



Resilient Families and the Power of Our Influence

When families walk in our doors, from the daily throws of addiction impacting them, how are we treating them and are we meeting their needs? For most families, our interactions with them can be the difference between Post-Traumatic Growth or Post-Traumatic Stress Disorder, feeling hopeful or feeling shameful, being fortified by us or disempowered, seeing options or feeling paralyzed, showing resilience or deterioration, being connected or isolated, working together as a family or fighting against each other. It may seem like a simple question, an obvious answer, but unfortunately it is not. Too many families are picked apart, labelled with pathologizing terms, criticized, misguided at their most vulnerable moments, or simply ignored, all while also fighting against a culture of stigma. There is nothing more powerful than the influence of family, so the care we show, the listening we do, the value we place on their well-being, the words we use, the information we share, and the choices we make as treatment providers, coaches, and supporters of any kind profoundly affect the impact of addiction on the family as a whole and their overall resilience.

In this presentation, Tanya will share how to use the lenses of Resilience and Post Traumatic Growth as guides in our work with families. Through examples, Tanya will share moments in her work with families that highlight key ways to support their resilience, how to lessen the likelihood of PTSD for them as family members, and foster foundations for Post-Traumatic Growth. As a family therapist trained in the CRAFT approach and a Staff Trainer in the Invitation to Change approach, she will share some of her favorite tools to use with families so they too can feel the power of their influence and purpose amidst pain.

Tanya comes to us with 20 years of experience in the field, recovery within her family of origin, and her own personal recovery. Tanya steadfastly believes in the power of influence and the responsibility that comes with that as a treatment provider. With gratitude and deep respect, she continues to learn from her best teachers, the clients and families she works with.

Why Families Matter: Changing Families, Changing Outcomes

Pam Lanhart

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ABSTRACT

Currently in our country over 80 million people are affected by a loved one's substance use. Family members are marginalized, at best, and often completely ignored in the treatment and recovery process. Yet, the data suggests that outcomes increase remarkably when families are equipped with evidence-based solutions that promote engagement, connection and healing for everyone involved.

In Pam Lanhart's Keynote Presentation: *Why Families Matter: Changing Families, Changing Outcomes*, Pam shares her own personal story of her son's descent into heroin use, how their family chose to respond differently, and how their entire family has worked together to live a life of recovery. She will share how their paradigms shifted as they defied the traditional addiction messaging to "let go", walked away from the shame, blame and stigma associated with the disease and engaged in a holistic person-centered approach that changed their entire family system. Pam will discuss common myths and misconceptions about addiction and the family, as well as share how families can be equipped with healthy solutions that create connection through a compassionate response. In her presentation, the audience will experience a range of emotions that will end in inspiring change and hope.

This presentation will:

- Explain recovery-oriented values in family systems using evidence-based practices
- Discuss concrete, actionable tools to equip family members in the recovery process
- Define holistic family recovery using multiple pathways

BIOGRAPHY

Pam Lanhart is credentialed as a Certified Family Recovery Coach, Peer Recovery Specialist, and a Certified Interventionist, and has a private practice as a Family Comprehensive Care Specialist. The director of a non-profit family support program, Pam is committed to bringing peer recovery supports to families impacted by substance use. She has presented at state and national conferences regarding how families can more effectively invite change into the dynamics of addiction by using evidence-based best practices informed by compassion, empathy and maintaining the self-efficacy of the person with substance use disorder.

As a family member in recovery from the life-long affects of the family disease of addiction, Pam advocates for a holistic, team approach to recovery that supports alternative pathways.

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