



**Lynn
Telford-Sahl**
Certified Addiction Counselor
Addiction Counseling Modesto

Break FREE of Addictive Struggles
www.addictionmodesto.com
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Dear Parents or Family Members,

You're definitely not alone as a parent or family member of a loved one struggling with an addiction to alcohol or drugs. Currently the most abused drug in America are opiates.

The following information is provided to help you understand the levels of treatment available for a loved one and a little about what to expect from the recovery process. I also include a few suggestions for setting limits/boundaries with a loved one who is living with you.

If you are a client seeking help with substance abuse, or a family member, I support you through the process outlined in this letter. **The counseling process is a non-judgment zone** designed to support clients (whether family or client seeking help with substances), provide education, accountability and the appropriate level of care based on the severity of the addictive concern.

Though the emphasis of this information is about the addictive family member, **it's also very important for family members to know that substance abuse/addiction affects everyone in the family and that it's so important to take care of yourself**, mentally, emotionally, spiritually (if that fits) and to know that recovery from addiction is a process that requires education, practice, patience and follow-through and plenty of love and limits.

As a Certified Addiction Counselor who has been in the addiction field since 1985 and had addicted/alcoholic family members that have required me to learn and practice the recommendations I'm making, I know how important it is to know **WHAT** to do, **HOW** to support your loved ones and yourself through this process.

One thing I've found is that a healthy balance of **LOVE AND LIMITS** with your family member is a good combination, though not necessarily easy to put into practice. If you are seeing me as a family member, we'll go over this more together. Alanon 12 Step programs support this practice also.



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Levels of Care to Address Substance Abuse or Addiction:

1. **Private Practice Counseling:** Individual Addiction Specialist or MFT or Psychologist with Addiction qualifications to assess severity of substance abuse of loved one.

As a private practice Addiction Counselor I'm able to assess the severity of abuse or addiction both with written assessments and talking with client and or family to make appropriate recommendations for next step of treatment.

Private Counseling is appropriate if an addictive client wants to become sober (or in some cases be able to moderate usage) and is able to follow through with their goals of sobriety (moderation) and attend 12 Step meetings if that's part of the treatment plan.

As a Counselor, I work with the client to manage life stresses, anxiety or depression more effectively while seeking sobriety or in some cases moderation.

With family members I help them understand what addiction is and what they can do, and not do, to support their loved one.

2. **Out-Patient Substance Abuse Treatment:** These programs tend to be about 16 weeks long and include 3 or 4 sessions a week for 2-4 hours. I refer to outpatient when a client is either unable to maintain their private counseling goals of sobriety. Typically someone that goes to outpatient counseling is still working or attending school. Call your insurance company to see what and who is covered in your area.

In the Central Valley, I refer

Break Throughs, 2125 Wylie Dr #3, Modesto, CA 95355

Phone: (209) 529-1855 Contact: Cori Franklin

Addiction Free Modesto Outpatient: 2937 Veneman Ave. Ste. A105,
Modesto CA

Phone: 209 579-3301 Contact: Gary Bettencourt



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- 3. In-Patient Substance Abuse Treatment:** Typically these are 30 day treatment programs and appropriate for a client who is unable to maintain sobriety, having difficulty functioning at work, school or within the family and either the individual, work or family has reached their limit. Call your insurance company if you are covered and ask what programs they cover or recommend.

Maynords 19325 Cherokee Rd, Tuolumne, CA 95379

Phone:(209) 928-3737

I don't have a contact to recommend. Ask for an Intake or Assessment Counselor.

- 4. Sober Living Environments:** These are typically for someone who has been in inpatient treatment and is having trouble maintaining sobriety. These have a limited program available, most expect residents to work or be in school, attend 12 Step meetings and they randomly drug test.

Recovery Information & Other Resources:

Great article: [American Addicted to Illegal Drugs – Vicodin anyone?](http://bit.ly/1maXRzQ) (<http://bit.ly/1maXRzQ>) that talks about vicodin/opiate addiction. Google opiate addiction recovery if you haven't already.

Recovery is a process. It takes time for the person struggling to GET that they need to be sober in order to get better and have a better life. Once sober, they need to learn how to deal with life and be a healthy, participating member of society and cope with the anxiety/depression that they will be feeling because of not using their drug of choice or past emotional concerns.

My book [Intentional JOY: How to Turn Stress, Fear & Addiction into Freedom](#) is available on Amazon in paperback and Kindle.

Intentional JOY has some good holistic practices for anxiety management/stress and emotional management skills for those struggling with addictive concerns.

Another excellent book for those in recovery: [Cool, Hip & Sober](#) (<http://amzn.to/1r3Qvi2>) by Bill Manville who is a been there done that recovering alcoholic. It's a funny, insightful book.



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The Following are my recommendations for Parents or Family members with an active alcohol or drug abuser in the home:

If your child or family member is living with you now or after treatment, require that they follow the recommendations of the program they have attended, be sober, attend 12 Step Meetings (locations available on-line) and I recommend random drug tests. If they are unable/unwilling to meet the requirements then the family has to decide whether to allow them to remain in the home or ask them to leave. This is a tough choice, but sometimes necessary.

If they're on methadone ask that they show you clinic tx. Receipt every day.

I suggest parents require/expect their child or family member to pay rent or participate in household chores, activities, and be in the process to get job.

If your loved one goes to an inpatient or outpatient program **make sure you participate in the family portion of the program.** It will help educate you and other family members about the disease/illness of addiction and give you strategies for how to take care of yourself as well as be a healthy support to your child/loved one.

Research shows 12 Step programs like Narcotics Anonymous or Alcoholics Anonymous have a good record of helping people stay sober. The community and connections made with people in the program help to replace the addiction - OVER TIME.

If your child/loved one is living with you, I would insist they attend and most out-patient and in-patient programs recommend upon discharge 90 meetings in 90 days.

Again, if you are my client, I will support you through this process.

I don't accept insurance but these are knowledgeable, local addiction therapists who accept insurance: Marianne Peck, 209 631-7099, Jim Hurley, 209 765-9971, Heather Smith 209 521-7254.

Please take what fits from the information provided. Feel free to email me with questions: lynntelfordsahl@gmail.com

Blessings to you and your family in the journey of recovery –

Lynn (209) 492-8745 (209) 505-2675 www.addictionmodesto.com