

www.fgta.ca

Our website is our online way of providing support for families and friends of addicted persons. The site contains tips for identifying signs of drug use, strategies for meeting day-to-day challenges and answers to a variety of questions about drugs and addiction. It also includes contact numbers for further information and resources.

**FGTA invites
users of this pamphlet
to make as many copies
as they need.**



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Coping with Drug Addiction in Your Family

YOU ARE NOT ALONE!



From Grief to Action (FGTA)

From Grief to Action is a not-for-profit society fostering hope and respect, support and resources for families and friends affected by addiction. FGTA promotes recognition of addiction as a health issue. Our members support a comprehensive continuum of care for addicted youth that includes harm reduction, detoxification, treatment, and rehabilitation in order that they may achieve and maintain healthy, productive lives.

To start with, your inquiries may seem to lead you into a maze, but you will find that one source leads to others. Don't give up, be persistent, and you will find help.

Parents In Action and Parents Forever

The facilitator-led group **Parents Forever** offers regular ongoing support for parents and family members dealing with the day-to-day challenges of having an addicted person in the family. Without giving direction or passing judgment, we share our experiences, offer understanding and caring, and provide support whenever it is needed.

By focusing on issues such as supporting without enabling and sharing information on treatment options, we learn to take care of ourselves and, most importantly, find ways to maintain a relationship with our loved ones. Our downloadable guide to starting and running a mutual support group is there to encourage the forming of **Parents in Action** groups around BC. If you would like to start a group, write to info@fgta.ca and a Board member will contact you.

Becoming Informed

The Coping Kit

The Coping Kit is a comprehensive "all-in-one" print resource that provides the information most useful to people dealing with friends or family members with an addiction. FGTA can send you a hard copy, or you can download a digital copy at www.fgta.ca. Listings of addiction services and support groups are kept up to date on the website.

Additional Resources

HealthLinkBC

The site www.healthlinkbc.ca is a portal to non-emergency health care information. Optionally you can call 8-1-1.

Alcohol and Drug Information and Referral Service

This service can direct you to local resources so you can get the help that is needed by you or someone you know. Addiction support workers are available 24 hours a day, 7 days a week. You can ask about alcohol and drug use, or get information about counseling services, detox centres, treatment centres, and self-help groups.
604-660-9382 or BC toll-free:
1-800-663-1441.

The Red Book—Call 211.

Formerly a print resource at Vancouver Public Library, the Red Book now consists of online listings maintained by Information Services Vancouver at <http://redbookonline.bc211.ca/bc/goHome?langInd=E>

The screenshot shows the bc211 website interface. At the top, it says "bc211 we can help in partnership with the United Way". Below this, there are tabs for "Quick Search" and "Advanced Search". A section titled "Where in the Lower Mainland?" includes a checkbox for "remember this location" and a text input field with the example "e.g. Chilliwack or 55 Denman St, Vancouver". Below this is a section for "What organization or service?" with a link to "Click on Subject Terms (PDF) to find keywords for your search." At the bottom are "Search" and "Reset" buttons. On the right side of the page, there is a graphic with the text "Welcome to the new Red Book Online" and "Find the programs and services you need..." along with an image of a person using a laptop. Below the graphic, it says "...easier, faster, smarter." and "The Red Book covers services in the Metro Vancouver, Fraser Valley and Squamish/Abbotsford Regional Districts."

BC Health Authorities

Vancouver Coastal Health Authority

Local: 604-875-4252

Toll-Free: 1-866-884-0888

Find current service information online at **www.vch.ca**. Go to the Services page, enter the keyword Addiction, choose your geographical area, and add any other term such as "youth" that describes the subject of your search.

The screenshot shows the "Find Services" page on the Vancouver Coastal Health Authority website. It has a sidebar with "LOCATIONS & SERVICES" and "Find Locations" and "Find Services". The main area is titled "Find Services" and includes a "Search By:" section with fields for "By Service Name or Keyword" (containing "Addiction"), "And/Or By Health Topics" (containing "Youth"), and "And/Or By Area(s) served" (containing "North & West Vancouver"). There is also a "Search Alphabetically" section with a grid of letters A-Z. At the bottom are "SEARCH" and "CLEAR" buttons.

Fraser Health Authority

Local: 604-587-4600

Toll-Free: 1-877-935-5669

www.fraserhealth.ca

Click **Go** next to **Our Services** and enter the search terms suggested for use at www.vch.ca

Vancouver Island Health Authority

250-370-8699

www.viha.ca Find Mental Health and Addiction Services from Health Services in the left menu bar.

Interior Health Authority

250-862-4300

www.interiorhealth.ca

"Service Directory" in the left menu bar takes you to a HealthLink BC link to start searching.

Northern Health Authority

In **www.northerhealth.ca**,

click Our Services, then Health Topics. Addiction is the first topic on the list.
250-565-2640.

