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# Yew Nork



poems by Dale Jensen



**ROAD MAP TO SENDING YOUR LOVED ONES TO REHAB**

**POSITIVE EMOTIONS**  
TO EXPRESS WHEN SAYING GOODBYE

**AFTER SAYING GOODBYE**  
THE NEXT STEPS:

**Congratulate your loved one on entering treatment**  
Reaffirm to your loved one that this is indeed the right path for them.

**Educate yourself about addiction**  
Many rehab centers offer addiction education programs for family members.

**Focus on love and forgiveness**  
Refrain from passing judgment or criticizing your loved one

**Seek counseling for yourself**  
With so much focus on your loved one, it can be easy to overlook your own needs. Self-care is incredibly important. Now, more than ever, you need to take care of yourself.

**Express hope for the future**  
Focus on delivering a positive message of support.

**Participate in a family workshop or joint counseling session**  
These joint sessions are incredibly beneficial for creating a safe space in which you and your loved one can talk about the ways that their substance abuse impacted your life.

**Build confidence**  
Expressing hope for the future is important.

**YOU PLAY A VITAL ROLE IN RECOVERY**

**DEALING WITH SEPARATION**

**Contact May be Difficult at First**  
In the early days of the rehab program, your loved one may be prohibited from contacting you. Do not take this personally; it is part of the treatment process.

**Support Your Loved Ones**  
Family workshops are also an important opportunity to learn more about the best ways to support your loved one during the recovery process and avoid enabling behaviors.

**Take advantage of Opportunities**  
You may benefit from joining a support group for the families of individuals who are currently in rehab.



