

# Encouraging Family Participation in the Journey Towards Recovery: A Reflection on World Drug Day

*World Drug Day is a poignant reminder of the ongoing battle against drug abuse and the importance of family in this fight.*

VANCOUVER, BC, CANADA, June 25, 2024 /EINPresswire.com/ -- As we approach World Drug Day

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*Candace Plattor*

on June 26, also known as the International Day against Drug Abuse and Illicit Trafficking, it's a moment for us to reflect on the profound impact of addiction not only on individuals but on their families and loved ones as well. This day serves as a global observance to highlight the critical fight against drug abuse and illicit trafficking, reminding us of the collective action required to address these challenges.

However, beyond the global call to action, World Drug Day illuminates a deeply personal aspect of addiction recovery—the indispensable role of family and loved ones. Addiction, by its very nature, is a lonely and complex battle that extends its tendrils far beyond the individual, deeply affecting those closest to them. The choices made by those struggling with addiction reverberate through their families, often leaving a trail of emotional, psychological, and sometimes physical consequences.

Yet, within this dynamic lies a powerful truth: just as families are impacted by their loved one's addiction, they also possess the unique ability to influence the path to recovery. Incorporating family and loved ones into the healing process is not merely a supportive gesture; it's a critical component of the most effective recovery strategies. This approach acknowledges that recovery is not a solitary journey but a collective endeavor that requires understanding, compassion, and shared resilience.

It is imperative to learn the differences between “Enabling” and “Helping” an addict. Once the family has this understanding, they can then become involved in the recovery process with numerous benefits. This kind of recovery from addiction creates a supportive network that encourages the individual and the family to pursue and maintain their recovery efforts. It helps in breaking down the stigma and isolation often associated with addiction, allowing everyone to

feel less alone in their struggle. Moreover, it means that families can heal together, addressing the underlying issues and improving communication and relationships within the family unit.

As we recognize World Drug Day, let us remember that the fight against drug abuse and illicit trafficking is not just about policies and programs; it's about people. It's about understanding the critical role of family and loved ones in the recovery process and embracing a holistic approach to healing. By supporting each other, families can navigate the challenges of addiction and move towards a future of recovery and hope for all involved.

In addition, here are some things that need to be done for addicts in recovery program from a societal perspective:

#1 – Ongoing counselling to get underneath the addiction, to heal the trauma that has made the addict choose this path of self-loathing and self-harm in the first place – and begin to heal those faulty core beliefs.

#2 – A safe place to live after treatment is completed, as well as nutritious food to put in their bodies so their brains can continue to function in healthier ways.

#3 – Free access to a gym membership for their first year of sobriety after successfully completing the treatment program.

#4 – Job training and the prospect of viable employment when they graduate so that they have a feeling of purpose in their lives and can earn a decent living.

#5 – To become part of a community of like-minded people who are also choosing to stay clean and sober – and have learned to live their lives without relapsing.

In conclusion, World Drug Day is a poignant reminder of the ongoing battle against drug abuse and the importance of family in this fight. It's a call to action for everyone to support all those affected by addiction, recognizing that recovery is possible and that family involvement is key to a successful journey towards freedom from addiction. Together, we can make a difference in the lives of those struggling with addiction and their families, leading the way to recovery and healing for all.

If your family is struggling with addiction please fill out this form to schedule a complimentary session: <https://lovewithboundaries.com/how-can-we-help/>.

### [About Love With Boundaries](#)

Love With Boundaries offers counselling to help families and the addicts they love come out of the pain and devastation of addiction—forever. Our therapists counsel families about how to love with clear and respectful boundaries, and they provide insights and techniques to help

families stop enabling the addicts they love so that they can all make the choice to recover from addiction.

### About Candace Plattor

Candace Plattor, M. A., is a professional speaker, Addictions Therapist in private practice, the author of the award-winning book "Loving an Addict, Loving Yourself: The Top 10 Survival Tips for Loving Someone with an Addiction," and a sought-after leader in the field of addiction. In her unique and signature Family Addiction Counselling and Therapy Program, she specializes in working with families and other loved ones of people who are struggling with addiction. The results Candace achieves have been astounding: addicts stop using and families regain their lives from the ravages of addiction.

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