



# The SCORE Report

“For what is each day, but a series of conflicts between the right way and the easy way” - Csaba Gabor-B.

Volume 1, Issue 5

October 2019

## 2nd Annual HopeFest for Recovery

We invite you to join us at the second annual HopeFest for Recovery event in Elkin! HopeFest for Recovery is a collaborative effort of multiple agencies in Surry and Yadkin Counties. The goal is to celebrate those in recovery from mental health and substance abuse issues!

All residents of the Surry and Yadkin County communities are welcome to attend.

**HopeFest for Recovery will include free food, a walk to celebrate recovery, kids activities, guest speakers, community resources and information, fellowship, and a luminary field.**

**HopeFest for Recovery will be held on Saturday, October 19 from 4pm to 7pm at Elkin Municipal Park, 334 Elk Spur Street, Elkin.**

This event is sponsored by Partners Behavioral Health, the Yadkin Behavioral Health Collaborative, and the Surry Community Interagency Collaborative.

*If your church is interested in having a table at this event, please contact Amanda Clark at 336-401-8581.*

## Review: Faith Community Public Advocacy Meeting: September 24, 2019

The Jonesville-Elkin Ministerial Alliance and Partners Behavioral Health co-sponsored a faith community meeting on September 24th to seek endorsement for advocacy for a Recovery Court in Surry County. Pastor Stuart Taylor of Elkin Presbyterian Church educated the group about Recovery Courts and how they might help Surry County.

Part of Pastor Stuart’s presentation was a short video about Recovery Courts produced by American University. If you would like to view or share this video, it can be accessed on the Opioid Response website at [www.surrycountycare.com](http://www.surrycountycare.com).

Pastor Taylor presented a letter, written by the Ministerial Alliance, and requested signatures from those in support of advocacy for a Recovery Court. The letter was signed by the majority of the attendees and will be sent to the appropriate elected officials requesting further discussion.

We thank Commissioner Harris for his attendance. He advised attendees to continue to advocate for more programs that address Surry County’s substance use issues by attending Commissioners meetings on the first and third Mondays of every month and voicing their concerns.

### Next Faith Community Meeting

The SAFE Project (Stop the Addiction Fatality Epidemic) is sponsoring a training session designed for the faith community on **November 7, 2019, from 10am to 4pm, at the Surry County Service Center, 915 East Atkins St, Dobson.** The training will provide examples of how faith communities can start and maintain efforts to address addiction through education, reducing shame and stigma, building community capacity for addiction treatment, and partnerships in building a sustainable recovery network. The flyer for this training is included with this SCORE Report. **To register visit <http://bit.ly/Faith-Based> or call Mark Willis at 336-401-8218.**

JOIN THE VOICES FOR RECOVERY:

**TOGETHER WE ARE STRONGER**



Connect with us on Facebook to see the latest SCORE updates, community events, and educational information!

[www.facebook.com/surrycountycare](http://www.facebook.com/surrycountycare)

Dear Denise:

My sister and I are siblings of a brother suffering from substance use disorder? Does anyone care about us?

Margie

Dear Margie:

I definitely get the frustration in your succinct question. I know why it is there and I will try to address this with guidelines for those who love you.

When family members discover that one of their loved ones is suffering from substance use disorder it is a shock.. They immediately want to do something and “save” this person. Focus is totally on this person and the goal of rescuing. As the addiction evolves, the family members become more obsessed. I know. I was one of them. It is as if there is no one or nothing else in the world.

When it is a child (even an adult child) it seems to be instinct to act in this manner. It is very much the same as a family who has a child with a disability or illness. In this instance the focus would be on the disabled or ill child.

In both of the above cases we adults seem to feel that we must protect the weaker and “needy” and the others can take care of themselves. This, of course, is a bad assumption. Everyone needs attention, love, and to feel that people care about them. When the issue is substance use disorder (addiction), there is a big stigma attached and many people resent the attention even more because they feel these people made bad choices and why are we, who made good choices, work hard, and are not needy, getting “punished” for this.

Siblings are put into a very unhealthy position. They watch as their parents suffer from fear, anxiety, anger, frustration, and sadness. They, too, love this person and have feelings of sadness and frustration as well as fear and anxiety. But often there is no one emotionally available to comfort them because they are busy being obsessed with the person using and abusing the substance. Eventually their feelings turn to anger and frustration. I have seen this family dynamic many times over my years working with families. It is difficult to tell parents to be aware of what is happening in the family with everyone. They do understand that they need to be a part of the whole family but often they end up just being physically there without being emotionally there. Addiction robs us and not just the one using.

It is almost impossible to live through this without blame coming into the picture. If a sibling voices thoughts about being ignored and not being a part of the parents world sometimes the parent will blame them for being insensitive and not loving their sibling. The siblings often feel that the suffering loved one is ruining the family. And, again, sometimes the neglected ones begin to feel that maybe being good, making the right choices, and being self sufficient is not so good for them. Maybe the only way to get attention and be loved is not to be so good and to make some bad choices. This is dangerous.

It is important for families to talk about how they feel without judgement. Parents can't expect the other siblings to give up their own lives, family comfort and time, and be as emotionally focused on their loved one. Even the parents are not doing themselves or the rest of the family any favors by being absent in all ways that count. I know from experience that taking care of ourselves, our families, and trying to help the suffering loved ones is a very big task. It is really the only healthy thing to do. It is not selfish. It is selfcare.

Margie, please think about these two suggestions seriously. Again, families must talk to each other about how they feel and do it without judgement. Communication is so important. And, everyone in the family, including parents, must consciously take time to take care of themselves, spend positive quality time with the healthy members of the family, and take time to look at the good things in their lives.

And, Yes, we care about the siblings!!

Regards,

Denise Krochta