

# InFocus

## Education Program

**For families and friends affected by someone's drug and alcohol use**

InFocus is an evidence based education program, developed by Family Drug Help, 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, and is generally delivered over 6 weeks in 2 hour sessions. Here is a snapshot of what it includes:

Week 1	<p><b>Addiction and the impact on families</b></p> <p>The first session is an exploration of addiction and its impacts on families. We present current facts, explore the stages of change model and the neuroscientific basis of addiction. We discover flawed coping mechanisms and familiarise participants with the health implications of stress and provide practical exercises to reduce your stress.</p>
Week 2	<p><b>Boundaries and assertiveness</b></p> <p>In this session we present in-depth information around boundaries including the practical application of boundaries, methods to effectively communicate them and the need for boundaries to have consequences. We talk about tips on saying NO and discuss what family violence is and finish with a mindfulness activity. We define different types of family violence and the effects.</p>
Week 3	<p><b>Family dynamics</b></p> <p>Week 3 covers our interpersonal relationships and family dynamics. We explore enabling behaviours. We clarify unhelpful methods of communicating and examine more productive ways of relating with a focus on empowering ourselves and others.</p>
Week 4	<p><b>Managing our reality</b></p> <p>In this session we look at the how our thoughts, feelings and behaviours are connected and how they can feed our anxiety and worry. We explain how we create our reality through faulty thinking and practice positively reframing our opinions. This session, where possible, finishes with a powerful story of recovery from a guest speaker.</p>
Week 5	<p><b>From fear to hope and possibility</b></p> <p>In week 5 we bring about an awareness of our patterns and discover ways to alleviate the burdens of our anxiety and guilt. We challenge our unhelpful thinking habits and introduce the concept and impact of unconventional grief. We finish with exploring the importance of acceptance and forgiveness. We will also learn new mantras on what we can and cannot control.</p>
Week 6	<p><b>Moving forward</b></p> <p>In this final session we explore our intentions moving forward and develop personal recovery and safety plans. We assess our wellbeing needs and develop appropriate links with external supports. We have hopefully experienced a shift of focus from the problem to self-preservation, empowerment and growth.</p>