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Improving Drug Abuse Treatment for AIDS-Risk Reduction (DATAR).

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Family Recovery Issues: Support and Solutions

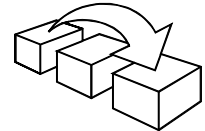
Participants will:

Identify sources of support for recovery in family relationships

Examine personal strategies for dealing with unsupportive family members

Explore a solution-focused approach for managing family problems*

Objectives



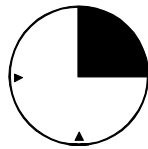
Procedure

Step	Segment Name	Time
1	Welcome and review of weekly recovery issues	30 minutes
2	Topic introduction: Family recovery issues	5 minutes
3	Exercise and discussion: Family Support Map	25 minutes
4	Break	10 minutes
5	Exercise: Positive problem-solving map	20 minutes
6	Process discussion: Finding solutions to family problems	20 minutes
7	Closure and evaluation	10 minutes

Session Length

**2 hours
(120 minutes)**

Session Structure



*Some of the exercise and discussion questions in this session draw on approaches suggested by Berg and Miller, 1992; de Shazer, 1985; Dolan, 1991; Lipchik, 1988; Lipchick and de Shazer, 1986; and O'Hanlon and Weiner-Davis, 1989.

Group Leader Materials and Preparation



◆ Materials:

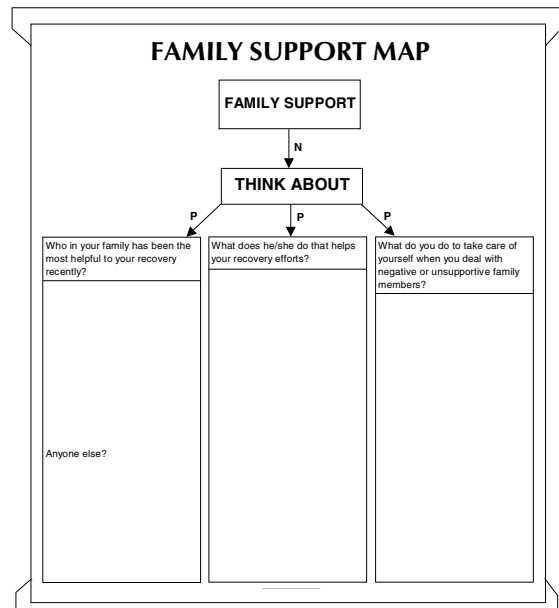
- Flip chart or chalkboard
- Markers or chalk
- Pencils and paper for participants

◆ Prepare before class:



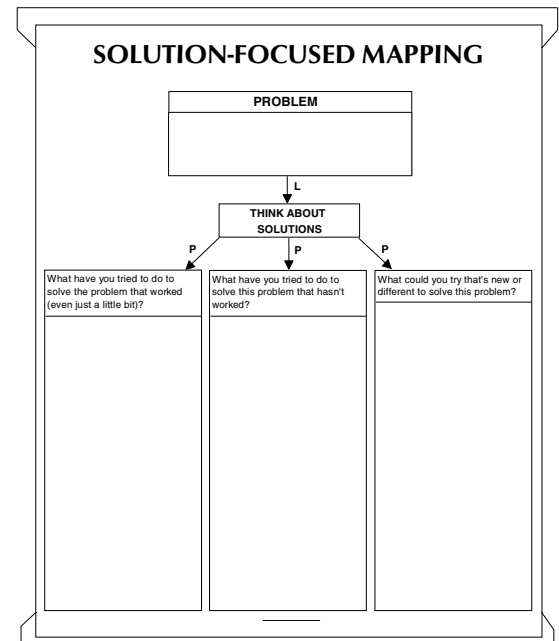
FAMILY SUPPORT MAP

Use a sheet of flip chart paper to draw a template as shown (see p. 70 for details):



SOLUTION-FOCUSED MAPPING

Use a sheet of flip chart paper to draw a template as shown (see p. 71 for details):



◆ **Prepare before class (continued):**

Local directory of free or low cost family counseling services. Include Al-Anon, Families Anonymous, parenting support groups, etc.

