



## Learn How to Address **Addiction** in the Family

**Second part**

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### 6. What strategies should be implemented to live with a drug addict in the family?

#### Set clear and consistent boundaries

- Define clear rules at home, such as prohibiting drug use, maintaining a safe environment and fulfill basic responsibilities.
- Apply consequences for breaking the rules firmly and without hostility.
- Avoid facilitating consumption: do not offer money or excuse the behavior.
- Promote responsibility, allowing the person to face the consequences of their actions (financial or legal).

#### Maintain open communication

- Non-confrontational communication avoids confrontation and imposition of ideas. Instead of blaming or attacking, use a tone that encourage dialogue and collaboration, promoting understanding.

- **Listen without judging:** open and empathetic communication facilitates openness and decreases the addicted person's resistance to seeking aid.

#### Take care of the emotional health of the family

- **Seek external support:** family members can receive psychological support or participate in groups like Al-Anon.
- **Promote self-care:** carry out activities that contribute to well-being and that allow them to disconnect from the emotional burden.

#### Encourage treatment without forcing it

- **Offer professional help:** show willingness and support so that the person seek treatment with psychologists, psychiatrists or counseling centers rehabilitation.
- **Accept the time of the process:** not everyone is ready to accept help immediately. It is crucial to offer support without pressuring, as this could generate resistance.

## Manage crises effectively

- **Identify signs of crisis:** recognize signs such as behaviors aggressive symptoms, drastic mood swings, or overdose symptoms to act on time.
- **Establish an action plan:** prepare to handle a crisis establishing clear steps, such as contacting a health professional, call an ambulance in emergencies or seek immediate help at a support group.

## Maintain hope and patience

- **Have realistic expectations:** accept that addiction is a disease chronic with the possibility of relapses and that recovery takes time.
- **Celebrate progress:** recognize and value each small achievement, motivating the person to continue.

## Seek family intervention if necessary

- **Guided interventions:** in critical situations, a led intervention by a professional can be key to addressing the severity of the problem and motivate the person to seek treatment.



- **Family unity:** the whole family must align a clear message that combines genuine concern, support and the need to seek help

## Understand that control has limits

**Accept your own limits:** you cannot control the person's behavior nor force its recovery. The change must come from the person themselves.



**Respect family well-being:** if coexistence becomes unsustainable or dangerous, It may be necessary to make drastic decisions, such as proposing temporary departure of the person until they accept treatment.

## Conclusion

Living with a family member struggling with addiction is challenging for everyone involved. Setting clear boundaries, fostering open communication, prioritizing self-care, and seeking professional support are key strategies for creating a healthier environment. The goal is to balance love and understanding with firmness, supporting recovery without compromising family well-being.

## Recommended readings

Health Letter VID 52: learn about drugs of abuse.

## Pages consulted on the web

<https://www.clinicbarcelona.org/asistencia/enfermedades/adicciones>

<https://nida.nih.gov/es/areas-de-investigacion/sustancias-de-abuso-habitual>

<https://www.paho.org/es/temas/abuso-sustancias>

[https://bibliotecadigital.udea.edu.co/bitstream/10495/17319/1/Carvajal-Blanca\\_2015\\_AdiccionesIntervencionTratamiento.pdf](https://bibliotecadigital.udea.edu.co/bitstream/10495/17319/1/Carvajal-Blanca_2015_AdiccionesIntervencionTratamiento.pdf)

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