

What can I do to help?

When you discover that someone you care about is using methamphetamine, it produces many feelings: sadness, fear, anger, confusion, and more. The overwhelming feeling is often helplessness. The truth is that you cannot make a person stop using drugs. You cannot make

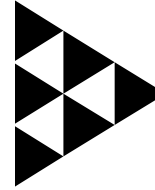


Everyone has the right to live safely and sanely.

someone get well. However, there are steps you can take to help

yourself cope and hopefully help your loved one start down the road to recovery.

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think my loved one is addicted to meth ...

What do I do now?

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First, set personal boundaries Determine, set and enforce your own personal boundaries. You and your family have a right to live safely and sanely. If your loved one is living with you, and using meth in your home, it puts you at risk for both health and legal reasons. You need to decide, with other sober persons in your home, what you will and will not allow in your house.



Enforce those boundaries with whatever means are necessary, up to and including

asking the police to intervene if your loved one will not stop using the drug in your home. If your loved one has victimized you through crimes such as theft or robbery, you need to protect yourself and your family from further victimization.

Second, do your homework Before you confront your loved one on their drug use, explore the treatment resources available in your area. This can be done online or by looking in your local

phone book under drug or alcohol treatment. Call the treatment center first and find out the process for getting someone into a recovery center/treatment center. There is often a waiting list. Ask about crisis intervention and detoxification services for persons intoxicated on meth. Getting into a program on short notice is often difficult, so setting up a treatment or intervention plan ahead of time is important. If possible, have a contact person available just a phone call away.

Third, have the conversation Once you know about the treatment resources, you are ready to talk to your loved one about their drug use. It will not be an easy conversation (again, a treatment professional may be able to coach you on this). You need to be firm about your preferences, and the outcome you are asking them for (going to treatment, leaving, etc), yet wrapping the confrontation with words of love and support. Your loved one will feel very threatened and frightened by this conversation, and will likely deny any drug use or that the drug use is a problem.

Do not be swayed by this. Stick to the facts you know about the situation, with concrete examples of behaviors that let you know the truth. A difficult part of this process is that you need to decide ahead of time what you are willing to do - what the consequence will be for your loved one - if they choose to NOT get well or go to treatment. Will you ask them to move out? Stop coming around your house? Will you continue to have relationship with them, but with different boundaries? You need to know your own boundaries and 'what if' FIRST.

Last, never quit trying Regardless of the outcome of your first attempt at helping them make a healthy decision, do not give up. Keep trying. Keep loving. Keep your boundaries firm. Keep praying. And find a support group for yourself.