

Parenting While in Recovery

Parenting while in recovery varies at different stages. Early recovery can be particularly unstable, with fluctuating emotions. During this stage, support is crucial as parents juggle childcare, meetings, and work. It's important to connect to available resources, which can be facilitated by addiction services.

Signs of Risk in Returning to Use

A few signs may indicate a parent in recovery is at risk of returning to use:

- Isolation
- Irritability
- Restlessness
- Discontent

Encourage re-engagement with support services and outpatient programs if these signs are observed.

Personal Risk of Returning to Use

If you are worried about your own risk:

- Attend groups and meetings.
- Reach out to a sponsor or support group.
- Practice asking for support, even role-playing phone calls to seek help.

Building a strong support network early is essential.

Supporting a Loved One

For family members worried about a loved one:

- Help without enabling. Offer assistance in finding treatment rather than financial support.
- Build a list of resources and support groups for ongoing help.

How Seven Counties Services Can Help

Seven Counties Services provides extensive support for parents in recovery. Our goal is to help parents become independent and effective in their roles. Some of our services include:

- Therapeutic clinical services
- Connections to external resources
- Medical interventions
- Housing assistance
- The Family Recovery Court program

Our team of support and resources are here to help those ready to start their recovery journey, as well as provide family support services to help loved ones understand and support the addiction recovery process. For information on scheduling a first appointment, call (502) 589-1100 or complete an online appointment request. If you or someone you know is in need of urgent help, please call our 24/7 Addiction Recovery Hotline at (502) 583-3951.



Seven Counties Services