



Families Strong

SUPPORTING FAMILY MEMBERS OF INDIVIDUALS
WITH SUBSTANCE USE DISORDERS.

Need For Families Strong



Family members are hidden and often forgotten victims of the opioid (addiction) epidemic.

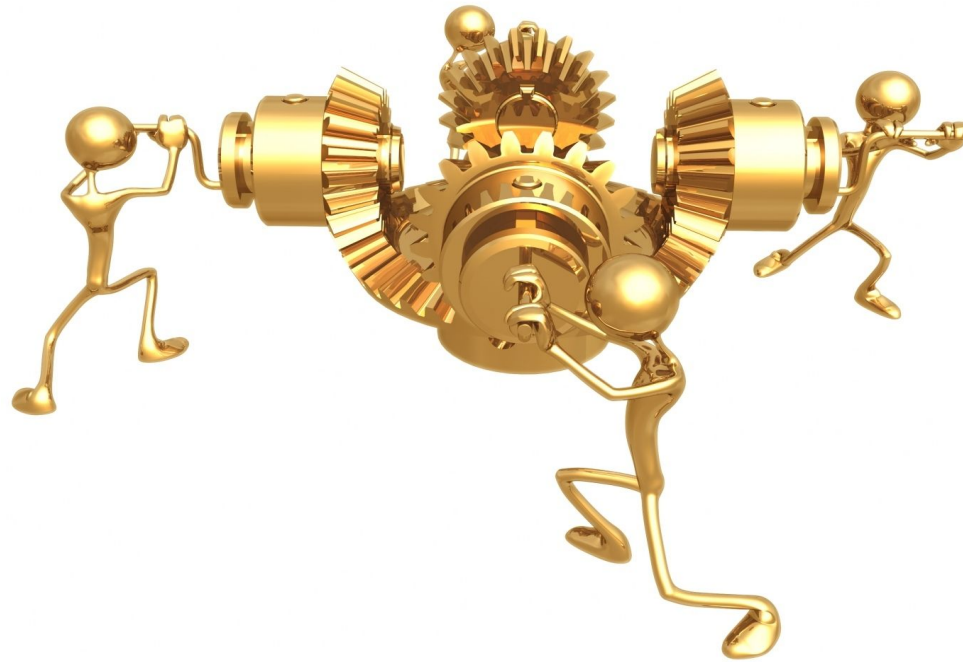


Nationally and in West Virginia, there are very few programs directed toward helping the family members.



Families Strong brings a non-threatening, non-clinical support group to family members

The Families Strong Model



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Families Strong is a support group developed to support families impacted by substance use disorders.



The program focuses on helping family members develop self-care, build social supports, and learn effective motivational strategies for interacting with their loved one who is struggling with substance use of any type.

Families Strong was adapted from an evidence-based, mental health, professional-led model to be more accessible and sustainable by using a peer-led support group approach.

Main Goals

1

Minimize the negative effects of an individual's substance use disorder on family members and friends

2

Provide support for family members and friends of individuals with substance use disorders

3

Change the methods the family member uses to communicate with the substance user

4

Assist the substance user in getting treatment

This support is provided through weekly focused discussions and activities about:



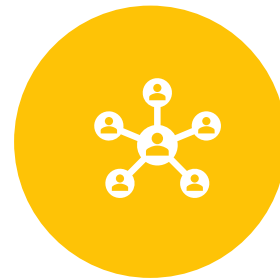
- Self care



- Positive self talk



- Self empowerment



- Increased social support



A 9-week closed group



Meets weekly for up to 2 hours (in-person or virtual)



Maximum of 12 members



Facilitated by 1-2 peer leaders



Follows curriculum with homework

How does it work?

Families Strong West Virginia SOR Grant

Goal is to build the infrastructure over the course of the two-year grant period.
Groups are always free for participants
Leaders never pay to be trained or to receive support from Mosaic Group

Targeted jurisdictions: Statewide Virtual Groups
Year One – 8 Groups – 4 Mosaic-led, 4 Peer Leader-led
Year Two- 12 Groups – 4 Mosaic-led, 8 Peer Leader-led

Leaders Training and Support

Two-day train the trainer Families Strong remote training
Enrollment in the Families Strong Learning Collaborative for ongoing support
Ongoing support and training through the Families Strong Learning Network
Leader stipends

Families Strong Participants and Groups



**Families
Strong**

A Families Strong Participant:

- Is age 18 and older
- Has a family member or loved one that is using alcohol or other drugs
- Has a desire to feel better and improve their relationship with their loved one
- Can commit to participation for 9 weeks
- Has access the internet for virtual participation
- Has transportation to the meeting location for in-person participation

Interested people can register on the following website:

www.familiesstrongwv.com



@FamiliesStrongWV

Participants can choose from an upcoming group.

