

EDITION 68 AUTUMN 2018

# NEWSLETTER



## Welcome to our new look newsletter!

Welcome to the Autumn edition of the Family Drug Help newsletter!

We are excited to have a new layout and design that retains the focus on relevant themes and issues, while still keeping you in the loop about what's happening at FDH.

The theme of this edition is TRUST.

What a topic. Trust is a cornerstone in relationships, whether it be in families, friendships, the workplace or our broader society. We often take trust for granted, until it is breached leaving us feeling hurt, betrayed or lost. When trust is broken, we are challenged to reflect on what it means in our lives, and re-examine our rela-

tionships with others, especially those embroiled in substance use. While trust is a noun, it is also a verb – we can choose to trust – trust in our ability to move on in our lives, especially in the midst of grief and loss.

Support, understanding and referral is available whether it be on the Helpline, counselling or groups offered at FDH. We can also trust and hope in a better future where relationships can be transformed and past hurts healed as we see examples of people transforming their lives in recovery.

Rob Campbell  
Manager FDH



## InFocus

InFocus is a FREE six session education program for people affected by someone's drug or alcohol use that offers practical support, relevant information, coping strategies and the opportunity for people to connect through their shared experiences.

The program is facilitated by professionals who have also been impacted by someone's drug and alcohol use.

**You don't have to  
do this alone –  
we've been there.**

Carnegie Tuesdays 20 March to 24 April  
Cranbourne Wednesdays 21 March to 2 May  
Coburg Wednesdays 11 April to 23 May  
Carnegie Tuesdays 15 May to 19 June  
Werribee Thursdays 22 March to 26 April  
Sunbury Mondays 21 May to 2 July

A BIRD SITTING ON A TREE IS NEVER AFRAID  
OF THE BRANCH BREAKING, BECAUSE HER  
TRUST IS NOT IN THE BRANCH BUT IN HER  
OWN WINGS.



**For more information or to register for any of the programs mentioned in this newsletter, please contact the Family Drug Help helpline**



**1300 660 068**

# Trust Can Be Rebuilt - A Mother's Story

One of the most hurtful consequences of my daughter's two and a half year's dalliance with ICE (and a range of other illegal substances) was the complete breakdown of our once close and loving relationship. From a young age my daughter developed a strong dependence on alcohol. Looking back I realise that she often turned to drink to self-medicate her crippling mental illness. The effects of her drinking were devastating, but for the most part we still managed to maintain a generally honest and open communication. But when ICE was added to the mix things changed dramatically. In fact it was six months before I was even aware that she was using it.

When the truth came out, even when it was 'bloody obvious' what was causing her erratic behaviour and changed appearance, there was still denial. I was shocked, frightened and angry – with my daughter for being so "stupid", her partner for introducing her to hard drugs and myself for being so naïve as to trust her. The fact was that I had always put so

much store on honesty and hated lies with a vengeance! However I was determined that whatever the future held I would continue to love my daughter, and rebuild the broken trust.

It took several years before my daughter and her partner decided to seek help. It came from them. It was their decision. I supported them both, and put my trust in their willingness to change their lives for the better. They are now nearly three years in recovery. All throughout that time my daughter and I talked, shared our fears and hopes, and, yes, also our resentments and disappointments too, and gradually rebuilt the trust that I thought was lost forever.

People say that "we can only love someone we trust. Love is built on trust" but I believe that through love, unconditional love, trust can be rebuilt.

*Helpline Volunteer*



BreakThrough: ICE Education for Families is a joint initiative between Turning Point, Self Help Addiction Resource Centre (SHARC) and the Bouverie Centre which aims to provide community members with the facts, develop strategies and find out where to access help and support. The content covers key issues about ice, its effects on the brain and body, the relationship between drug use and mental health, strategies for dealing with the ice user and access to support and resources. Family members who attend the BreakThrough program regularly report it gives them encouragement, increasing their confidence in dealing with difficult family dynamics caused by having an ice user in the family.

## Upcoming BreakThrough Programs

**Cranbourne** Tuesdays 13 & 20 March 7pm - 9pm

**Sunshine** Tuesdays 13 & 27 March 7-9pm

**Footscray** Mondays 19 & 26 March 6-8pm

**Ashburton** Wednesdays 4 & 18 April 7-9pm

**Berwick** Mondays 9 & 16 April 6-8pm

**Broadmeadows** Thursday 19 April 9.30am - 12.30pm

## Support Groups News

Family Drug Help is excited to announce that we have a new family support group opening at Knox!

The group will be run with Inspiro on the 2nd and 4th Wednesday of each month from 6pm to 8pm, commencing March 14 at Headspace, Suite 3027, 2 Capital City Blvd, Westfield Knox Ozone, 509 Burwood Highway, Wantirna South.

**All welcome!**

For an FDH Support Group in your area see [sharc.org.au](http://sharc.org.au)

## the supper club

The supper club is a place you can come to gain support and talk openly about a loved one who has passed away as a result of substance use.

The group meets on the second Tuesday of each month at SHARC, 140 Grange Road, from 6pm - 8pm.

A light meal is provided.  
To attend the group contact  
John on 9573 1784

"I thought my marriage was over, attending the group was my last attempt at helping my situation. Since the group two weeks ago our relationship has changed dramatically. I am supporting my husband but not reacting to his drinking. He is now seeking help."  
*- Family member*

## InFocus Reducing gambling harm for families and friends

A first of its kind in Australia, InFocus Gambling is delivered through a peer support framework, facilitated by professionals who have also been impacted by gambling. It has been developed with the support of the Ian Potter Foundation and is being evaluated by Deakin University. With an emphasis on personal safety, self-help and empowerment, the program delivers therapeutic and practical content along with the opportunity for people to connect through their shared experiences.

- **Sunshine** Tuesdays 1 & 8 May (2 week program) • 7pm - 9pm •
- **Heidelberg** Wednesdays • 18 April to 16 May (4 week program) (not ANZAC Day) • 6pm - 8pm •
- **Carnegie Monthly Meeting** • 1st Wednesday of each month • SHARC 140 Grange Road • 6pm - 8pm •