

FAMILY ENGAGEMENT

In times of **test**, family is **best**.

Produced by Singapore Prison Service



A NEW JOURNEY AHEAD...

You have come so far in this journey with your loved one. There are still many challenges to come but **YOUR support and love** can make a difference.

We hope that this booklet can help you better understand your loved one and how you can help him.

CONTENT PAGE



UNDERSTANDING YOUR LOVED ONE

What's on his mind	6
What is substance abuse	7
Values behind his actions	9
What can you do?	14



PREPARING FOR YOUR LOVED ONE'S RETURN

The Different Hands He Can Hold	19
The Different Sides of Your Loved One	20
Managing Expectations	21

CONTENT PAGE



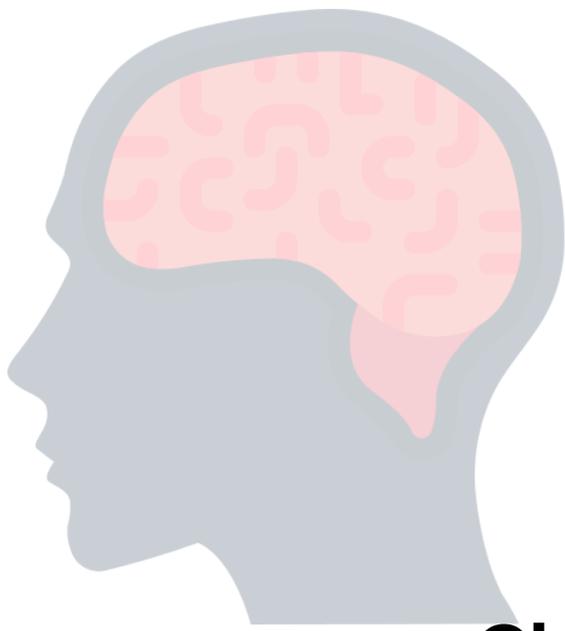
SUPPORTING YOUR LOVED ONE

Slips and Relapse	23
What can you do?	27
Enabling & Supportive Behavior	31
Goal Setting	33
Self Care	34



COMMUNITY RESOURCES

35



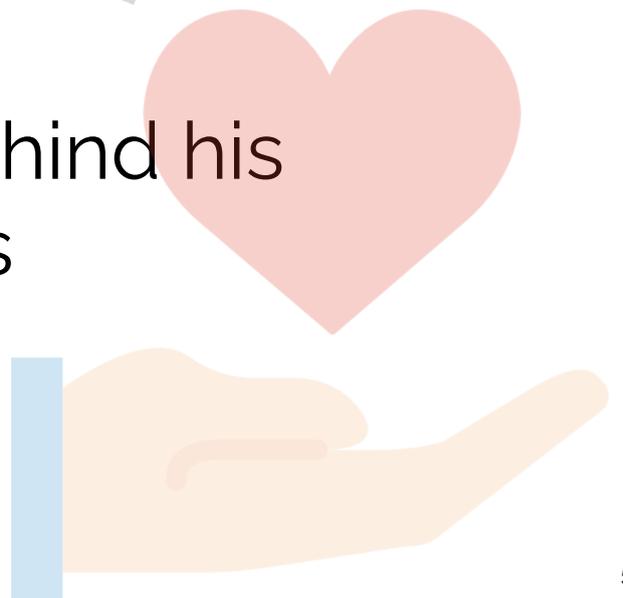
Chapter 1

Understanding your Loved One

What's on his mind

Substance Dependence

The values behind his
actions



What's on his mind

What may go through your loved one's mind before he commits a drug offence or other crimes?

"I will do what my gang bros tell me to do"

"Do first. Think later"



"Take one puff only, won't kena one"

"I'm dependent on drugs & substances cuz no one cares about me"

What is Substance Dependence?

Relies on substance/s to function daily (e.g. To gain more confidence in their interaction with others, to perform their work better, to manage negative emotions)

Continued substance use despite harmful consequences (e.g. facing family problems, loss of job, committing other offences, losing interest in previously enjoyable activities)

To cope with withdrawal symptoms (e.g. body aches, diarrhea, cold sweat)



Drug Effects

Drug effects are different depending on the type of drug the person uses. There are two main types of drugs: Uppers and Downers.

Uppers

(some examples)



Effects:

Faster heart rate, higher level of alertness, increase blood pressure, feel high

Withdrawal Symptoms:

Confusion, anxiety, inability to sleep, increase in heart rate, loss of control of senses and reality

Downers

(some examples)



Effects:

Slower heart rate, feel relaxed, sleepy, dull feeling

Withdrawal Symptoms:

Inability to sleep, watery eyes and running nose, irritable and anxious, bodily cramps, diarrhea and vomiting

Do note that medicine given by the doctors such as cough syrup, sleeping pills and psychiatric medicine can be abused

For other information about the effects of drugs, you can visit CNB website at www.cnb.gov.sg

Behind the actions

Values

What we find important affects the way we think.

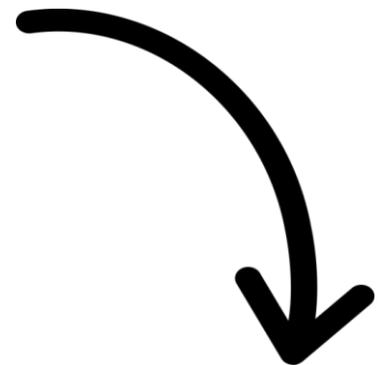
E.g. I **value** my relationships a lot, which is why it is important for me to give my family a good life.



Thoughts

The way we think then affects what we do.

E.g. I **steal** because I **think** that that's the only way I can make money to give my family a good life.

