

**Parent Self-Assessment for: Addiction IQ / Actions taken**

**Person completing:** **.**

1. Does your addicted adult child have a doctor and counselor specializing in substance abuse? [ ] Yes [ ] No

 See enclosed doctor and counselor questionnaires to help select one.

1. Has a professional assessment been conducted which includes a drug or alcohol test? [ ] Yes [ ] No
2. Has your loved one admitted to the addiction and accepted the assessment recommendations? [ ] Yes [ ] No
3. Are you aware of the risks and outcomes based upon what actions are taken or not taken? [ ] Yes [ ] No
4. Have you educated yourself on the options and decisions that can lead to positive changes? [ ] Yes [ ] No
5. Do you understand how enabling or being co-dependent impacts the addict the recovery? [ ] Yes [ ] No
6. Have you weighed the consequential risk of tough love if you plan to cut them totally off? [ ] Yes [ ] No
7. Have you verbalized love and concern and do you give frequent hugs? (can be mutually beneficial) [ ] Yes [ ] No
8. Do you understand that being admitted to a detox facility is a critical early step to sobreity? [ ] Yes [ ] No
9. Have you researched inpatient /outpatient rehabs locally and in the U.S. to use after a detox stay? [ ] Yes [ ] No
10. Do you understand the differing philosophies on sobriety and which one is right for you? [ ] Yes [ ] No
11. Have you researched the therapies offered at rehabs, including evidence-based medication therapy? [ ] Yes [ ] No
12. Do you know what an intervention is, and if you use it, has it been planned out in advance? [ ] Yes [ ] No
13. Is a forced rehab admission (i.e., the Marchman Act in Florida) the correct decision at this time? [ ] Yes [ ] No
14. Do you know what ©A.A., ©N.A., ©Al-Anon®, ©Nar-Anon® are and how to find a meeting? [ ] Yes [ ] No
15. Do you know what the single most critical factor is in your loved one becoming sober? [ ] Yes [ ] No
16. Have you discussed and defined what your role and boundaries are and what you can offer? [ ] Yes [ ] No
17. Do you understand there are NO guaranteed outcomes despite proper upbringing or actions taken? [ ] Yes [ ] No
18. Have you discussed the possible outcomes of sobriety, prison, death, or institutionalization? [ ] Yes [ ] No
19. Are you using H.A.L.T. (**H**ungry, **A**ngry, **L**onely,**T**ired) to identify early warning signs of relapse? [ ] Yes [ ] No
20. Have changes been made to reduce relapse in the addict’s “people, places, and things”? [ ] Yes [ ] No
21. If early sobriety has been obtained, have preventative measures been employed? [ ] Yes [ ] No
22. What is the best thing I can be doing right now to support my addicted loved one? \_\_\_\_\_\_\_\_\_\_\_\_
23. What is the best thing your loved one can do right now to progress towards sobriety? \_\_\_\_\_\_\_\_\_

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