- **In-person:** Monday, 8/2/2021, at One Voice in Oceana from 6:30-8:30 PM; *or*
- **Virtual:** Wednesday, 8/4/2021, from 6:30-8:00 PM.
- Additional groups will be scheduled to begin in September.



Families Strong

Addiction impacts the entire family.
Care is here in West Virginia.

FREE ONLINE SUPPORT GROUP FOR FAMILY & FRIENDS

Families Strong offers judgment-free support groups for families and friends of loved ones who are struggling with a substance use disorder in West Virginia.

REGISTER HERE!
FamiliesStrongWV.com

How Does it Work?

- 9-week closed group
- Meets up to 2 hours
- Follows weekly curriculum

Earn money for your participation!

- \$10 after completion of the Pre-group Questionnaire and attendance at the first group meeting
- \$15 after completion of session 5
- \$25 after completion of session 9, the Post-group Questionnaire and Program Evaluation

Family members need to take care of **THEMSELVES** before they can take care of anyone else.

”

For more information contact Dawn Brown at dbrown@groupmosaic.com or 443.525.1978. | [@FamiliesStrongWV](https://www.facebook.com/FamiliesStrongWV)

Families Strong flyer

Project funded by SAMHSA SOR through the West Virginia Bureau for Behavioral Health.



Website

Information is used to complete enrollment

Families Strong offers judgment-free support groups for families and friends of loved ones who are struggling with a substance use disorder in West Virginia.

9-WEEK CLOSED GROUP
MEETS UP TO 2 HOURS
FOLLOWS WEEKLY CURRICULUM

EARN MONEY FOR YOUR PARTICIPATION!

- \$10 after completion of the Pre-group Questionnaire and attendance at the first group meeting
- \$15 after completion of session 5
- \$25 after completion of session 9, the Post-group Questionnaire, and Program Evaluation

[SIGN UP HERE](#)

Dates Available *

Monday 8/2/2021- Monday 10/4/2021 6:30-8:00 PM (This will be an in-person group)

Last Name *

Your Last Name

First Name *

Your First Name

Phone *

000-000-0000

Email *

Email

Zip Code of primary residence

[REGISTER NOW](#)

Need More Information Before You Register?
Call Dawn Brown at 443-525-1976 or dbrown@groupmosaic.com

“Families Strong has really helped provide me with a different way of dealing with my own emotions regarding my loved one.

The first week I was very nervous about bringing my baggage to the surface, but after Week 1 – it is my highlight of the week and honestly, I look forward to the meetings each week.

This group has provided me the help and knowledge to talk to and understand the addict differently as well as my own feelings”.

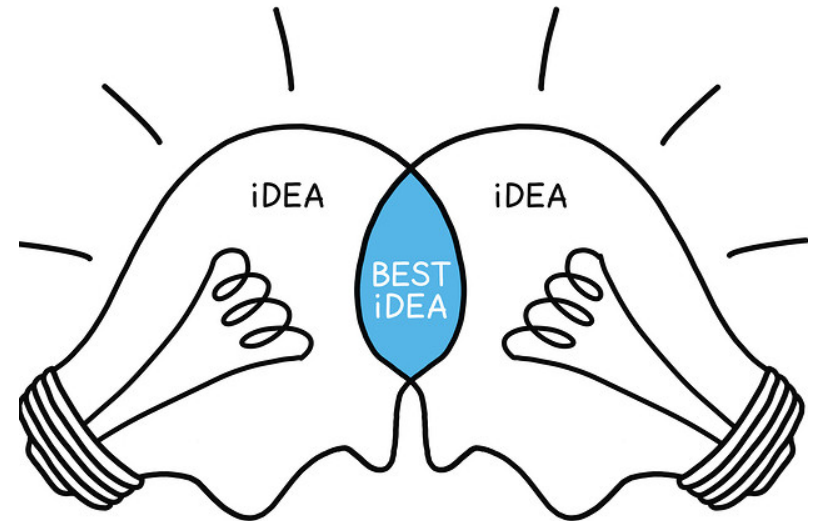
~ Tammy

“Had this type of support been offered years ago when we were looking for help, I believe it would have made a significant difference in our situation.”

~ Michelle

Collaboration

- How does Families Strong meet the needs of those you serve?
- How can we collaborate to ensure those you serve have access to Families Strong?
 - Email the flyer to your contacts/participants
 - Post information to your social media pages
 - Distribute the flyer in community and employee areas
 - Distribute the flyer at community events
 - Talk to your participants about the program
 - Help them register
 - Post a signup sheet
- Would your organization be interested in hosting a group?



For more information:

Dawn Brown, MS

Lead Senior Behavioral Health Consultant

Families Strong Coordinator

443-525-1976 or

dbrown@groupmosaic.com

www.familiesstrongwv.com



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