

Credo Community Center for the Treatment of Addictions
Residential Rehabilitation Services for Youth
Family Program Overview

Family involvement in chemical dependency treatment can have a positive impact on the effectiveness of treatment for clients. Addiction is the type of disorder that does not only affect the person using, but all of those he/she comes in contact with on a regular basis. Family members adapt their thoughts and behaviors in order to maintain some sort of normalcy around the person in distress. We ask that you participate in treatment with your resident so you too can change your thoughts and behaviors in a way that supports recovery, rather than chemical dependency.

Communication

Letter writing is the primary means of communication between residents and family members; phone calls are not permitted. Residents must earn the privilege to write home to their families and this privilege is required in order to earn the visiting privilege.

Writing back and forth with your resident is how you will be updated on their treatment, and we encourage you to use this opportunity to discuss important issues with one another. Residents are not allowed to ask about friends or significant others in letter writing and we ask that families abide by this rule as well. All mail is monitored by staff.

Family Services Contract

Each family participating in treatment at the Credo RRSY must develop a Family Services Contract with the Family Therapist. Each contract is unique to the individual family and outlines the goals the family has for treatment. The contract also indicates the specific program rules family members must adhere to during treatment. This contract is developed at the beginning of treatment (at the time of orientation) and updated and altered as the family progresses through the program.

Family Orientation Sessions

Families intending to participate in treatment and visit their resident must attend an orientation session on site. These sessions are scheduled Monday through Friday during regular business hours. The orientation provides the opportunity for the family to meet primary counselors, RRSY administrative staff, and witness the regular programming each resident must participate in. The orientation will not be scheduled in conjunction with a Sunday visit or a seminar day. Please contact the Family Therapist to schedule the orientation session.

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Family Seminars

Family Seminars are held several times a month on a weekday, and prior sign-up is required. The seminar is designed to provide education about issues important for families in recovery, and is conducted in a classroom setting with both lecture and written materials provided. The seminar is attended by several families during the first half of the day, and is then followed up with an individual family counseling session, with the Family Therapist and Primary Counselor. Family members may not attend a family seminar until they have attended an orientation session. Each family is expected to attend at least one family seminar before they will be permitted to attend a Sunday family visit. It is recommended that each family participate in at least three family counseling sessions during a typical 10 to 12 month stay in treatment.

Seminar Agenda:

9:30 am Coffee & Conversation

10:00 am Seminar Session I

11:00 am Seminar Session II

12:00 pm Lunch

1:00 – 5:30 pm Individual Family Counseling Sessions (families waiting or finished with their individual session will have time to spend with their resident)

Family Counseling Sessions

Counseling sessions with the Family Therapist and Primary Counselor are part of the day-long seminar. Additional sessions can be scheduled throughout the resident's treatment, and often are needed when residents are experiencing great difficulty engaging and during the discharge process. Families will be invited to additional counseling sessions and can also initiate such sessions.

Sunday Family Visits

The Sunday Family Visit occurs on the first and third Sunday of each month, and is open only to family members who have attended an orientation session on the Farm AND a family seminar day. The visit is a privilege the family earns by participating with one another in treatment. All visiting Sundays begin at 1:00 pm and end at 4:00 pm; families may only attend if they can stay for the full three hours.

1st Sunday of the month: 1:00 – 3:00 pm visit

3:00 -4:00 pm drug meeting

3rd Sunday of the month 1:00 – 2:00 pm family support group

2:00 – 4:00 pm visit

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Family Support Group

The Family Support Group meets on the third Sunday of the month, prior to the visit. The group is facilitated by the Family Therapist and clinical counseling staff, and group participation is encouraged. The support group is a setting designed to offer education about recovery issues, as well as a format for families to share their journey through treatment. The group begins promptly at 1:00 pm and runs for about an hour. Family attendance is mandatory for anyone planning to attend the visit for the day. Families must participate in an on-site orientation AND a family seminar before they are permitted to attend a family support group and visit.

Drug Meeting

The Drug Meeting is a self-help meeting designed specifically for the Farm, and is a long held tradition of the program. It occurs each first Sunday of the month from 3:00 pm until 4:00 pm, right the Farm. During the drug meeting, the current residents of the program are offered the opportunity to speak about their recovery and are encouraged to celebrate three, six and nine month milestones of sobriety. At a year sobriety, residents can choose someone in their support network to give them a celebratory cake. The drug meeting is an open format, thus former residents of the agency, former families, and program staff are welcome to attend the meeting as well. Alumni of the program often attend the drug meeting and many celebrate additional years of sobriety with the group. The drug meeting is mandatory for any families attending the visit for the day.

Additional Family Supports

Considering residents are in need of long-term intensive treatment themselves, it is likely the family also requires equally intensive interventions. We recommend and strongly support all families to seek outside services from a professional in their home community, in addition to services on the Farm. The changes required to support recovery are challenging for all individuals and families, and seeking outside help conveys your commitment for change to your resident and will benefit the family immensely. Our program would be happy to provide referrals, as well as additional information about services in other communities.

Self-help is a community service available in nearly every area, and nicely compliments professional treatment. These support groups are held and maintained by peers with similar issues, and there are specific groups for family members of someone with a substance abuse problem. Examples of such groups are Al-Anon, Alateen, and Families Anonymous. There are many in-person groups available and also Internet-based communities as well.

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Other Programming Information

Resident Privileges

Residents adhere to a privilege system in order to participate in activities outside of regular programming, and this includes writing to family and receiving visits from them.

Note: Family counseling is a program service and not a privilege.

Resident Personal Needs

All needs of residents are purchased by the program and families should not bring anything to treatment unless they have been directed by a staff member. The program cannot ensure the safety of items brought in treatment. Items of great sentimental or financial value should not be brought to treatment.

Resident Birthdays and Holiday Celebrations

Residents celebrating a birthday near or on a visiting Sunday may have their family bring a cake for everyone to share, and two gifts totaling no more than \$25.

Families may give their resident small gifts during the traditional winter holiday season (i.e. Christmas, Hanukah, etc.). The resident may receive at the most two gifts totaling no more than \$25.