



www.cri-help.org

we treat addiction

Family Orientation Handbook



Pfleger Center • 11027 Burbank Boulevard, North Hollywood, CA 91601
818-985-8323 • 800-413-7660 Toll-Free • 818-985-4297 Fax • www.cri-help.org

Dear Family:

As your loved one is now involved in our program, your cooperation in supporting the following procedures will be helpful and important to all. The following is a brief description of Cri-Help's requirements from you as a relative or friend.

We are a non-profit treatment program designed to teach and assist chemically dependent men and women how to live productive lives free of drugs and alcohol.

The program consists of 5 phases, including detoxification, orientation, and progressive responsibility and integrating back into the community.

I trust that the following pages will answer some of your questions regarding visits, phone privileges, what can and cannot be given to our clients and the proper procedures that need to be followed.

We know that each individual client can achieve a drug free, productive life and become an asset to their community. Your understanding of addiction and your support of our efforts can and is vitally important for the successful treatment of your loved one.

If you have questions or need additional information, please contact the Chemical Dependency Caseworker assigned to your loved one.

Your cooperation is greatly appreciated

Sincerely,

Jack Bernstein
President/CEO

CRI-HELP, INC.
Pfleger Center/Socorro

Program Information for Family Members

Table of Contents	2
Visits	3
Home Visits/Passes	3
Phone Calls	4
Mail Correspondence	4
Family Sessions	4
Confidentiality	6
Money	6
Personal Items	7
What to Bring	7
What Not To Bring	8
Client Dress Code	8
Laundry Facilities	8
Client Phases	9

From Families to Families: A Brief Orientation

Welcome	12
The CRI-HELP Therapeutic Community	12
Treatment Philosophy	13
Confidentiality	13
Sponsorship	13
Chemical Dependency Works (CDW)	14
Length of Stay	15
Detoxification	15
Structured Activities	15
Relapse and Relapse Prevention	16
Completing Treatment	16
The Family Role in Successful Recovery	16
Conclusion	17
The Serenity prayer	18

CRI-HELP, INC.
Pfleger Center / Socorro

Pfleger Center's visiting hours: Saturdays from 2:00 pm - 4:00 pm
Socorro's visiting hours: Sunday from 2:00 pm - 4:00 pm

VISITS

Visits will be permitted on Saturdays after Client obtains Phase II at the Pfleger Center and for Socorro visits will be permitted on Sundays after Client obtains Phase II. The Client will be responsible for filling out the Visitor Request Form, which will be provided by the Client's Caseworker (CDW). The Client will fill out the form with the names of the people who he/she is requesting to have visit. This form must be completed and turned in to his/her assigned Caseworker for approval no later than 3:00 PM the Thursday before the visit is to occur. All visitors are expected to conduct themselves appropriately and stay in designated area(s) during visits. A maximum of 5 visitors will be approved per visit. An Adult must accompany all Children under the age of 12 years on all visits.

Food may be brought onto the facility to be eaten during the visit. If the Client is requesting any additional personal property be brought to them at the time of his/her visit the items being requested must be approved by the Client's CDW prior to that visit. All personal property and money should be handed directly to a Technician on duty, when signing in at the receptionist desk, prior to visiting the client. Personal items and money should ***never*** be given directly to any client. Any visitor suspected of being under the influence of any drug or alcohol will be denied entrance and asked to leave the facility.

HOME VISITS/PASSES

Clients may visit family and friends, once they have achieved Phase III. These visits must be requested, by submitting a client pass and be approved by their Caseworker.

PHONE CALLS

Upon entrance to the program, all clients are prohibited from making or receiving personal phone calls. When he/she achieves Phase II, one incoming and one outgoing call per day is allowed. If you need to contact a client, prior to their achieving Phase II, you will need to contact their Caseworker (CDW).

MAIL CORRESPONDENCE

Upon admission clients will be allowed to correspond by mail with their family, friends and loved ones. Clients may have in their possession pen, paper, envelopes and stamps. These supplies may also be purchased in our commissary. All mail must be opened in front of a technician on duty; any money included in a clients mail must be in the form of a money order (see MONEY) and will be placed in the clients trust account by the technician on duty.

All cashier's checks, money orders should be made out to Cri-Help, Inc. and memo the Clients name.

