



January 2024

MISSION MILESTONES

Ian & Mario have achieved 12 months of sobriety

Chester has achieved 9 months of sobriety

Matt, Richard, and Scott have achieved 8 months of sobriety

Kevin has achieved 5 months of sobriety

MJD Support Group

**The MJD Support Group meets in person on the second and fourth Tuesday of each month from 6:00 - 7:15 pm at the:
Our Lady of Fatima Parish Center
438 Winsor Street
Ludlow, MA**

We provide education, area resources, peer support, and HOPE for family members and friends coping with a loved one with a substance use disorder.

**Anyone needing support is welcome to attend. If you have any questions, call Maureen - 413-563-6226
Everyone is welcome!**

8 Ways to Help You Keep Loving Someone with an Addiction



Educate Yourself

Not only empowering yourself to make good decisions, but educating yourself will prepare you to be ready with information if and when your partner is ready to seek help.

- Enroll in a Narcan course
- Learn about the nature and risk factors for addiction
- Stay up to date on the latest research on recovery

Be Patient



Expect recovery, but be prepared for relapse. Some individuals achieve long-term recovery on their first attempt, for others, it may take multiple attempts over multiple years. Keep your hope up, as substance use disorder is known as a 'good prognosis disorder' in that the majority of people can and do recover.

Practice Self Care



You will not be able to help your family member or friend, if you cannot help yourself. Work to maintain a healthy routine that includes nutritious meals, daily exercise, and a good nights sleep.



Try Immediate Rewards

Alcohol and drugs affects the brain's reward system. Try incorporating immediate and consistent rewards for healthy decisions. This method is shown to shape positive behavior.

Set Boundaries



Create firm limits about what you will and will not tolerate from your loved one, limiting feelings of frustration or being taken advantage of.

Some examples include:

- No communication when intoxicated (e.g. phone calls or text messages)
- No alcohol or drugs allowed in the house

Get Outside Input



The stigma of addiction often leads to secrecy, isolation, and shame. It is therefore important to seek outside input early and often.

- Peer Support (e.g. Al-Anon)
- Professional Help (e.g. Therapist)

Consider Comorbidity



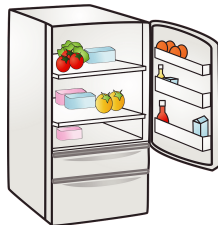
The likelihood of a mental illness diagnosis doubles for individuals suffering from substance use disorder. Look for common symptoms and seek professional guidance. Some individuals will be more receptive to dialog and treatment of mental illness than addiction.



Stay Safe

If you feel like you may be in danger, or that your relationship is not healthy, you may need to end the relationship

WISH LIST



Coat Rack Refrigerator



If you need a tax letter from the Foundation, please contact Exec. Director Karen at 413-304-0715



Big thanks to PeoplesBank for their generous \$5,000 grant to the Michael J Dias Foundation! Together, we're making a difference in the lives of those affected by substance use disorders. Your support means the world to us.

FUNDRAISERS / EVENTS

HOT TABLE FUNDRAISER (Riverdale Road, West Springfield location ONLY)- Wednesday, **February 14th** from 4-9 pm to benefit MJD. 35% of the proceeds come to the Foundation. **MUST** use promo code **GIVE35** when ordering. For those abstaining from meat that day, there are many non-meat options. Hit the button below to access their menu.

PANINI WITH A PURPOSE



Join us at Hot Table for a delicious panini and scan this flyer during checkout -OR- use promo code **GIVE35** when ordering online to donate 35% of your purchase.*

35% OF YOUR PURCHASE WILL BENEFIT:

MJD Foundation

HOT TABLE LOCATION:

Riverdale Street - W.Springfield, MA

DATE + TIME:

February 14th, 4pm-9pm



USE CODE:
GIVE35

*Excludes catering products, gift card purchases and proceeds from tax. Hot Table offers and discounts cannot be used in conjunction with a banking purchase. Fundation proceeds will exceed 35% as that depends on your Hot Table of event promotion and is targeted at hot

Hot Table menu

Help MJD to maximize **your**
donation



Share your employer's name with us to
see if your company matches gifts

Employer poll



Be sure to like us on Instagram
michaeljdiasfoundation



Our Contact Information

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