

Substance Use and Its Impact on Families

Survey Results



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Selected Comments from Surry County Families

“There is no treatment, unless you pay thousands of dollars you aren’t getting the treatment you need.”

“No initial access to services. Traveled out of the county.”

“Recovery is difficult but not impossible.”

“Things have improved since my own active addiction/need for treatment and MAT. I had to go to Winston-Salem. In 2017 my daughter started MAT with Suboxone at in Mount Airy. She was doing well initially. The barriers to continued treatment were too much for her to navigate; Cost of meds, lack of transportation, etc. She lost access and relapsed. She died from fentanyl poisoning in 2018.”

“It was a great and easy process, but sadly my loved one never went through with the services.”

“Couldn’t find the help she needed.”

“Personally, I found my supportive tribe in Narcotics Anonymous. My significant other and I both are rare gems, we both got sober without accessing services - other than NA for myself. I found NA after I obtained sobriety though. However, the story continues and has many layers. Both of us come from generational cycles of addiction. We take the responsibility of breaking generational cycles very seriously as our child’s future depends on it. Currently, our extended family still uses and does not want to seek services, and they know when they’re ready, they can call me & I will then connect them with resources.”

“There was really no help available for the first 13 years of her addiction, but she was able to get in a program over year ago and has been clean since going into the program.”

“Has participated in outpatient services but was not intending to make a change. When inpatient services were needed at a critical time, contacts were slow to respond, and more than 24 hours passed before we were finally admitted into a facility. Current outpatient services are helpful basically because our loved one is ready to make a change.”

“If services were found he could not take advantage of them because of lack of means to pay for them. Unable to find employment that he could obtain insurance and or funds to pay was another issue.”

“To lessen the stigma associated with addiction because they feel no one cares because society treats them that way....just let them know they are loved, and they matter.”

“The earlier the education about addiction the better.”

“I’ve had both my children addicted to fentanyl and I have lost loved ones to fentanyl overdoses. I am raising my granddaughter for one of my children that is in jail now. I have one child that has been sober now for over a year after receiving treatment and getting into a program.”

“The person using HAS to make the decision. No one else can do that. Understand that this is a disease that can stem from different issues such as mental health, trauma, genetics, etc. It takes work and time, and the family needs to know that it is okay to set boundaries, and it is okay to save themselves.”

Introduction

As the Director of the Surry County Office of Substance Abuse Recovery, I have seen firsthand the profound and far-reaching impacts of substance use disorder (SUD) on families across our community. SUD is often described as a disease that affects the whole family — and this truth has become all too clear in the stories shared by the families who participated in this survey. Their experiences reflect the pain, frustration, and heartbreak that so many in Surry County have felt, but they also highlight the resilience, love, and determination that families bring to the fight for their loved one’s recovery.

This survey was developed not only to gather data, but to create space for families to share their stories — the real, lived experiences that too often go unseen or unheard. Behind every statistic in this report is a family that has waited anxiously for a phone call, navigated a confusing and fragmented treatment system, or stepped in to care for children when parents were unable to do so. Their willingness to be honest about their struggles and needs is an invaluable gift to this community, and their voices must guide how we respond to the growing crisis of substance use in Surry County.

The findings of this survey paint a clear picture of the challenges families face — from limited access to treatment and recovery resources, to the stigma that surrounds addiction, to the emotional toll of loving someone caught in the cycle of substance use. Families told us that they need more than information; they need real support. They need clear pathways to services, practical education on how to support their loved one without losing themselves, and a community that recognizes SUD as a health condition rather than a moral failing.

As we move forward, the Surry County Office of Substance Abuse Recovery is committed to using this information to inform and strengthen the services we offer. We will work to expand access to treatment, ensure families have the education and tools they need, and foster a community culture that offers compassion and support rather than judgment. This report is not the end of the conversation — it is the beginning of a collaborative effort to build a stronger, healthier, and more informed community where families feel seen, heard, and supported every step of the way.

To the families who participated — thank you. Your courage and honesty have given us a clearer roadmap for the work that lies ahead. Your experiences matter, and they will help shape a brighter future for families across Surry County.

With sincere gratitude and commitment,

C. Jamie Edwards, MA, M.Ed, LCAS, LSATP, CCS, CPS
Director, Surry County Office of Substance Abuse Recovery

Overview

This is a survey of 146 Surry County family members voluntarily addressing their needs and experiences regarding education and support for substance use disorder (SUD). The survey covers the status of their loved ones' addiction [Q1], age at which substance use became a problem [Q2], substances used [Q3], duration of active substance use [Q4], experiences accessing SUD services in Surry County [Q5], involvement in the criminal justice system [Q6], detailed experiences accessing SUD services [Q7], whether they are caring for children due to a loved one's substance use [Q8], their understanding of SUD [Q9], topics they believe would benefit family members [Q10], duration of sobriety or recovery [Q11], and additional information that could help families in the future [Q12].

Some key findings from the survey include:

- Many respondents reported their loved one was not involved in SUD services or treatment.
- The most common ages at which substance use became a problem were 18-24 and 25-44.
- The most common substances used were alcohol, marijuana, other opiates and synthetics, and prescription medications.
- Over 80% of respondents reported their loved one had used substances for more than three years.
- Experiences accessing SUD services in Surry County varied, with the average rating indicating some difficulty in finding services.
- A significant majority (75%) of respondents reported their loved one had been involved in the criminal justice system.
- Common challenges in accessing SUD services included lack of insurance, long waiting lists, lack of transportation, stigma, and lack of awareness of available services.
- 23% of respondents were caring for children due to a loved one's substance use.
- There was a low understanding of SUD among respondents when their loved one's substance use first became a problem.
- Respondents believed family members would benefit most from training on setting boundaries and self-care, what to expect in treatment and recovery, and how to access SUD services.
- A wide range of recovery durations were reported, with some individuals being in recovery for over five years, while others were still actively using substances.
- Additional comments highlighted the need for more accessible and affordable treatment options, greater community awareness of SUD, and reducing stigma.

