

STRONGER TOGETHER

STRONGER TOGETHER RESOURCES

(Disclaimer: This list does not in any way constitute a FAN endorsement of the websites/information/materials provided and is simply meant to be a list of available resources.)

ONLINE RESOURCES

Action Collaborative on Countering the U.S. Opioid Epidemic

From the National Academy of Medicine

A curated source of information designed to reduce opioid misuse, and improve outcomes for individuals, families, and communities affected by the opioid crisis.

<https://nam.edu/programs/action-collaborative-on-countering-the-u-s-opioid-epidemic/>

Addiction and the Family System: Codependency

Video from the RehabWorks Family Support System

Sample from a learning management system for families of addiction treatment clients. This video discusses codependency.

<https://www.youtube.com/watch?v=Nwd8pw5UdwE>

Addition's Impact on Children and Families: Policy Guides

From CLOUD (Curated Library about Opioid Use for Decision-makers)

This collection features reports that describe the impact of addiction on families and provide strategies for improving services provided to children and their caregivers.

https://www.opioidlibrary.org/featured_collection/addiction-and-children-and-families-policy-guides/

Codependency: It May Not Be What You Think (Parts I & II)

From The Sober World

Discusses codependency, including common characteristics and progressive symptoms (Part I); and detachment and self-care (Part II).

<https://www.thesoberworld.com/2020/08/01/codependency-it-may-not-be-what-you-think/>

<https://www.thesoberworld.com/2020/09/01/codependency-it-may-not-be-what-you-think-part-ii/>

Everything You Think You Know About Addiction Is Wrong

Video from Johann Hari

What really causes addiction—to everything from cocaine to smart-phones—and how can we overcome it? Johann Hari, the author of *Chasing the Scream*, has seen our current methods fail firsthand, as he has watched loved ones struggle to manage their addictions. He believes the opposite of addiction is connection.

<https://youtu.be/PY9DclMGxMs>

Fostering Resilience: Grief, Loss, and Depression in Early Recovery

Video from Dr. K.J. Foster

Discusses the losses experienced in addiction recovery by both the individual recovering from the addiction and family members. Also shares information about the 5 Stages of Grief and ways to cope with the grief, loss, and depression experienced in recovery.

<https://www.youtube.com/watch?v=uWjyCdE7F3M>

Fostering Resilience: The Truth about Recovery—Grief and Loss

Video from Dr. K.J. Foster

Discusses grief and loss in recovery, including the types of losses and grief experienced by both the individual with substance use disorder and family members, 10 tips to help with the grieving process, and more.

<https://www.youtube.com/watch?v=b4fyS7iQXz4&feature=youtu.be>

Fostering Resilience: Family Recovery Stories; Addiction Recovery Story—Margi’s Recovery Story

Video from Dr. K.J. Foster

Margi shares her experience as a family member in recovery from the effects of her son’s addiction and near death from an overdose.

<https://www.youtube.com/watch?v=pUsX8gFTW2I&feature=youtu.be>

Partnership to End Addiction

Formerly the Partnership for Drug-Free Kids

A national nonprofit that partners with families, professionals, and other organizations to work toward ending addiction and stigma in the United States through science and compassion. Works to raise awareness, educate, and change policy.

<https://drugfree.org/>

Setting Boundaries: Loving an Addict, Loving Yourself

From The Sober World

Discusses the creation and enforcement of boundaries for your loved one struggling with substance use disorder.

<https://www.thesoberworld.com/2020/08/01/setting-boundaries-loving-an-addict-loving-yourself/>

Shatterproof

A national nonprofit dedicated to reversing the addiction crisis in the United States. Provides tools and

resources to help you understand the disease of addiction and evidence-based methods of addiction prevention, treatment, and recovery.

<https://www.shatterproof.org/>

The Three Cs x 2: An Overview

From Families Anonymous

An excerpt from Families Anonymous literature that discusses the Three Cs of Addiction: We didn't cause it; we can't control it; and we can't cure it.

<https://www.familiesanonymous.org/wp-content/uploads/2019/02/1033X-The-Three-Cs-x-2-Overview-excerpt.pdf>

Why Addiction Is a Learning Disorder and Why It Matters

Video from Maia Szalavitz

Maia Szalavitz, the author of *Unbroken Brain: A Revolutionary New Way of Understanding Addiction*, uses her own story of recovery from heroin and cocaine addiction to explore how reframing addiction as a learning disorder can transform prevention, treatment, and policy.

