



How to Support a Family Member in Recovery

Q&A on How to Help

My 20-year-old brother is in outpatient treatment for drug and alcohol abuse.

How can I support him through this critical time?

- Refrain from substance use, including alcohol—particularly if you are around your brother.
- Explore alternative housing solutions if someone else at home struggles with an addiction.
- Offer emotional support. A compassionate shoulder to cry on, for instance, can go a long way in helping your brother in his recovery.

My adult granddaughter has struggled with alcohol use for years. She just took the brave step to go into an inpatient treatment facility. What can I do to help her?

- Write her encouraging letters, about how she can recover and live a happy, healthier life.
- Make yourself available for family counseling sessions.
- Refrain from judging her or condemning her. She likely already feels judged by so many people.
- Visit her at the rehab facility when it is permissible.

My teenage son is detoxing from an addiction to pain killers.

It's so painful for the whole family. How can we help?

- Play games to keep your son's mind off what his body is going through. It can help time pass more quickly.
- Read to him. Whether it's his favorite childhood book or the latest bestseller, help him pass the time by immersing in a story.
- Avoid rehashing old pains.
- Try to stay awake. If your son experiences insomnia, stay up too,