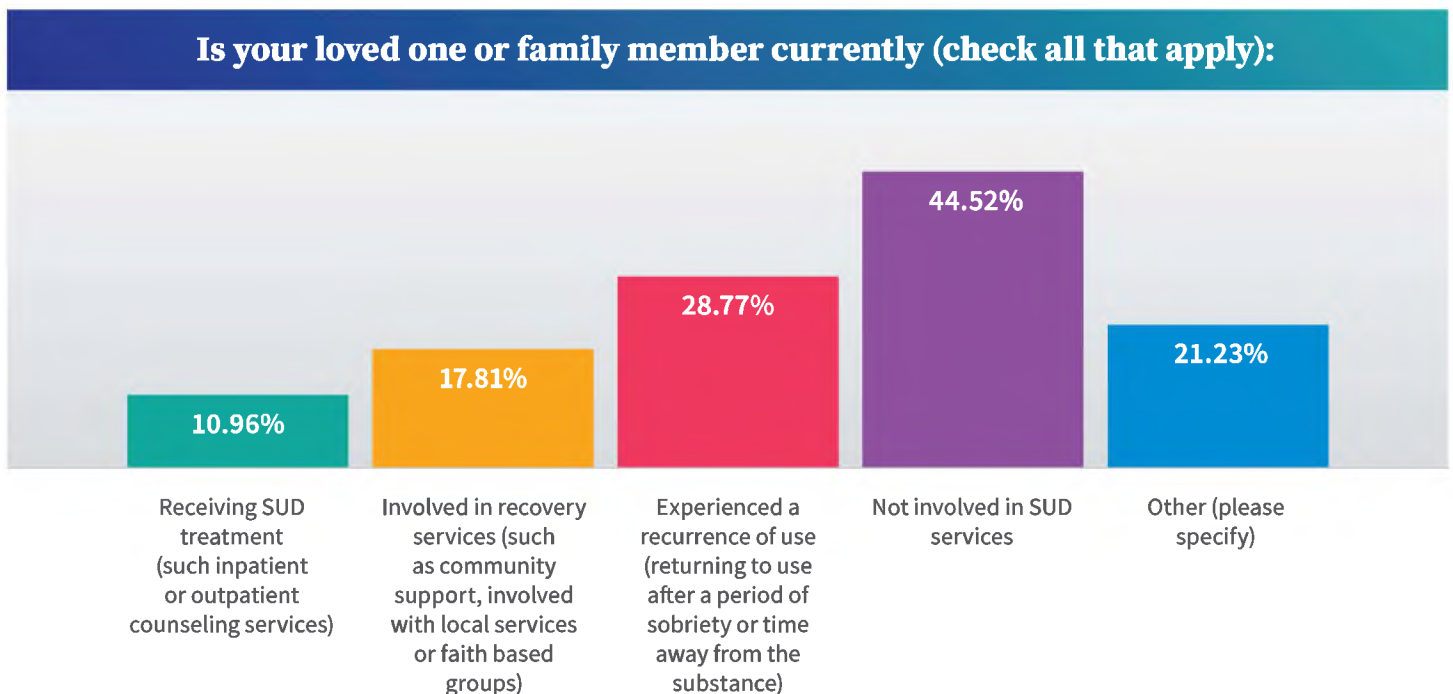
Overall, the survey paints a picture of a community struggling with SUD, with many families facing challenges in accessing appropriate services and support.

Question 1:

Is your loved one or family member currently (check all that apply):

52% of respondents said their loved one or family member is not involved in SUD services, while 10.96% are receiving SUD treatment and 17.81% are involved in recovery services. 28.77% experienced a recurrence of use, and 21.23% marked “Other,” with some specifying situations like “in active addiction” or “has passed.”

Is your loved one or family member currently (check all that apply):		
Answer Choices	Responses	
Receiving SUD treatment (such inpatient or outpatient counseling services)	10.96%	16
Involved in recovery services (such as community support, involved with local services or faith-based groups)	17.81%	26
Experienced a recurrence of use (returning to use after a period of sobriety or time away from the substance)	28.77%	42
Not involved in SUD services	44.52%	65
Other (please specify)	21.23%	31
	Answered	146
	Skipped	0



Here is a summary of the individual comments from Question 1:

- Loss due to overdose: Several individuals mentioned losing loved ones (family members, grandkids) to drug-related overdoses, particularly fentanyl and methamphetamine.
- Struggles with addiction: Some are currently in active addiction, while others have transitioned to recovery. Suboxone and pain management were mentioned as helpful for overcoming addiction.
- Incarceration: Multiple comments reference individuals being jailed due to drug-related issues, including probation violations.
- Recovery efforts: Some individuals are in active recovery, seeking support from outreach services, church, or trying to remain sober independently.
- Refusal of help: Some individuals mentioned refusing support or cutting certain people out of their lives due to addiction struggles.
- Personal health struggles: One comment details a personal journey with chronic pain, leading to opioid use and subsequent addiction.
- Spiritual connections: Some individuals in recovery have turned to faith for support.

Question 2:

What age was your loved one or family member when substance(s) became a problem?

This data shows the age at which substance use became a problem for the loved ones or family members of the survey respondents.

Here's a breakdown:

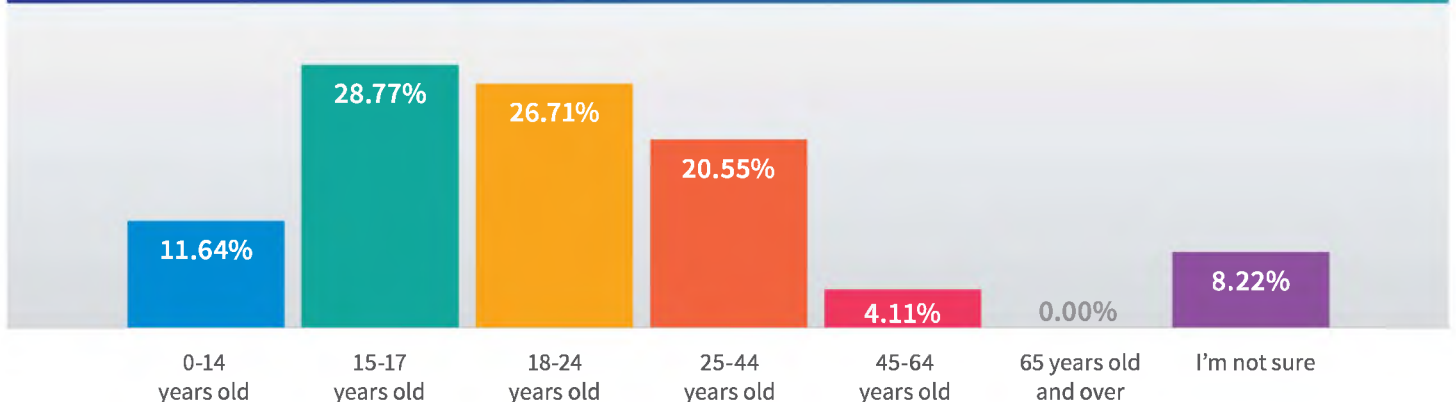
- The most common age range was 15-17 years old (28.77% of responses). This indicates a significant problem with substance use beginning in adolescence.
- The second most common range was 18-24 years old (26.71%). This, combined with the 15-17 range, shows over half of respondents experienced substance use issues starting between mid-teens and young adulthood.
- A significant portion (20.55%) also reported substance use becoming a problem between the ages of 25-44.
- 11.64% reported issues starting between 0-14 years old.
- Only a small percentage (4.11%) reported issues beginning between 45-64 years old.
- No one reported substance use becoming a problem at 65 or older.
- 8.22% of respondents were unsure of the age when substance use became a problem.

