

Resources for families, friends and caregivers

- **Families Care: Helping Families Cope and Relate Effectively by CAMH** – lots of worksheets. This can be accessed through: <https://www.stjoes.ca/health-services/mental-health-addiction-services/addiction-services/concurrent-disorders-program/helping-families-cope-handouts.pdf>
- **Being There When Mental Illness Strikes Someone Near You:** A guide for a friend, family member, or co-worker by Farris, K & MacDonald, L (2009) (2021). This can be accessed through: <http://www.beingthereguide.com/beingthereguide.pdf>
- **A Practical guide to Mental Health and the Law in Ontario developed by-Ontario Hospitals Association, Sept 2016.** This can be accessed through: <https://www.oha.com/Legislative%20and%20Legal%20Issues%20Documents1/A%20Practical%20Guide%20to%20Mental%20Health%20and%20the%20Law%2c%20Fourth%20Edition%2c%202023.pdf>
- **The Caregiver Organizations: Understanding health privacy and consent in Ontario: a guide for care providers.** This can be accessed by: <https://ontariocaregiver.ca/wp-content/uploads/2021/08/At-a-glance-Understanding-health-privacy-and-consent-for-CARE-PROVIDERS-Aug4.pdf>
- **The Invitation to Change** - developed by CMC which informs their group facilitation training/programs. It is designed to provide guidance and support for individuals dealing with substance use problems. The additional resources mentioned such as Three different publications/ self-directed workbooks, getting more developed over time.
 - 1) The 20 min Guide for Parents / Partners – This guide offers practical advice and strategies for partners and parents to support a loved one dealing with addiction. Available online, can be purchased as physical copies if desired and can be downloaded as Pdf. This can be accessed through: <https://the20minuteguide.com/> .
 - 2) The invitation to Change: A short Guide – Invitation to Change & Addiction Workbook (ITC Workbook). This provides a concise overview of strategies and approaches informed by the CRAFT model to help loved one make positive changes. This can be accessed through <https://invitationtochange.com/>
 - 3) The Beyond Addiction Workbook for Family and Friends: Evidence-Based Skills to Help a Loved One Make Positive Change written by Dr. Carrie Wilkens, Dr. Jeff Foote, and Dr. Ken Carpenter and Stephanie Higgs. This can be accessed through: <https://beyondaddictionworkbook.com/>

All four copies of each are available here, purchased through the Family Liaison Office.

- **A Guide for Families: Beyond Addiction: How Science and Kindness Help People Change** written by Jeffrey Foote, Carrie Wilkens, Nicole Kosanke, Stephanie Higgs. This book provides evidence-based skills for helping loved ones with addiction, emphasizing compassion and positive reinforcement. Available in:
<https://www.amazon.com/Beyond-Addiction-Science-Kindness-People/dp/1476709475>
- **A Family Guide to Concurrent Disorders** by CAMH written by Caroline P. O'Grady W. J. Wayne Skinner. This guide helps families understand and support loved ones dealing with concurrent disorders. Available through:
<https://www.camh.ca/-/media/health-info-files/guides-and-publications/partnering-with-families-guide.pdf>

Additional sources:

- **The Complete Family Guide to Addiction: Everything You Need to Know Now to Help Your Loved One and Yourself** written by Thomas F. Harrison and Hilary S. Connery. This guide provides comprehensive information on understanding addiction, treatment options and how families can best support their loved ones. Accessed through:
<https://www.amazon.ca/Complete-Family-Guide-Addiction-Everything/dp/1462538541>
- **When Someone You Love Has a Mental Illness: A Handbook for Family, Friends, and Caregivers, Revised and Expanded** written by Rebecca Woolis. This handbook offers practical advice, coping strategies and support for caregivers dealing with a loved one's mental illness. Available online in:
https://www.goodreads.com/book/show/427162.When_Someone_You_Love_Has_a_Mental_Illness
- **Helping Families Cope with Mental Illness:** written by Harriet P Lefley, Mona Wasow. This book includes sections on co-occurring substance use disorders and provides practical advice for families on how to cope and support their loved ones. Available in:
<https://www.amazon.ca/Helping-Families-Cope-Mental-Illness/dp/3718605805>
- **The Family Guide to Mental Health Care:** Hardcover – April 16 2013 by Lloyd I Sederer (Author), Glenn Close (Foreword). A comprehensive guide for families on understanding mental health issues, treatments and how to support loved ones. Available in:
<https://www.amazon.ca/Family-Guide-Mental-Health-Care/dp/0393707946>

- **Get Your Loved One Sober:** Alternatives to Nagging, Pleading, and Threatening written by Robert J. Meyers, Brenda L. Wolfe. This practical guide is based on CRAFT principles that teaches family members how to motivate their loved ones to seek help for substance use issues. Accessed through online:
https://www.hazelden.org/HAZ_MEDIA/2066_get_your_loved_one_sober.pdf
- **The Beyond Addiction Workbook for Family & Friends:** Evidence-Based Skills to Help a Loved One Make Positive Change by Jaffrey Foote, Carrie Wilkens, Nicole Kosanke and Stephanie Higgs. This workbook provides exercises and actionable steps based on craft to help families and friends support their loved ones. Available in:
<https://beyondaddictionworkbook.com/>