

Top Stories at CCBHC



Peer Family Recovery



Family Support Group



ARISE Intervention

Peer Family Recovery



Did you know????? SSTAR now has one-on-one Peer Family Recovery services to help family members who have a loved one suffering from the disease of addiction. SSTAR recognizes that family members are an important part of the treatment plan that has not always been included in other more traditional treatments. Our peer recovery coaches have personal experience dealing with a family member suffering from addiction, as well as training in the field.

Family members experience feelings of shame, guilt, anger, fear and the stigma associated with having a loved one with an addiction and do not know where to turn for support and information. They feel that they are being judged, need to explain themselves, or defend their actions when speaking with others. Peer family coaches have personal experience and understand how you are feeling as they have been there themselves. Our peer coaches are here to listen, support, discuss treatment options, set boundaries and create self-care plans. Covid 19 is a difficult time for everyone but especially difficult for those suffering from addiction and for their families. We are still here to support you by phone, text, Zoom or Skype until we are able to offer in person services.

Family members who have participated in the program have found the support and information vital and comforting. One mother, whose son suffers from an opioid disorder, said "you helped me so much when I was beginning this new phase of our life. I needed help, not just my son. There is no one better that could have been sent to me on that day. You are a person I will not forget."

If you have a loved one with a substance use disorder or know someone who does, SSTAR's Family Peer services are here to help. There is no fee for services and no commitment. You can reach Nancy Matheny at 508.837.9895 and Marie Pelletier at 508.837.1330 (Portuguese and English). All calls are anonymous and go directly to Nancy or Marie.

Family Support Group



Wednesday's from 6:00 PM to 7:30 PM via Skype

SSTAR's Family Support Group is only open to family members of addicted loved ones. The group is facilitated by a SSTAR leader (fluent in Portuguese) who will guide and support you on your journey to recovery as a family member. Families come to gain strength and support from each, and to share their story without being judged. No signup is required. We hope you will join us!

Please contact Marie Pelletier at 508-837-1330 for information on how to access the meeting.

For more information watch [SSTAR's Family Support Video](#)

ARISE Intervention



The ARISE model is an invitational mediated meeting for the person of concern and their family; there are no surprises. This meeting, and others that follow, empowers the family; builds on their resilience and strengths; and offers them hope while reducing blame, shame and guilt. We help to break the isolation and private struggle of both the person of concern and family members. Our goal is to help get the individual into treatment and support families through this process.

If you are concerned about a loved one and would like an intervention, please call the ARISE dedicated cell phone at 508-558-0376. We do have interventionists that are fluent in Portuguese.

Outpatient clients are needed to participate in the CCBHC grant to determine the effectiveness of our programs at SSTAR

- Must have a Mental Health Diagnosis – given by a provider at SSTAR.
- Must be enrolled and maintaining services in Outpatient Behavioral Health (ABH) at SSTAR. (Telehealth: Counseling, Groups, and/or Psych).
- Must be able to check in with outreach workers on a monthly basis and complete interviews every 3 months for at least a year, while maintaining ongoing outpatient treatment at SSTAR.
- Eligible clients will receive a cell phone while enrolled in the grant, to assist with our work and to help you continue your treatment at SSTAR.

If interested, have your provider contact Julie Sanders, LICSW at JSanders@sstar.org to be screened for eligibility or call Julie at 508-567-8224.

QUIT CORNER



By Susan Dickens, Tobacco Cessation Specialist

Stopping smoking is difficult. To be successful, the person who is dependent on nicotine needs a lot of moral support and encouragement. Quitting smoking is a personal thing.

As a family member or friend, if you truly want to help, here are some suggestions.

DON'T TRY TO BE HELPFUL. Don't offer unsolicited advice. Don't pressure the person to quit for your sake.

WHAT YOU CAN DO TO HELP

Accept the fact that early on this person may be irritable, and difficult to live with. This will pass but you may have to put up with it for a while. Avoid arguments.

Help distract the quitter when the cravings are the most intense. It is hard to crave when you are concentrating on some other activity.

If the quitter slips and smokes. Treat it as a mistake and help them figure out how it happened and how to avoid it happening again. Remember, stopping smoking is one of the toughest things a person can do and it has nothing to do with individual will power.

Ask how you can help support their efforts and REALLY listen. Don't assume you know what will work for them.