

An Addict Parent In Recovery

Dear Parent,

How are you doing? Struggling some? Confused? Upset? Angry? Regretful? Not sure how you got to this point? Scared, because you're not sure how to get past it? or if you can?

I hear you.

I understand.

I've been exactly where you are.

I never thought I could get full abstinence, as much as I always said I could do it for my children - when it came down to it, I couldn't. I thought using sometimes was OK; I wasn't stealing anymore, wasn't using everyday, we were doing alright as a family. Trouble was, my using was in control and while I was still messing with substance I wasn't doing the best for my children or myself - and that's just not good enough.

We're not bad people, most of us are actually really good and we're certainly not bad parents deep down - but we're not being our best selves and however it happened we ended up in Family Court.

As mad as this sounds, this could be the best thing that's happened to you - FDAC was my turning point and I swear to you, it can also be yours.

I don't know about you but substance abuse was my solution to much deeper issues, & some I didn't realise I had.

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FDAC gave me the tools, the therapies, the guidance and support to deal with those issues so I don't need to use anymore. I can deal with life's dramas with what they taught me. Through them I got linked into other organisations, that got me into others and I have a full network now at my disposal.

If you'd of told me 18 mths ago that I'd not only trust social workers and family court, but actually be honest and open with them and every day be grateful to them, I'd of said you're high.

FDAC is different to other proceedings. They'll ask you how they can help you, what do you need to stay clean and be the best parent? Tell them. If you're not sure, tell them that and they'll help you figure it out.

I will never say this process is easy, it isn't - it's tough, demanding, intense, painful sometimes + often raw but I swear it's so worth it and it does get easier. Interim is so short, don't waste time doubting them or being angry at the system - ultimately we got to this point. FDAC will help you get past it and Fates allow get your children back with you, so you can be a functioning family.

Take every opportunity they give you, believe what they say, trust them and be honest with them. If you've been accepted onto FDAC, they see you and believe in you - do the same back.

I'm genuinely happy for you, I'm sorry you're hurting right now but I'm excited for the journey you're about to go on.
Hopefully see you in a support group soon.