◆ **Make copies:**

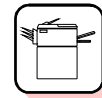
Family Support Map worksheet (p. 70)

Solution-Focused Mapping worksheet (p. 71)

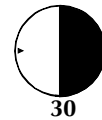
Local directory of family counseling and support groups

Session Four Evaluation (pp. 72-73)

Weekly Recovery Journal (p. 18 — Session 1)



**Procedure
Steps**



30

Step 1

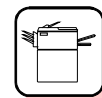
Welcome and review of recovery issues

◆ **Welcome participants** as they arrive.

◆ **Introduce the session topic.** Explain that today's session will focus on family relationships and recovery. The purpose of the session is to look at the positive side of family life (what happens in your family that helps your recovery), as well as ways of dealing with family problems that may have a negative impact on recovery. Emphasize that this session is not designed as therapy, but rather as a chance to explore what's already working and what you'd like to improve in your family relationships.

◆ **Open the discussion period for weekly recovery issues.**

Encourage participants to use their **Weekly Recovery Journals** to keep notes for this discussion time, and to help keep themselves focused on recovery during the week.

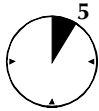


◆ **Begin by going around the room to ask each participant:**

“What is one thing you did in the last week (no matter how small) that really helped your recovery efforts?” Express support,

encouragement, and appreciation for each speaker's contribution. Set a tone for the group that encourages participants to do likewise.

◆ **Ask about the specific assignment from the previous week:** What did you find helpful about the support group you attended this past week? **Encourage participants to share other issues from their journals as well.** Keep discussions focused on recovery, finding solutions to recovery-related problems, and sharing successes (“what works”).



Step 2

Topic introduction: Family recovery issues

◆ **Reintroduce the session topic and the purpose of the session using key points from the following script:**

SCRIPT:
*Session Topic
and Goals*

The definition of “family” is a very personal one. The term *family* usually refers to kinfolks (blood relatives), partners or spouses, the relatives of a partner or spouse, and the children of both partners. However, many people feel family ties with others as well, such as friends or roommates. For the purposes of today’s discussion, you are free to define “family” in the way that most makes sense to you.

However we define them, families can be a source of happiness, support, and stability. Many recovering people credit family members for helping them the most to stay off drugs. It’s important to pay attention to the good and helpful aspects of family relationships, and to figure out ways to overcome problems that sometimes get in the way.

It’s not uncommon for families to experience problems associated with a member’s recovery. Recovery involves change. Sometimes, as one family member changes (for example, quits using and works toward a “straight” life) other family members have trouble handling it. This is an odd, but very human reaction.

No matter how “bad” a situation may be, we often get used to it so that even change for the better is unsettling. Frequent quarreling, poor communication, blaming, distrust, and unrealistic expectations are examples of family problems often described by recovering people.

What we’ll concentrate on today is learning a system for carefully thinking through family problems, with a focus on discovering potential solutions. To do this, we’ll use a “mapping” exercise. Mapping allows you to think about problems and solutions in a focused way. When family problems affect your recovery, it’s important to bring forth your resources and inner wisdom to find workable solutions. Mapping is a tool you can use to help you get in touch with your own problem-solving ability.

One key to solving problems is to figure out what works. As long as the solution is not illegal, dangerous, or harmful to one’s self or others, it’s usually worth a try. Because family problems can be very emotional we sometimes lose track of being able to ask and answer for ourselves: “What will work to help me solve this problem? How have I managed to solve similar problems in the past?” Today’s session will introduce a way to help you explore potential answers to these questions.

What we’ll talk about in today’s session is not a substitute for family or couples therapy. Mapping is simply a problem-solving tool. If you are experiencing recurring or difficult family problems, talk with your counselor about available family counseling services in the community.

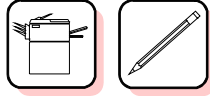
Step 3

Exercise and discussion: *Family Support Map*

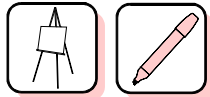
◆ **Begin by telling participants that today’s session will feature two mapping exercises.** The first one is designed to



help them focus on the strengths and sources of support for recovery in their families. The second helps them focus on exploring solutions to family problems that interfere with recovery efforts.



