

“Perseverance is not a long race; it is many short races one after another.”

- Walter Eliott

Kōkua Kit

COALITION FOR A
Drug-Free Hawaii
Prevention Through Education

ALANON/ALATEEN

599-7755

Target Group:

parents, spouses,
friends of alcoholics

Area Served:

statewide

Fees: no

Services:

Helps families,
relatives, and
friends of alcoholics

ALCOHOLICS

ANONYMOUS

946-1438

Target Group:

alcoholics

Area Served:

statewide

Fees: no

Services:

For people who have
or think they may
have problems with
alcohol.

Introduction

An estimated 13 million Americans are current drug users. The odds are that at some time, your life will be affected by a close friend, family member or coworker with a substance abuse problem. When that time comes you are not helpless and you are not alone. Seven out of ten recovering substance abusers credit a friend or relative with getting them into recovery. You can offer kokua to a loved one in crisis and find the support you need during this difficult time.



Do you recognize any of these symptoms?*

- Problems with personal, professional, or family relationships;
- Unexplained financial problems;
 - Unusual secrecy regarding personal belongings/room;
 - Drop in performance at work or at school;
 - Drowsiness, lethargy;
 - Unusual irritability, moody, short-tempered, hostile;
 - Frequent absenteeism at work or school;
 - Doesn't pay attention, forgets things easily.

** These changes can result from problems other than substance abuse. Careful assessment and communication are key to problem identification.*

Recognizing the Problem

The sudden appearance of unusual behavior may be a sign of an alcohol or other drug problem. If it is, you will probably notice that the behavior is getting worse. Alcoholism and drug addiction are diseases that will get worse until they are treated or until the person dies.

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“There is a time in the life of every problem when it is big enough to see, yet small enough to solve.”
- Mike Leavit

A Simple Test . . .

This test* can help you gauge whether your loved one has a problem with substance abuse. Answer each question with a “yes” or a “no.”

1. Is the person drinking (or using any other drug) more now than in the past?
2. Are you ever afraid to be around the person when s/he is using drugs -- because of the possibility of verbal or physical abuse?
3. Has the person ever forgotten or denied things that happened during a drinking or using episode?
4. Do you worry about the person's drinking or drug use?
5. Does the person refuse to talk about his/her drinking or drug use -- or even to discuss the possibility that s/he might have a problem with it?
6. Has the person ever lied or broken promises about his/her drinking or using or tried to hide it from you?
7. Have you ever been embarrassed by the person's drinking or drug use?
8. Have you ever lied or tried to “cover up” to anyone else about the person's drinking or drug use?
9. Are most of the person's friends heavy drinkers or drug users?
10. Does the person make excuses for, or try to justify, his/her drinking or using?
11. Do you feel guilty about the person's drinking or using?
12. Are holidays and social functions unpleasant for you because of the person's drinking or drug use?
13. Do you feel anxious or tense around the person because of his/her drinking or drug use?
14. Does the person deny that s/he has a drinking problem because s/he only drinks beer (or wine) or because they only smoke marijuana, etc.?
15. Does the person's behavior change noticeably when s/he is drinking or using?
16. Does the person avoid social functions or restaurants where alcohol will not be served, or drugs will not be available or permitted?

17. To your knowledge, has the person ever driven a car while intoxicated or under the influence or drugs?
18. Has anyone else talked to you about the person's drinking or using behavior?
19. Has the person ever expressed remorse for his or her behavior during a drinking or using episode?
20. Are the person's children afraid of the person while s/he is drinking or using?
21. Does the person seem to have a low self-image?
22. Have you ever found alcohol or drugs that the person has hidden?
23. Is the person having financial difficulties that seem to be related to his or her drinking or drug use?
24. Does the person look forward to times when he or she can drink or use drugs?

If you answered yes to two of these questions there is a good chance that this person has a problem with drugs or alcohol. If you answered yes to as many as six you can feel fairly certain your loved one has a serious problem.

*This test in Vernon E. Johnson's *Intervention: How to Help Someone who Doesn't Want Help*, Johnson Institute Books, 1986, pp. 10-13 was abbreviated by the Coalition For A Drug-Free Hawaii.

ASSESSMENTS OF HAWAII

843-1499

Target Group:

Adults

Area Served:

Oahu

Fees: call for info

Services:

Drug / alcohol assessments, and educational level of care,

DRUG ADDICTION SERVICES OF HAWAII (DASH)

538-0704

Target Group:

adult

Area Served: Oahu

Fees: yes

Services:

Education, testing, counseling and support for early intervention ; Methadone treatment; relapse prevention.

NARCANON Meetings

734-4357

Statewide

“Success is how high you bounce when you hit bottom.” - General George Patton

HABILITAT

235-3691

Toll Free: (800) 872-2525

Target Group:

youth 15+, adults

Area Served:

statewide, nat'l, int'l

Fees: yes

Services:

Residential treatment facility dealing with persons who have substance abuse issues and other anti-social behaviors.

Hawaii Counseling and Education Ctr.

254-6484

Target Group:

adults and youth

Area Served:

Oahu –but call for info

Fees: call for info

Services:

Outpatient substance abuse program, group/family/individual counseling, treatment services.