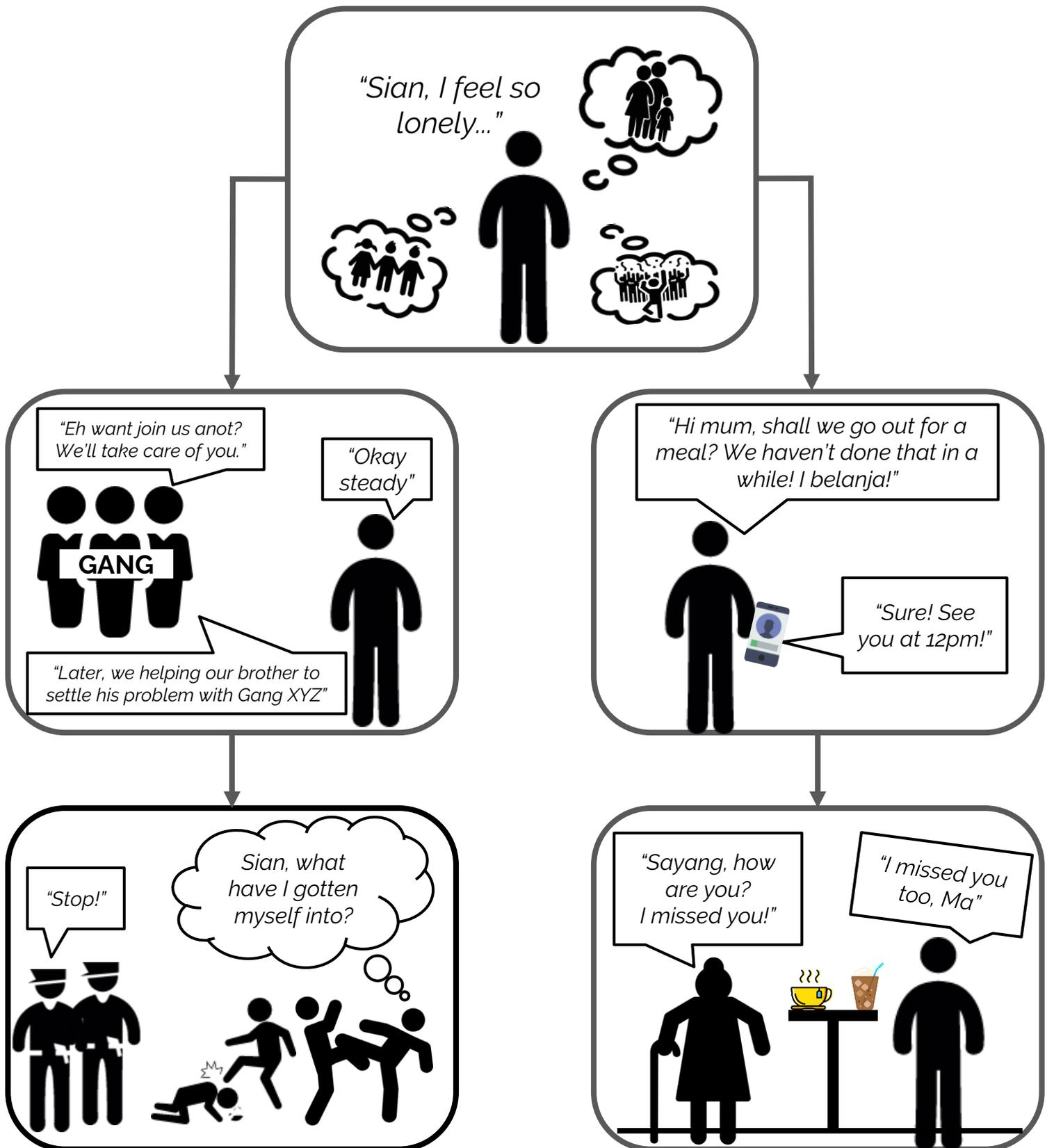


Actions

Our values influence the way we think and act. To achieve our values, we may sometimes engage in unhelpful behaviours that lead us to trouble.

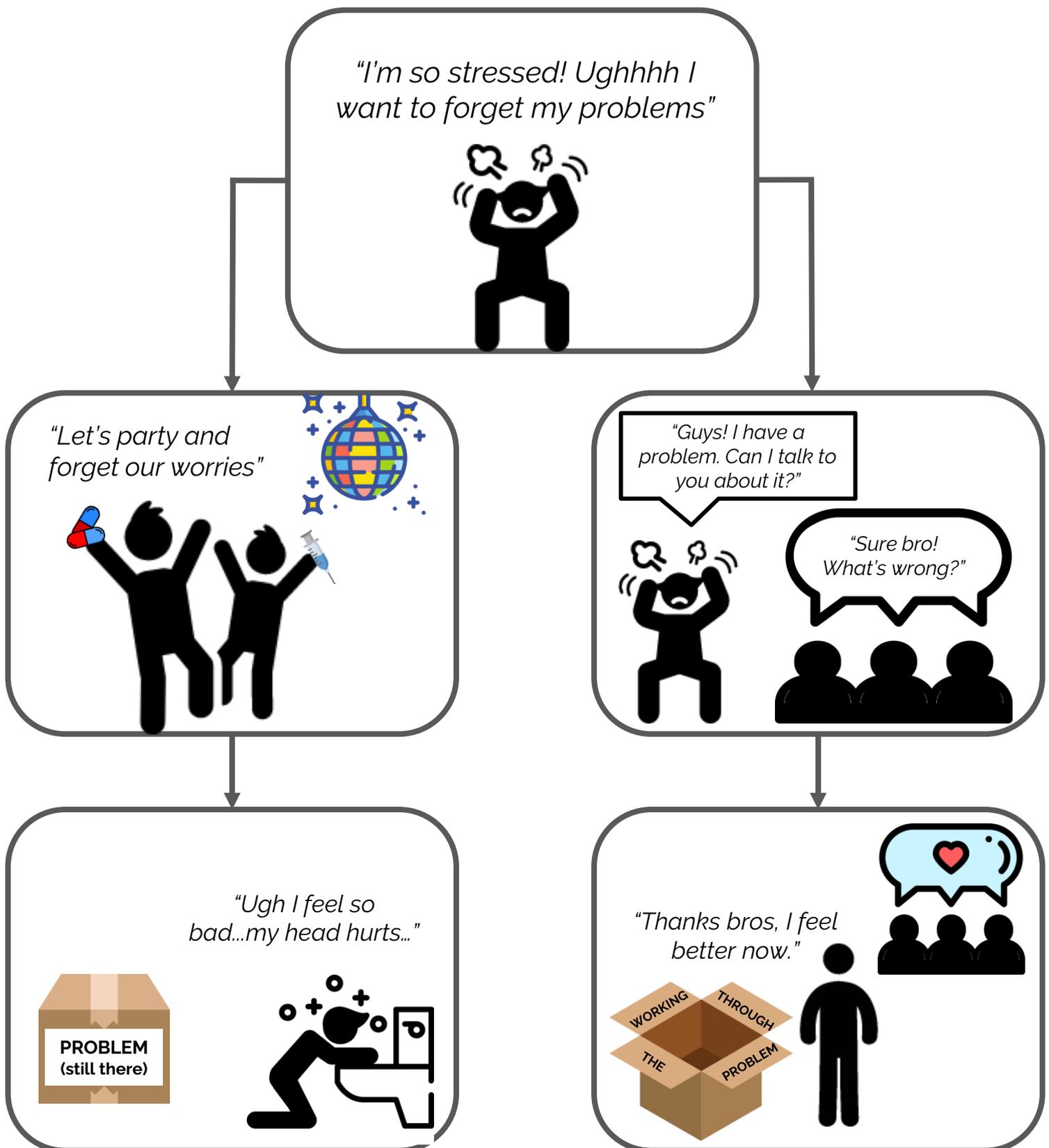
Value: Relationship

We all **form close bonds** with others to **feel a sense of belonging**.



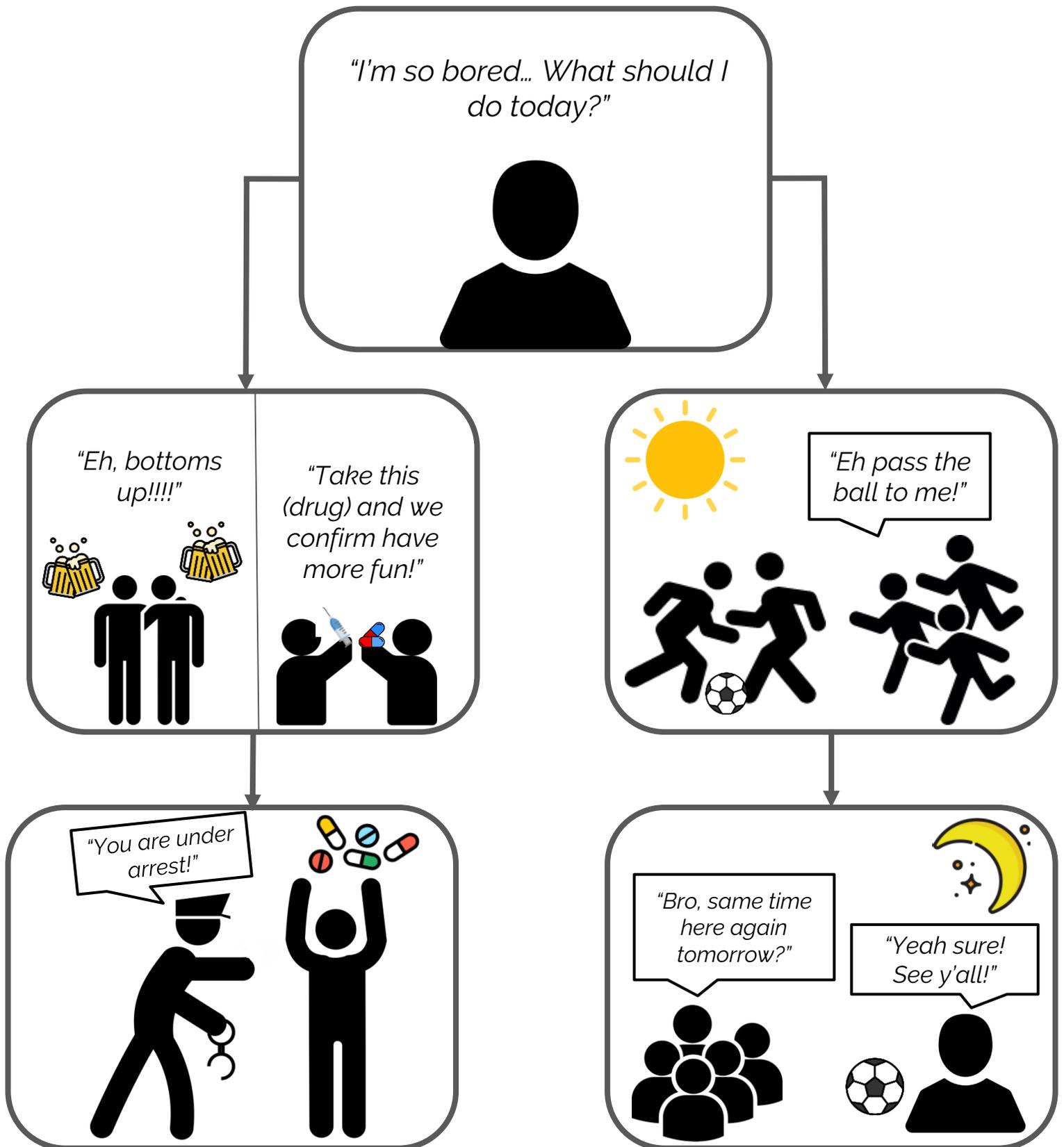
Value: **Personal Well-being**

We all choose to do different things to **feel happy and at peace** and to **live a spiritual and meaningful life.**



Value: Leisure

We all choose to do different activities to have fun during our free time.



