

EDITION 69 WINTER 2018

NEWSLETTER



We've been there

Ph: 1300 660 068

W: familydrughelp.org.au



Stigma

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

In this edition, we focus on stigma, a word that conjures shame, isolation and rejection. Stigma is a barrier for families seeking support as much as it is for those grappling with substance use and/or gambling.

Stigma can unleash a maelstrom of thoughts and feelings that immobilise us – our world and those we care for can be collapsing around us yet something prevents us from getting the help and support we need.

*'For beautiful eyes,
look for the good in others;
for beautiful lips,
speak only words of kindness;
and for poise,
walk with the knowledge
that you are never alone.'*

Audrey Hepburn

Stigma is corrosive and undermines our sense of self-worth, that we need and deserve support.

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



1300 660 068

Fortunately, we know that stigma, as real and fearful as it is, can be overcome. It can be as small as reaching out – anonymously by calling the Helpline or confiding in friends or family.

This can lead to broader support, especially from others with a shared experience where you realise you are not alone. This is always a profound moment when we recognise that there is something greater than our fear and isolation – a place where understanding, compassion and hope emerge to transform our lives and the community around us.

This is echoed in the mission of SHARC in which we envision a world where all people affected by the impact of addiction can proudly and openly seek help, help each other and demonstrate the living proof that recovery is possible.

From all of us at Family Drug Help,

Rob Campbell
Manager FDH

InFocus

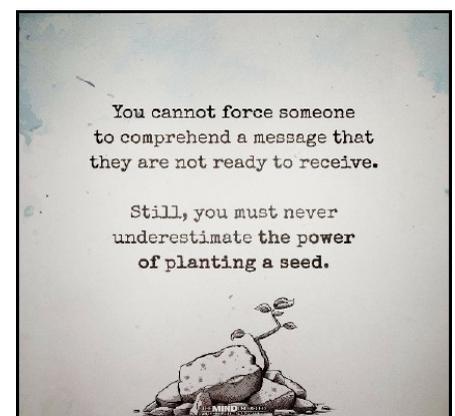
InFocus is a FREE six session education program for people affected by someone's drug or alcohol use.

Helping break the stigma, the program 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.**

Greensborough Tuesdays 26 June to 31 July
Coburg Wednesdays 4 July to 8 August
Carnegie Tuesdays 7 August to 11 September
Coburg Wednesdays 19 September to 24 October
Carnegie Tuesdays 9 October to 13 November



HELPING FAMILIES IN THE GREAT SOUTH COAST AREA



Free one on one confidential phone support (up to 5 sessions) is available for families affected by someone's drug and alcohol use in the Great South Coast area. To access this service please call **1300 660 068** and let us know you are from the Great South Coast area.

Support Groups News

The Support Group and Helpline volunteers recently took part in a profession development day - a day to learn and connect with each other.

The themes for the day were Family Violence with a guest speaker from Victorian Police and a session on Managing Emotions. We also unleashed our inner balloon artists with Mr Balloonatic!



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 please call the Helpline on 1300 660 068

Our support groups are an opportunity to connect with others who are having similar experiences.

For an FDH Support Group in your area, see familydrughelp.org.au, or call our Helpline on 1300 660 068

"The group has had a life changing effect on me.

No longer do I feel the isolation that used to surround me,

now I have learnt new ways of coping." - Support Group attendee

BREAKTHROUGH

Ice education for families

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, find out where to access help and support - helping you overcome the stigma associated with a family member's ice addiction.

The content covers key issues about ice, its effect on mental health, strategies for dealing with the ice user and access to support and resources.

'I was stuck and unable to tackle his addiction. Now I feel positive and empowered to use the framework learned in the course to navigate my way through the challenges.' - Breakthrough attendee

Upcoming BreakThrough Programs

Brunswick Thursdays 14 & 21 June
6.30-8.30pm

Eltham Mondays 18 & 25 June
6.30-8.30pm

Woodend Wednesday 20 June
6.00-9.00pm

Mansfield Thursday 21 June
6.00-9.00pm

Traralgon Wednesday 27 June
6.00-9.00pm

Pyramid Hill Wednesday 11 July
6.30-9.00pm

Reducing gambling harm and stigma for families

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. We also run the following monthly support groups:

Banyule - 6-8pm on the first Tuesday of the month - Banyule Community Health, 21 Alamein Rd, Heidelberg

Carnegie - 6-8pm on the first Wednesday of every month - SHARC, 140 Grange Rd, Carnegie (Bookings are essential for both groups)

Call our Helpline on 1300 660 068 to book for the support groups, or to find out when and where we will be running the next InFocus Gambling program