In summary, the data highlights that substance use is most likely to become a problem during adolescence and young adulthood, although it can emerge at any age.

What age was your loved one or family member when substance(s) became a problem?

Answer Choices	Responses	
0 - 14 years old	11.64%	17
15 - 17 years old	28.77%	42
18 - 24 years old	26.71%	39
25 - 44 years old	20.55%	30
45 - 64 years old	4.11%	6
65 years old and over	0.00%	0
I'm not sure	8.22%	12
	Answered	146
	Skipped	0

What age was your loved one or family member when substance(s) became a problem?



Question 3:

Which substance(s) was your loved one or family member using when use became a problem?

This data reveals the types of substances used by the loved ones or family members of survey respondents when their substance use became problematic. Respondents could select multiple substances, so the percentages will add up to more than 100%.

Here's a breakdown:

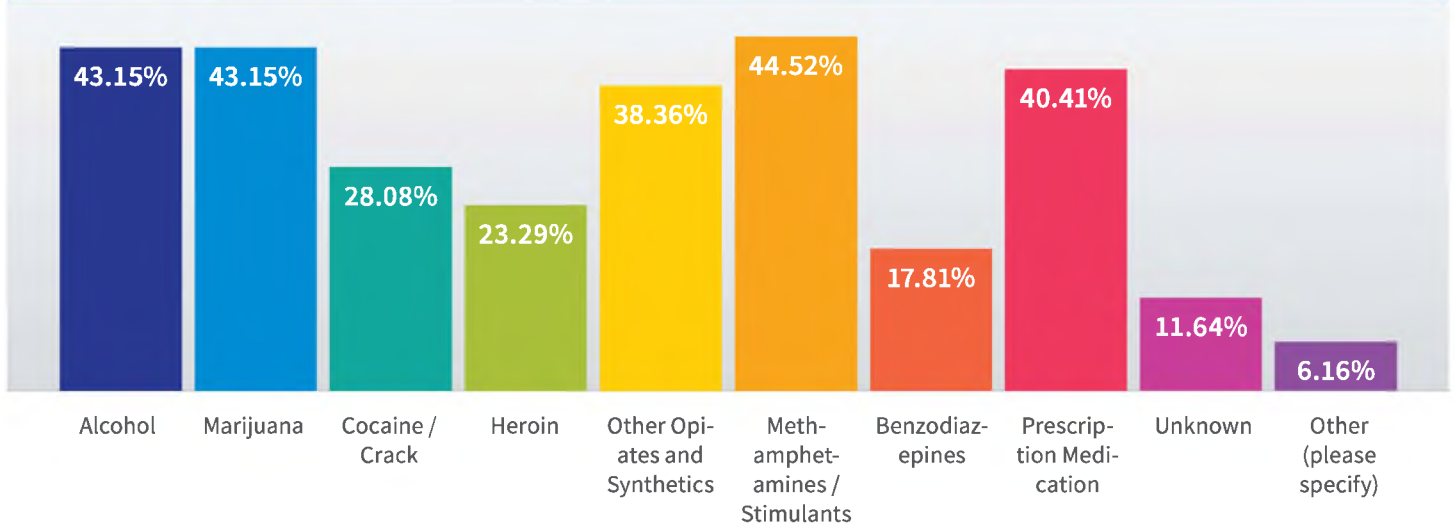
- The most commonly reported substances were Methamphetamines/Stimulants (44.52%) and Alcohol (43.15%), closely followed by Marijuana (43.15%). This suggests these substances are significant issues within this population.
- Prescription Medication was also a commonly reported substance (40.41%), highlighting the ongoing concern of prescription drug misuse.
- Other Opiates and Synthetics were reported by 38.36% of respondents. This category likely includes opioids like heroin and fentanyl, indicating a significant impact of the opioid crisis on these families.
- Cocaine/Crack was reported by 28.08% of respondents, and Heroin by 23.29%.
- Benzodiazepines were reported by 17.81%.
- 11.64% of respondents were unsure of the specific substance(s) used.
- Only 6.16% selected "Other" and specified another substance, suggesting the listed categories captured most of the substances of concern.

In summary, the data illustrates a diverse range of substances impacting families, with a notable prevalence of methamphetamine/stimulant, alcohol, marijuana, and prescription medication use. The significant presence of opioid use (including heroin and other opiates/synthetics) also underscores the need for targeted interventions and support.

Which substance(s) was your loved one or family member using when use became a problem? Pick all that apply.

Answer Choices	Responses	
Alcohol	43.15%	63
Marijuana	43.15%	63
Cocaine / Crack	28.08%	41
Heroin	23.29%	34
Other Opiates and Synthetics	38.36%	56
Methamphetamines / Stimulants	44.52%	65
Benzodiazepines	17.81%	26
Prescription Medication	40.41%	59
Unknown	11.64%	17
Other (please specify)	6.16%	9
	Answered	146
	Skipped	0

Which substance(s) was your loved one or family member using when use became a problem? Pick all that apply.



The comments primarily list substances associated with drug use, addiction, or medication history:

- **Prescription Medications & Opiates:** Mentions of opioids, oxycodone, clonazepam (Clonipin), Xanax, and Benadryl suggest either prescribed or misused substances.
- **Illicit Drugs:** Fentanyl and heroin are highlighted, with a mention of opiates leading to heroin use.
- **Hallucinogens:** LSD, acid, and mushrooms are also mentioned as substances used.

Question 4:

How long has/did your loved one actively use substances?

This data reveals the duration of active substance use for the loved ones or family members of survey respondents.

Here's the key takeaway:

- The vast majority (84.25%) of respondents indicated their loved one had actively used substances for more than three years. This highlights a significant and prolonged struggle with substance use within this population.

