

Family and Friends

CARING CARD

Are you worried about someone's substance use?

It's hard when you're worried and don't know what to do. Substance use is a complicated topic. You are not alone in this journey. **Our community is here with you.**

Substance use can sometimes affect a person's life. This can cause problems for a person, their friends, and their family.

If someone close to you has opened up about their substance use or their substance use was unexpectedly discovered, there are a few ways you can help with their safety planning.

Within your comfort level, **offer to help them to:**

- understand they may be at risk from the poisoned illicit drug supply
- find services that can help reduce the risk with harm reduction supplies
- learn not to use alone - most overdoses happen in private homes
 - know about using the Mobile Lifeguard App.



The question, "What is wrong with you?" can cause feelings of self-blame and embarrassment, which can lead to hiding a behavioural or substance use disorder. This is stigma. The **stigma of addiction** makes things worse. Stigma says that problems with addiction are shameful. It makes people want to hide their addiction. Stigma can also make families of people with addiction hide the problem. When people hide, they can't get help. Stigma is still the biggest barrier to addiction treatment faced by people.

Words are powerful

A person's substance use does not define them, it is one part of their life experience. Using words like addict and junkie can label a person in a negative way. Under it all, your friend or family member is the same person.

Knowing how to have calm, caring talks without judgement can really help you and your loved one.

Family Support Services Program (Fraser Health)	1-833-898-6200
Substance Use Services Access Team	604-814-5542
Chilliwack Pacific Community Resources Society	604-795-5994
Chilliwack Mental Health & Substance Use	604-702-4860
Stó:lō Service Agency (ask for the Service Navigator)	1-877-411-3200
24/7 Kuu-us Crisis Response Services, culturally sensitive	1-800-588-8717
Chilliwack Youth Health Centre	604-819-4603
24/7 Kids Help Phone or text CONNECT to 686868	1-800-668-6868
24/7 Fraser Health Crisis Line	1-877-820-7444
Canada Suicide Prevention Service	1-833-456-4566

The word abuse creates stigma

- It's not helpful to blame anyone for an illness.
- Addictions are connected to pain, trauma, environment, and genetics.
- Substances can alter brain chemistry.
- Addictions are biological, psychological and social disorders.
- Those who sell and promote addictive substances have a responsibility too.

The word habit also creates stigma

- It makes us think that a person struggling with an addiction lacks willpower.
- People with substance use disorders need our support.

These are health conditions. They don't always last forever.

Knowledge
Compassion
Understanding

~~Shame~~
~~Judgment~~
~~Prejudice~~

Knowing more can help you

Learn:

- which toxic drugs are in our community
- the common reasons for substance use
- the locations of our detox and treatment services
- how to have calm, caring talks without judgement
- how people can use drugs more safely (harm reduction)
- how to help without worry (see The Good Samaritan Act)
- how to use Naloxone with confidence
- personal boundaries and self care
- how to be safe and shame-free at home

More information for you

WEBSITES

- ccsa.ca/multimedia-stigma
- towardtheheart.com/reducing-stigma
- smartrecovery.org/family
- mumsdu.com
- parentsforever.ca
- fromgriefftoaction.com
- momsstoptheharm.com
- Healthline.com

Pathwaysbc.ca for local resources

Call **211** to speak to someone who can help you find local help

VIDEOS

- Moments to Milestones: Engaging with People who use Substances | Fraser Health
- Calling of the Heart www.callingoftheheart.ca
- How To Help An Addict, It's Probably NOT What You Think! | Truths of Addiction
- The surprising science of happiness | Dan Gilbert
- What Causes Addiction | Minute Videos
- Everything you know about Addiction is Wrong | Johan Hari
- The Roots of Addiction | Child Health BC

BOOKS (print and audio)

- Chasing the Scream, by Johann Hari
- In the Realm of the Hungry Ghosts, by Gabor Maté
- Recovery: Freedom from our Addictions, by Russell Brand