◆ **Distribute the *Family Support Map* worksheets and pencils.** Ask participants to fill in the boxes by answering the questions in each box. Encourage thoughtfulness and honesty. Assure participants there are no “right” or “wrong” answers to the questions.



◆ **Use a flip chart or chalkboard outline of the map template** as shown on page 56 to review the questions and explain the type of answers being sought. Ask participants to be specific about how family members show support for their recovery efforts. Encourage them to use the back of the page if they need more room.

**NOTES AND
INSTRUCTIONS:
*Family Support
Map***

◆ **Use the following notes to augment instructions.**

Who in your family has been the most helpful to your recovery recently? Write down the name of an adult family member who has been supportive and helpful to your recovery efforts. (There’s an “**anyone else**” space in case you want to list more than one person.)

What does he/she do that helps your recovery efforts? Describe how the family member supports your recovery efforts. What does he/she actually do?

What do you do to take care of yourself when you deal with negative or unsupportive family members? What do you do to keep unsupportive people from getting you down? What do you do to safeguard your recovery and take care of yourself?

◆ **Allow time for the worksheets to be completed.** Be available to answer questions or provide clarification as participants work. Remind participants they’re free to define “family” for themselves.

◆ **Process the exercise.** Begin by asking participants some general questions about the exercise:

Was the exercise easy or difficult? How so?

How did it feel to answer these questions?

General Questions

◆ **Lead a discussion of the exercise by encouraging volunteers to share their answers to the worksheet questions.**

As much as possible, work with one person at a time. Read each question aloud and allow each volunteer to share his or her answers.

PROCESS DISCUSSION: Family Support Map exercise

As you process the exercise, work to elicit responses that are specific and behavioral, rather than vague and general. For example:

Leader (L): How do you take care of yourself when you deal with difficult or unsupportive family members?

Participant (P): I just blow them off ... ignore them.

L: How do you do that? What do you do when you're ignoring them.

P: Watch TV ... sometimes I just leave.

L: That's smart. How did you figure out that watching TV or leaving was a good way to deal with them?

L: What does ___(name)___ do that helps your recovery effort?

P: Well, she's always really nice to me.

L: In what way is she nice? What does she do?

P: Uh ... she gives me a lift to the clinic when I need it.

L: Great. What else?

Look for opportunities to compliment and encourage each participant's insight, ability, and competence. Honest and sincere statements on your part, such as "That's great!" "Good for you," "That was smart of you," etc., help promote self-esteem and self-efficacy.

**Family Support
Map Process
Questions**

◆ **Here are some suggested process questions for each item on the worksheet:**

- ❖ **Who in your family has been the most helpful to your recovery recently?** (Ask for a first name and use it in asking subsequent questions.) **Anyone else?**

**Process
Questions**

What do you suppose ____ (name) ____ would say he/she notices that is different about you since you've been in this program?

What do you need to do to maintain this change?

- ❖ **What does ____ (name) ____ do that helps your recovery efforts?**

**Process
Questions**

How do you suppose ____ (name) ____ figured out what would be helpful to you?

What do you need to do to show ____ (name) ____ that his/her support is really helping your recovery?

How will you do that?

- ❖ **What do you do to take care of yourself when you deal with negative or unsupportive family members?**

How did you figure out that's what you need to do?

What else might work?

How do you feel when you are able to take care of yourself in a difficult family situation?

- ◆ **Thank participants for their input.** Provide closure by highlighting the sources and types of family support discussed during the exercise. Encourage participants to continue to identify helpful and supportive family members and to think of ways they can encourage this support. Compliment their abilities and resourcefulness in dealing with unsupportive family members, and encourage them to continue to identify ways of taking care of themselves in difficult family interactions.

Step 4

Break

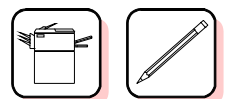
- ◆ **Allow a 10 minute break.**



Step 5

Exercise: Positive Problem-Solving Map

- ◆ **Distribute the *Solution-Focused Mapping* worksheets,** and ask participants to fill in the boxes by answering the questions in each box. Explain that this segment of the exercise



Process Questions

focuses on thinking about past solutions and possible new solutions to family relationship problems.

A problem is a difficulty we have been unable to resolve, even though we may have tried very hard. The approaches we've tried that didn't work hold clues to possible solutions for the future.