Other findings:

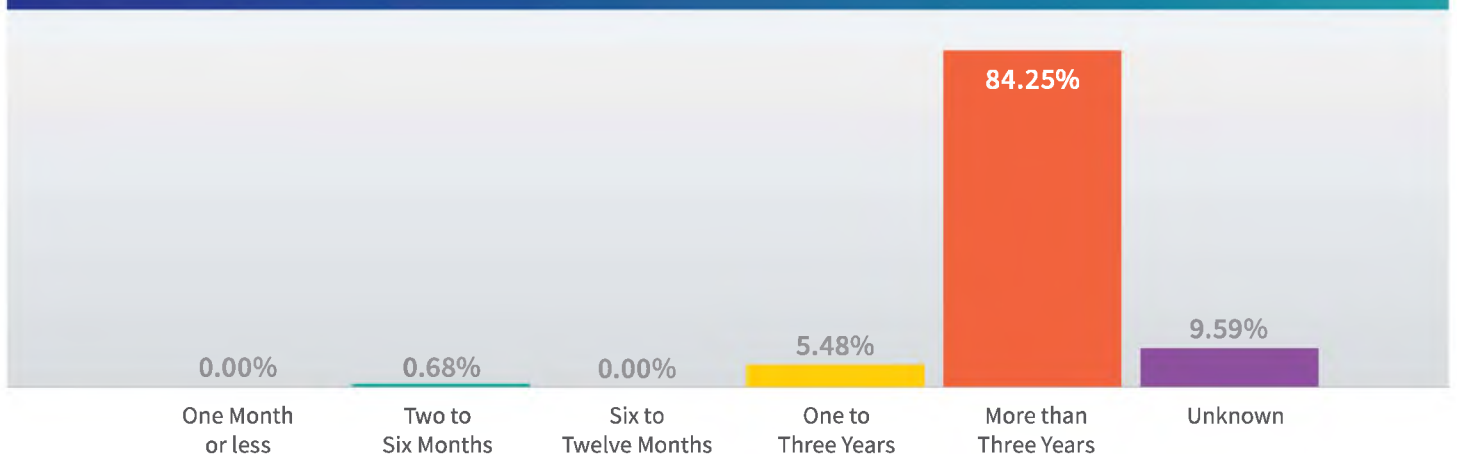
- Only a small percentage (5.48%) reported active substance use for one to three years.
- Even smaller percentages reported use for shorter durations, with 0.68% for two to six months and 0% for one month or less and six to twelve months.
- A notable portion (9.59%) of respondents were unsure or did not know the duration of active substance use.

In summary, the data strongly suggests that long-term active substance use is a major concern for the families represented in this survey.

How long has/did your loved one actively used substances?

Answer Choices	Responses	
One Month or less	0.00%	0
Two to Six Months	0.68%	1
Six to Twelve Months	0.00%	0
One to Three Years	5.48%	8
More than Three Years	84.25%	123
Unknown	9.59%	14
	Answered	146
	Skipped	0

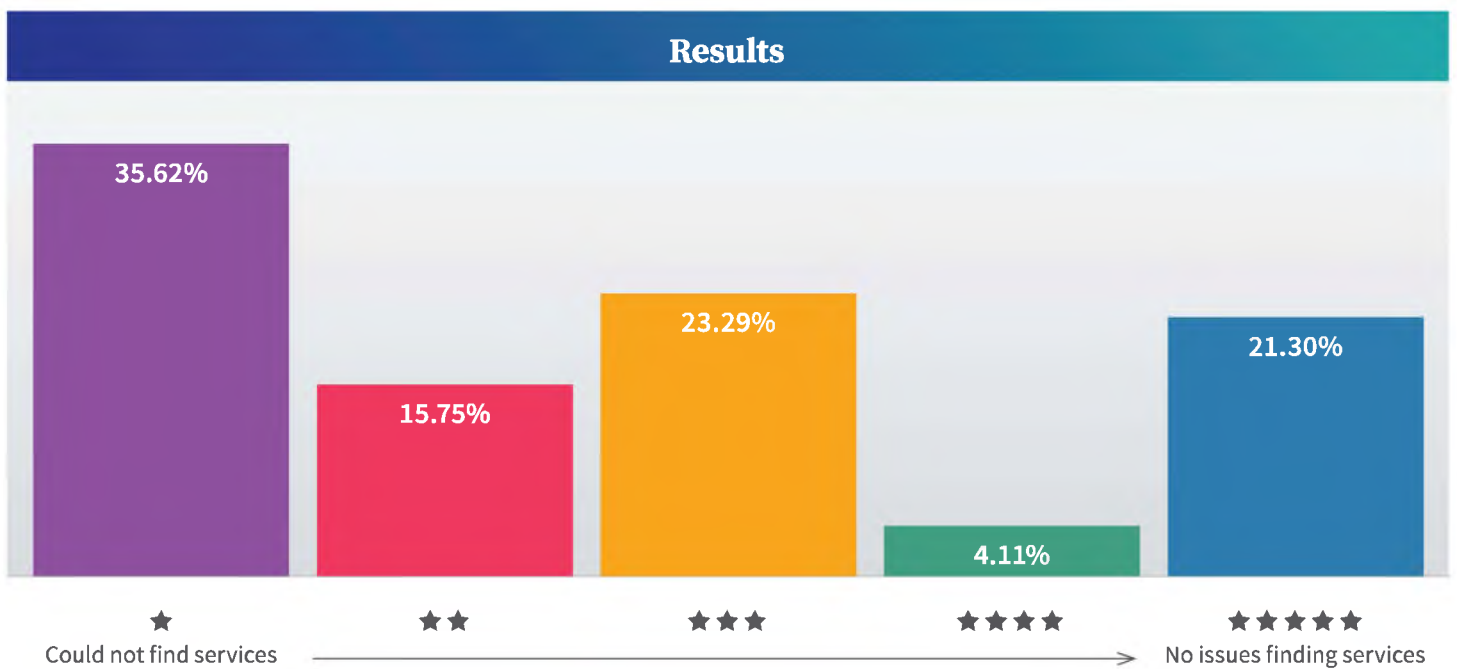
What age was your loved one or family member when substance(s) became a problem?



Question 5:

If you or your loved one/family member have experience accessing SUD services in Surry County, please rate that experience, with 1 indicating could not find services, 3 indicating could access services but it took some time, and 5 indicating no issues finding services.

Results		
Answer Choices	Responses	
Could not find services	35.62%	52
2	15.75%	23
3	23.29%	34
4	4.11%	6
No issues finding services	21.23%	31
	Total	146
	Weighted Average	2.6
	Answered	146
	Skipped	0



This data shows how survey respondents rated their experience accessing SUD services in Surry County for their loved one or family member. The rating scale is:

- **1:** Could not find services
- **3:** Could access services, but it took some time
- **5:** No issues finding services

Here's a breakdown of the responses:

- **35.62% (52 respondents) rated their experience as a 1, indicating they could not find services.** This is the largest group and suggests a significant barrier to accessing SUD resources.
- **15.75% (23 respondents) gave a rating of 2.** (Note: the description for 2 is not provided, but it logically falls between 1 and 3 - likely meaning significant difficulty).
- **23.29% (34 respondents) gave a rating of 3, meaning they could access services, but it took some time.** This suggests that while services are available, navigating the system and accessing them can be challenging and time-consuming.
- **4.11% (6 respondents) gave a rating of 4.** (Again, the description for 4 is not provided, but it logically falls between 3 and 5 - likely meaning relatively easy access).
- **21.23% (31 respondents) gave a rating of 5, indicating no issues finding services.** This is the second largest group and suggests that some people do not face significant barriers.

