

INTERVENTION WEBINAR

**How Does Addiction and Mental
Health Lead To Dysfunctional
Family Roles?**

 Starting Soon



Mike Loverde, MHS, CIP

President & Founder,
Family First Intervention

Mike has an extensive history of helping families treat addiction. He is an authority in addiction treatment and remains dedicated to providing hands-on expertise at our clinic.

How Does Addiction and Mental Health Lead To Dysfunctional Family Roles?

What is Enabling and Its Role in Family Systems

- **Enabling** provides comfort to the substance user, preventing consequences and change.
 - **Why enablers enable:** Often for personal rewards like feeling needed, not just to help the user.
 - **Impact:** Shifts family focus to the user, creating resentment and maladaptive coping among others.
 - ***"What is enabling providing to the enabler?"***
-



How Addiction Leads to Dysfunctional Family Roles

- **Addiction affects everyone differently:** Causes resentment, poor communication, and shifted priorities.
 - **Common reasons for dysfunction:** Flooded emotions, avoidance of confrontation, misplaced blame on the user alone.
 - Family roles form as coping mechanisms; addressing the family system is crucial before treatment.
 - Substance use turns family members against each other; repair family first for effective help.
-

Exploring Family Roles: The Substance User, Enabler, and Martyr

- **Substance User:** Creates chaos and drama; shifts blame to others to avoid ownership.
 - **Enabler:** Provides comfort, reacts to chaos; diverts attention from the family to the user.
 - **Martyr:** Acts as eternal victim; makes excuses, fears change in identity if the user recovers.
 - Roles perpetuate the cycle, often unconsciously.
-

Exploring Family Roles: Hero, Scapegoat, Lost Child, and Mascot

- **Hero:** Overachiever seeking attention through perfectionism; undermines solutions to stay in control.
 - **Scapegoat:** Acts out negatively to draw attention; mirrors user's behavior for validation.
 - **Lost Child:** Isolates to test care; present in the substance user – why interventions work.
 - **Mascot:** Uses humor/diversions for illusion of normalcy; provides counterproductive comfort.
-



Barriers to Recovery: When Families Unknowingly Stand in the Way

- **Families prevent change:** Hold onto roles for security; make excuses or avoid solutions.
 - **Challenges:** Flooded emotions, rejection fears, blaming addiction over family dynamics.
 - Intervention isn't control – it's letting go; professionals needed for unbiased perspective.
 - *"The most formidable challenge... is families not accepting our suggested solutions."*
-



Change is Possible: Steps Toward Healing and Recovery

- When families change (identify roles, stop enabling), addiction can too.
 - Seek professional intervention; repair family system first.
-



Stop Accepting Excuses and Start Getting Help

Questions? The Floor Is Yours!

Prefer to talk in private? Get in touch below:

Call Us: 1 (888) 291-8514

Chat with us: family-intervention.com
