

## Other Benefits of How To Cope

NCADD and Lakewood Counseling Service make no guarantee, but once a family member or friend starts the process of developing a healthy lifestyle, there is a positive impact on others. It becomes more likely the drinking or drug using person will seek help.

The important thing is that somebody starts getting well. These six sessions and six topics can and do change lives.

Make a commitment to yourself to be a part of that change.

### Scheduling and Duration:

How To Cope is a series of six evening sessions. Each session is two and one half hours long. Typically two sessions are scheduled per week for three weeks. Details will be provided when you sign up.

### Attendance:

Participation is limited to a certain number of participants; therefore, attendance at all six sessions is strongly encouraged and appreciated. You will get to know the other participants, as well as share your own insights.

### Confidentiality:

These are informational sessions and none of the information in the training books is confidential. In fact, we hope you share it with others; however, we ask that you consider personal information shared in the session be considered with respect and treated as confidential outside the group.



### Eligibility:

We accept Medicaid, Medicare, and most types of commercial insurance. Call and our intake staff will help clarify coverage.

Lakewood Counseling Service now has a flat rate of \$40 per group session. We also have flat rates for psychiatric and counseling services. The flat rate requires payment at or before the time of service.

Prepaid medical cards, Master Card, Visa Debit Cards, and cash are accepted.

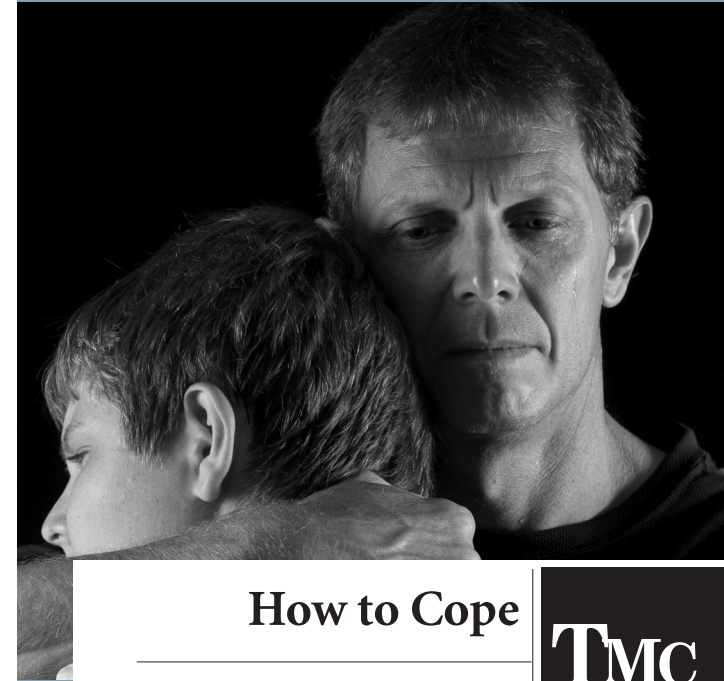
There is a reduced rate if more than one family member wishes to participate.

**After Hours/Emergency Crisis Line  
888-279-8188.**



Lakewood Counseling Service  
[www.trumed.org](http://www.trumed.org)

300 SE 2nd St., Suite 100  
Lee's Summit, MO 64063  
(Located in downtown Lee's Summit  
East of 2nd and Johnson)



## How to Cope

TRUMAN MEDICAL CENTERS

TMC

A support program for families  
struggling with substance abuse.  
Lakewood Counseling Service  
Lee's Summit, Missouri

# How to Cope

How To Cope is an focused group program for adults who are living with an alcoholic and or substance abuser. These sessions explore the disease of addiction, and the effects on family member, as well as enabling and co-dependent behaviors. Participants are encouraged to develop a plan of action for restoring balance and health to the lives of family members impacted by the addictive disordered behavior of the loved one.

## Why participate in How To Cope

People who live with or who are close to someone who is abusing alcohol or other drugs adopt certain attitudes and behaviors to compensate for the pain and chaos that they are experiencing. The proven tendency is to become concerned not with our own feelings and needs, but to live in perpetual dread of the behavior of the person drinking or using drugs.

## The Simple Truth

Even if someone continues drinking and using drugs, people around them can stop being manipulated and controlled.

How To Cope, developed by National Council on Alcohol and Drug Dependence - Kansas City (NCADD-KC), is an award-winning, evidence based program that recognized the suffering caused alcoholism

and addiction and developed a program that addresses family members and individual's needs for tools and skills to change their life situations.

Through How To Cope, the participants develop awareness of the dynamics of alcoholism and drug abuse as a "family disease."

How To Cope helps participants (Family members and other affected Individual):

- Design a healthier lifestyle and implement tangible steps to make this lifestyle a reality;
- Turn their focus from the addicted person to themselves and other non-addicted people in their lives;
- Create a plan of action for safety, and;
- Identify and utilize a support group for themselves.

**Lakewood Counseling Service** is a How To Cope provider through an agreement with the NCADD-KC.

Contact us to sign up to participate in this valuable opportunity to take back your life and help both yourself and the alcohol and drug user in your life.

**Call 816-404-6170**

How To Cope RESULTS:

Participants report significant change in their lives:

*"It was good to learn that I am not alone and that there is hope and healing."*

*"It was an amazing blessing for us to attend this program as a family."*

*"I feel much stronger in my ability to make healthy decisions for my personal future. I know I can take care of me."*

*"I wasn't sure it was going to be helpful in the beginning, but it exceeded my expectations, and gradually it all came together with much clarity and made sense. It changed my life."*

## HOW TO COPE SIX SESSIONS / SIX TOPICS

- The Disease of Addiction
- How Enabling Behavior Supports Addiction
- How Addiction Affects the Family
- How Addiction Affects You
- You Have Choices
- You Can Make Decisions--  
You Really Can Cope