The weighted average rating is 2.6 out of 5. This leans towards the “Could access services, but it took some time” category, but with a significant portion of respondents reporting they could not find services at all.

In summary, the data indicates significant challenges in accessing SUD services in Surry County. While some individuals had no issues, a large portion struggled to find services or experienced delays, highlighting the need for improvements in the accessibility and navigation of SUD resources.

Question 6:

Has your impacted family member been involved in the criminal justice system?

Key Finding:

A significant majority (75.34%) of respondents reported that their loved one or family member who is impacted by substance use has been involved in the Criminal Justice System. Only about a quarter (24.66%) indicated no involvement.

Data Details:

Total Responses: 146

“Yes” Responses (Involved in Criminal Justice System): 110 (75.34%)

“No” Responses (Not Involved): 36 (24.66%)

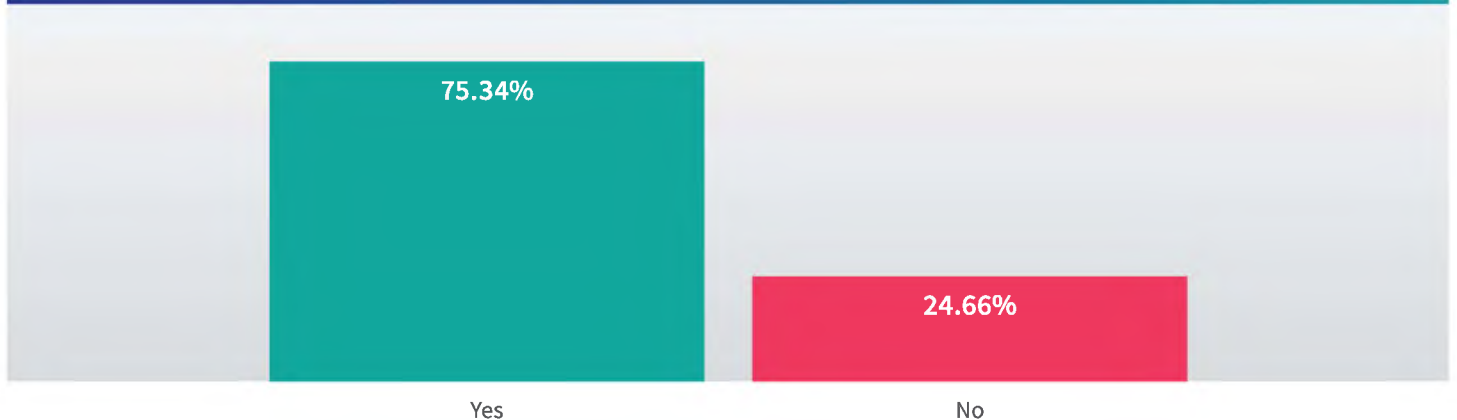
Implication:

This data strongly suggests a connection between substance use and involvement in the criminal justice system within the population represented by the survey. It highlights the need for considering this intersection when addressing substance use issues and support services.

Has your impacted family member been involved in the Criminal Justice System?

Answer Choices	Responses	
Yes	75.34%	110
No	24.66%	36
	Answered	146
	Skipped	0

Has your impacted family member been involved in the Criminal Justice System?



Question 7:

Describe you or your loved one/family member's experience accessing SUD services.

Here's a summary of the responses:

- **Lack of Access to Treatment:** Many individuals struggled to find or afford treatment, especially without insurance. Some reported long wait times, lack of local inpatient facilities, and difficulty navigating the system.
- **Negative Experiences with Services:** Some felt mistreated, stigmatized, or criminalized when seeking help. Others found services ineffective, with poor success rates or rigid requirements that did not fit their needs.
- **Financial and Logistical Barriers:** The cost of treatment, lack of transportation, and inability to take time off work made it difficult for many to access services.
- **Limited Resources in the Area:** Many reported that Surry County had few or no addiction treatment options, requiring travel to Winston-Salem, Forsyth County, or even out of state.
- **Stigma and Reluctance to Seek Help:** Some individuals refused treatment due to stigma, denial, or distrust of available services.
- **Success Stories and Effective Programs:** A few respondents found recovery through support groups, Suboxone treatment, or faith-based programs like Your Father's House.
- **Frustration with Law Enforcement and Healthcare:** Some believed that law enforcement and healthcare systems hindered recovery efforts, with a focus on punishment rather than support.
- **Family Struggles:** Families often carry the burden of coordinating and financing treatment, sometimes without success.
- **Overdose and Loss:** Several people lost loved ones to addiction, often due to fentanyl poisoning or an inability to access timely care.

Question 8:

Are you caring for a loved one's child/children or serving as a guardian due to a loved one or family member being involved in substance use?

This data reveals that 23.29% (34 out of 146) of the survey respondents are caring for a child/children or serving as a guardian due to a loved one or family member's substance use. The majority, 76.71% (112 respondents), are not in this situation.

Additionally, 23 respondents provided comments to further explain their situation, though the content of those comments isn't included in this summary.

In essence, this shows that nearly a quarter of the respondents have taken on a caregiving or guardianship role for children because of a loved one's substance use, highlighting the significant impact of substance use on families and the assumption of childcare responsibilities by other family members.

Are you caring for a loved one's child/children or serving as a guardian due to a loved one or family member being involved in substance use?

Answer Choices	Responses	
Yes	23.29%	34
No	76.71%	112
Comments (please specify):		23
	Answered	146
	Skipped	0

The comments describe various experiences related to addiction, recovery, and the impact on families. Key themes include:

- **Personal Recovery:** Some individuals are now sober, while others have struggled with addiction in the past.
- **Family Impact:** Many family members, particularly grandparents and other relatives, have taken on the responsibility of raising children due to parents' substance use issues.
- **Parental Struggles:** Some parents are unable to care for their children, leaving custody to other family members.
- **Loss & Grief:** Several families have experienced the loss of loved ones due to addiction.

Are you caring for a loved one's child/children or serving as a guardian due to a loved one or family member being involved in substance use?