Encourage participants to be thoughtful and realistic as they create their maps. Reassure them there are no "right" or "wrong" answers to the questions.



◆ **Use a flip chart or chalkboard outline of the map template** to quickly review the questions. Encourage them to use the back of the page if more room is needed.

**NOTES AND
INSTRUCTIONS:**

**Solution-
Focused
Mapping**

◆ **Use the following notes to augment instructions:**

Problem box: Write a few lines to describe a current problem you're experiencing with a family member.

What have you tried to do to solve the problem that worked (even just a little bit)? Think about anything you have done to solve the problem that worked or helped make the problem less severe. Include **anything** that worked, even if it only helped a little bit and even if it only lasted a little while.

What have you tried to do to solve this problem that hasn't worked? Think about the things you've done in the past to solve the problem that were unsuccessful.

What could you try that's new or different to solve this problem? Based on all the thinking you've done today about this problem, what's something you could do that's new or different that might work? (Make sure it's not illegal, dangerous, or harmful to yourself or others.)

◆ **Allow time for participants to complete their maps.** Be available as they work to offer clarification and encouragement as needed.

Step 6

Process discussion: Finding solutions to family problems



◆ **Process the mapping exercise.** Begin by asking the group for general feelings about the exercise using some of the following questions:

How did it feel to answer these questions?

Was the exercise easy or hard?

What did you learn from doing this exercise?

General Questions

◆ **Lead a process discussion based on the questions asked in the mapping exercise.** Work with one person at a time. Begin by asking the volunteer to describe his/her family problem. After the volunteer answers each mapping question, elicit more information using the process questions. Repeat this pattern with each participant.

PROCESS DISCUSSION: Solution-Focused Mapping exercise

As with the earlier exercise, try to elicit answers that are specific and behavioral rather than vague and general. Find opportunities to recognize and praise the participants' efforts to understand and solve problems. Comments such as "Good for you," "That's great!" "That was smart of you to figure that out," "Sounds like you're really trying hard to get this problem solved," etc. will help promote participants' sense of power and self-efficacy in finding their own solutions.

**Solution-Focused
Mapping Process
Questions**

◆ **Here are some suggested process questions for each mapping question:**

❖ **What have you tried to do to solve the problem that worked?**

**Process
Questions**

How did you manage to do that?

How did you figure out it would work?

What was the first thing you noticed that let you know it was working?

❖ **What have you tried to do to solve the problem that hasn't worked?**

**Process
Questions**

How soon were you aware that it wasn't working?

What did you do then?

How will you use what you've learned?

❖ **What could you try that's new or different to solve the problem?**

**Process
Questions**

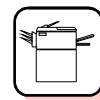
What makes you think this might work?

What's the first step you'll need to take?

How will you know if it is working? What will give you the first clue?

◆ **Thank participants for their input.** Encourage them to share their maps with the family member(s) involved in the problem and solutions they explored today.

◆ **Offer extra copies of the *Solution-Focused Mapping* worksheets.** Ask participants to consider using the worksheets to map exceptions and possible solutions to other family problems. Also suggest they may want to show other family members how to create a solution-focused map.



◆ **Distribute local directory of free or low cost family counseling services.** Remind participants that using a “map” to help organize their thoughts about solutions is a problem-solving exercise, and not a substitute for family or couples therapy. Encourage them to talk to you after group if they need more information about family or couples counseling.



◆ **Summarize the discussion using key points from the following script:**

It's been said that what's focused on — grows! The more attention and mental energy we spend on something, the bigger it gets in our minds. If we spend all our energy thinking about how bad a problem is, whose fault it is, how awful it is, etc., we have little energy left to think about how things can be different and the steps we need to take to make things be different. This exercise was designed to help you think about solutions, instead of just the problem itself. What's focused on — grows! Try using this type of map in the future to help you focus on finding solutions.

If something has worked in the past (even just a little bit) to solve or lessen the problem, it's worth trying again. Ask yourself: “What's worked before and how can I make it work again?” On the other hand, if something hasn't worked, stop doing it. Try something new or different.

