



# EAP: In Focus

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Newsletter of your Employee  
Assistance Program

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**SOUTHWEST FLORIDA  
EMPLOYEE  
ASSISTANCE  
PROGRAMS**



What can the EAP do for you?

- Confidential assistance to help you solve personal problems
- Free to all employees and their families
- Links to local agencies for other assistance
- 24/7 phone access to a professional counselor
- Help you resolve issues such as:
  - Marital
  - Family
  - Stress
  - Financial
  - Legal
  - Anxiety
  - Depression
  - Etc...
- Just call

**1-800-226-7930**

## *Addiction is a Family Disease*

A family is not responsible for an addiction, the individual with the addiction is. However, there are many ways in which this is truly a “family” disease.

Most importantly, the family suffers from the addiction. Nearly one third of American families have a family member with a substance abuse problem. Most of these are within the nuclear family unit—i.e. parents or siblings. There is more divorce, domestic violence, child abuse, depression, anxiety and general medical problems in families dealing with addiction. Spouses/partners of addicts suffer with depression and anxiety at a higher rate than the rest of the country. Children from families dealing with addiction may have behavior and academic problems, suffer from low self esteem and depression, have a hard time making friends, and often have problems with the legal system. 25-80% of child welfare cases involve parental substance abuse issues. As adults, these children of

addicts are more likely to suffer from depression, social maladjustment and experience relationship difficulties.

Families face a multitude of challenges in dealing with a loved one’s addiction. In spite of good intentions, family members may protect the addict from the consequences of their behavior, thus slowing their recognition of the depth of their own problems. It is easy for family members to blame themselves, try to “fix” things for the addict, get angry and/or give up.

Family members can join an addict in their recovery, or embark on their own journey to recovery prior to the addict’s recovery process. Individuals have the ability to choose a healthy path. AL Anon / Alateen and various other groups have helped many family members make better choices. If you are dealing with addiction of your own or a family member, come and talk with an EAP counselor to find your path to recovery.

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### **Fair Fighting**

If you find your arguments with your partner blow up and out of control, try this: When you notice things getting out of hand, simply state you do not want things to escalate. State that you will continue the discussion when each of you can be less intense. Then walk away. Return to the subject later.

### **“QUOTATION” CORNER**

I am only one, but I am one. I cannot do everything, but I can do something. And I will not let what I cannot do interfere with what I can do.

E E Hale

## SOUTHWEST FLORIDA EMPLOYEE ASSISTANCE PROGRAMS

Phone: 239-278-7435  
Toll Free: 800-226-7930  
E-mail: swfeap@swfeap.com

- *Just a phone call away*
- *Free, includes family*
- *Available 24/7*
- *Confidential assistance*



CHECK THESE OUT!!

WWW = WEB PAGES

WORTH



WATCHING

Families impacted by Addiction

<http://www.al-anon.alateen.org/english.html>

Family Fun ideas

Website for help with family fun ideas

<http://www.parentfurther.com/time-together/family-fun>

## Families that play together

can have a lot of fun! This can be everyday occurrences, such as playing catch in the yard or the park, less frequent occasions, such as a family trip to a theme park or the beach, or special occasions, such as a family vacation trip. When you think back to your own childhood, you may have various memories of each of these. With a little planning, you can create memories for your children to treasure throughout their lives. Look for daily opportunities to



have some fun together, even if it is just singing silly songs in the car on the way somewhere. You can also plan monthly "Family Fun Nights" where you plan to do something together you all enjoy, and build a

stronger, happier family as well. You can have a box with suggestions from all the family members, and take turns drawing a suggestion out for the whole family to do together. This can also include various activities to help others, picking up litter, working at a food kitchen, walking animals at a shelter. Children thrive on rituals, so create some for your family on how you celebrate those special occasions—special dinners, special plates, special times.