

FAMILY SUPPORT CHECKLIST

NAME	DATE	
EDUCATION AND AWARENESS	CHECK	COMMENT
EDUCATE YOURSELF ABOUT SUBSTANCE USE DISORDERS		
ATTEND FAMILY THERAPY SESSIONS		
COMMUNICATION	CHECK	COMMENT
ESTABLISH OPEN AND HONEST COMMUNICATION		
SET HEALTHY BOUNDARIES		
SUPPORTIVE ENVIRONMENT	CHECK	COMMENT
CREATE A SUPPORTIVE HOME ENVIRONMENT		
DEVELOP A CRISIS PLAN FOR POTENTIAL RELAPSES		
FAMILY PARTICIPATION		
PARTICIPATE IN FAMILY SUPPORT GROUPS		
ENCOURAGE FAMILY MEMBERS TO ATTEND THERAPY		
SELF-CARE FOR FAMILY MEMBERS		
PRACTICE SELF-CARE ACTIVITIES		
SEEK PROFESSIONAL HELP IF NEEDED		