- **Support & Challenges:** Some individuals have successfully recovered with family support, while others wish they had access to better therapy and resources.
- **Legal & Custody Issues:** Many caregivers have gained full or joint custody of children due to parental neglect or substance use, often without financial or legal support.

Question 9:

Whenever your loved one or family member's substance use became a problem, what was your understanding of SUD, with 1 being no knowledge of SUD, 3 being some knowledge of SUD and 5 being full understanding?

This data reveals the level of understanding of SUD among survey respondents when their loved one's substance use first became a problem. The scale ranges from 1 (no knowledge) to 5 (full understanding).

Here's a breakdown:

- Nearly half (49.32%) of respondents had no knowledge of SUD when their loved one's substance use first became a problem. This highlights a significant lack of initial understanding about the disorder.
- 13.01% had a rating of 2, indicating limited knowledge or understanding.
- 16.44% had a rating of 3, suggesting some understanding of SUD.
- 6.85% had a rating of 4, indicating a good understanding.
- 14.38% had a rating of 5, suggesting a full understanding of SUD.

The weighted average is 2.24, which indicates that, on average, respondents had very limited knowledge or understanding of SUD when their loved one's substance use first became a problem.

This underscores the need for increased education and awareness about SUD within families and communities, as a lack of understanding can significantly impact how individuals recognize, respond to, and cope with substance use issues.

Whenever your loved one or family member's substance use became a problem, what was your understanding of SUD, with 1 being no knowledge of SUD, 3 being some knowledge of SUD and 5 being full understanding?

Answer Choices	Responses	
No knowledge of SUD	49.32%	72
2	13.01%	19
3	16.44%	24
4	6.85%	10
Full understanding of SUD	14.38%	21
	Total	146
	Weighted Average	2.24
	Answered	146
	Skipped	0

Whenever your loved one or family member's substance use became a problem, what was your understanding of SUD, with 1 being no knowledge of SUD, 3 being some knowledge of SUD and 5 being full understanding?

2.24

Average rating

This list is a collection of suggestions or needs related to substance use disorder (SUD), gathered from the survey. Here's a summarized breakdown:

Support and Treatment Needs:

- **Counselors to help families:** Indicates a need for professional guidance and support for families impacted by SUD.
- **Meetings:** Suggests a desire for support group meetings, possibly similar to Al-Anon or Nar-Anon, for family members.
- **Online resources:** Highlights the need for easily accessible online information and support.
- **Treatment centers:** References the need for treatment facilities, possibly with a focus on affordability and long-term care (“90-day treatment”).
- **Faith-based programs:** Suggests an interest in treatment approaches that incorporate faith and spirituality.
- **Mental health support for children:** Specifically calls out the need for mental health services for children affected by a parent’s SUD.
- **Spousal support:** Indicates a need for resources and support tailored to spouses of individuals with SUD.
- **Interventions:** Suggests a need for guidance and resources on how to stage interventions for loved ones.
- **Service options and family support:** Broadly calls for more diverse service options and support systems for families.

Education and Awareness:

- **Education:** Repeatedly emphasizes the need for more education about SUD, addiction, and recovery.
- **SUD recognition:** Suggests a need for improved understanding and recognition of the signs and symptoms of SUD.
- **Generational cycles of addiction:** Highlights the need to address the potential for addiction to run in families.
- **How to avoid enabling:** Indicates a need for education on how to avoid behaviors that enable continued substance use.
- **What interventions can be made:** Asks for information and training on effective intervention strategies.
- **What resources are available:** Repeatedly asks for clear information on what support services and resources exist.

Specific Concerns and Suggestions:

- **Anger issues when using:** Points to the need to address anger management issues that may arise during substance use.

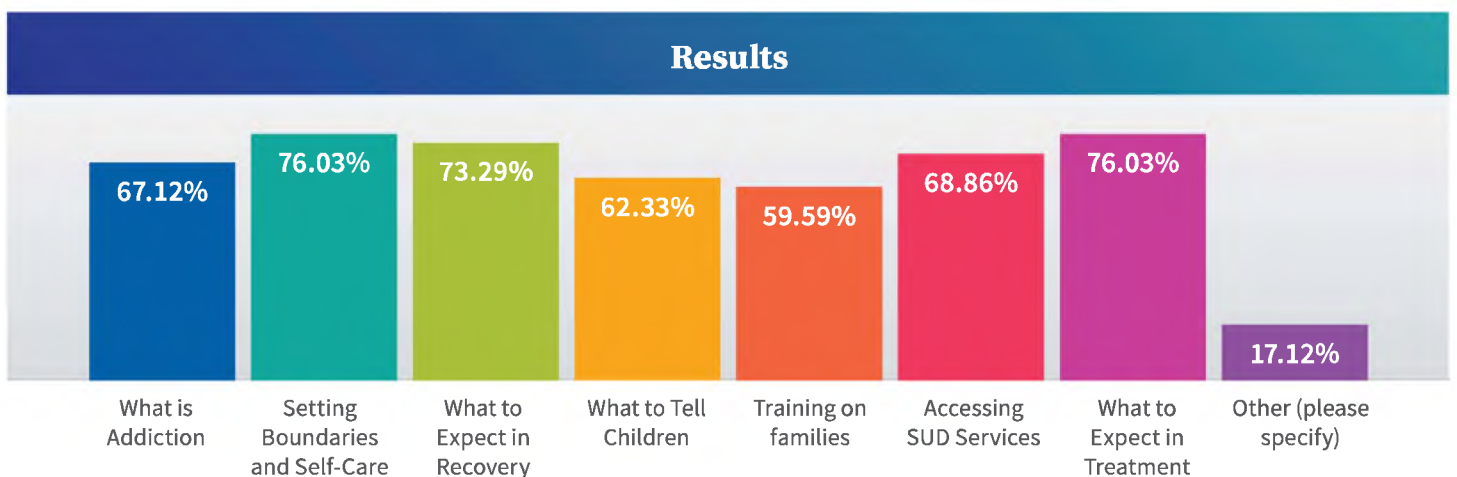
- **“Sign on when they start using”:** Suggests a need for early intervention and monitoring when substance use begins.
- **“Addict or alcoholic should not be in control of finances”:** Raises concerns about financial management in cases of SUD.
- **First responders and law enforcement training:** Suggests a need for training these professionals on how to interact with individuals experiencing SUD.
- **“I find that she doesn’t want any help”:** Highlights the challenge of dealing with loved ones who are resistant to treatment.
- **How to deal with guilt:** Indicates a need for support and guidance for family members struggling with guilt.

Overall, this list reflects a community seeking more information, resources, and support in dealing with SUD. It highlights the need for accessible treatment options, education for families and professionals, and support systems that address the complex challenges of addiction.

