



Solas Recovery Centre

Getting to the heart of addiction

HOW YOU CAN HELP

We need your support and trust. The journey of recovery is not an easy one and there are going to be tough times for both you and your resident. There is unfortunately no “quick fix”. The process is designed for emotional reactions. In this way, the addiction, maladaptive behaviours and denial is targeted. The resident may struggle at times.

Support them through it but ensure that you are communicating with the counsellors and getting their understanding and perspective as well.

There will be times when you may not understand the process - we ask for your confidence and patience. We have only the resident’s best interests at heart and are committed to getting them securely into recovery. If you have concerns, please feel free to contact any one of us.

You may be requested to write a damage letter. This is a letter in which you can voice your feelings and perceptions on the resident’s addiction and the impact that this has had on you. Please be brutally honest. This is a vital part of the recovery process for both you and your resident and is often very effective in breaking through denial.

We also encourage sponsors and parents to read the book *The Heart of Addiction* by Mark E Shaw. Your loved one will be working through this book in class and it will help you understand better. Books are available at our office for purchase

Above all take care of yourself. Your resident is now safe and in good hands. This is a time for you to reclaim your life and to recover from the effects of someone else’s addiction

THE SOLAS RECOVERY CENTRE TEAM

‘Getting to the heart of addiction’.