



**BIG
ISLAND
SUBSTANCE
ABUSE
COUNCIL**

Inspiring Change, Reclaiming Lives

I want information for **A Loved One**

Ask yourself these questions: (If loved one is an ADULT or ADOLESCENT)

1. Does your loved one hide drugs or alcohol?
2. Have they ever been arrested for DUI and continue to drive drunk?
3. Have drugs or alcohol caused them legal problems?
4. Has your loved one ever overdosed?
5. Is their usage affecting their job, school, or causing problems within your family?
6. Do they use in the morning when they wake up to steady their nerves?
7. Has your loved one ever felt guilty about their drug or alcohol use?
8. Has your loved one ever promised you or others that they would cut down their usage only to find that they are unsuccessful in doing so?

If you answer “yes” to any of these questions your loved one may need help

- You are not alone
- This is a difficult time for you and your family
- You are undoubtedly frustrated and in pain and turmoil
- Help and support is available to help your family heal
- Your call is confidential. Obtain information about substance abuse programs and have it available when you approach your loved one about your concern and encourage them to seek help.
- Schedule assessment and attend assessment to determine eligibility. (If your loved one is an adolescent: Schedule an assessment and attend assessment with our Community Based Adolescent Counselor to determine eligibility.)
- Confront the alcoholic/addict-Possibly utilize a family intervention approach. (You should have qualified staff available to facilitate a family intervention session)
- Stop any enabling behavior
- Set boundaries on your relationship
- Possibly even cutting off the relationship altogether
- Addiction is a family disease seeking counseling to successfully integrate your loved one back into your family post-treatment is essential for continued sobriety
- Seek support from local support groups such as Al-Anon or Church/Faith-Based Groups. See calendar listings on the BISAC website for meeting schedules.

WE CAN HELP YOU WITH THIS.

Contact via telephone or web site. (808) 935-4927. Your call is confidential.