Question 10:

SCOSAR is evaluating the training and education needs of family members. Please select the following topics that you believe family members will benefit from. Utilize the “Other” category to indicate additional training for family members. (Please select all that you consider would be beneficial.)

Results summary		
Answer Choices	Responses	
What is Addiction - explain addiction and how it affects the body and mind so that family members can understand what loved ones are experiencing.	67.12%	98
Setting Boundaries and Self-Care - how loved ones can set healthy boundaries to help loved ones with SUD.	76.03%	111
What to Expect in Recovery and the Support You Can Offer - explain what to expect post-treatment and ongoing challenges loved ones may face and how to support loved ones.	73.29%	107
What to Tell Children and How to Support Them - provide information and tips on how to explain what is going on to children of various ages.	62.33%	91
Training on families raising the children of loved ones with SUD.	59.59%	87
Accessing SUD Services - overview of the resources available and how to access treatment. Explanation of the county drug and alcohol agencies.	69.86%	102
What to Expect in Treatment and How to Support Loved Ones - provide an overview of what occurs in the different types of treatment settings and how to support loved ones. Can also include the different types of staff one will encounter along a loved one's journey.	76.03%	111
Other (please specify)	17.12%	25
	Answered	146
	Skipped	0



This data reflects the topics that survey respondents believe would be beneficial for family members dealing with SUD. Respondents could select multiple topics. Here's a breakdown:

The most popular topics selected were:

- **Setting Boundaries and Self-Care (76.03%):** This highlights the need for support and guidance for family members in protecting their own well-being while navigating a loved one's addiction.
- **What to Expect in Treatment and How to Support Loved Ones (76.03%):** This emphasizes the desire for knowledge and tools to effectively support a loved one through the treatment process.
- **Accessing SUD Services (69.86%):** This underscores the need for clear information and guidance on how to find and utilize available resources.

Other highly selected topics include:

- **What is Addiction - explain addiction and how it affects the body and mind (67.12%):** A strong foundation in understanding addiction is seen as crucial.
- **What to Expect in Recovery and the Support You Can Offer (73.29%):** Understanding the recovery journey and how to provide effective support is highly valued.
- **What to Tell Children and How to Support Them (62.33%):** This highlights the need for guidance on how to address addiction with children in the family.
- **Training on families raising the children of loved ones with SUD (59.59%):** Specific support for those taking on childcare responsibilities due to a loved one's substance use.

A smaller portion (17.12%) selected "Other" and specified additional topics, indicating other areas of interest not captured in the listed options.

In summary, the data shows a strong interest in training and education focused on practical strategies for coping with addiction in the family, supporting loved ones in treatment and recovery, accessing resources, and understanding the disease itself. It highlights the diverse needs of families affected by SUD and the desire for knowledge and tools to navigate this challenging situation.

Question 11:

If your loved one is no longer using or in recovery, for how long?

This data shows the length of time since survey respondents' loved ones or family members have stopped using substances or have been in recovery, if applicable.

Here's a breakdown:

The largest group (31.51%) indicates their family member is actively using. This is a significant portion of respondents and suggests ongoing active addiction is a major concern.

A substantial portion (21.92%) were unsure ("Unknown") of how long their loved one had been in recovery or abstinent. This could indicate a lack of awareness about their loved one's status or inconsistent periods of sobriety.

For those who were no longer using, the most common durations were:

- One to Three Years (15.07%)
- More than Five Years (10.27%)
- Six to Twelve Months (7.53%)

Smaller percentages reported shorter durations of sobriety:

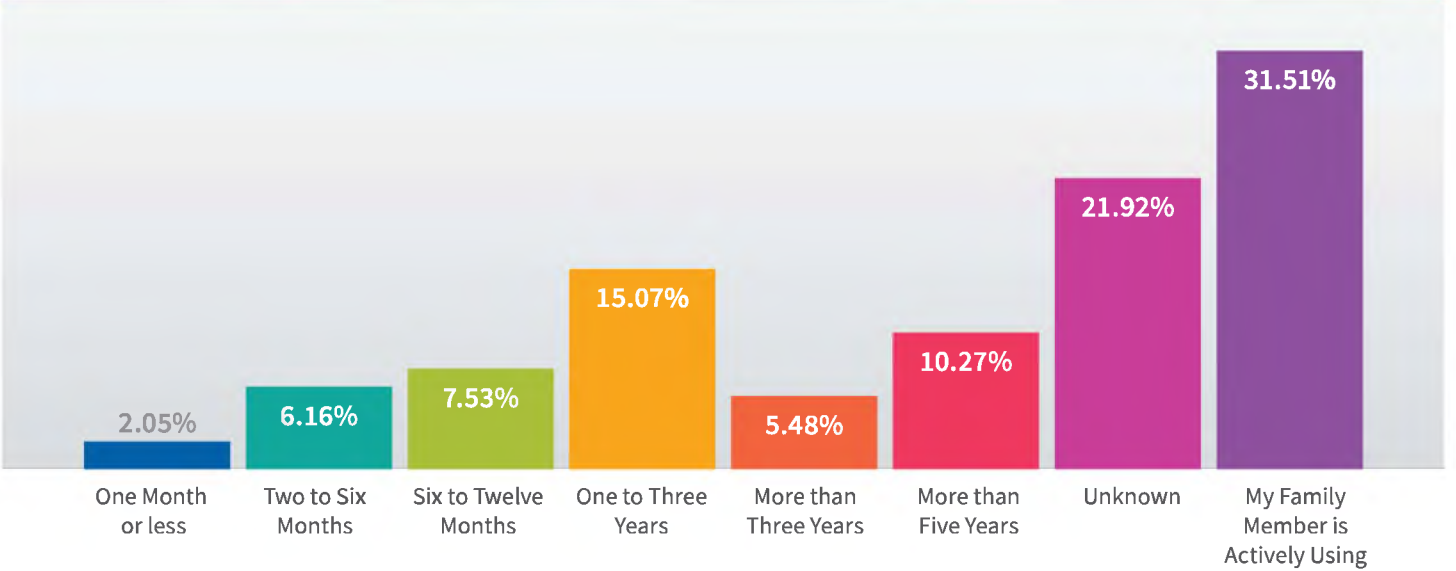
- Two to Six Months (6.16%)
- More than Three Years (5.48%)
- One Month or less (2.05%)

In summary, this data highlights that a significant proportion of family members are still dealing with active addiction in their loved ones. For those whose loved ones are no longer using, there's a range of recovery durations, with a notable portion unsure of their loved one's status. This suggests a need for ongoing support and resources for families regardless of where their loved one is in their recovery journey.

If your loved one is no longer using or in recovery, for how long?