All mail should be addressed to the appropriate facility of Client's residency:

Cri-Help, Inc.

Pfleger Center

Co/clients name

P.O. Box 899

North Hollywood, CA 91601

Cri-Help, Inc.

Socorro

Co/clients name

P.O. Box 31279

Los Angeles, CA 90031

FAMILY SESSIONS

Cri-Help provides a program designed specifically for family, friends and loved ones of our residents. Our professionally trained staff facilitates the Family Group's.

- At the **Pfleger Center** the Family Education Group is held at the facility, 11027 Burbank Blvd., North Hollywood, every Wednesday evening from 7:00 pm until 8:30 pm.
- At **Socorro**: Please contact Socorro directly at 323-222-1440 for day and time.

These sessions provide valuable information to better understand the disease of addiction and how to live independently from your loved one in a healthy manner. Participants also get the opportunity to interact with other family group members who share the same issues. We encourage you all to avail yourselves to this educational and supportive group.

After having attended the required number of Family Education Group sessions, (the number of sessions the family attends will be determined by the Client's Caseworker) the family members, friends and loved ones, will then be entitled to participate in the Multi-Family Group process. This group is also facilitated by our professionally trained staff and offers an important dimension of recovery for clients, family members and friends.

- At the **Pfleger Center** the Multi-Family Group is held at the facility, 11027 Burbank Blvd., North Hollywood, every Thursday evening from 7:00 pm until 8:30 pm.
- At **Socorro** the Multi-Family Group: Please contact Socorro @ 323-222-1440 for day and time.
- **Socorro** also offers a Family Education Group and Multi-Family Group for the Spanish Speaking population: Please contact Socorro @ 323-222-1440 for day and time.

We encourage Family to attend outside Nar-Anon, Al-Anon & Alateen Meetings. Please refer to the information provided below when looking for a meeting in your area. You can access meeting locations at the following phone numbers and websites.

**Nar-Anon World Service Office
Southern CA**

22527 Crenshaw Boulevard, Suite #200 B
Torrance, CA 90505
Telephone: (310) 547-5800 or (800) 477-6291
E-Mail: wso@naranon.com
6444
General Info Website: www.naranon.com

Al-Anon Family Groups of

4936 Lankershim Blvd.
North Hollywood, CA 91601
Telephone: (818) 760-7122
For Meeting Info Only: (888) 684-
E-Mail: centraloffice@alanonla.org
Local Info Website:
www.alanonla.org
National Info Website:
www.alanon.com

Nar-Anon Meeting

Mondays 7:30pm / Pfleger

Al-Anon Meeting

Fridays 7:00 pm / Pfleger

CONFIDENTIALITY

Strict client confidentiality is maintained at Cri-Help, unless the client otherwise grants permission. A “Release of Information” form must be filled out and signed by our clients in order for us to speak with any individual inquiring about a client’s presence here.

This form is maintained in his/her file. No family member, friend, loved one or agent is granted any information about our client's participation in the program without a signed and dated "Release of Information" form on file.

Cri-Help's objective and goal is for family members, loved ones and friends to have a better understanding of our integral role and to create a relationship that will enable healthy recovery for all.

Any questions and/or comments you may have, please contact either your loved one's chemical dependency caseworker (CDW) at Pfleger (818) 985-8323, and at Socorro at 323-222-1440. Thank you for your support and cooperation.

MONEY

Each client can have up to \$500.00 per month in his or her trust account. If you wish to place money in client's trust account, it ***must*** be in the form of a money order, made payable to ***"client's name" c/o Cri-Help, Inc.*** Our Technician on duty cannot accept cash or personal checks, please do not ask them to do so. If you choose to pay by Debit/Credit card please contact our accounting office during regular business hours Monday through Friday 8:30-4:30p.m. @ 818-985-8323.

Purchases from the Commissary (which sells, hygiene products, snacks and other miscellaneous necessities a client might need), are directly deducted from client's trust account. Clients will also be given a weekly allowance, which is deducted from this account, based on their phase status. Client's on Phase I will be allowed to have \$10.00 cash in their possession, Phase II - \$15.00, Phase III & IV - \$25.00 and Phase V - will be determined according to the individual client's Case plan (see Phases).

