



## PROGRAMS

An integral part of FAN's mission is to remove the stigma associated with addiction through education. Over the past few years, we have presented our Real People Sharing Real Stories to hundreds of groups throughout Michigan.

Our unique presentation includes parents affected by addiction and young people in recovery. To get the conversation started in your area contact a local Chapter or call 586.438.8500.

## FAN LOCATIONS

### MICHIGAN

MACOMB COUNTY  
BLUE WATER PORT HURON AREA  
CALHOUN COUNTY  
CHIPPEWA COUNTY  
DOWNRIVER AREA  
EATON COUNTY  
GENESEE COUNTY  
GRAND RAPIDS  
GRAND TRAVERSE AREA  
GREAT LAKES BAY REGION  
HURON COUNTY  
IONIA/MONTCALM COUNTY  
LAPEER COUNTY  
NEWAYGO COUNTY  
NORTHWEST WAYNE COUNTY  
OAKLAND COUNTY -ACHC  
OKEMOS/INGHAM COUNTY  
ISABELLA COUNTY - SAGINAW CHIPPEWA TRIBE  
SANILAC COUNTY  
SOUTHWEST OAKLAND/LIVINGSTON  
SOUTHWEST MICHIGAN CHAPTER

### NORTH CAROLINA

MADISON COUNTY

FOR MORE INFORMATION VISIT  
[www.familiesagainstnarcotics.org](http://www.familiesagainstnarcotics.org)

1<sup>st</sup> Thursday of each month  
6:30-8:00 PM  
Central United Methodist Church  
222 Cass Street, Traverse City, MI 49684

## THE NEW FACE OF ADDICTION

KNOWLEDGE SAVES LIVES



## ADDICTION CAN BEGIN IN A HOME MEDICINE CABINET

Chances are you or a family member will be prescribed a narcotic pain reliever – Vicodin, OxyContin, Percocet, Lortab, etc. – sometime in your life. In fact, enough prescription painkillers were prescribed in 2010 to medicate every American adult around the clock for a month. Yet many don't understand, or underestimate, the addictive nature of these medications, especially if abused. In fact, we lose a person every 8 minutes to prescription overdose in the United States.

Addicts are no longer just the guy standing on the street corner. Rather, they are elderly mothers or fathers, housewives, and the kid that lives next door. Prescription drugs have become the "drug of choice" among young people ages 12-13 and 1 in 5 high school students reported misusing prescription drugs in a 2010 national survey. Most who use these substances, believe they are safer than illicit drugs because they are prescribed by health care professionals. Yet, prescription painkillers are opiates, just like heroin, and are every bit as addictive and deadly if abused or used for a prolonged period of time. When the prescription drugs become too expensive, many turn to heroin – a cheaper, more powerful alternative.

Each year, we lose thousands of young people ages 18-25, to accidental opiate overdose in the US. These were good kids from good families –often athletes and high achievers. FAN offers opportunities to learn about substance abuse and face addiction in an enlightened, rather than embarrassed, way. The power of FAN is in our unconventional approach. We use real people and real-life experiences to educate, remove the stigma of addiction, and provide support for people who found themselves in unimaginable situations brought upon by drug abuse and addiction.



## WARNING SIGNS OF ABUSE

- **Missing money and valuables**
- **Missing spoons** (used to heat heroin)
- **Arrests for theft**
- **Finding needles or orange needle caps, burnt bottle caps, small plastic bags or foil**
- **Constantly asking for money**

Many FAN members have a loved one in active addiction, others in recovery, and sadly, some grieve a loved one's death. Whatever our situation, FAN members share the same goal: to educate others through their own personal experiences. Trust your instincts. Nobody knows your child like you. If your gut tells you something is wrong, don't ignore it. Encounters with police do not constitute normal teenage behavior. A minor in possession (MIP) or driving under the influence (DUI) charge, finding "just a little" marijuana, petty theft, shoplifting or school truancy can be indications of potential drug use.

## POSSIBLE SYMPTOMS OF OPIATE ABUSE

- **Behavioral changes: loss of interest in activities they once enjoyed including sports, school, friends or family**
- **Physical changes: no longer cares about appearance**
- **Constricted pupils**
- **Drowsy or nodding out even in mid-sentence**
- **Disorientation**
- **Irresponsibility at work or school**
- **Lying, manipulating and stealing**
- **Wearing long shirts and pants, even during warm weather increased sleeping**
- **Slurred speech**
- **Needle track marks on arms or legs**
- **Weight loss and/or loss of appetite**
- **Constant runny nose**
- **Dark, hollow or sunken eyes**

## I DISCOVERED ABUSE NOW WHAT?

If you suspect a loved one is in trouble, seek help immediately. There are many support options for those seeking long-term recovery. Unfortunately, there is no magic cure and every person must make the personal decision as to what works best for them. Most in recovery will agree, however, that "doing it alone" was not an option. If you are considering an in-patient treatment facility, here are a few questions you may want to ask:

- **Do they take your insurance and can you afford it?**
- **Is the staff a mix of knowledgeable people and recovering addicts?**
- **Do they drug test regularly?**
- **Does the facility involve family and educate them on enabling behaviors?**
- **Are strict rules enforced like waking up early, making beds, and doing chores?**
- **Does the program enforce responsibility?**
- **Are there mandatory daily meetings and/or group meetings?**
- **Are 12-Step meetings part of treatment?**
- **Does the staff plan an exit program upon completion?**

Keep in mind that "more expensive" is not necessarily better.

## SUPPORT FOR FAMILY AND FRIENDS

Many of us have experienced seeing a family member or friend go from the love of our life to a person we no longer recognize — one who lies, steals and manipulates our every move. We all want to believe that we can fix them and we do our best to protect and keep them safe. More often than not, however, we become enablers — feeding their addiction.

Parents, families, and friends of the addict should seek help and support through organizations such as Al-Anon, Nar-Anon, or Families Anonymous. These programs are essential to help you get healthy again regardless of where your loved one is in their addiction and are essential to help the addict stay in recovery.

Every FAN Chapter offers monthly meetings where families, friends, those in recovery, and members of the community can come together to learn about addiction and share their experiences. Visit [www.familiesagainstinarcotics.org](http://www.familiesagainstinarcotics.org) for local meeting information.

