

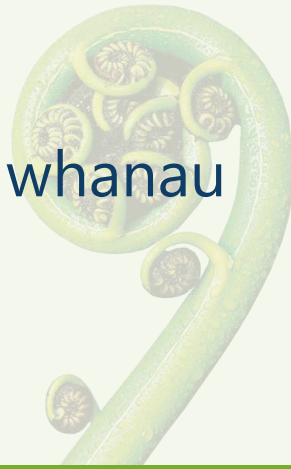
Matua Raki
National Addiction Workforce Development

We Are Family Stories of family & whanau

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www.matuaraki.org.nz

Te Pou
o Te Whakaaro Nui

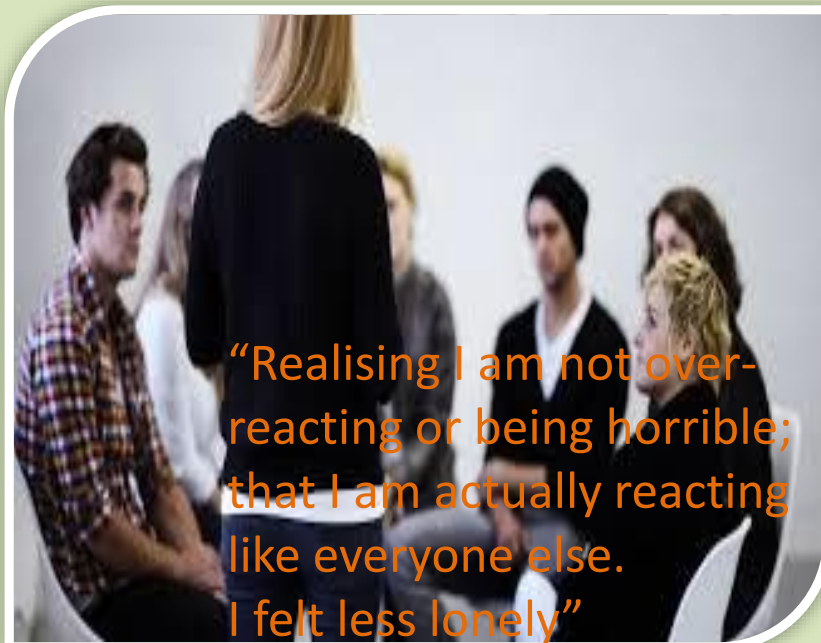




Family members want to be part of the solution... but often seen as part of the problem

*"Each time he came out, he came home to me. And I was none the wiser. And the last time he came out, two months ago now, I wasn't kept in the loop with the after care plan or anything...I knew I was feeling depressed and that if he started drinking it would make the situation worse for myself, but I didn't know how best to help him".
(partner)*

"I know when to get involved....I know when she starts to isolate and I can't get her on the phone, or I don't see her getting down to get her booze and she's got a taxi driver bringing it to her...I get involved at that point because she hasn't got the ability to do it herself...they [the health workers] don't believe that. Their mind is set if she's not turning up for appointments her level of motivation is not great." (daughter)



"Realising I am not over-reacting or being horrible; that I am actually reacting like everyone else. I felt less lonely"



We are family:

stories of family and whānau
affected by someone else's use
of alcohol or other drugs

Marge - writing the story

"The writing was easier than I thought once I got started.

I was aiming to keep my voice positive, realistic and understanding of my family.

If they ever realised it was about us, I wanted to be able to say it was fair and loving and not set out to dishonour them"

Reading Marge's Story

"Marge's story is so brave and real, and one that you don't hear often because people are ashamed to admit that they stay, even though their partner is living in addiction.

She is clearly living a healthy life in spite of this too, which is a great reality to know about".

