

Family Support

Many of you have heard of this word and although it may be a technical or therapeutic meaning it is one very valid in assisting your loved one or friend with a successful reintegration in society and or upon their release. Many of you care and that is what makes this more meaningful, but there is alot to this one word and its understanding it that promotes success in it! Support isn't just about helping your loved one financially there are many aspects such as being there for them to talk to helping them through there struggles, Being aware of how they feel and trying to bring them out of their lows. But first you have to understand them to identify problems and one problem you may not be aware of that I have seen is (Depression) There is a large percent who deal with this and you may not even realize it but its the #1 issue that we see faces with after being incarcerated no we aren't psych patients its developed from all the Drug use, the Incarceration, The years spent

Want happiness. and Its 50% or more
who live with it. a lot of this is for those
who have family members who has just gotten
home or who has family or friends coming home
soon. Depression is a Destructive Element in
Sobriety/abstinence from Drugs/Alcohol use. we try
to self medicate instead of seek help (to us) this is
helping us. Family Support is a big responsibility
but not one that you can not handle. I've just given
you something primary to look for Its a (Red Flag)
Im not a Dr. or Counselor Im Just Observant
Many of you already see signs...

Quietness, They may want to stay in most
of the time, they don't smile as often.
They'd rather watch TV all day even in social
Events they aren't very social although Im given
you the symptoms I can not give you the
solution Its a delicate matter one you will
have to handle with care. I know happiness
is a great tool wait for the perfect moment
let them know how nice it is to see them
happy let them know you are not only in there
lives because you love them but to also help them

Don't tell them that if they don't tell you that
you can not help them, they will automatically
feel you are abandoning them. Just let them know you
are always there to help and to listen. If they are
on parole you can inform the parole officer that
you see signs of depression so they can possibly
take steps to help. Reintegration isn't easy we automatically
feel we are inadequate / the outsider! And reorganizing
our lives isn't very easy. It's a struggle and a lot
of pressure.

The #1 tool you can use is "Love."
To have or feel love is what governs our needs
we are needy people and love comforts the soul
we become codependent and its all from trying to
feel that "void" in depression.

It was my purpose to make you
become aware of this issue alone in your
journey in "Support" and I hope I have enlightened
you to an aspect to be aware of.

What Questions do you have?

Since Blogging I've tried to touch Subjects that Inspire Responses or Replys. I've also been forthcoming and honest as well as helpful in any way possible. I'd like anything I write about to be Interesting No for Not running out of things to talk about I'm just Curious

I know Many of you are Curious as well you have to be and its only human Nature I know you all have questions that's gone unanswered Questions that you have always wanted to ask well now is your time It could be about Signs of addiction, Signs of using, whether a person is involved in Criminal behaviors, It could be about prison, whether your loved one is involved with too much in prison There are signs that you wouldn't think of like constantly putting Money on other Inmates accounts Doing a Green Dot or western union where it will lead about the tattoos your loved one is getting, Any question about what a Lock Down is, why your visiting your loved one behind a piece

of Glass the Honest Reasons
Do you know 25% of Inmates
In prison still use Drugs yes using Pills
non-prescribed and over the amount to stimulate
their minds is still Drug usage.

Did you know the reason they are visiting you
from behind a piece of Glass is because they've
gotten a Major Case? or Custody Change.

I've been there done that!
Everyone has got Questions and
maybe I've sparked one up well I'm here to
answer any that you may have.

You may choose to reply or simply
write for a quicker response Don't worry your
Information is prioritized and respected I wouldn't give
it out to anybody.

I'd just like to be helpful in any way

I con.

Respectfully

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