



FAMILIES ARE PART OF THE SOLUTION

ROLE PLAY # 2

Interviewer: Ruth, thank you for coming in today. What brought you here?

Ruth: Well, my son is coming home from prison in a few months and I'm getting real nervous for several reasons. His parole officer came by and told me he has depression. Now I know something about it because of my Mom, but I'm worried things are going to be even harder for my son because he's got a drug problem too. And I'm just worried I won't have the strength to help him. I am sober and clean right now, but I'm worried about relapsing from all the stress.

I've been taking care of his kids and taking care of my Mom and my other son who lives with me has HIV. I take care of everybody. But I just don't feel strong enough to take care of one more.

Interviewer: Wow, you should be really proud that you take such good care of all those people *and* that you've been able to stay sober and clean under all that stress. What helps you stay sober?

Ruth: I have a lot of responsibility. And that helps me stay clean, thinking about my kids and my Mom and all we've been through. I want to protect my family. I want my grandbabies to grow up healthy. But when I feel stressed, because I can't have a minute to myself, when I think about how hard it's going to be looking after my son too, I think about using again.

Interviewer: Who do you usually turn to for help when you need it? Who gives you support?

Ruth: My Mom's been really amazing. She's patient and wise. And my son Juan, he has it hard. He dropped out of school, but he has a steady job, so he contributes a lot.

Interviewer: Are any of your family or friends in recovery?

Ruth: My brother; he's doing real well with it. He's been clean for years and he has a really good job. He understands what it was like to grow up like I did, and how hard everything's been with my Mom and my sons.

Interviewer: What is working best in your life right now?

Ruth: Well, I have two beautiful little granddaughters and they are growing and learning all the time. I just want to see them grow up with more opportunities than I had. I don't want them to make the same mistakes I did or their father did. I want to be a positive part of their lives.

Interviewer: What are your three most valuable assets?

Ruth: Well, my family is definitely first. Then I guess my cooking. When I go all out and make a real traditional meal, everybody in the building comes knocking at my door. I can't really think of anything else though.

Interviewer: (stays silent)

Ruth: Well, if I had to say something else, I guess I would say I'm really good with kids.

Interviewer: When you are clean, what is this first thing your family notices that makes them say, 'It's working this time.?'

Ruth: Well, I get out of bed in the morning and make breakfast for the girls and get them ready for school. And I stop borrowing so much money.

Interviewer: What helps you relieve stress?

Ruth: Just having some time to hang out on my own and not worry so much. I go shopping or to the church to see my friends. They really support me when I can get out to see them.

Interviewer: What is the first small step you can take towards improving your situation?

Ruth: Well, it would be great if I could get someone to watch the girls so I can relax for a minute get to some more AA meetings and meet with my sponsor. Also, I would like to get some information for my son. He's gonna need a lot of help when he gets home.