

User Guide for Care Providers

Infographic cards for the family and friends of people struggling with problematic psychoactive substance use

Family and friends as well as care providers worked together to develop six factsheets aiming at helping people who are affected by a loved one's substance use.

Topics covered:

- Addiction
- Motivation
- Self-care
- Communication
- My behaviours
- Lapses and relapses

How to use the cards:

1. During individual, family, couple, or group consultation, use the cartoons to initiate a discussion on the selected topic. You may read the comics aloud with participants or play the audio version.
2. Use the informational content on the reverse side of the cartoon as a source of inspiration for your interventions.
3. Hand out the cards discussed with the participants so that they can go over them at home and have the list of suggested help resources on hand.

Here are a few suggestions to help inspire you in your interventions with family and friends

Addiction

- Talk about the reasons/motivations why their loved one uses substances.
- Talk about how addiction develops (the cycle of addiction).
- Invite them to talk about their feelings and how their loved one's substance use affects them.

Communication

- Help them identify messages they want to communicate to their loved one.
- Practice communication using "I" statements.
- Identify why the conversation does not always go well and find alternatives.

Motivation

- Help them identify their loved one's readiness for change among the various stages of change.
- Invite them to open up about how their loved one's motivation level affects them.
- Address how they can accompany their loved one according to their motivation level.



My behaviours

- Acknowledge their feelings and experiences.
- Help them identify which of their attitudes contribute to maintain their loved one's behaviours.
- Help them identify new behaviours they can adopt to encourage their loved one's to take responsibility.

Self-care

- Help them open up about how they sometimes ignore their own needs in their situation.
- Help them make a list of things that make them feel good.
- Help them identify a few trusted people they can confide in.
- Identify what they consider to be disrespectful behaviour on the part of their loved one towards them.
- Help them set boundaries for themselves.

Lapses and relapses

- Talk about the difference between a lapse and a relapse. Remind them that they are part of their loved one's recovery process.
- Invite them to open up about how their loved one's lapses and relapses affect them, and what they can do to protect themselves when they occur.

How to use the cards with people who struggle with problematic substance use

Just like you would do with their family and friends (reverse side of this sheet), use the cards to help people with problematic substance use become more aware of what the people around them are going through. If the person who uses came by themselves, ask them if they believe that their family and friends are affected by their situation. If they believe so, encourage them to hand out the cards to their family and friends.

Here are a few suggestions to help inspire you in your interventions with people who struggle with problematic substance use



- Talk about the consequences that their substance use can have on their family and friends (partner, friends, children, family, coworkers).

- Acknowledge the difficulties that their family and friends may experience because of the situation.
- Help them become aware that their family and friends may need help.

- Encourage them to share the cards with their family and friends so they can practise talking about them.

Don't hesitate to share the infographic cards with members of your community.

Share the cards on social media accounts of your workplace, in your community's newspaper, on the radio, or during thematic days/weeks.

Leave printed copies in strategic areas of your workplace (e.g., waiting room).

This project is a work of co-construction involving several people from various Indigenous nations and organizations. The comic book format, the stories and the contents were chosen with the intention of supporting family and friends with compassion and empathy. Thanks to the family and friends of people experiencing addiction, to the students (Eden, Gloria, Cassandra and Marie-Pier), to the caregivers, to the First Nations of Quebec and Labrador Health and Social Services Commission, and to the Nunavik Regional Board of Health and Social Services.

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Inspired by *Vivre avec un proche ayant une dépendance* (Plourde et Laventure, 2019), Bayard Canada.

Where to find the infographic cards:

The cards are available in a downloadable digital form on the RISQ website:

www.risqtoxico.ca

Printable and audio versions are available.

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