Value: **Work**

We all do different jobs to support ourselves and our loved ones.

"I want to work as a delivery driver to support myself and my loved ones in the long run."



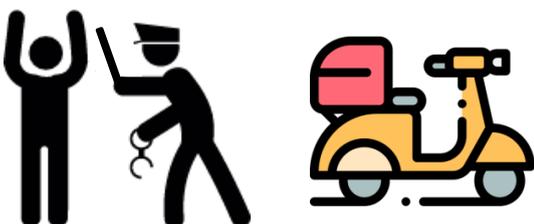
"If I take ice, I can stay up late to make more deliveries and earn more money faster. I want to buy my boy a birthday gift."



"I need more money to buy my son a birthday gift. Let me tahan till my payday. Meanwhile, I shall plan my budget and save up!"



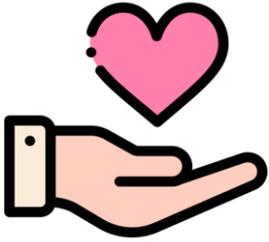
"Oh no, I kena caught! Cannot work to support my family anymore."



"Happy birthday ah boy!"

"Dad, you're home!"





Understanding each other's values

If we understand each others' values, we can be more supportive of our loved one's recovery. How can you help?



Understand that your loved one makes unhealthy decisions at times, although it does not represent what he really wants.

You can try saying: *"I am worried and concerned that you have recently returned to substance use. Are you okay? How can I support you?"*



Lend a listening ear. If you feel like he is struggling with something, hear him out.

You can try saying : *"You look a bit stressed. What's bothering you? I'm here for you."*

