

## Families for Addiction Recovery – One Pager

Families for Addiction Recovery is a national charity founded by parents of children who have struggled with addiction from their teens. Our goal is long term recovery for those with addiction and their families.

1. We offer **parent support** for families struggling with addiction.
2. We are a voice for families to influence government policy.
3. We educate community groups, health care providers and law enforcement about addiction, health laws and drug policies.

Our parent support takes two forms – **Parent-to-Parent program** and **Parent Support Groups**:

FAR's **Parent-To-Parent (P2P) program** provides support for parents whose children (regardless of age) are struggling with addiction. Trained parent supporters with lived experience will lend an understanding ear and speak with you about strategies that can help both you and your child. All services are free and confidential.

**FAR's Parent Support Groups.** In response to COVID-19 and an increased need for support resources, Families for Addiction Recovery has moved its parent support groups online. We provide a safe virtual space where parents can discuss practical strategies, find support, and share resources and information that worked for them. Participation in the Groups is free and no registration is required. This group uses the principles of Community Reinforcement and Family Training (CRAFT), Motivational Interviewing and Acceptance and Commitment Therapy (ACT). It is facilitated by a parent with lived experience, who also holds a B.A. in Psychology and an Addiction Care Worker diploma.

In addition, in an effort to support our community during the COVID-19 pandemic, we have gathered information and resources relative to coronavirus and substance use disorder (SUD) including online assistance and support including:

- Responding to an Overdose During COVID-19
- Access to Naloxone
- Access to Medical Care and Medications
- Extended Role of Pharmacies during COVID-19
- Alcohol Sales: An Essential Service
- Advocacy for Decriminalization and a Safer Supply
- Advocacy For Naloxone Access During Air Travel
- Resources For Families
- Resources For People Who Use Drugs Or Alcohol
- Resources For People In Recovery
- Resources For Anxiety, Depression and Stress

This information is located at <https://www.farcanda.org/covid-19/>