BOOKS

Addict in the Family: Stories of Loss, Hope, and Recovery

By Beverly Conyers; published by Hazelden Publishing, 2003.

https://www.amazon.com/dp/156838999X/ref=cm_sw_em_r_mt_dp_8RGEG8T27GM0C01RBTMA

An Elephant in the Living Room: The Children's Book

By Jill M. Hastings and Marion H. Typpo; published by Hazelden Publishing, 1994.

https://www.amazon.com/dp/1568380356/ref=cm_sw_em_r_mt_dp_MDJ1QGJ1Y3BSKS3A5050

Beautiful Boy: A Father's Journey Through His Son's Addiction

By David Sheff; published by Mariner Books, 2009.

https://www.amazon.com/dp/0547203888/ref=cm_sw_em_r_mt_dp_PQ1X10CNAX17RA7DFE0W

Beyond Addiction: How Science and Kindness Help People Change

By Jeffrey Foote, Carrie Wilkens and Nicole Kosanke, with Stephanie Higgs; published by Scribner, 2014.

https://www.amazon.com/dp/1476709483/ref=cm_sw_em_r_mt_dp_6YK4Q6D0KHF0ZPMPGWAQ

Free PDF version available here: <https://motivationandchange.com/wp-content/uploads/2015/03/Beyond-Addiction-Book-PDF.pdf>

Chasing the Scream: The First and Last Days of the War on Drugs (The Opposite of Addiction Is Connection)

By Johann Hari; published by Bloomsbury, 2016.

https://www.amazon.com/dp/1620408910/ref=cm_sw_em_r_mt_dp_0F497NSSCC8ZAV3NW7H6

Clean: Overcoming Addiction and Ending America's Greatest Tragedy

By David Sheff; published by Eamon Dolan/Mariner Books, 2014.

https://www.amazon.com/dp/0544112326/ref=cm_sw_em_r_mt_dp_4EARYKHHZRBB3RMZDBD

Codependent No More: How to Stop Controlling Others and Start Caring for Yourself

By Melody Beattie; published by Hazelden Publishing, 1986.

https://www.amazon.com/dp/0894864025/ref=cm_sw_em_r_mt_dp_11QHQGZAR5SSCZ9TD9E6

Don't Let Your Kids Kill You: A Guide for Parents of Drug and Alcohol Addicted Children

By Charles Rubin; published by New Century Publishers, 2007.

https://www.amazon.com/dp/0967979056/ref=cm_sw_em_r_mt_dp_RBFTJHEYKF1DVW721J3J

High: Everything You Want to Know About Drugs, Alcohol, and Addiction

By David Sheff and Nic Sheff; published by HMH Books for Young Readers, 2020.

https://www.amazon.com/dp/0358244331/ref=cm_sw_em_r_mt_dp_GGD018CKZN5WCCFGEEN2

Kids' Power: Healing Games for Children of Alcoholics

By Jerry Moe and Don Pohlman; published by ImaginWorks, 1989.

https://www.amazon.com/dp/0965378918/ref=cm_sw_em_r_mt_dp_T2FC3B5MS4Q1BJEBC429

The Language of Letting Go: Daily Meditations for Codependents

By Melody Beattie; published by Hazelden Publishing, 1990.

https://www.amazon.com/dp/0894866370/ref=cm_sw_em_r_mt_dp_H4Z495F3TXTG0WEGCGQB

The Language of Letting Go Journal: A Meditation Book and Journal for Daily Reflection

By Melody Beattie; published by Hazelden Publishing, 2003.

https://www.amazon.com/dp/1568389841/ref=cm_sw_em_r_mt_dp_F9KWZCKGNRY13PM4QNSC

Tending Dandelions: Honest Meditations for Mothers with Addicted Children

By Sandra Swenson; published by Hazelden Publishing, 2017.

https://www.amazon.com/dp/1616497203/ref=cm_sw_em_r_mt_dp_JZAWVTW9ANA7QZBWZVJQ

Unbroken Brain: A Revolutionary New Way of Understanding Addiction

By Maia Szalavitz; published by Picador, 2017.

https://www.amazon.com/dp/1250116449/ref=cm_sw_em_r_mt_dp_EEJE971AM14Y5G958EHY

Understanding Addiction and Recovery Through a Child's Eyes

By Jerry Moe; published by Heath Communications, 2007.

https://www.amazon.com/dp/075730611X/ref=cm_sw_em_r_mt_dp_Y29FRXVTQ14KJG36Z0V4

When Your Adult Child Breaks Your Heart: Coping with Mental Illness, Substance Abuse, and the Problems that Tear Families Apart

By Joel L. Young, MD and Christine Adamec; published by Lyons Press, 2013.

https://www.amazon.com/dp/0762792973/ref=cm_sw_em_r_mt_dp_H4B09YZKJ9S04ST5YZN1

MOVIES

Ben Is Back

Starring Julia Roberts and Lucas Hedges (2018; Rated R)

A mother tries to help her son stay sober after he is released from rehab and unexpectedly returns to his family's home on Christmas.

Beautiful Boy

Starring Steve Carrell and Timothee Chalamet (2018; Rated R)

Chronicles the heartbreaking and inspiring experience of survival, relapse, and recovery in a family coping with addiction over many years.

Four Good Days

Starring Mila Kunis and Glenn Close (2021; Rated R)

A mother helps her daughter work through four crucial days of recovery from substance abuse.