

FOR ADDITIONAL HELP

**Gloucester County Office of
Addiction Services**
856-384-6886

**Referral For Substance Abuse
Detox and Treatment Services**
856-384-6885

**NJ Addiction Services
Hotline (24/7)**
1-844-276-2777

**Gloucester County
Municipal Alliance**
856-384-6887

NJ Connect for Recovery Hotline
www.njconnectforrecovery.org

**Southern NJ
Alcoholics Anonymous**
www.snjaa.org

Narcotics Anonymous of NJ
www.nanj.org

**Gloucester County
Mental Health Board**
856-384-6889

NJ Hopeline 24/7
1-855-NJ-Hopeline



GLOUCESTER COUNTY DEPARTMENT OF HEALTH & HUMAN SERVICES

DIVISION OF HUMAN & DISABILITY SERVICES

115 Budd Blvd
Woodbury, NJ 08096

Phone: 856-384-6870
Fax: 856-384-0207
gloucestercountynj.gov

**THE GLOUCESTER COUNTY
ADDICTIONS TASK FORCE
ROBERT BAMFORD**
856-384-6929
RBAMFORD@CO.GLOUCESTER.NJ.US

**THE GLOUCESTER COUNTY
MENTAL HEALTH BOARD
BECKY DILISCIANDRO**
856-384-6889
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Holiday Tips for Families of Substance Users and Those in Recovery



Distributed by:

The Gloucester County Addictions Task Force

And

The Gloucester County Mental Health Board

FOR FAMILIES OF SUBSTANCE USERS

1. **Pick boundaries that are important to you and must be adhered to in order to participate in family festivities. This may include arriving on time, being well groomed, dressing appropriately, and of course, being clean and sober. Make it clear that if you smell alcohol, or they act intoxicated or high, you will not let them in; and if they live there, you will ask them to stay away from the festivities.**
2. **Keep your boundaries simple and doable, discuss them at least a week ahead of time, and have clear ramifications if they are not met.**
3. **Do not bring up old examples of how your loved one or their substance use has let you down in the past.**
4. **If the substance user doesn't like your holiday rules, be committed to a response such as "It makes me sad that you will not be joining us, but that's your choice"**
5. **Tell the other family members about the arrangement so that everyone is on the same page.**
6. **Keep an open mind. If your loved one opts out of the family festivities, respect that with no guilt, judgment, or cajoling.**
7. **Keep your expectations in check. Realize that you are dealing with someone who may not be as true to their word as you would like. Though you might be disappointed, you won't be surprised.**

FOR THOSE IN RECOVERY

1. **Be sure to get enough rest. When you're tired you're more apt to make snap judgments that may turn out wrong, say something you wish you hadn't, or find yourself entertaining thoughts of giving into temptation.**
2. **Be selective about what invitations you accept.**
3. **What's in your glass only matters to you. The person next to you is only interested in getting their own drink, so if you ask for a sparkling water or tonic with lime, it's your business and no one else's.**
4. **Have back-up plans ready. Be prepared with a reasonable response if you're at a party and ready to leave. You have to run an errand for your spouse, need to pick up children, or get to the bank before it closes. What you say isn't important, as long as you prepare in advance and stick to it.**
5. **Leave the party early. Alcohol and drug use typically become more prevalent as the party goes on.**
6. **Spend your time with others in recovery. Who understands the impact of the holidays on sobriety better?**
7. **If you feel you may stumble, call your sponsor. This applies any time of year, and holidays are no exception.**
8. **Keep busy. During the holidays it's especially useful to maintain a schedule and have a list of things in which you can get involved.**

TAKE CARE OF YOUR MENTAL HEALTH

If you or your loved one is experiencing overwhelming stress, sadness, or difficulty coping during the holiday season, or any time of year, contact the NJ Hopeline for help. The NJ Hopeline is open 24/7 and is staffed with specialists who are able to provide free confidential telephone counseling, support, and referrals to local resources in order to help you get through these difficult times. All calls and texts are anonymous and confidential.

Contact the NJ Hopeline 24/7 at:

**Phone: 1-855-NJ-HOPELINE
(1-855-654-6735)**

Text: njhopeline@ubhc.rutgers.edu

For additional mental health resources, contact the Gloucester County Mental Health Board at 856-384-6889.

If you are experiencing a mental health crisis, and are in need of immediate assistance, contact Psychiatric Emergency Screening Services at 856-845-9100.

The County of Gloucester complies with all state and federal rules and regulations and does not discriminate on the basis of age, race, creed, color, national origin, ancestry, marital status, affectional or sexual orientation, gender identity or expression, disability, nationality or sex in admission to, access to, or operations of its programs, services, activities or in its employment practices. In addition, Gloucester County encourages the participation of people with disabilities in its programs and activities and offers special services to all County residents 60 years of age and older. Inquiries regarding compliance may be directed to the EEO office at (856) 384-6903 or through the County's ADA Coordinator at (856) 384-6842/New Jersey Relay Service 711.