

R.E.S.T.

The mission of Resources Education and Support Together (REST) is to change the narrative and redefine the role of families who struggle with a Loved One with Substance Use Disorder (SUD). The challenge for the families is to learn to influence and direct a Loved One into treatment, recovery, or simply a better life. They can achieve this through education, cultivating new skills and strategies, and at the same time learning to address their own needs. REST strives to EMPOWER families through education and access to resources and training, and to overcome stigma and shame to discover better coping skills.

REST utilizes the Allies in Recovery website, an eLearning platform that coaches families in an evidence based methodology, CRAFT, to help direct and influence a Loved One into treatment. Treatment is the best solution to the problem of SUD. CRAFT, a proven family coaching methodology, has been extensively studied by the National Institutes of Health and has significantly outperformed other approaches.

REST has also created a Family Crisis Tool Kit that contains: a dose of Narcan, a charcoal deactivation kit for unused medicines, a drug test, information on local and statewide resources, and most importantly, a framework for families to create their own crisis plan.

Due to Covid, all meetings are currently held on-line: Mondays from 7 to 8:30 pm, Tuesdays from 6:30 to 8 pm, and Wednesdays from 6 to 7:30 pm. Facilitators are compassionate, caring and trained peers. Information about REST may be found on the website: www.resthelps.org or by contacting Laurie MacDougall at 806-952-4966. Donations may be mailed to:

REST 3 Rockland Street S. Dartmouth, MA. 02748