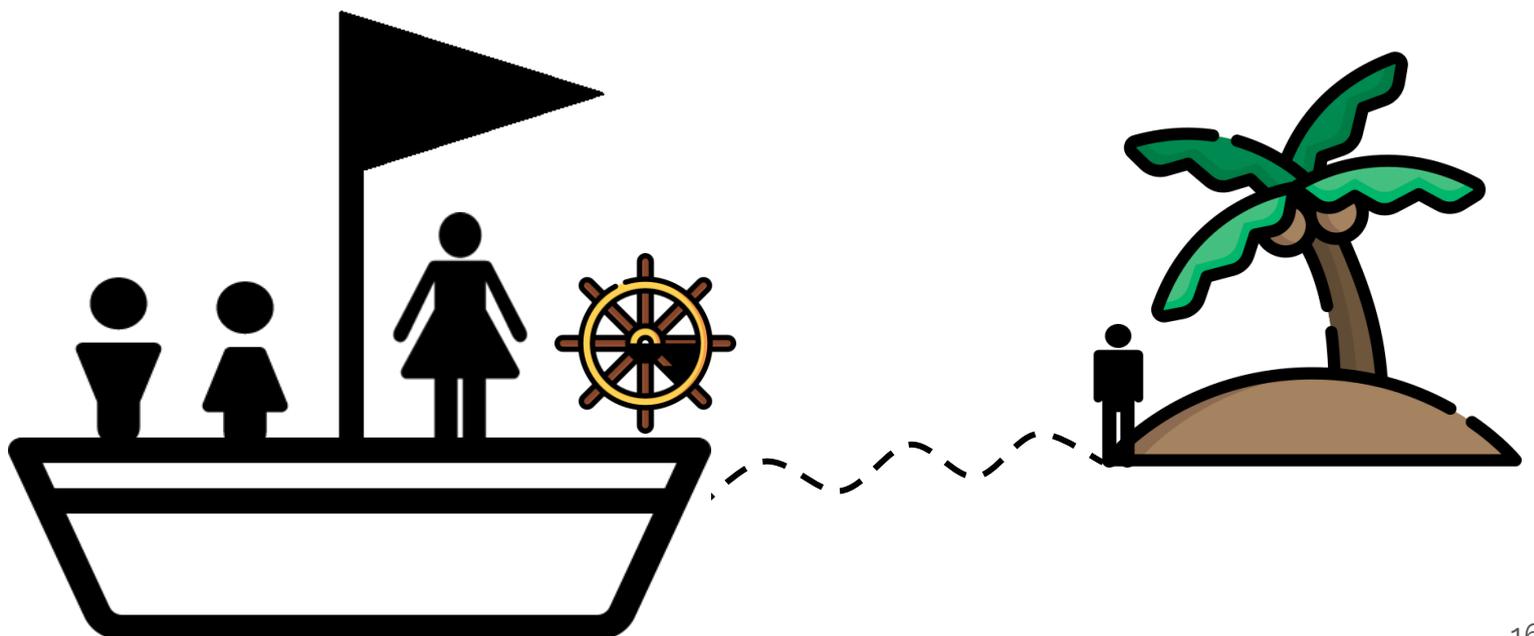
Chapter 2

Preparing for your Loved One's Return

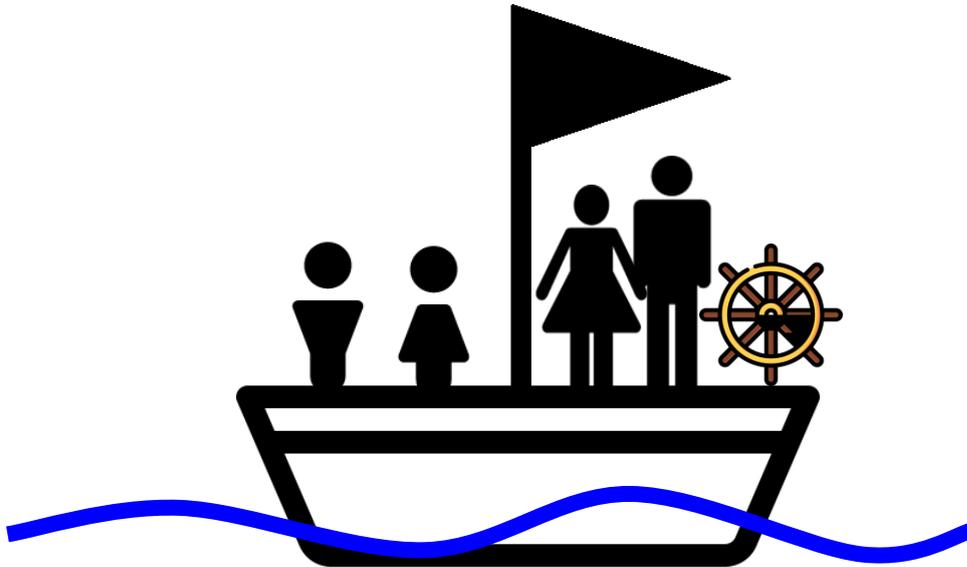
The Different Sides of Your Loved One

The Different Hands He Can Hold

Managing Expectations



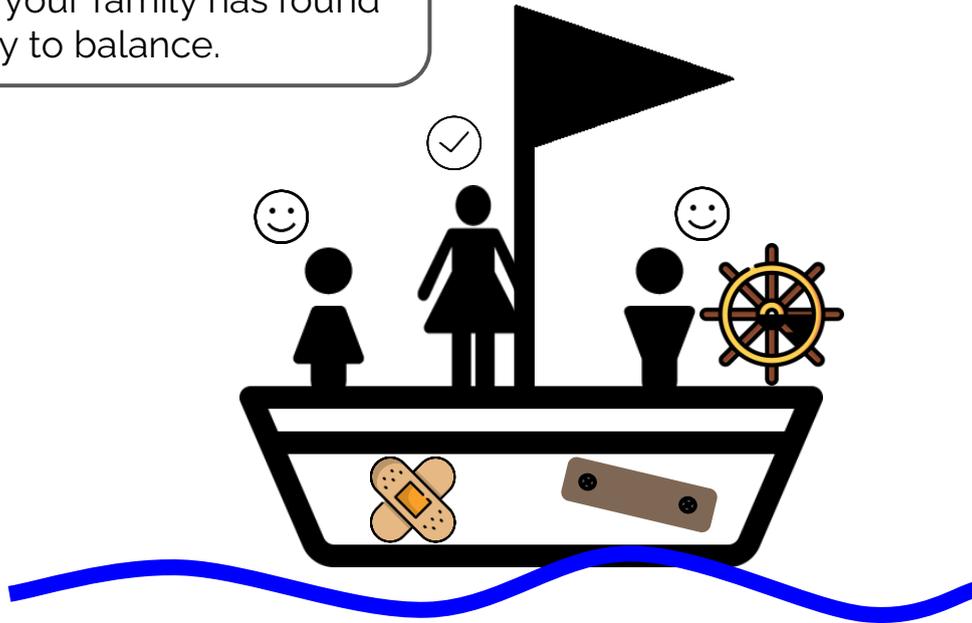
Every family has their own way of living. Each person plays a different role. This is how the balance within the family is maintained, even during tough times.



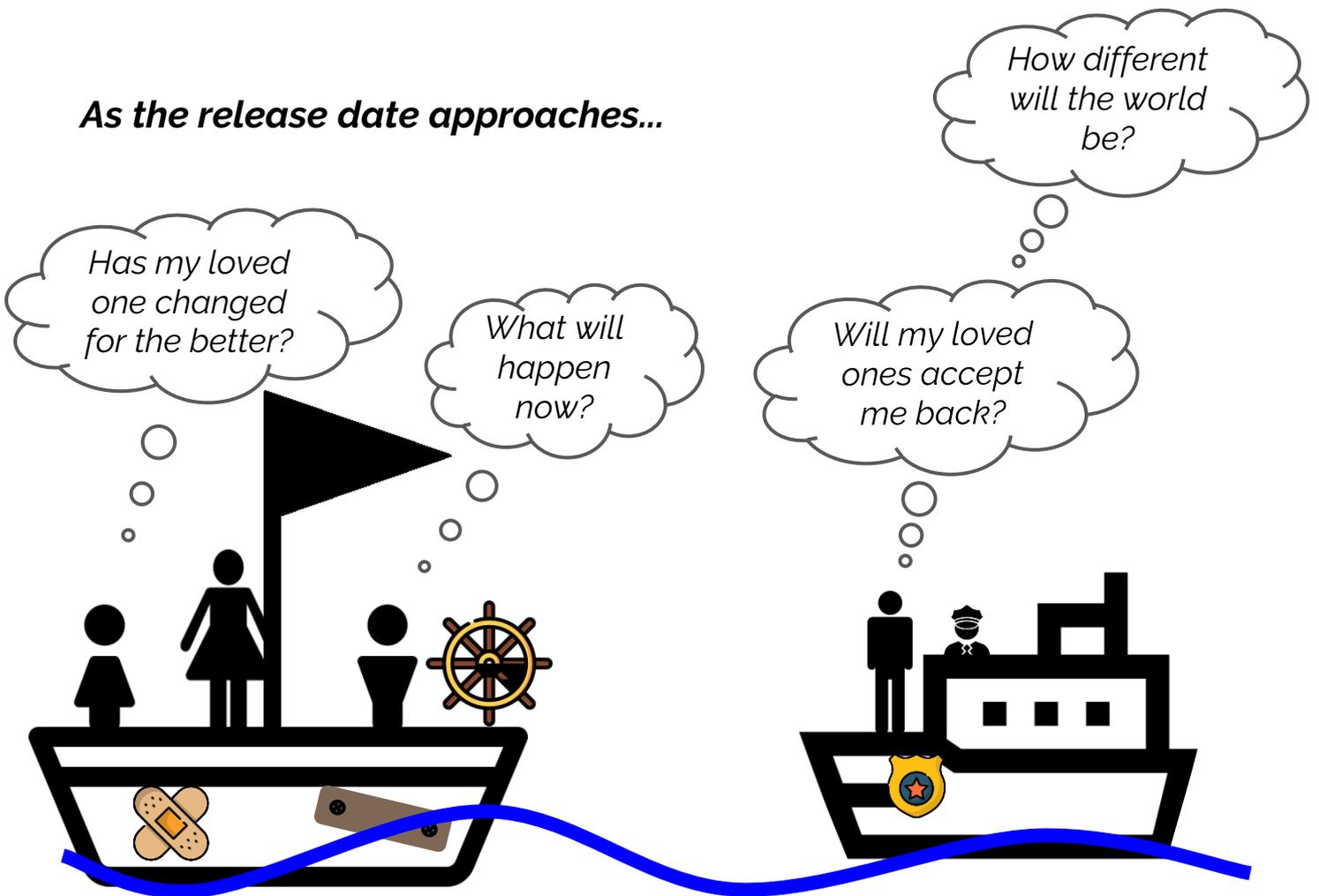
When your loved one goes away, your family might lose its balance. To be stable again, you and your family members might have to take up new roles.



After a while, everyone has learnt to adapt to their new role. With this, your family has found a new way to balance.



As the release date approaches...



TO BE CONTINUED...

The Different Hands He Can Hold

After release...

"Wah how come people can pay without cash? How to do that?"

"Wah so many new MRT lines... which one to take ah?"

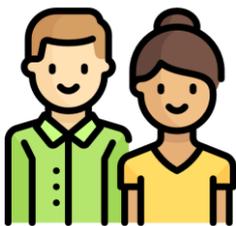
"Where to find job...?"

"How come I cannot access Facebook when I'm outside?"



**I am so confused!
Who can I seek help from?**

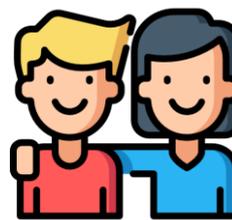
Who should I approach for help?



