

Pre-treatment survey

We would like to get an idea about your needs and hopes with regard to participating in Families CARE. To help us design the most useful program for you, please take a moment to answer the following questions.

What counselling or therapy you have received in the past to help you deal with a family member who has a substance use problem?

- individual counselling or therapy
- family counselling or therapy
- couple counselling or therapy
- group counselling or therapy
- information session
- support group
- other: _____

What would you like to get out of participating in Families CARE?

What skills or knowledge would you like to gain during Families CARE?

From the list below, please check any topics that you would like to cover in the program:

- understanding substance use problems and their effects on partners and other family members
- managing stress (from multiple sources)
- taking care of yourself
- getting social support and dealing with stigma
- finding and using religious and spiritual resources
- finding hope
- staying safe and managing crises
- grieving and coping with losses
- managing sadness and depression
- managing anxiety and worry

- managing shame and guilt
 - managing anger
 - communicating effectively with a person who has a substance use problem
 - responding to a family member with a substance use problem
 - supporting the recovery of a family member with a substance use problem
 - maintaining boundaries and setting limits
 - solving problems
 - setting goals and making changes
 - helping children affected by substance use in the family
 - other: _____
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