PERSONAL ITEMS

Clients are allowed to receive packages consisting of the following items only: Instant coffee, powdered creamer, sugar cubes, cigarettes, dry-mix drinks (Kool-Aid, etc.), personal hygiene products (soap, toothpaste, hair products, etc.) and clothing (not to exceed the amount of clothing allowed - see What To Bring List). Please do not bring any other food products or items other than those discussed above. When planning to deliver any packages or money, please arrange to make the delivery to a Staff member or Technician on duty.

CLOTHING LIST for MALES & FEMALES

WHAT TO BRING (*Also see Client Dress Code below*)

We ask that all clients limit their supply of clothing to the items listed below. Arrangement will be made to pick up extra clothing if needed.

6 pairs of pants	2 pairs of shorts
3 dresses	3 skirts
3 sweaters	2 jackets
2 slippers	2 pajamas or nightgowns
7 bras	6 shirts or blouses including sweatshirts
7 underpants	7 sets of socks
7 undershirts	1 bathrobe
5 pairs of shoes (No Open Toe Shoes!)	
2 belts	
1 pair of shower shoes or slippers and sandals	

PLEASE PICK UP YOUR PROPERTY WITHIN 7 DAYS OF DISCHARGE FROM THE FACILITY. PROPERTY LEFT BEYOND 90 DAYS WILL BE DISPOSED OF AS DEEMED APPROPRIATE.

CLIENT DRESS CODE

In an effort to encourage and maintain a positive image, Cri-Help, Inc. has established a dress code for all clients. Most clothing attire is acceptable; however, items that are not acceptable at Cri-Help, Inc. are listed below:

- Dark sunglasses.
- Hats with lettering other than insignias of NA/AA or Cri-Help.
- Earrings (for men).
- Visible body piercing.
- Provocative/revealing clothing (sling shot undershirts).
- Clothing with excessive rips or holes.
- Any clothing or accessories such as hats, T-shirts, etc., that depict any drug/alcohol, sexual, racial, gang related or which are political/controversial in nature.
- Any other items of clothing that poorly reflect the overall image of Cri-Help, Inc. or jeopardize the safety of the facility or those within it.

Clothing is expected to be neat and clean at all times. All clients must wear under garments. Clients must dress appropriately and follow the dress code whenever leaving the dorm.

PERSONAL CARE ITEMS

(What to bring)

Toothbrush, toothpaste, deodorant, shampoo, body soap, shaving razor, etc.

DAILY GROOMING ITEMS

(What to bring)

Blow dryer, brush/comb, curling iron, electric razors, electric toothbrushes, etc.

PERSONAL ITEMS FOR ROOMS

(What is allowed)

Clients may bring their own bedding, linen and towels if they prefer not to use the ones provided, they may bring alarm clocks, clock radios, portable radios (no headphones will be allowed) and tabletop photos or nightstand accessories.

VALUABLES AND OTHER ITEMS

WHAT NOT TO BRING

In order to ensure a protected environment, we ask that clients refrain from bringing valuable items such as credit cards, expensive jewelry, check books, computers, pagers, cell phones, walkmans/headphones, etc.

No reading material other than NA/AA recovery related item will be allowed. No candles, incense or other flammable items will be allowed in client's rooms.

LAUNDRY FACILITIES

Cri-Help, Inc. is equipped with washers, dryers, irons and ironing boards to accommodate clients. Laundry soap is available for sale in the Commissary, which is located on the facility. Clean towels and bedding are provided.

ADDITIONAL ITEMS OF INFORMATION

I. BREAKDOWN OF CLIENT PHASES

PHASE ONE

On Phase One, you must obtain an approved 12-step program sponsor and you may receive phone calls only from your sponsor. All phone calls are subject to monitoring and must be approved by the Technician on duty. You may only leave the facility under the supervision as directed by staff. Your mail must be opened in the presence of the Technician on duty and is subject to monitoring. Daily attendance of 12-step meetings and in-house groups as directed. Phase Two will be granted upon the completion of all Phase One assignments as well as the approval of staff through the Case Conference process.