Contrary to the common misconception, a person does not have to “hit rock bottom” before they will want to stop. It is important to remember that the earlier treatment starts after the problem is recognized, the better the chances for success. The truth is that with alcohol and other drug problems, as with other kinds of acute and chronic illness, early recognition and treatment intervention is essential -- and rewarding. You can not cure the illness, but when the crucial moment comes you can guide the person to competent help.

What to do . . .

- Refuse to ride with anyone who's been drinking or using drugs.
- Educate yourself, learn about the effects of drugs on the body and the disease of addiction. Share that knowledge with others.
- Try to remain calm, unemotional, and factually honest in speaking about their behavior and its day-to-day consequences.
- Let the person with the problem know that you are reading and learning about alcohol and other drug abuse, attending Al-Anon, Nar-Anon, Alateen, and other support groups.
- Become familiar with the different treatment facilities available in your area.
- Discuss the situation with someone you trust -- someone from the clergy, a social worker, a counselor, a friend, or some individual who has experienced substance abuse personally or as a family member.
- Explain the nature of alcoholism and other drug addiction as an illness to the children in the family.
- Establish and maintain a healthy atmosphere in the home, and try to include the alcohol/drug abuser in family life.
- Encourage new interests and participate in leisure time activities that the person enjoys. Encourage them to see old friends.
- Be patient and live one day at a time. Alcoholism and other drug addiction generally takes a long time to develop, and recovery does not occur overnight. Try to accept setbacks and relapses with calmness and understanding.

What not to do . . .

- Don't argue with the person when they are high or impaired.
- Don't think of yourself as a victim. Avoid emotional appeals that may only increase feelings of guilt and the compulsion to drink or use other drugs.
- Don't take over their responsibilities, leaving them with no sense of importance or dignity.
- Don't allow yourself to cover up or make excuses for the alcoholic or drug addict or shield them from the realistic consequences of their behavior.
- Do not attempt to punish, threaten, bribe, or preach.
- Don't hide or dump their alcohol or drugs, or shelter them from situations where alcohol is present.
- Don't try to drink along with the problem drinker or take drugs with the drug abuser.
- Above all, don't feel guilty or responsible for another's behavior.

“Your friend is the man who knows all about you, and still likes you.” - Elbert Hubbard

**HO`OMAU KE OLA
(HAWAII ADDICTION
CENTER)**

696-4266

Target Group: adults

**Area Served:
statewide**

**Fees: yes *treatment
still possible if no
money or insurance**

Services:

**Alcohol and drug
treatment and
r e h a b i l i t a t i v e
services.**

Sources: “Making Your Workplace Drug Free: A Kit for Employers” Department of Health and Human Services Kit; 1992 “If Someone Close...” Office for Substance Abuse Prevention brochure; 1998 “If someone you know...” information sheet Coalition for a Drug-Free Hawaii; *Intervention: How to Help Someone Who Doesn't Want Help* by Vernon El Johnson D.D., Johnson Institute B o o k s , 1 9 8 6 ; “Codependency -- You can break free” 1997 Channing L. Bete co., Inc. brochure Printing of the Kokua Kit was funded by Hawaii Department of Health Alcohol and Drug Abuse Division through Federal Substance Abuse Block Grant Dollars



Hawaii State Department of Health
Alcohol and Drug Abuse Division

Taking care of you

Substance abuse is a disease which affects everyone who cares about the person suffering from an addiction. Your loved one is not the only one who needs assistance, it is all right for you to ask for help for yourself.

It is not uncommon for a person with a loved one who has a substance abuse problem to become an **enabler** and/or a **codependent**. An enabler is a person who allows a user to avoid the negative results of using alcohol or other drugs. While they may believe they are helping, in reality they are just helping the user put off facing their problem.

A codependent treats the user's needs as more important than their own because they want to please the user. Anyone can become a codependent: a spouse, child, other family member, a friend or even a coworker. Codependents often suffer many of their own problems, such as: emotional numbness, depression, low self-esteem, addictive behavior, health problems, problems with close relationships.

Here are some examples of Enabling and Codependency in the home:

- You often find yourself covering up your wife's alcohol use. Last night, one of your neighbors saw you help her into the house; she was too drunk to walk. The next day, you made a point of telling your neighbor that your wife had gotten a horrible case of food poisoning last night and needed you to help her into the house.

For More Information ...

If you want to learn more about the problems and issues raised by addiction please contact the The Coalition For A Drug-Free Hawaii's **Prevention Resource Center**. We have up-to-date information on these issues as well as information on different drugs, prevention materials, material for the workplace, and a current listing of the different treatment and prevention centers across the state.

- Your husband, Jim, was too hungover to get out of bed this morning, so you called his boss and said that Jim would be out sick today. Now you are worried because Jim's boss sounded like he didn't believe you and made a comment that this is the fifth time this month that Jim has been out "sick."
- Your husband caught your 18-year-old son stealing cash from his business and now wants to turn him into the police. You suspect he needed the money to buy drugs, but you ask your husband not to turn the boy in because you believe he has learned his lesson.

The good news is there is help available. Therapist and counselors offer individual, group and family therapy for those affected by another's substance abuse. There are also self-help groups which offer support and information from people who have gone through or are going through similar experiences.

C O A L I T I O N F O R A
Drug-Free Hawaii
Prevention Through Education

Prevention Resource Center
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