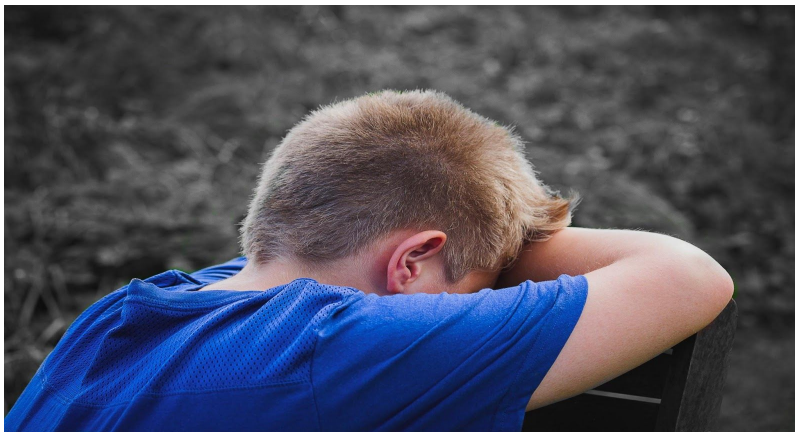




What are emotional, informational, instrumental, and affiliational support and what does it look like? We at enhanc3urlif3 feel there is a theory of support with inputs, outputs and outcomes.



**Asking for help**





<p>Theory of Support: By supporting members of the recovery environment in the community we provide a healthy atmosphere for change to occur.</p>	<p>Theory of Support: <a href="#">enhanc3urlif3</a> recovery program will support people in recovery emotionally, informational, instrumental and affiliational.</p>	<p>Theory of Support: Views this support in short term, intermediate and long term varieties. Each having its underlying importance and benefits.</p>
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 INPUTS

**What do we invest?**  
 Staff time, volunteer time  
 Education, knowledge, support our recovery.

 OUTPUTS

**Activites/Services/Who needs this?**  
 Resources, events, free content  
 Learning your community and how to navigate recovery. The people in recovery and as well the people entering recovery and our community needs to see our people recover.

 OUTCOMES

**Short term/intermediate/Long Term**  
 Higher motivation/instillation of hope/self sustainment.  
 lowered recidivism.  
 Community involvement in larger projects.

**Emotional support. Addiction recovery is one of the most challenging physical and emotional endeavors a person can undertake. The disease corrupts neural pathways in the brain, encouraging drug abuse in a way that is much more powerful than rational thought. Even those who want to quit will likely find it extremely difficult, frustrating or even impossible without help. The emotional support of friends and loved ones is crucial to the recovery process. However, it can be hard for those closest to the addict to provide support.**

## **The Importance of Emotional Support for Recovering Addicts: [Stress, communication, time management will all cause relapse.](#)**

When an addict stops drinking or using drugs, her body will react harshly. Some of the most common symptoms of physical withdrawal include the following:

- Tremors
- Flu-like symptoms
- Fever, chills and cold sweats
- Pain in the muscles, bones and joints
- Panic attacks
- Heart palpitations
- Seizures
- Coma

Emotional support from friends and family can make a real difference for addicts going through the misery of withdrawal. Many recovering addicts will abandon their recovery as their symptoms progress, but knowing that they have people in their corner may help them stay the course. Depending on the length and intensity of the abuse, this withdrawal period can last from a few days to more than a week.

## **The importance of Informational Support for Recovering Addicts: [Health and overcoming disease and addiction.](#)**

You can recover from addiction. This website can help you or a loved one overcome addiction. The information is independent and evidence-based, and includes references to original and authoritative material where possible.

You can use this site in a few ways.

- Decide if you have an addiction.
- Learn about the genetics of addiction.
- Read about alcohol, tranquilizers, marijuana, cocaine, and opioids.
- Learn relapse prevention skills that will improve your chances of success.
- Learn how to help a family member with an addiction.

You are not alone. Many people have overcome addiction and are now enjoying a better life. It can be done. You too can do it.

### **What is Addiction?**

A substance addiction meets two criteria:

1. You have difficulty controlling how much you use or how long you use. For example, one drink leads to more drinks, or one line of cocaine leads to more.
2. You continue to use even though it has negative consequences to your life. For example, you continue to drink even though it has hurt your relationships.

Those two criteria define all addictions. They are true for alcohol and drug addiction, but they're also true for gambling addiction, eating disorders, and sexual addiction.

There are different stages of addictions. The late stage is the non-functioning addict. They've lost their job and have to use every day. It's what people think addiction is like, but that stereotype is rare.

The early stage is the functioning addict. They still have a job and their relationships are intact, but their life is suffering because of their addiction. That is the most common scenario. You don't have to suffer major losses to have an addiction.

The consequences of addiction get worse over time. Addiction is a progressive disease. It's never easy to quit. But if you've already suffered negative consequences and don't want them to get worse, there's never a better time to quit than now

## **The importance of Instrumental Support for Recovering Addicts: [Purpose through conducting activities that you find meaningful.](#)**

### **1. Learn How to Let Go**

One of the most important skills you can learn for recovery is to learn to let go of your addiction. Learning to let go of things is often the most difficult of the coping skills. Once you learn to let go of the safety blanket your addiction brings, you can truly start the treatment process.

Addicts are often afraid of change. They cling to their addiction because it is the only thing that they know. In order to get the most out of your recovery you will need to learn how to take the first step towards true change.

### **2. Learning to Deal with Stress**



Stress and inability to cope with it is a key factor in both causing drug addiction and as a result of it. Learning to deal with stress without using drugs is an extremely important part of recovery. Stressful situations that you might encounter during recovery are:

- stress from your triggers
- change
- family issues
- friends who use
- job loss or change
- facing those who know you are in recovery

All of these stressors can trigger a relapse back into drug use. By learning to cope with stress, you can avoid a potential relapse.

**The importance of Affiliational Support for Recovering Addicts: [NA, AA, Celebrate Recovery, Church, family, friends. It is imperative you learn to navigate all of the new networks.](#)**

Developing a Good Support Network with support, engagement, and fellowship.

**According to the SAMSHA there are four major keys that support a person in recovery. These are:**

- **home and a safe place to live**
- **health and overcoming disease and addiction**
- **purpose through conducting activities that you find meaningful**
- **having relationships with family, friends, and your community**

**One of the coping skills you will learn is to rely on others, ask for help when you need it. Isolation is one reason many people use drugs. Learning how to use your support network is one coping skill that is essential to recovery.**

**Journey well...**

**Shawn E. Gross, CSAC  
Peer Support Specialist.  
Recovery & Transition Coach.**