

## Letting Go

### Welcome to the Spring Edition of the Family Drug Help Newsletter!

What does letting go mean? It is a riddle, wrapped in a mystery, inside an enigma. It is easy to conceive on one level, but difficult to pin down on another, raising more questions than answers. We see it used in everyday conversation or in well-meaning platitudes – “don’t let it get to you, let it go”, “if I could just let go of this, I could move on with my life” or, “letting go is about letting God”.

When we think of families and friends impacted by a loved one’s substance use, what does letting go mean? Letting go of shame and guilt, that somehow you were responsible for their life choices and behaviour? Letting go of the need to control their behaviour, and protect them from themselves? Letting go of the smoking gun, the answer to why

they are addicted, unwell, and not “successful and well-functioning” like society expects?

Letting go can also mean holding on. Letting go of despair and holding on to hope. Letting go of hurt, grief and guilt and holding on to support. Perhaps the most powerful transformation we see in families seeking support from FDH is when they let go of the belief that they “can do it alone”.

Families and friends often feel isolated, ashamed and embarrassed, until they’re able to connect with people who’ve been there. People who understand the challenges, and have learnt new ways to understand their situation, their own unique needs and that hope and change occurs. It may not be in the way we would expect, but it’s only when we let something go, that we can let something in.

Letting go is a paradox, but we are here to help make sense of that, whether through a call to the Helpline, attending an education or support group, or through family counselling.

From all of us at FDH.

Robert Campbell  
Programme Manager  
FDH

### ‘Letting Go

- *Very powerful words*
- *Easier said than done*
- *Great in theory, very difficult in practice*
- *It’s what most of us as parents are guilty of*

*Eventually drawing the line by supporting my loved one, not her substance abuse encouraged her to seek help.*

*The result – one very happy, healthy, well balanced and very grateful loved one living life to the fullest.’*

Hiske - Helpline volunteer

## 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.**

Check our website or call **1300 660 068** for dates and locations of the InFocus program.



**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**

hopelessness  
 judgement control shame  
 blame letting go fear  
 anger labels guilt  
 denial resentments

*Letting go used to be the hardest thing for me to do as I thought it meant that I didn't care. But when I realised that trying to help others who do not want my help was creating more problems and made things worse, I found it the easiest thing to do. After all, what can be easier than doing nothing.*

Frank - Family member

## Support Groups News

*"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

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

## 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.

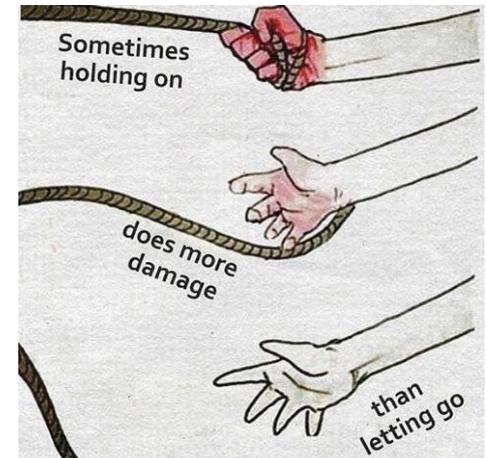
## BREAKTHROUGH

Ice education for families

*'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

BreakThrough: ICE Education for Families is a joint initiative between Self Help Addiction Resource Centre (SHARC), Turning Point and the Bouverie Centre which aims to help you you overcome the stigma associated with a family member's ice addiction.



## Gambling Family Support

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. The program's purpose is to reduce gambling harm and stigma for families and friends, with the opportunity for people to connect through their shared experiences. We also run monthly support groups.

**Letting go** does not mean to stop caring, it means I cannot do it for some else.

**Letting go** is not to cut myself off, it is the realisation that I cannot control another.

**Letting go** is not to enable, but to allow learning from natural consequences.

**Letting go** is to admit powerlessness, which means the outcome is not in my hands.

**Letting go** is not to try to change or blame another, it is to make the most of myself.

**Letting go** is not to care for, but to care about.

**Letting go** is not to fix, but to be supportive.

**Letting go** is not to judge, but to allow another to be a human being.

**Letting go** is not to be in the middle arranging all the outcomes, but to allow others to affect their own destinies.

**Letting go** is not being protective, it is to permit another to face reality.

**Letting go** is not to deny, but to accept.

- Unknown

## Coming Soon!

FDH is about to launch on-line support groups, programs and counselling sessions, so we'll be here for you no matter where you are!

We'll have more information about this on our website very soon.

Call our helpline on **1300 660 068** for enquiries or bookings for any of the programs, including counselling, or go to [familydrughelp.org.au](http://familydrughelp.org.au) for further information.