Answer Choices	Responses	
One Month or less	2.05%	3
Two to Six Months	6.16%	9
Six to Twelve Months	7.53%	11
One to Three Years	15.07%	22
More than Three Years	5.48%	8
More than Five Years	10.27%	15
Unknown	21.92%	32
My Family Member is Actively Using	31.51%	46
	Answered	146
	Skipped	0

If your loved one is no longer using or in recovery, for how long?



Question 12:

What should we know about you or your loved ones that would better help families in the future?

Responses	
Answer Choices	Responses
Answered	82
Skipped	64

Key Points Summary

1. **Reducing Stigma & Increasing Support**

- Society's stigma around addiction makes individuals feel uncared for. More understanding and love are needed.
- Addiction affects entire families, not just the individual. Support is necessary for everyone involved.
- Families struggle to find help, with many unaware of available resources.

2. **Challenges with Addiction & Recovery**

- Many individuals struggle for years, often relapsing despite treatment.
- Recovery requires personal commitment—no one can force change.
- Addiction often stems from trauma, mental health issues, or medical prescriptions.
- Some have found success in faith-based programs, while others struggle with limited options.

3. **Impact on Families & Children**

- Many children are raised by grandparents or other relatives due to parental substance use.
- CPS and legal systems sometimes fail families, leaving children in unsafe situations.
- Parents often experience heartbreak, financial strain, and helplessness when trying to support addicted loved ones.

4. **Need for Better Resources & Policies**

- Calls for more affordable, long-term treatment facilities (90+ days) and mandatory treatment after multiple overdoses.
- Law enforcement should focus on drug dealers rather than punishing addicts.
- More rehab centers, detox programs, and job support for those in recovery are needed.
- Addiction treatment should include family education, therapy, and long-term support.

5. **Community & Awareness Efforts**

- More awareness programs, local hotlines, and public outreach needed (billboards, flyers, doctor's offices).
- Families and communities should recognize warning signs and intervene early.
- Encouraging relocation during recovery to avoid old triggers.

6. **Faith & Personal Experiences**

- Faith-based recovery programs have helped many, providing hope and healing.
- Some families have lost loved ones despite efforts to help, emphasizing the need for early intervention.

7. **Final Takeaways**

- Addiction is a family disease—entire households suffer alongside the addict.
- Recovery is a long and personal journey, requiring patience, boundaries, and community support.
- Society must shift from judgment to action—providing real solutions instead of just punishment.

Original Survey



Family Member Needs Survey for Substance Use Education and Support

The Surry County Office of Substance Abuse (SCOSAR) seeks to understand the training and support requirements of family members and significant others whose loved ones struggle with substance use disorders (SUDs). By gathering insights from these individuals, SCOSAR aims to enhance the SUD services system, ensuring that families and loved ones receive the necessary support to care for their affected family members and their own well-being.

The loved one may be actively using substances, currently receiving treatment, experiencing a relapse, or in recovery. Your valuable feedback will be instrumental in shaping SCOSAR's offerings to better support families and significant others navigating the SUD services system.

All your answers are anonymous unless you choose to provide contact information.

*** 1. Is your loved one or family member currently (check all that apply):**

- Receiving SUD treatment (such inpatient or outpatient counseling services)
- Involved in recovery services (such as community support, involved with local services or faith based groups)
- Experienced a recurrence of use (returning to use after a period of sobriety or time away from the substance)
- Not involved in SUD services
- Other (please specify)

*** 2. What age was your loved one or family member when substance(s) became a problem?**

- 0 - 14 years old
- 15 - 17 years old
- 18 - 24 years old
- 25 - 44 years old
- 45 - 64 years old
- 65 years old and over
- I'm not sure

* 3. Which substance(s) was your loved one or family member using when use became a problem? Pick all that apply.

- Alcohol
- Marijuana
- Cocaine / Crack
- Heroin
- Other Opiates and Synthetics
- Methamphetamines / Stimulants
- Benzodiazepines
- Prescription Medication
- Unknown
- Other (please specify)

* 4. How long has/did your loved one actively used substances?

- One Month or less
- Two to Six Months
- Six to Twelve Months
- One to Three Years
- More than Three Years
- Unknown

* 5. If you or your loved one/family member have experience accessing SUD services in Surry County, please rate that experience, with 1 indicating could not find services, 3 indicating could access services but it took some time, and 5 indicating no issues finding services.

Could not find services

No issues finding services

* 6. Has your impacted family member been involved in the Criminal Justice System?

- Yes
- No

7. Describe you or your loved one/family member's experience accessing SUD services

* 8. Are you caring for a loved one's child/children or serving as a guardian due to a loved one or family member being involved in substance use?

Yes

No

Comments (please specify):

* 9. Whenever your loved one or family member's substance use became a problem, what was your understanding of SUD, with 1 being no knowledge of SUD, 3 being some knowledge of SUD and 5 being full understanding?

No knowledge of SUD					Full understanding of SUD
★	★	★	★	★	

* 10. SCOSAR is evaluating the training and education needs of family members. Please select the following topics that you believe family members will benefit from. Utilize the "Other" category to indicate additional training for family members. (Please select all that you consider would be beneficial.)

- What is Addiction - explain addiction and how it affects the body and mind so that family members can understand what loved ones are experiencing.
- Setting Boundaries and Self-Care - how loved ones can set healthy boundaries to help loved ones with SUD.
- What to Expect in Recovery and the Support You Can Offer - explain what to expect post-treatment and ongoing challenges loved ones may face and how to support loved ones.
- What to Tell Children and How to Support Them - provide information and tips on how to explain what is going on to children of various ages.
- Training on families raising the children of loved ones with SUD.
- Accessing SUD Services - overview of the resources available and how to access treatment. Explanation of the county drug and alcohol agencies.
- What to Expect in Treatment and How to Support Loved Ones - provide an overview of what occurs in the different types of treatment settings and how to support loved ones. Can also include the different types of staff one will encounter along a loved one's journey.
- Other (please specify)

* 11. If your loved one is no longer using or in recovery, for how long?

- One Month or less
- Two to Six Months
- Six to Twelve Months
- One to Three Years
- More than Three Years
- More than Five Years
- Unknown
- My Family Member is Actively Using

12. What should we know about you or your loved ones that would better help families in the future?

13. (Optional) If you would like to be contacted, leave your name, phone number or email below.

First name

Last name

14. (Optional) Phone Number

Country code

Phone number

15. (Optional) Email Address

Email address

The Surry County Office of Substance Abuse Recovery Serves Surry County Organizations and Residents Seeking Health and Wellness Improvement, Self-Direction, and Substance Use Disorder Prevention, Change and Recovery.

surrycountycares.com