FAMILY



GANG



GOOD FRIENDS



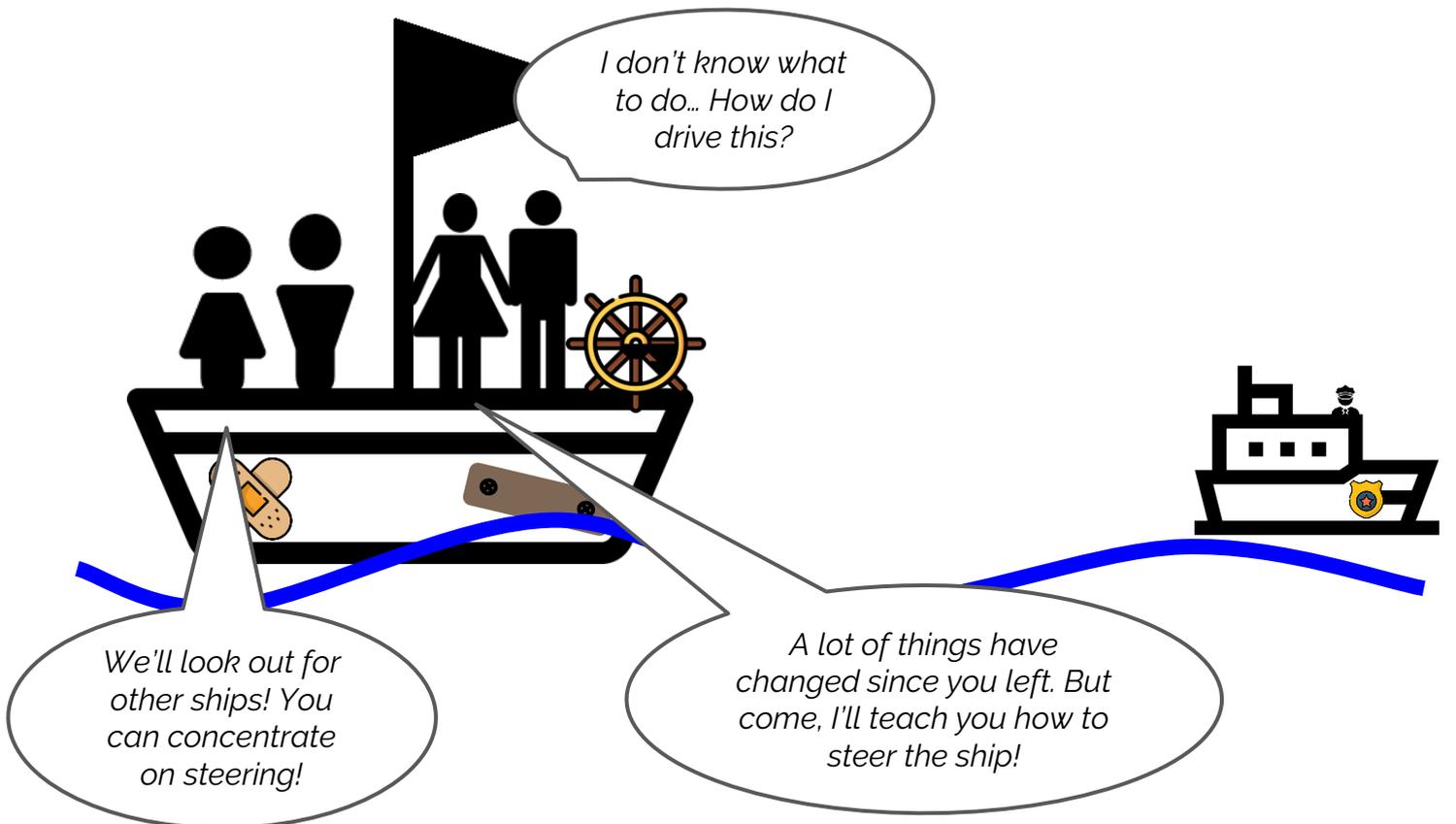
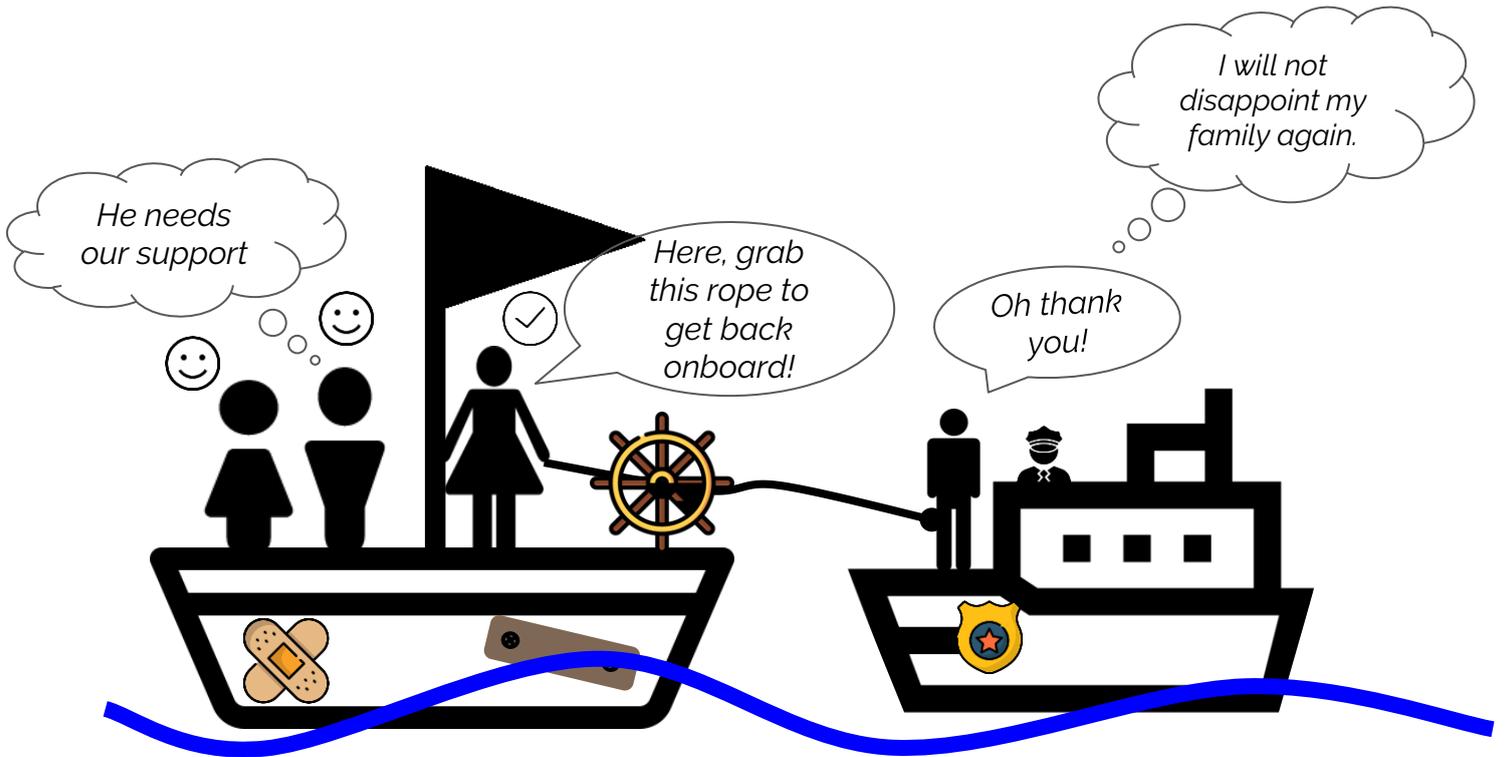
UNHEALTHY FRIENDS

Your loved one needs support after his release. There are many groups he can go to, but not all are healthy for him.

If he chooses you,

Are you willing to be there with them?

AND THE STORY CONTINUES...



THE END

Tips on Managing Expectations

Do you find yourself asking questions like “Why won't he/she stop taking drugs? Why are they not listening to me? How can I help”?
You can refer to the following strategies

Have realistic expectations for his job

Does your loved one's pay match his qualifications?
Does the job suit his strengths?

Encourage him to make more prosocial friends

- At Community Clubs (CC)
- Volunteering
- Peer Support Groups at ISCOS/ WeCare

Support him through his ups and downs

There are times when he feels like giving up. It is normal but while taking care of him, remember to take care of yourself too!

Give him time to readjust back to society

"I understand that things are difficult for you, but know that I am here whenever you want to talk to someone."

The reason for relapse may not be straightforward. Every individual's motivation to take drugs is different. You could always seek professional advice from community resources.

