

## FAMILIES: GET THE FACTS, DEVELOP STRATEGIES, FIND OUT WHERE TO ACCESS HELP AND SUPPORT



**Breakthrough** is a program for family, friends and partners of people with addictive behaviours and offers practical strategies about how to talk to loved ones about their substance use, better respond to and manage challenging behaviours, and make self care a priority.

### FACTS

Breakthrough explains the effects substances have on the brain and the relationship between drug use and mental health. We also explore the process by which people decided to seek help for their addictive behaviours and how families can support these decisions.

### STRATEGIES

We provide practical strategies to help family members discuss drug use, set boundaries, develop safety plans and work on self-care. Managing challenging behaviours and keeping family members safe and functioning during difficult times is also explored.

### HELP

We provided families with the skills and knowledge to navigate the alcohol and drug treatment system and obtain the best possible outcomes for loved ones. We explore some of the barriers to seeking help and how to overcome these. All participants are given information about ongoing support activities.