SCRIPT:
*Summarizing
Solution-Focused
Mapping*

SCRIPT:
Summarizing
Solution-Focused
Mapping
(continued)

Sometimes just doing something (anything) different can “unstick” the situation and help resolve the problem. Don’t be afraid to try different approaches as long as they’re not illegal, dangerous, or harmful to you or others. If it works or helps lessen the problem, keep it up. If it doesn’t, try something else.

Problems often follow patterns. When you break the pattern, you may begin to solve the problem, or at least reduce how often it happens. If you and your partner argue a lot about money (the kids, the in-laws, housework, etc.) then do something different when you argue to help break the pattern.

For example:

- ❖ Agree that you will only argue about money (or whatever you frequently argue about) on Tuesdays between 9:00 and 9:30 p.m. (or pick your own day and time). When an argument about the “hot” topic starts at any other time, defer it until Tuesday.
- ❖ Agree to argue only in the bathroom. When you find yourself fighting about housework (or whatever), move into the bathroom to continue the fight.
- ❖ Argue only on paper so that each of you writes out what you would normally say, then read what you’ve written to each other.
- ❖ Agree to tape record all your arguments about the kids (or whatever) and share them with your counselor. (Get your counselor’s okay first.) Tape recording arguments even if you’re not going to play them back to anyone sometimes is helpful.

Don’t hesitate to find help in the community if you need it. Family and couples counseling, Al-Anon, Families Anonymous, and parenting support groups have a lot to offer. If you’re interested or want more information, talk with your counselor.

Step 7

Closure and evaluation

◆ **Distribute a new *Weekly Recovery Journal* worksheet** and encourage participants to continue using the journal to record successes and challenges in the coming week.

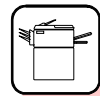
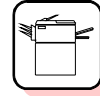
◆ **Provide the following specific assignment:**

Between now and next week, try applying a “new” solution to an “old” family difficulty. Use your journal to keep notes.

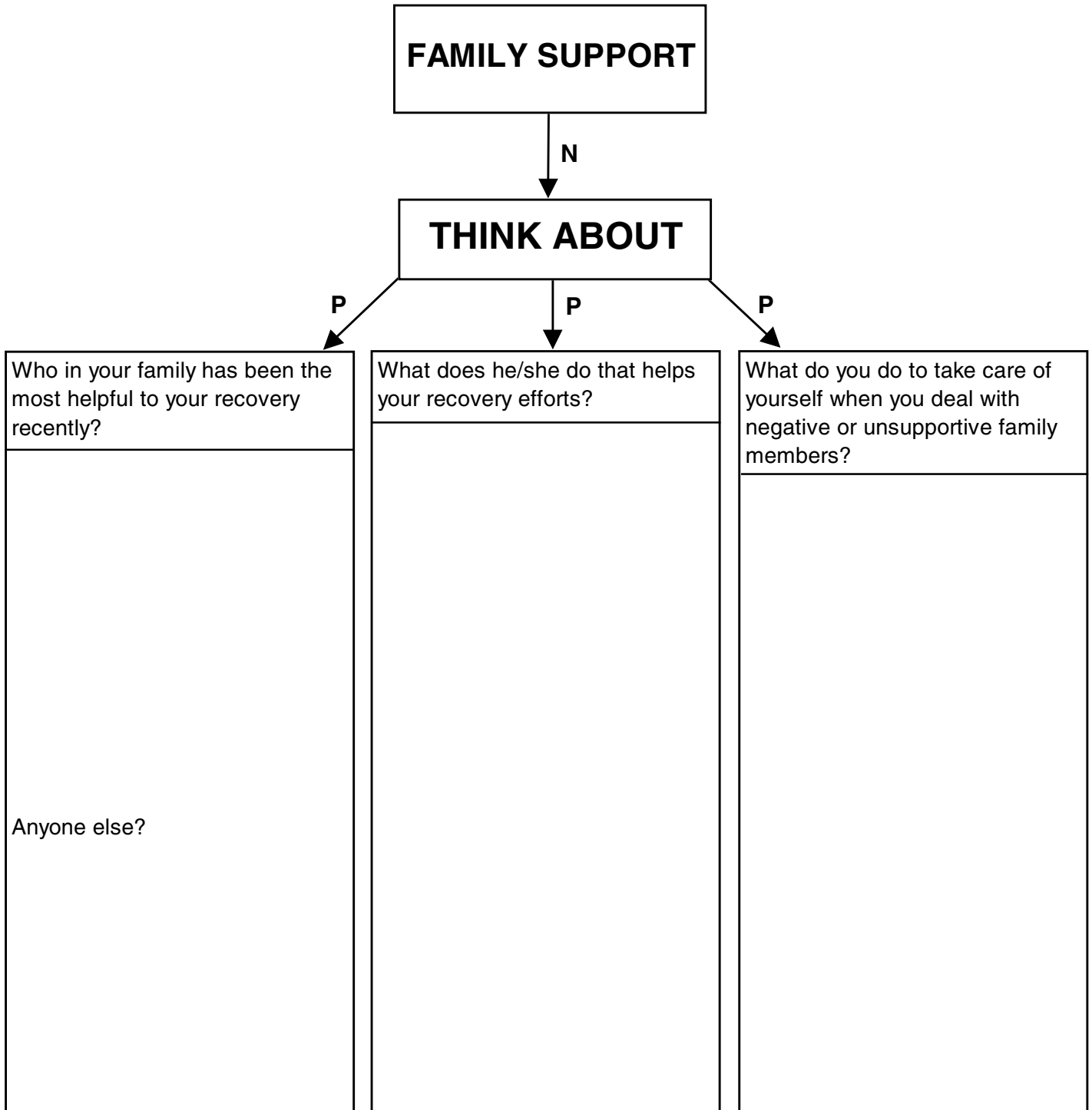
◆ **Go around the room quickly and ask participants to share the most important thing they learned from today’s session.**