Chapter 3

Supporting your Loved One



Slips and Relapses

How to help

Enabling &
Supportive Behaviour

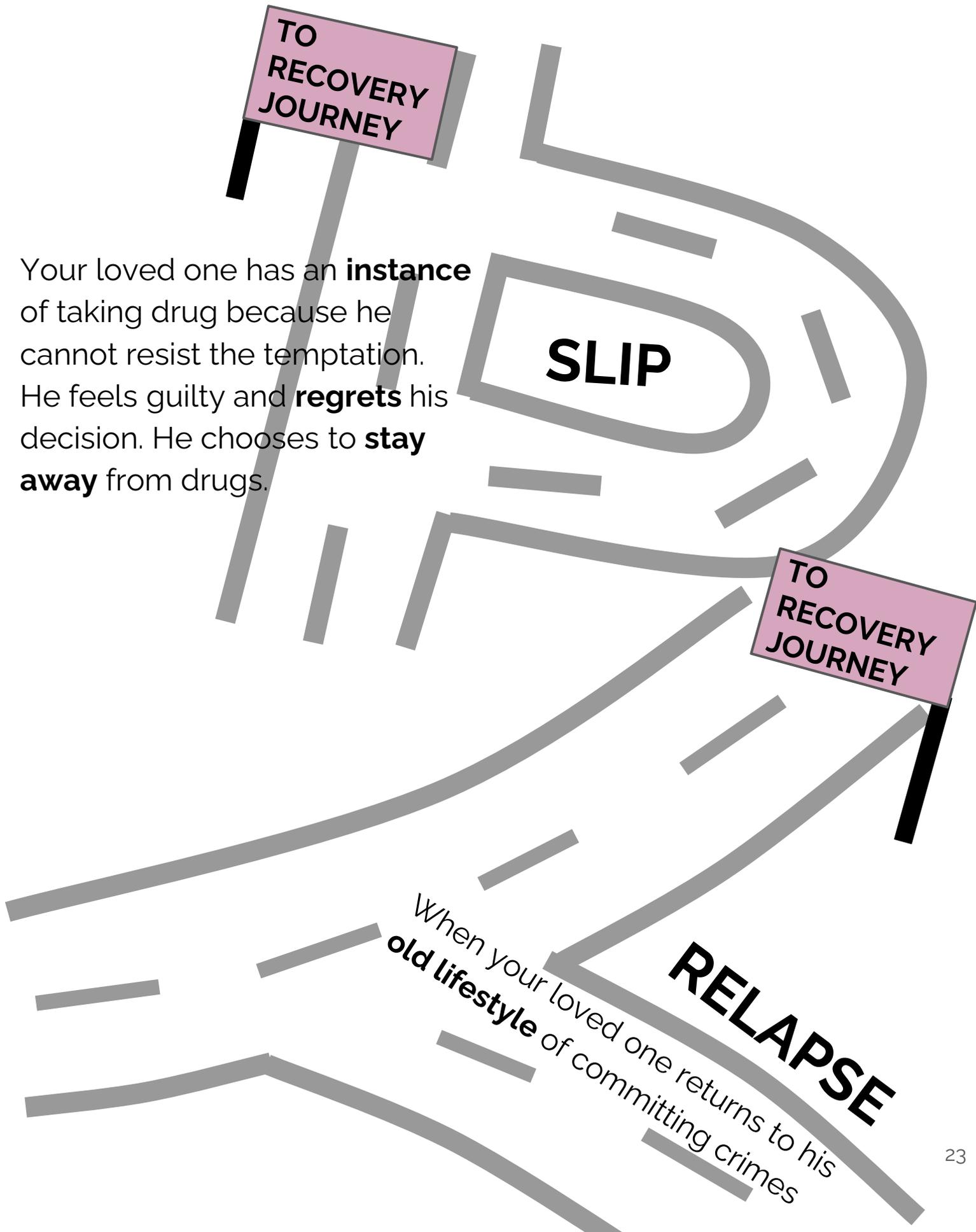


Goal Setting

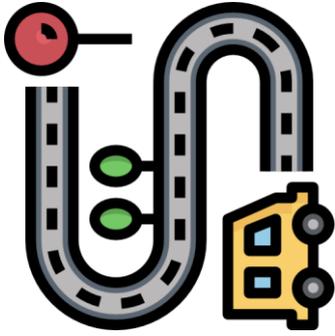
Self Care



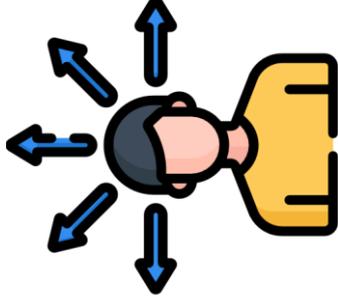
Difference between slips and relapses?



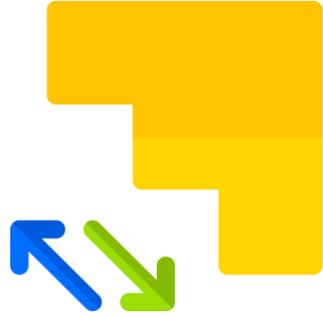
Your loved one has an **instance** of taking drug because he cannot resist the temptation. He feels guilty and **regrets** his decision. He chooses to **stay away** from drugs.



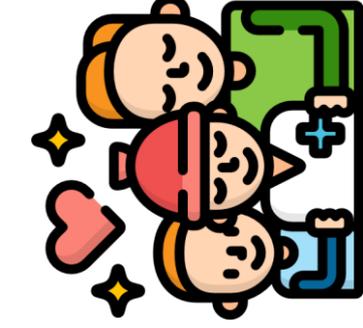
The road to recovery is not a straightforward path.



There are many problems faced by your loved one after his release. His choices affect his recovery journey.

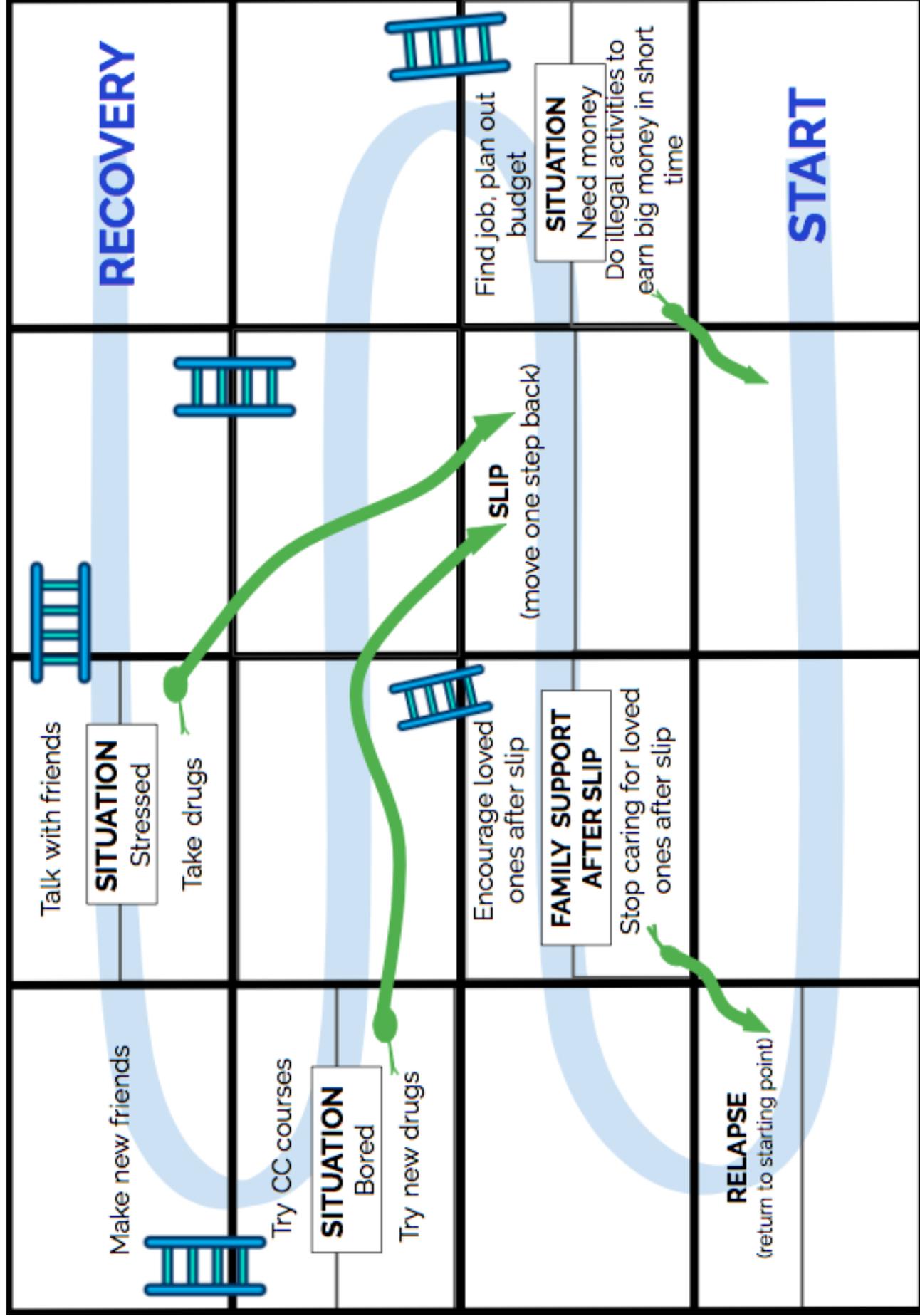


Slips are common during recovery. Slips become relapses when they are not handled properly.



