



4001 John Street, Evansville, IN 47714  
(812) 473-3104

## RESIDENTIAL FAMILY PROGRAM

Often those that love someone in active addiction live a life of chaos that leads to significant disruption in their own lives. It is very common for loved ones to experience significant anxiety, depression, financial and employment problems, marital stress, and significant anger and resentment. Addiction is a Family Disease that affects everyone.

Now that your loved one is in treatment, what is next for you? Not only is it essential for family and significant others to be involved in the client's treatment, it is also important for you to get your needs met. The staff here at Stepping Stone want to help you get back your life and heal your family. The following are ways you can be involved in your loved one's treatment, and ways that you can get help for yourself. All are strongly recommended.

**Individual Therapy:** You have been on a roller coaster for quite some time. You are experiencing depression, anxiety, anger, confusion about your relationships, and just want to find peace and happiness again. We have therapists in our Outpatient Department at Stepping Stone that are here to help you. Not only can they assist you with your individual goals, but also provide a program called Community Reinforcement and Family Training (CRAFT) which assists loved ones in developing new ways to encourage ongoing sobriety for their family member. Call 812-473-3144, Option 1, and ask to schedule and outpatient intake for therapy.

**Family 1:1 Therapy:** Family 1:1 therapy (client and family with primary therapist) is an avenue to provide families with a model to assist in navigating through the difficult transitions in recovery from addiction. Goals for our clients and families are: learn how to identify problematic and high risk substance use, navigate the challenging road from active addiction into recovery, improve conflict management skills, learn the differences between codependency and interdependency and identify and set appropriate boundaries. Family 1:1 therapy can be scheduled at your convenience either in person or via video/conference call. ***Family members who want to participate in family 1:1 therapy must have the approval of the client and facilitating therapist. Our client's therapist will contact you to schedule session(s).***

**Family Group Therapy (Wednesday 9:00-10:30 AM)** is facilitated by your family member's primary therapist on Wednesday mornings. Clients and family members meet in a small group format. Group begins with a check-in where everyone will be introduced. Brief interventions will then be introduced by the facilitating therapist. A sample of intervention topics are: healing emotions from addiction recovery and trauma, family of origin filters, when conversations get overwhelming, and learning the difference between control, expressing feelings, and support. Family Group Therapy typically runs from 9-10:30 AM on Wednesdays. ***Family members who want to participate in family group therapy must have the approval of the client and facilitating therapist prior to group participation. Participation is limited to two (2) adult family members per client. Family members***

*must check-in between 8:30-8:55 AM in our Outpatient lobby. Group will begin promptly at 9 AM. Family members arriving after 8:55 AM will not be admitted to group.*

*Family Education (Saturday 10:30 – 11:45 AM)* is education for our clients' families and loved ones with four rotating topics. Topics include: the disease model of addiction, understanding the impact of substance use on the individual and their family, learning ways for more healthy communication, Community Reinforcement and Family Training overview (CRAFT), and an introduction of a 12-Step program for recovery for the family. Families learn about the process of recovery and how they can work together to avoid relapse. Family Education classes typically last about 1-1.5 hours. *This is not visitation time.*

*Family members participating in family education must enter the facility through the Outpatient entrance. Visitors may begin to arrive at 10:15 AM. After checking in, visitors will be directed to Room 236 for the educational program. Visitors who arrive after 10:40 AM will not be allowed to attend family program/visitation on that date. In order to visit with our clients here at our residential program, Family Education classes are mandatory. No children under the age of 14 are permitted, and number of visitors is limited to 2.*

*What if I live too far to come for family sessions?*

We can facilitate family sessions via conference call or video conferencing if you supply an email address. We can also help you find services in your area, as well as support groups.

*Visitation Time*

Visitation time will be for families that attend the Education program and will begin immediately following the education class (11:45 AM – 12:15 PM).

*Dropping off Items for Family in Residential:*

Personal items may be brought in to clients during family education. Items are to be checked in upon arrival for family education program. If items need to be brought outside of this visitation time, they may be brought to the Outpatient front desk Monday through Friday between 8:00-5:00pm.

**Stepping Stone is a Tobacco Free Campus. Please No Smoking or E Cigarette Use on the Grounds**

**When visiting our campus, food/drink items are prohibited. Please leave your purses and cell phones in your vehicle.**

### Support Groups:

Alanon meetings are strongly encouraged for family members. They are free and open to whoever would like to attend. The following meeting is held at Stepping Stone:

**Fridays                      12:00 p.m.            Outpatient entrance, Room 236**

Other Alanon meetings are held throughout the area and schedules are available at the tech station.

#### Some benefits of Family Therapy/Education

- **Better understanding of the nature of addiction and how it affects behavior** - This is accomplished through education. Just as the person has been assessed, the family has an opportunity for self-assessment and insight from a therapist.
- **Becoming aware of family dynamics** - Maladaptive family patterns will contribute to continued substance use. Everyone in the system should be treated to obtain the most positive outcome.
- **Improving communication** - In a system where there may have been no communication or limited emotional involvement, improved communication is essential and will require an investment by those interested in the most successful recovery outcomes.
- **Regaining trust** - Dishonesty and substance abuse sometimes go hand in hand. Family members may not want to help a loved one who has betrayed their trust. Improved communication, honest interaction and witnessing positive changes can help mend this breach.
- **Sharing feelings** - During active addiction, bridges can be burned. Family members may be angry but unable to express it, they may fear relapse or they may be excited at the possibility of reconciliation. It takes time to learn how to recognize, balance and express these feelings.
- **Setting boundaries** - This applies to everyone involved. Clarifying boundaries is not easy. But it is a necessary step toward healthy recovery for the family.
- **Learning self-care** - In addiction treatment, the focus is on the person with the addiction. During family therapy, a parent or spouse may learn that they need help, too. They may be directed to try our CRAFT program, Al-Anon or other mutual help groups.