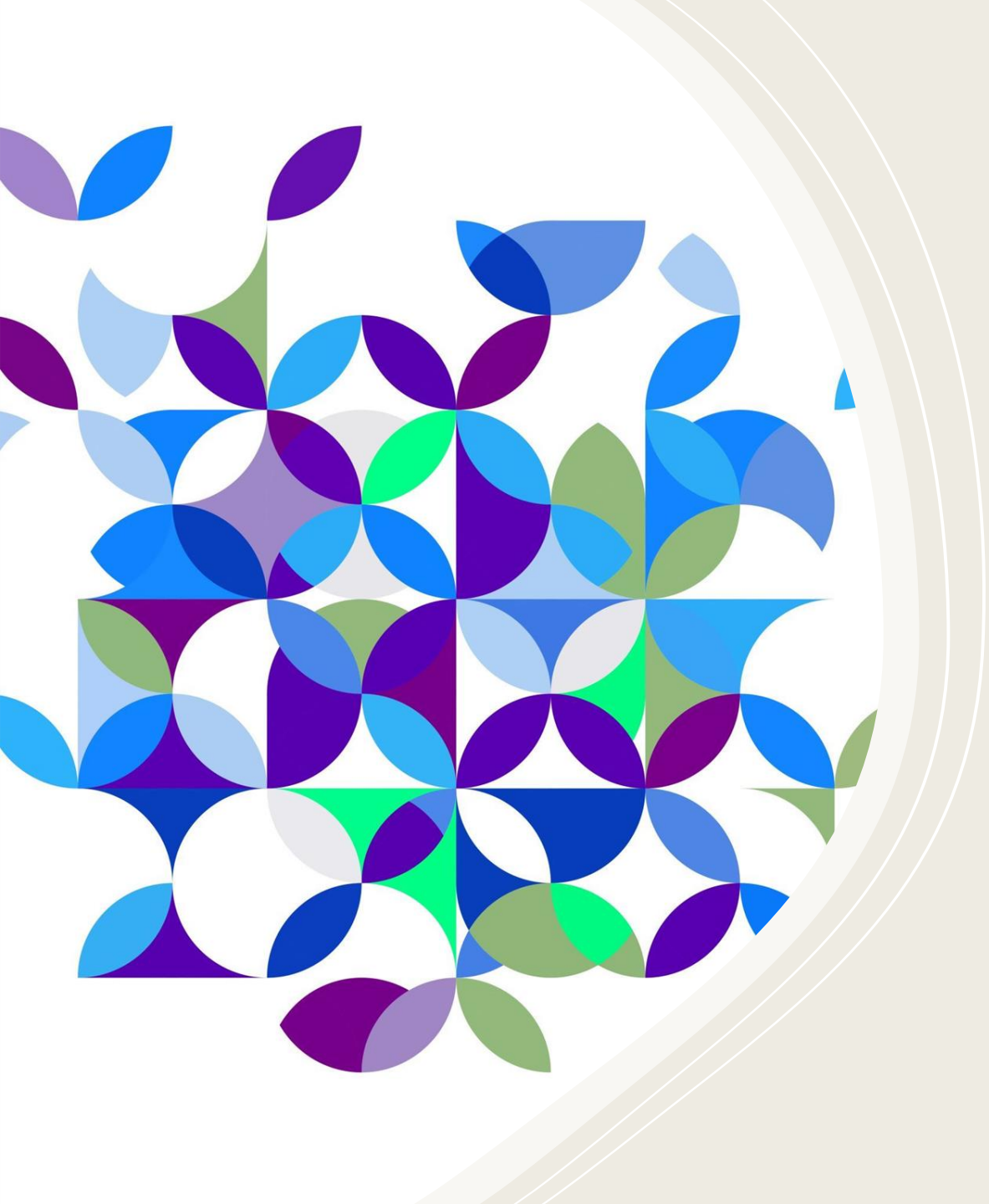


# Acceptance

Facing and coming to terms with what is.

Turning point for change

Acknowledge and accept our circumstances (including ourselves and the people in our life, as we and they are).



