

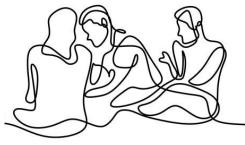




## "Support Groups and Treatment for Loved Ones"

## **Episode Overview**

In the final episode of this season, I talk about support groups and treatment for *the loved ones* of people with SUD and overdose incidents. I review literature on the coping mechanisms of bereaved loved ones, look at the formation and impact of peer-support groups, review therapy techniques to help people navigate grief after a drug-related death, and discuss the challenges of accessing support. Second Actives



- One of the takeaways from this season was that the loved ones of people with SUD/overdose incidents struggle with how to support someone during addiction and how to navigate complex grief after an overdose.
- For support, some people rely on their partners, friends, or relatives, and others seek out formal support/treatment organizations and therapists.

## TAKEAWAYS

- ✓ Service availability is limited for the loved ones of people with addiction/overdose.
- ✓ Support groups offer community, understanding, coping and communication skills, and overdose training.
- ✓ While self-compassion alone aids in growth post bereavement, hope can amplify and accelerate the process.

## **References & Future Reading**

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