

MICHIGAN'S TRANSFORMATION TO A RECOVERY ORIENTED SYSTEM OF CARE FOR SUBSTANCE USE DISORDER SERVICES WHAT IT MEANS FOR FAMILIES IN RECOVERY

A recovery revolution is sweeping the nation and is having a profound impact on all substance abuse services and supports. There is even a change to the way we refer to substance abuse and addiction – they are now referred to as substance use disorders (SUD). Michigan, like many other states, is undergoing a transformation of the SUD service system to a recovery oriented system of care (ROSC).

Why we need change:

- In Michigan, 54.4% of persons having received detoxification services have had at least one previous substance abuse admission, and 33.6% of persons having received long term residential services have had at least one previous admission for the same service.
- SUD is a life-long condition, but currently we treat individual episodes of the illness.
- We want to broaden the system of services for SUD and related problems.
- We want to integrate and improve the coordination of prevention, follow-up, and continuing care within the recovery process.
- We want to increase recovery opportunities by strengthening relationships between individuals, families and communities.

What is a ROSC?

Michigan's recovery oriented system of care supports an individual's journey toward recovery and wellness by creating and sustaining networks of formal and informal services and supports. The opportunities established through collaboration, partnership and a broad array of services promote life enhancing recovery and wellness for individuals, families and communities.

How will this help me and my family?

- A recovery-oriented system is proven to have greater success in helping people with SUD achieve sobriety and maintain recovery.
- If problems or concerns arise there are a number of community-based services and supports to assist you.
- The entire family can participate in the recovery process, not only supporting the person in recovery, but in seeking needed services and supports for you.
- In a recovery-oriented system your needs are just as important as those of the person in recovery.

Risks for families with a substance-abusing member:

For the Adults – Partners, Parents, Spouses:

- Trauma/post traumatic stress disorder.
- Physical abuse/domestic violence.
- Financial problems.
- Increased risk of partner developing similar use patterns.

For Infants/Children/Adolescents:

- Fetal exposure to alcohol and other drugs.
- Childhood abuse and neglect including physical, medical, and emotional harm.
- Potential for placement in the child welfare system.
- Higher levels of anger, physical violence, emotional problems, delinquency, hyperactivity, risk-taking behavior, depression, anxiety, poor self esteem, and difficulty maintaining relationships.
- Increased chance of adolescent drug dependence.

When a loved one has a drug problem:

If you suspect that a friend or family member has a drug problem, here are a few things you can do:

- **Speak up.** Talk to the person about your concerns and offer your help and support. The earlier addiction is addressed, the better. Don't wait for your loved one to hit bottom! Be prepared for excuses and denial with specific examples of behavior that has you worried.
- **Take care of yourself.** Don't get so caught up in someone else's drug/alcohol problem that you neglect your own needs. Make sure you have people you can talk to and lean on for support. And stay safe. Don't put yourself in dangerous situations.
- **Don't cover for the drug/alcohol user.** Don't make excuses or try to hide the problem. It's natural to want to help a loved one in need, but protecting them from the negative consequences of their choices may keep them from getting the help they need.
- **Avoid self-blame.** You can support a person with a substance abuse problem and encourage treatment, but you can't force an addict to change. You can't control your loved one's decisions. Let the person accept responsibility for his or her actions, an essential step along the way to recovery for drug/alcohol addiction.

Goals to consider:

- Develop a personal support system.
- Develop a plan for your family's safety and well being.
- Become an advocate for you and your family in seeking the services and supports you need.

Michigan's recovery transformation efforts are designed to promote greater health and wellness for individuals, families and communities. We invite you to join this exciting effort. For more information, please contact the Bureau of Substance Abuse and Addiction Services at (517)373-4700 or mdch-bsaas@michigan.gov.