

THE RECOVERY DESK

PREMIUM EDITION

Recovery Across Cultures

Culture, identity, language and family expectations



Expanded guided resource

26 pages • original tools plus premium guided practice

Worked examples • reusable plans • scripts • evidence transparency

PRINTABLE • CHOICE-BASED • PRACTICAL

START HERE

How to use this premium edition

The original Recovery Across Cultures resource is preserved and followed by 12 new guided-practice pages tailored to culture, identity, language and family expectations.

Choose, do not complete

Start with the page that matches the present moment. Skip, pause or return later.

Use it with support

Bring a page to a counsellor, peer worker, healthcare professional, supervisor or trusted person when appropriate.

Test personal fit

Notice what changed. Keep, adapt, combine or replace an exercise rather than treating it as a rule.

Know the limit

This resource offers education and reflection. It cannot diagnose, provide emergency care or replace individualized treatment.

Safety comes before completing a page

For immediate danger, overdose, severe withdrawal or a medical emergency, call 911. In Canada, call or text 988 for suicide crisis support.

Before you begin

Culture can include family customs, migration history, language, faith, disability, gender roles, community ties, and the unwritten rules inside one household. These may differ even between relatives raised in the same home.

Use curiosity rather than assumptions. Ask the person how they describe their experiences and what they want. Family involvement and sharing information with relatives must respect consent and privacy.

A starting question

What matters most to each person about how we care for one another, and what would support look like without pressure or judgment?

This workbook includes

- My family is not a stereotype
- What addiction means in our household
- Family reputation and privacy
- Migration and changing expectations
- Faith, spirituality and treatment
- Language and interpretation
- Family roles, money and obligations
- Respectful limits and safety
- Collaborative family meeting
- Putting the plan together

LEARN / REFLECT / PLAN

Start with our actual family

Two people can share a heritage and disagree completely about privacy, support, religion, or treatment.

A KEY IDEA

Ask what each relative believes rather than predicting it from their background. Respect the individual's chosen identity and privacy.

A fictional example

A daughter says she wants counselling; her uncle suggests prayer. Both care, but neither speaks for the entire family.

Your reflections

What beliefs or customs in our family feel supportive?

Where do we have different viewpoints?

ONE NEXT STEP

Choose a question to ask with curiosity instead of making an assumption.

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Different explanations, shared concern

Families may describe substance use through health, morality, stress, trauma, faith, or relationships. A person may hold more than one explanation.

A KEY IDEA

Discuss the effects of substance use without insisting everyone adopt identical words. Substance use problems can be addressed with health and community supports; moral blame can increase shame.

A fictional example

One relative says “lack of discipline”; another says “health condition.” They agree on a respectful conversation and help-seeking options.

Your reflections

What words do we currently use? Which words close conversation?

What effects have we actually observed?

ONE NEXT STEP

Agree on one respectful description and one practical support option.