◆ **Briefly preview next week’s session.**

◆ **Ask each person to complete an evaluation.** Thank people as they leave and extend an invitation to return next week.



FAMILY SUPPORT MAP

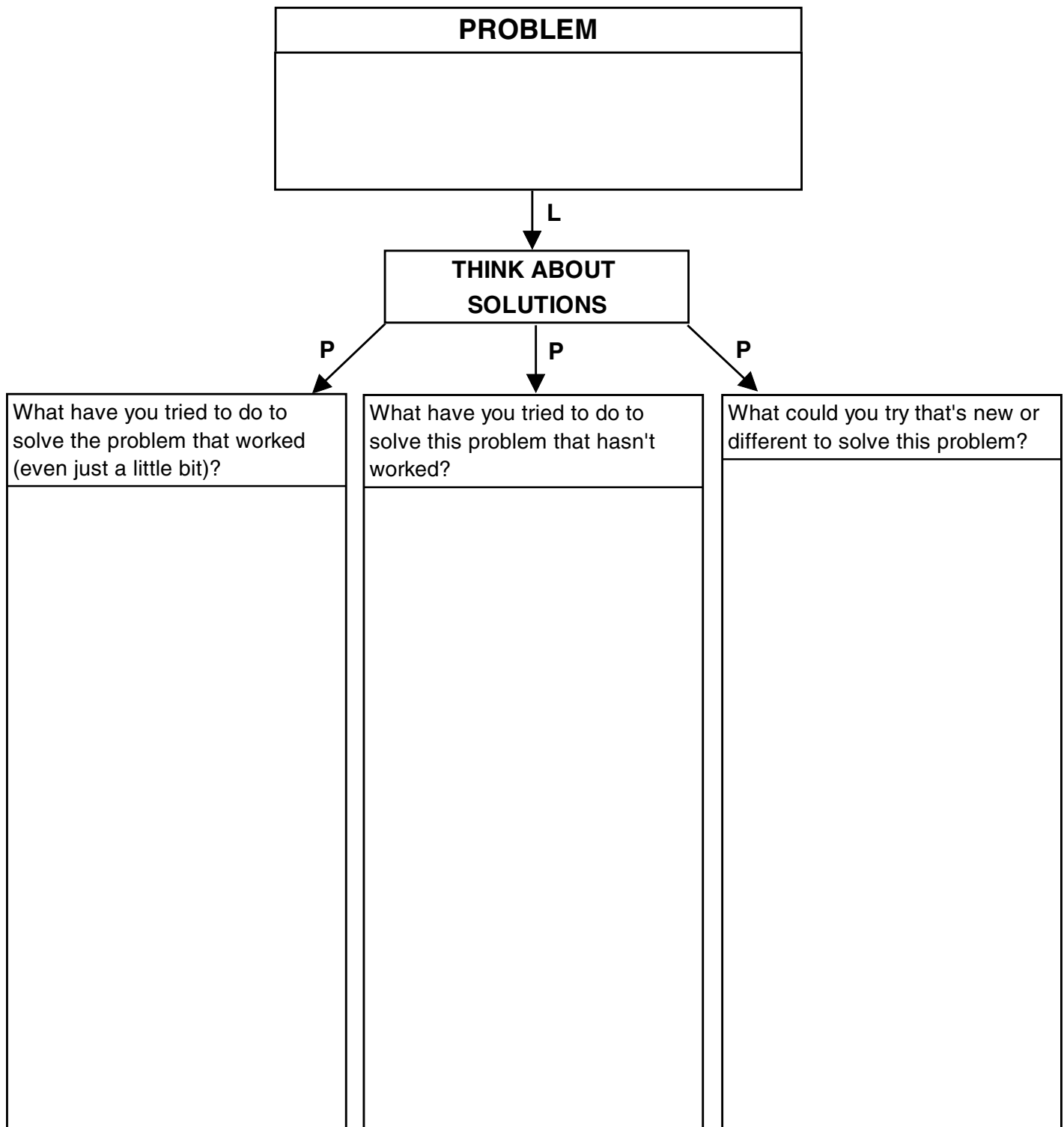


LEGEND

N = Next

P = Part

SOLUTION-FOCUSED MAPPING



LEGEND

L=Leads to
P=Part

SESSION EVALUATION OF *STRAIGHT AHEAD*

SESSION 4

THIS BOX IS TO BE COMPLETED BY DATA COORDINATOR:

[FORM 73; CARD 01]

SITE # _ _ _	CLIENT ID# _ _ _ _ _ _	DATE: _ _ _ _ _ _	COUNSELOR ID# _ _ _
[5-6]	[7-12]	MO DAY YR [13-18]	[19-20]

Please answer these questions based on what you learned today. Select the best single answer.

1. What's focused on:
 - (1) grows
 - (2) shrinks
 - (3) remains the same
 - (4) improves vision
 - (5) changes

[21]

2. Solutions that work just a little bit are no good. 0=True 1=False [22]

3. The definition of a family is:
 - (a) A group of people living together
 - (b) People with the same bloodline
 - (c) People who care about each other
 - (d) Your own personal definition of what makes a family
 - (e) All of the above

[23]

4. Mapping exercises help you think about solutions in a focused way. 0=True 1=False [24]

