

Helpful resources to address addiction:

Al-Anon (800)356-9996 <http://www.al-anon.alateen.org/>

Alcoholics Anonymous (212)870-3400
www.alcoholics-anonymous.org

Narcotics Anonymous (818)773-9999 www.na.org

Marijuana Anonymous (800)766-6779 www.marijuana-anonymous.org

Adult Children of Alcoholics (310)534-1815 www.adultchildren.org

Families Anonymous (310)815-8010 www.familiesanonymous.org

SMART Recovery (440)951-5357 www.smartrecovery.org

24/7 Support 1-877-466-2834

Reentry Resources in your living area: <http://corrections.ky.gov/reentry/Pages/Pre-ReleaseCommunityResources.aspx>

Hazeldon Betty Ford Addiction and Family resources:
<http://thepledge.org>

SAMSHA Substance Abuse Resource Line: 1(800) 662-4357 or
website: <https://www.samhsa.gov/>

Other resources in your neighborhood include:

Counseling

Church

Support groups

Professional help

Is your loved one addicted and **you don't know what else to do**? Are you climbing up a mountain with no rope, no gear, and no hope? Which path is the right path? How will you know if you are helping or hurting them?



KY DOC Substance Abuse Division's Guide to Understanding Helping Help and Hurting Help.

Hurting Help

Helping Help

Ask yourself: Am I doing (any of the following) for my loved one?

- *Am I keeping secrets for you?*
- *Am I making excuses for your behavior?*
- *Am I giving you money or paying your bills, rent, legal fees, etc.?*
- *Am I making empty threats and not following thru with consequences?*
- *Am I blaming other people for my loved one's behaviors rather than blaming him/her?*
- *Am I acting out of guilt or fear?*
- *Despite all of my loved ones actions and my interventions (help), the problems stay the same or has gotten worse?*

If you said yes to any of these questions, you are hurting your loved one.

Ask yourself: Am I doing (any of the following) for my loved one?

- *Am I recognizing addiction as a chronic disease?*
- *Am I doing for my loved one what they are not capable of doing for themselves?*
- *Am I enforcing consequences?*
- *Am I doing the things I say I'm going to do?*
- *Am I educating myself about addiction and enablement?*
- *Am I finding and providing information on treatment and care options to my loved one?*
- *Am I treating the situation as an emergency?*
- *Am I maintaining my own life and health as a priority?*

If you said yes to any of these questions, you are helping your loved one in a healthy way.

Your goal to help your loved one is obvious and yet you may feel cruel or heartless when you begin to say No and stop enabling them. You may not want to believe that your loved one is manipulating you because they have gotten very good at manipulating everyone. Rest assured that Hurting Help (enabling) hurts them more than it can ever help or protect them. Hurting Help allows your loved one to avoid consequences and encourages helplessness and dependence on you.