PHASE TWO

Upon attainment of Phase Two, certain restrictions are modified as follows: you are permitted two, 10 minute phone calls per day, plus incoming and outgoing calls to and from your sponsor. Your phone calls are subject to monitoring and must be approved by the Technician on duty. You are allowed personal visits on Saturdays by an appointment through the Chemical Dependency Worker (CDW). You may take eight (8) hour passes on the buddy system on Sundays between 10:00 am and 6:00 pm. Your passes must be taken with someone holding a current Privilege Card as well as another second phase client. Pass applications must be submitted by Thursday at 11:00 am in writing to the CDW's office, explaining location, phone numbers, time leaving, time returning and means of transportation. You may request up to \$20.00 per person to be deducted from your trust account for pass. Your mail is opened in the presence of the Technician and is subject to monitoring. Daily attendance of 12-step meetings and in-house groups continues. Phase Three is granted upon the completion of all Phase Two assignments as well as the approval of staff through the Case Conference process.

PHASE THREE

Existing restrictions are further modified as follows: Once per day, on the buddy system, you may walk to the store with permission from the Technician on duty. You may take up to twenty (20) minutes at the store. Business type passes will be granted once per week on the buddy system for the amount of time necessary to complete your business and may only be for business such as medical/dental, legal, DMV, etc. All business passes and recreational passes

must be approved by your Caseworker (CDW). Recreational passes will be approved for twelve hours or less between 10:30 am and 11:00 pm on Sundays. Your passes must be on the buddy system and include the attendance of a **full** Narcotics Anonymous or Alcoholics Anonymous meeting with signed proof of attendance submitted at time of return from pass. Passes should be filled out as outlined in Phase Two with the maximum money off books being \$30.00. Phase Two phone rules apply; please use facility phones unless you are on pass and have staff permission. Your mail must be opened in the presence of the Technician and is subject to monitoring. Attendance of 12-step meetings and in-house daily study groups continues.

PHASE FOUR

This phase will be granted after the satisfactory completion of all previous phases as determined by the staff. Passes for employment search may be approved as needed and you may begin working as soon as you have a job and staff approves it. Business passes may be taken without a buddy with approval from the Chemical Dependency Worker. A case plan will be established for you, indicating the times you leave and return to the facility, information on your place of employment as well as any rules regarding the workout phase. You are expected to adhere to your case plan. All other Phase Three rules will continue as outlined above. Phase Five will be granted after a minimum of two weeks successful employment and approval by staff.

PHASE FIVE

This is the final phase and it is designed to gradually let go of you as you make your way into the community. You may take twenty-four (24) to seventy-two (72) hour passes by request in writing to your CDW by 11:00 am on Thursday. You will develop a fifth phase case plan with your Chemical Dependency Worker. While working, you will be required to pay 1/4 of your net pay for room and board. You will be required to show proof of the amount of pay (payroll check stub) you receive each week to your Chemical Dependency Worker. One half (1/2) of your earnings will be required to be placed in a savings account. You will be required to show your bankbook balance to your Chemical Dependency Worker weekly, and have permission from your Chemical Dependency Worker to withdraw money out of your account. The purpose of this is so that when you complete the program, you will have

enough money to support yourself and are able to get started in your new life. On Phase Five, you will be required to attend 12-step meetings daily and show signed proof each Monday to your Chemical Dependency Worker, per your case plan. All facility rules apply while on Phase Five.

II. *WEEKLY ACTIVITY SCHEDULE*

Please see attached pages for Pflieger Center and Socorro / PAGE 19

Please visit our website at www.cri-help.org

Revised 4/28/15

CRI-HELP, INC.

PFLEGER/SOCORRO

From Families to Families: A Brief Orientation

Welcome To CRI-HELP!

If you are like many of the family and friends who have come here for the first time you are probably stressed, scared for your loved one, curious about the facility, addiction, and recovery, and perhaps angry and generally at a loss as to what happens next. We hope you will find the enclosed information helpful. We strongly encourage you to attend the Family Education Support Group meetings described on Page 4 of this document. Group support is offered to you during the client's treatment as well as afterwards. A facilitator and family members who have walked the path you are taking will be there to help provide education about addiction, share their experience, strength and hope, provide information on coping mechanisms for the family, and let you know that you are not alone. Addiction affects the entire family and circle of friends and we are here to help you as well as the client. This group is for families and friend's only-there is NO client contact or visitation permitted. We also urge you to contact outside support groups for families (Al-Anon, Nar-Anon, and Families Anonymous) and to attend meetings. Listings are in the telephone book and they can refer you to meetings in your area.