5. Family problems may be helped by:
 - (a) Trying solutions that have worked before
 - (b) Breaking the problem's "pattern" by doing something new or different
 - (c) Attending family counseling or support groups
 - (d) 1 only
 - (e) All of the above

[25]

Straight Ahead

Session 4 Evaluation

Page 2

For the following items, please circle the number on each line to show how you feel about this session.

Full	1	2	3	4	5	6	7	Empty	[26]
Rough	1	2	3	4	5	6	7	Smooth	[27]
Weak	1	2	3	4	5	6	7	Powerful	[28]
Relaxed	1	2	3	4	5	6	7	Tense	[29]
Worthless	1	2	3	4	5	6	7	Valuable	[30]

Now circle the number on each line to show how you feel right now.

Pleased	1	2	3	4	5	6	7	Angry	[31]
Quiet	1	2	3	4	5	6	7	Aroused	[32]
Afraid	1	2	3	4	5	6	7	Confident	[33]
Excited	1	2	3	4	5	6	7	Calm	[34]
Worthless	1	2	3	4	5	6	7	Valuable	[35]

If mapping was used in this session, place an “X” on each line to show your opinion about it.

Mapping was...

Interesting	1	2	3	4	5	6	7	Uninteresting	[36]
Difficult	1	2	3	4	5	6	7	Easy	[37]
Comfortable ...	1	2	3	4	5	6	7	Uncomfortable	[38]
Worthless	1	2	3	4	5	6	7	Valuable	[39]

