

WHAT CAN YOU DO WHEN SOMEONE YOU CARE ABOUT HAS A SUBSTANCE ABUSE PROBLEM & WONT DEAL WITH IT?

Substance abuse affects everyone – families, friends, relationships, work. It is important to remember that alcoholism and substance abuse are illnesses of the body, mind and takes more than willpower to control. **IT REQUIRES TREATMENT.**

Commitment to recovery cannot be forced. Readiness is the most important factor for success.

If someone you care about is not ready, the best approach is to **SET CLEAR LIMITS** with them:

- Tell them how it is affecting you
- Express your “care” for them
- Don’t tell them what to do
- **TELL THEM WHAT YOU WILL and WONT DO**
- Follow through with your commitments to avoid enabling
- Get support and guidance from a professional or someone in recovery
- Explore treatment options available in your local community –when they are ready you will have the information available for them.