The CRI-HELP Therapeutic Community

CRI-HELP is a therapeutic community – every one of our staff members is involved in the treatment and welfare of your loved one. He/she will be assigned a CDW (Chemical Dependency Worker) on admission. An in-depth assessment of each client by the CDW is done within a few days of admission. A comprehensive treatment plan that addresses all of the client's problems (addiction, other medical or

psychological conditions, finances, family, anger, bereavement, legal etc.) will be prepared and discussed with the client. Goals and action plans are set by the CDW and the client for addressing each of these issues. The entire treatment team (CDW's, techs, clerical, ancillary employees, sponsors etc.) works with the client throughout their stay to help them reach those goals. Treatment team staff conferences are held twice a week. Input from the various treatment team members is to assess progress of the clients, affirm or modify goals, advance to higher phases, and plan for discharge. Discharge planning begins upon admission and various options are explored throughout the stay for when the client leaves. These can be varied: home with family, sober living, out-patient treatment, living with another person in recovery, etc. Each client's plan is individual addressing his/her own needs and abilities. Clients who are here long-term (3 or more months) are usually expected to be working and self-supporting on discharge if they are able. The treatment team will determine for each client whether this is applicable.

Treatment Philosophy

CRI-HELP's addiction treatment module is based on utilizing a 12 step program. This is the basis of Narcotics Anonymous (NA), Alcoholics Anonymous (AA), and most recovery programs. These groups hold meetings throughout the world. It is also the basis for family help groups such as Nar-Anon, Al-Anon, Families Anonymous and others. These twelve steps to recovery are based on the original steps as laid out in the book "Alcoholics Anonymous". They have been adapted in books for Narcotics Anonymous and other recovery programs. These steps, when followed faithfully in conjunction with a sponsor and in the order prescribed, have proven to be a powerful tool in helping the addict/alcoholic obtain physical, emotional, and spiritual recovery. This process is started while the client is in treatment and is continued throughout their recovery thereby providing tools for facing the demons of the past, the fears of the future, and learning to live life as a recovering person today. It is an ongoing program that the recovering addict/alcoholic uses daily to live life on life's terms – NO MATTER WHAT HAPPENS- without having to rely on drugs or alcohol to medicate their feelings.

Confidentiality

Whatever you hear in family groups or during visits with your loved one should never be shared with another client or family. Telling your loved one someone else's story betrays the anonymity and confidentiality of their family member and which can create distrust and fear of honest sharing among the clients during therapeutic groups and individual counseling.

Sponsorship

A sponsor is a person who has been in recovery for some time, has worked the 12 steps of the program, continues to practice them on a daily basis, and who is willing and available to help the newcomer. Every client must find a sponsor at meetings during their first phase at CRI-HELP. Clients may make calls to and receive calls from their sponsor and the sponsor may pick them up and take them to meetings. The relationship between client and sponsor is private and confidential to ensure an atmosphere of trust and emotional safety without fear and judgment of recrimination. Sponsors for clients must have a minimum of 2 years recovery time and must be screened and approved by the treatment team. Clients may also, in pairs, be taken to meetings by a PCH (Privileged Card Holder) who has been approved by the treatment team.

The Chemical Dependency Worker (CDW)

The CDW may allow a monitored call from the client to a family member if deemed appropriate. The CDW may also contact you, with the client's permission, to give you the opportunity to ask questions or to obtain further information needed for the client's welfare. Your input is very valuable to us, and greatly appreciated. The client must provide the facility a list of persons to whom treatment team members may speak. However, all conversations between the client and treatment team members are confidential and cannot be divulged to family or loved ones. Strict federal and state guidelines on confidentiality govern the facility and must be followed. It is suggested that you limit calls to the CDW to only those necessary to address specific issues or problems related to the client's program of recovery. The treatment team is busy teaching classes, facilitating recovery group meetings, having individual

client sessions, and attending treatment team meetings. Confidentiality laws prevent any answer to questions regarding the client's progress much beyond "he/she is doing well". Each CDW has many individual clients as well as responsibilities for other clients and cannot speak with each one's family several times a week. If the client has identified you to receive information, you will be notified of emergencies, or contacted as needed for input. Please remember that the clients are all legally adults and have the right as such to rescind permission for information to be given and the right to instruct the staff not to call their families should they so choose.