After each slip, it's harder to recover but support from family members makes recovery easier,

Your loved one's **recovery journey** is like a game of **snakes and ladders**.



When you land on a **SITUATION** box:

You have to decide between **2 CHOICES**.

Which will you choose?

Warning Signs of Relapse



Silence

Not talking about feelings



Blowing up

Yelling, feeling frustrated over small problems



Back to negative friends

Spending time with friends he used to get high with



Blaming

Start blaming others for his own problems



Rejecting advice

Won't consider suggestion from others



Skipping activities

Not attending urine tests and counselling sessions



Back to risky places

Hanging out at places where he used to get high



Isolation

Avoiding family and supportive friends



Telling lies

Telling lies to cover up for the things he did

When you notice the warning signs, what should you do next? Where can you get help? **Refer to page 47 for community resources**

What can you do?

How can you help after realising that your loved one has *slipped*?



- **Talk to your loved one. Ask him if something had happened that made him go back to his unhealthy behavior (i.e. taking drugs).**
- **If he is not ready to talk, give him some time and space. But let him know that you are always there if he needs someone to talk to.**
- **Encourage them to seek professional help, attend support group meetings, or ask them what other kinds of support they might require**
- **Remind them of the effort they have invested in their recovery**

Communicating your concerns

Communication is important to build a good relationship. While it is not possible to have no disagreements, good communication can help to prevent and resolve quarrels.

"How to talk to him ? He always say I ask the same question and nag at him. After that he get fed up easily." - Father

"I want him to know that we are always there for him. If he'd only asked..." - Mother

Practice good communication skills with these steps :



1 Speak in a calm manner and tone



2 Use "I" statements to express thoughts and feelings



3 Share reasons and your thoughts and feelings



4 Allow the other person to respond



5 Respect the other person's view



6 Come to an agreement

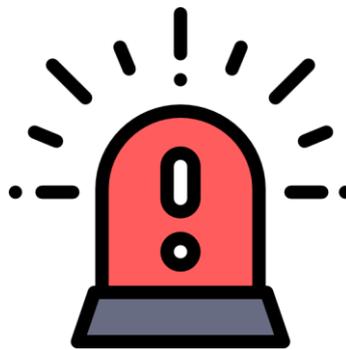
What else can you do?

How can you help after realising that your loved one has *relapsed*?



If you don't know how to help your loved one, seek help from professionals. They are here to help.

Refer to Community Resources (at the back of this booklet)



If you know your loved one is in trouble, you may want to contact the authorities.

We understand that its not easy for you. But remember that what you're doing is for his own good.



Enabling Behavior

How do you know if your actions are actually **helping** your loved one? You may have good intentions, but what you are doing might encourage him to go back to his old, unhealthy ways.

**Enabling
Behavior**

Behaviors that allow your loved one to **continue** his unhealthy behavior and thinking

VS

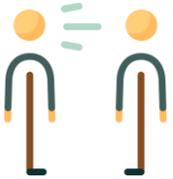
**Supportive
Behavior**

Behaviors that help your loved one **change** his unhealthy behavior and thinking

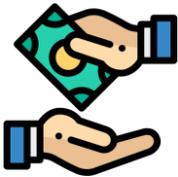


Enabling Behavior

What are some examples of enabling behaviors?



Blaming self or others for your loved one's unhealthy behavior. He should be responsible for his own decisions and actions.



Lending your loved one \$\$ to continue his unhealthy activities



Ignoring the problem that your loved one is going through (i.e. taking drugs, stealing)



Denying that your loved one has a problem



Difference between enabling & supportive behavior

Situation: John was released from prison 2 weeks ago. His mother noticed that he has started taking drugs again.

WHAT SHOULD SHE DO?

SUPPORTIVE:

Talk to John about his drug use, remind him that he's taking a slippery slope to relapse if he persists with the behaviour.

Encourage him to seek appropriate & professional help

OUTCOME:

Managed to prevent a relapse



ENABLING:

Keeping quiet and pretending she doesn't know anything

Giving him money despite suspicion that it's being used for buying drugs

OUTCOME:

John continues to assume that he can get away with taking drugs, and relapses.





Goal Setting

Set goals together and understand what your loved one finds important.

G.O.O.D. Goals



Good

----- **What is my goal ? How long will I need ?**

E.g.; Family members share one interesting event that happened in the weekly meals together for at least 3 months.



Outcome ----- **Imagine you are doing tasks to achieve the goal.**

On a scale of 1-10, how confident are you of achieving it ?



Obstacles ----- **What are the challenges that may stop you from achieving the goal ?**

E.g.; Each family member may have their own plans



Do

----- **What will you do to overcome the obstacles ?**

E.g.; Plan ahead with family and fix a day (e.g. every Sunday) for weekly meals



Self Care

Supporting your loved one can be tiring and stressful at times. How can you take care of yourself?



Don't blame yourself as you have done your best.

Remember the differences you have made, no matter how small the impact



Talk to someone with similar experiences

Understand that it's ok not to be ok. It is normal to remember past hurtful experiences.



Caring for others STARTS WITH SELF-CARE.



Community Resources





HALFWAY HOUSE

Does your loved one need residential support for drug rehabilitation?

Shelter	Address	Contact
Breakthrough Missions	24 Yew Siang Road Singapore 117758	6479 7734 6479 7756
Green Haven	10 Admiralty Road East Singapore 759988	6565 6880
HCSA Highpoint (Halfway House)	1 Lorong 23 Geylang Singapore 388352	6440 2444
iCARE HUB	Call hotline for more information	6250 2393
Jamiyah Halfway House Darul Islah	352 Pasir Panjang Road Singapore 118694	6776 9101
The New Charis Mission	11 Jalan Ubi, Block 1 #01-01 Kembangan-Chai Chee Community Hub Singapore 409074	6483 3707
New Hope Community Services (Shelter for Men-in-Crisis)	148 Yishun Street 11 #01-123 Singapore 760148	6305 9620
PERTAPIS Halfway House	50 Lorong 34 Geylang Singapore 398239	6746 4752
Teen Challenge	735 Old Choa Chu Kang Road Singapore 699798	6793 7933
HEB-Ashram	30 Durban Road Singapore 759642	6753 9730
The Helping Hand	819 Upper Serangoon Road Singapore 534678	6283 2204
The Turning Point	341 Jamaica Road Singapore 757615	6257 8364
The Hiding Place	Call hotline for more information	6483 5348
Watchman's Home	1035 Upper Changi Road North Singapore 507676	9790 2060



ADDICTION TREATMENT & SUPPORT GROUP

Does your loved one, or yourself, need help for addictions?

	Group	Address	Contact
For former alcoholics	Al-Anon	Various locations (Refer to https://www.al-anonsingapore.org/index.html for more information)	9774 2539
	Alcoholics Anonymous (AA)	Various locations (Refer to http://singaporeaa.org/meetings.html for more information)	8112 8089 (Call or Whatsapp)
For former drug addicts	Narcotics Anonymous (NA)	Various locations (Refer to http://nasingapore.org/meetings.htm for more information)	8405 8432
For former gambling addicts	Thye Hua Kwan (THK) Problem Gambling Recovery Centre	37 Circuit Road #02-455 Singapore 370037	6747 7514
All addictions	National Addictions Management Service (NAMS)	10 Buangkok View, Block 9 (Level 1) Buangkok Green Medical Park Singapore 539747	<u>All addictions</u> 6-7326837 (6-RECOVER) <u>Gambling addictions</u> 1800 666 8668
	WE CARE	Kembangan-Chai Chee Community Hub 11 Jalan Ubi, Block 5, #01-41, Singapore 409074	6547 5459



MENTAL HEALTH SERVICES

Feeling stressed out or depressed? Know someone who requires mental health assistance?