**Accept  
Reality?**





# The Advantages of Setting Boundaries

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- They invite the other person to be more responsible for their behaviour
- They model a healthier and safer way of relating between people



# Defining, Setting, and Keeping a Boundary

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- A boundary often needs re-setting and modifying many times.
- This process is usually helped if family members support each other and have the support of professionals.





## Key Point

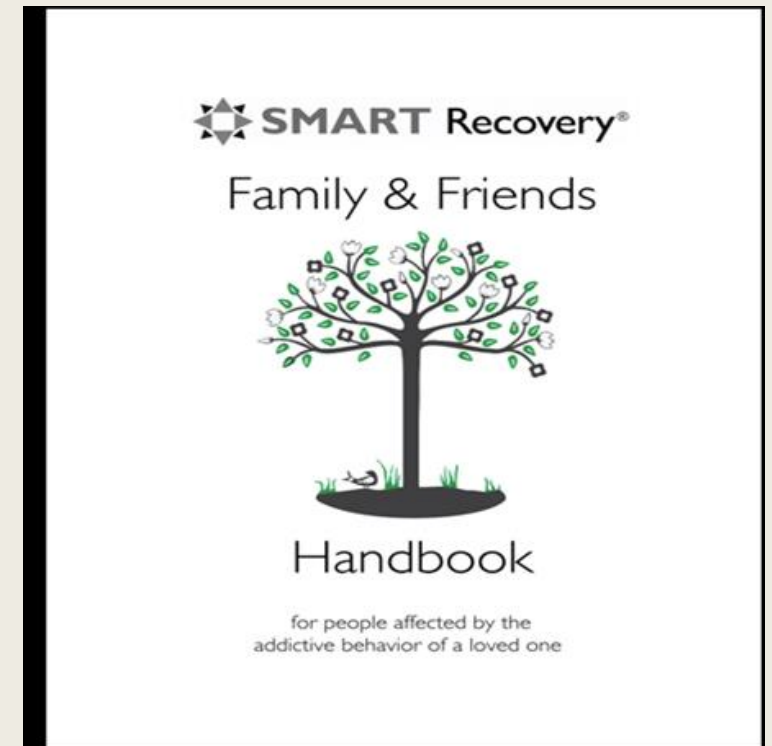
You can't change someone else. What you can change is your response to a situation. This change may in turn invite a change from the other person.



## Connection

- Seek out mutual support groups
- Counselling/therapy

# Support for Families and Friends





**Self-Care**



# Physical

Anything that has  
to do with our  
physical bodies

# Emotional

Looking after yourself in ways that help you feel grounded and balanced



# Mental

Important to have healthy and active mental abilities



# Spiritual

Means different things to  
different people



# EDGEWOOD'S FAMILY PROGRAMS

*At Edgewood we believe in treating the entire family system and involving loved ones in the treatment process. We offer programs for both adults and children who love someone with a substance use or mental health disorder.*

## FAMILY EDUCATION WEBINAR

The goal of this three 1/2 day online workshop is to educate family members on substance use disorder and the impact on family. Multiple family members are encouraged to attend this together.

Topics covered include:

- What Is Substance Use Disorder?
- Boundaries
- Codependence
- Relapse Behaviour/Prevention

## BOUNCE BACK CHILDRENS' PROGRAM

Bounce Back is a 3-day educational program designed to help children learn more about themselves. In an age-appropriate, safe, supportive environment, Bounce Back helps children understand what addiction is and learn that none of it is their fault.

## INSITE - 3 AND 1/2 DAY INTENSIVE PROGRAM

the purpose of Insite is to allow families / loved ones to digest what they've learned in the webinar and focus on deeper individual reflection.

- Generational impact of family patterns
- Self-care/Self compassion
- Communication and connection
- Relationship dynamics
- Spirituality

## FAMILY CONFERENCES

Family members are encouraged to participate in a family conference that will be facilitated by an Edgewood counsellor. This session helps all family members realize the profound impact substance use disorders and mental health can have on every member of the family and begins a healthy, more effective way of communication.



**Questions?**