

FOR THE ENTOURAGE OF A PERSON WITH AN ADDICTION ISSUE

April 2024

Aim of the brochure

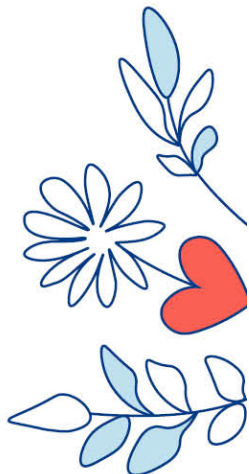
- Help put into words what a loved one may be feeling;
- Provide information about addiction;
- Help them understand how change works;
- Suggest possible solutions;
- Make suggestions for further reading.

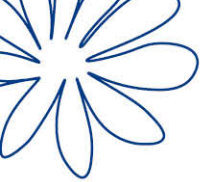
Contents of the brochure

- Factors that may explain the development of an addiction;
- Functions of addiction;
- The reward / dopamine circuit;
- Withdrawal;
- Stages of change;
- Strategies for completing their skills checklist;
- Putting yourself first;
- Setting limits rather than controlling;
- Expressing yourself rather than blaming;
- Taking care of yourself;
- Seeking support;
- Family;
- Important contact details for our services;
- Suggested readings.

The importance of involving loved ones

It is important to discuss the merits of involving loved ones in the rehabilitation process with the client from the beginning of the service. It is important to be sensitive and open to the fears that such a proposal may raise. It is also important to bear in mind that the client may change their mind or position about involving their loved ones during the process. In the spirit of motivation, and by emphasising the advantages, we invite you not to hesitate to bring the subject up again.





Use

We know that it is important to involve those around you as early as possible. There are several ways of doing this.

- Make the brochure accessible to all service users during welcome meetings (QR codes);
- Provide the brochure upon receipt of a request for an entourage service (by email);
- Make this brochure available in waiting rooms (QR codes poster);
- Provide it to our partners (by email).

IMPORTANT

The quantities are very limited, so we should encourage the link to be sent by email. In addition, the QR codes on the posters make it easy to access the document.

Links for sharing by email

[Entourage d'une personne ayant une dépendance - POUR MIEUX VOUS GUIDER \[... \(rtss.qc.ca\)](#)

[For the entourage of a person with an addiction issue - TO BETTER GUIDE... \(rtss.qc.ca\)](#)

QR Codes

Entourage d'une personne ayant une dépendance - POUR MIEUX VOUS GUIDER	For the entourage of a person with an addiction issue - TO BETTER GUIDE YOU
	