Agency	Address	Contact
Institute of Mental Health (IMH)	Buangkok Green Medical Park, 10 Buangkok View Singapore 539747	6389 2000 (General enquiries) 6389 2222 (Mental health helpline)
Samaritans Of Singapore (SOS)	10 Cantonment Close #01-01 Singapore 080010	1800 221 4444
Singapore Association for Mental Health (SAMH)	139 Potong Pasir Avenue 3, #01-136 Singapore 350139	1800 283 7019 6255 3222



HELP AGAINST FAMILY VIOLENCE

*Do you know someone abusive, or someone being abused?
Want to find out more about family violence and protection?*

Agency	Address	Contact
Care Corner Project StART (Family Violence Specialist Centre)	7A Commonwealth Ave #01-672 Singapore 141007	6476 1482
PAVE (Family Violence Specialist Centre)	211 Ang Mo Kio Ave 3 #01-1446 Singapore 560211	6555 0390
TRANS SAFE Centre (Family Violence Specialist Centre)	410 Bedok North Ave 2 #01-58 Singapore 460410	6449 9088



COMMUNITY & FAMILY SERVICES

Need support for your family?

Family Service Centre (FSC)

To locate the FSC nearest to you or assigned to your residence.

- Call **1800 222 0000**
- Visit <https://www.msf.gov.sg/dfcs/familyservice/default.aspx>

Agency	Address	Contact
Association Of Muslim Professionals (AMP)	1 Pasir Ris Drive 4 #05-11 Singapore 519457	6416 3966 6416 3960 6416 3961
Chinese Development Assistance Council (CDAC)	65 Tanjong Katong Road Singapore 436957	6841 4889
Singapore Indian Development Association (SINDA)	1 Beatty Road Singapore 209943	1800 295 3333
The Eurasian Association, Singapore	139 Ceylon Road Singapore 429744	6447 1578
The Salvation Army (Family Support Services)	42 Beo Crescent #01-95 Singapore 160042	6273 7207
Singapore Children's Society (Children Outreach)	9 Bishan Place #05-02 Junction 8 Office Tower Singapore 579837	6358 0911
Yayasan MENDAKI	51 Kee Sun Avenue Singapore 457056	6245 5555
Lakeside Family Services	21 Yung Ho Road #03-01, The Agape Singapore 618593	6265 6522

RELIGIOUS ORGANISATIONS

Want to strengthen your faith, or looking for a religious counsellor?

Agency (Religion)	Address	Contact
Buddhist Fellowship (Buddhism)	West Centre: 2 Telok Blangah Street 31 #02-00 Yeo's Building Singapore 108942 East Centre @ Mitra: 160 Paya Lebar Road #08-03 Orion Building Singapore 409022	6278 0900
Christian Counselling Services (Christianity)	73 Upper Paya Lebar Road #07-02A Centro Blanco Singapore 534818	6222 1305
Hindu Centre (Hinduism)	132 Owen Road Singapore 218935	6291 8540 8768 0532
Masjid Darul Ghufuran (Islam)	503 Tampines Ave 5 Singapore 529651	6786 5545
PERGAS (Islam)	Wisma Indah 448 Changi Road #03-01 Singapore 419975	6346 9350
Prison Fellowship Singapore (Christianity)	50 Playfair Road #03-01 Noel Building Singapore 367995	6384 2338
Roman Catholic Prison Ministry (Catholicism)	2 Highland Road #03-04 Catholic Archdiocesan Education Centre Singapore 549102	6100 7276
Sikh Welfare Council Singapore (Sikhism)	2 Towner Road #06-02 Singapore 327804	6299 9234
Singapore Buddhist Federation (Buddhism)	59 Lorong 24A Geylang Singapore 398583	6744 4635
Singapore Kadayanallur Muslim League (Islam)	65 Telok Blangah Drive #01-166 Singapore 100065	6274 4161
Sri Muneeswarar Temple (Hinduism)	3 Commonwealth Drive Singapore 149594	6473 5037



SOCIAL SERVICE OFFICES (SSO)

Need financial and employment assistance? Need help caring for your child and helping them cope in school?

Contact: **1800 222 0000**

Social Service Office @ Ang Mo Kio	6A Ang Mo Kio St 53 Ang Mo Kio 3G Centre Singapore 569208	Social Service Office @ Kreta Ayer	Kreta Ayer Community Club 28A Kreta Ayer Road #01-03 Singapore 088995
Social Service Office @ Bedok	21 Bedok North St 1 #01-02 Singapore 469659	Social Service Office @ Pasir Ris	120 Pasir Ris Central #01-16 Pasir Ris Sports Centre Singapore 519640
Social Service Office @ Boon Lay	Blk 189 Boon Lay Drive #01-254 Singapore 640189	Social Service Office @ Punggol	Punggol 21 Community Club 80 Punggol Field #04-01 Singapore 828815
Social Service Office @ Bukit Batok	Blk 369 Bukit Batok St 31 #01-505 Singapore 650369	Social Service Office @ Queenstown	Blk 170 Stirling Road #01-1121 Singapore 140170
Social Service Office @ Bukit Merah	3779 Jalan Bukit Merah #01-01 Bukit Merah Community Hub Singapore 159462	Social Service Office @ Sembawang	Blk 315 Sembawang Vista #01-173 Singapore 750315
Social Service Office @ Bukit Panjang	Blk 232 Pending Road #01-29 Singapore 670232	Social Service Office @ Sengkang	Blk 261C Sengkang East Way #01-506 Singapore 543261
Social Service Office @ Clementi	Blk 358 Clementi Ave 2 #01-285 Singapore 120358	Social Service Office @ Serangoon	Blk 332 Serangoon Ave 3 #01-257 Singapore 550332
Social Service Office @ Chua Chu Kang	8A Teck Whye Lane Singapore 681008	Social Service Office @ Taman Jurong	301A Corporation Drive Singapore 619773
Social Service Office @ Geylang Serai	10 Eunos Road 8 #12-02 Singapore Post Centre Singapore 408600 (Please use the North Lobby)	Social Service Office @ Tampines	Our Tampines Hub Public Service Centre 1 Tampines Walk #01-21 Singapore 528523
Social Service Office @ Hougang	Blk 662 Hougang Ave 4 #01-413 Singapore 530662	Social Service Office @ Toa Payoh	490 Lor 6 Toa Payoh #07-11 HDB Hub Bizthree Singapore 310490
Social Service Office @ Jalan Besar	69 Jellicoe Road #01-03 Singapore 208737	Social Service Office @ Woodlands	900 South Woodlands Drive #06-13 Woodlands Civic Centre Singapore 730900
Social Service Office @ Jurong East	Devan Nair Institute for Employment and Employability 80 Jurong East St 21 #01-07 Singapore 609607	Social Service Office @ Yishun	Blk 746 Yishun Street 72 #01-127 Singapore 760746



CARE NETWORK PARTNERS

Need help to support your loved ones in their journey to re-join the community after their release?

Agency	Address	Contact
<p>YRSG: Yellow Ribbon Singapore</p> <ul style="list-style-type: none"> - Employment Assistance - Skills Training - Job Coaching & Retention Support 	<p>1 Cosford Road Blk 172 Singapore 499547 Employment Assistance Unit (within Lloyd Leas Community Supervision Centre)</p>	<p>6513 1537 6513 0192</p>
<p>ISCOS: Industrial & Services Co-Operative Society Limited</p> <ul style="list-style-type: none"> - Employment Assistance - Education & Skills Training - Support Group 	<p>237 Alexandra Road #04-19 The Alexcier Singapore 159929</p>	<p>6743 7885</p>
<p>SACA: Singapore After-Care Association</p> <ul style="list-style-type: none"> - Befriender Services - Case Management - Education & Skills Training - Family Services 	<p>81 Dunlop Street Singapore 209408</p>	<p>6294 2350 6294 2763</p>
<p>SANA: Singapore Anti-Narcotics Association</p> <ul style="list-style-type: none"> - Support Group - Family Support Group - Step-Up Drop-In Centre - Case Management 	<p>2 Sengkang Square #05-01 Sengkang Community Hub Singapore 545025</p>	<p>6732 1122</p>

We hope this booklet helps you better understand your loved one, as well as the importance of your role in his recovery journey.

“Families are like branches on a tree, we **grow in different directions** yet our **roots remain as one**”

(Anonymous)

The road ahead will not be easy for you and your loved one. We hope that you and your loved one **will choose to remain united towards the same goal**, and forge a strong relationship where you support each other.

A product of **Family Engagement Workgroups**

Correctional Rehabilitation Services Branch (Penal & DRC)
Psychological and Correctional Rehabilitation Division
Singapore Prison Service

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