

Jan Brown Offers Advice On Recovery From Addiction

Credit: Produced by Victoria Youcha and Brian King

Video Link: <http://www.brainline.org/content/multimedia.php?id=1929>

Jan Brown: I think that in terms of if I could say one thing to kind of families or friends is to really allow the person to be where they are. And the other piece is to take care of yourself. I think that's even, even greater. We burn people out with both of those types of illnesses and injuries. Addiction and recovery are, they're exhausting. And so, I think that if, you know, when everything else is said and done, if the person can really tend to their own self and practice really good self-care then they can be available and be more open and be more receptive to the person that they're trying to love and care for.