



What is a Family Recovery Program?

A family recovery program can be a combination of any of these supports:

- Relationship with Higher Power
- 12-Steps Group – Al-anon, Nar-Anon, Families Anonymous, etc.
- Sponsor – from Al-Anon/Nar-Anon
- Spiritual Direction
- BALM Family Recovery Coach
- BALM Family Recovery 1-Year Subscription
- Support/Coaching Group
- Meditation Group
- Therapist
- Therapy Group

When involved in a family recovery program, family members are in a safe space to share their fears and concerns without judgement. They soon realize that **they are not alone**.

What are the many benefits of a Family Recovery Program?

Research demonstrates the positive impact the family may have on a loved one's recovery from addiction. The National Institute on Drug Abuse (NIDA) highlights the many benefits of family involvement in recovery which include the following:

- Get involved in a loved one's recovery improves the chances of long-term success while improving household function and family members' own mental health.
- Keep your loved one engaged and motivated during treatment
- Learn about addiction and its effects on the family as well as understanding how treatment works and what to expect when it's complete
- Enable family members to voice feelings, concerns and ask questions about a loved one's addiction
- Offer a loved one a high level of appropriate support after treatment
- Ease feelings of fear, anger, stress and confusion related to addiction
- Improve family communication skills
- Develop skills and strategies to help a loved one stay on the path to recovery
- Address any mental health issues within the family system, such as depression or anxiety, which may hamper family communication and contribute to relapse



Should I use a therapist and/or a BALM Family Recovery Coach?

A **therapist** may have varying master's and doctorate degrees and are licensed by their state. They use psychotherapy (talk therapy) as a long-term process to focus on ways to understand your thoughts, moods and behaviors, such as past traumas, self-destructive habits, repair and improve relationships and work through painful feelings. In therapy the client spends time focusing on the past with introspection and analysis to try and resolve past issues, thereby creating a happier and more stable future.

A **BALM Family Recovery Life Coach** is trained and certified to coach the client to clarify goals, identify obstacles and problematic behaviors in order to create action plans to achieve desired results and take control of his/her life. The Balm Coach is also specifically trained and certified to work with families using the BALM Holistic Model of Family Recovery Development. The coach helps families wherever they are on the continuum of family recovery applying both coaching skills and the effective love-based model of the BALM (Be A Loving Mirror) method of family recovery.

As you can see a therapist and BALM Coach are very different and each play an important role in family recovery. Some people feel that they need to work with both trained professionals at the same time or at different points in their journey. We encourage you to consider what you feel that you need.

How will the BALM help me in my journey?

Families who go through the BALM program often find themselves able to get their own lives back, able to contribute consistently to their loved one's recovery, able to powerfully partner with their loved one's treatment providers, thus serving as true advocates of their loved one's recovery.

The research shows that when the family gets help, the struggling loved one with a Use Disorder has a much greater chance of attaining and maintaining recovery.

This program establishes a communication process and tools that transform the family's ability to attend to their own self-care and recovery, while also engaging in a positive, potentially life-changing way of communicating with their loved one.

This could be you –

Family recovery statement: "My name is _____ and I am a person in long-term recovery from the effects of the disease of addiction on my family."