During the client's stay you might be invited to participate in the Multi-Family Group where the client and family interact and learn to improve communication with each other. Participation in this group is determined by the CDW and the client and is contingent on the client's progress and desire to meet with the family. Your loved one or the CDW will notify you if you are invited to attend. In some instances, individual work is determined to be an effective strategy. There are times the family dynamics are not conducive to face-to-face meetings during the client stay.

Length of Stay

Each client's length of stay in residential treatment is individually determined. After assessment of the client and in conjunction with other members of the treatment team the CDW will submit a recommended length of stay. There are various mitigating factors involved that might influence a client's length in treatment: the client's willingness, previous recovery, financial hardship, insurance restrictions, court orders, etc. An attempt is made to provide each client with as much time to work toward recovery as possible.

Detoxification

Some clients come to CRI-HELP still under the influence of drugs and/or alcohol and need to be admitted to the Detox Unit. This unit is separate from the residential unit and clients do not mix freely. Detoxification is done under medical supervision. There is an R.N. and or technicians on the unit at all times who are educated in caring for the

Clients as they detoxify their bodies from the effects of the chemicals ingested. Some clients may receive medications to help alleviate the most severe symptoms of detox and to prevent complications such as seizures. The length of stay in detox varies with the substance being abused and the individual client's physical condition. Once the client is deemed physically able to be released from Detox, he/she may be transferred to the residential unit. The process of admission and orientation will then proceed as for any client directly admitted to residential treatment.

Structured Activities

Once the client has been admitted to residential his/her life is very regimented. Some responsibilities and meditations start as early as 6:00a.m. All clients must be up early, clean their rooms, and be ready to start a full day of recovery programs and responsibilities for the running of the facility. Clients are given job responsibilities within the facility to maintain cleanliness, handle phones and clerical work, work in the kitchen, and do whatever is necessary for a smooth functioning community of their peers. Clients attend NA and/or AA meetings outside the facility nightly. They are transported by van to different meetings throughout the city. By doing so they can find meetings in which they develop a "comfort level", make friends in recovery outside the facility, and develop contacts with people in recovery for after discharge. Refusal to adhere to facility rules and regulations will result in therapeutic measures determined by the staff. Repeated infractions and refusal to cooperate can result in dismissal from the facility. unacceptable and possible dismissal from the facility. If a client is dismissed from the facility or leaves voluntarily without completing his/her plan of treatment and wishes to return he/she must present a request to the administrative staff and, if approved must follow a protocol of requirements for readmission.

Relapse and Relapse Prevention

The term relapse is one that brings dread to the hearts of the families and friends of those in recovery. Relapse is not a requirement for recovery, to be sure. And it is a subject that is addressed repeatedly during the program at CRI-HELP. Clients participate in relapse

prevention classes and have a relapse prevention group available to them at minimal cost after completion of the program. But is a fact of recovery that relapse happens to some addicts. The reasons for relapse are numerous, individual, and usually a mystery to the family members. Drug addiction and alcoholism is a disease that tells the addict's brain that they don't REALLY have a disease. For some, relapse is the key to long term recovery having once again shown them that they have no control over drugs and alcohol and must abstain completely in order to live a happy and fruitful life.

Completing Treatment

There is "no" graduation from addiction – recovery is a life-long process. But there is "Completion from residential treatment. A client completes the program at CRI-HELP if he/she stays for the agreed upon time, completes all assignments, and meets goals agreed upon by him/her and the treatment team. All clients who complete are invited to a ceremony held every few months. Families are invited to attend and applaud loudly and enthusiastically. As for other functions the client must submit the names of those attending. Dinner is served and each completing client receives a certificate and shares their gratitude with those in attendance. Children run and make noise – happiness and camaraderie is abundant. And a little more family healing takes place.

The Family role in Successful Recovery

Addiction is a family disease. Just as the addict is detoxifying from drugs so too will you be "detoxifying" from the addict's pattern and behaviors and the chaos that accompanies the disease. Recovery is a very personal and private process. You cannot do it FOR your loved one. Family support groups emphasize "The Three C's" regarding a loved one's addiction – you didn't Cause it, you can't Cure it, and you can't Control it. You can educate yourselves about the disease and the recovery process for you and your family by attending the Family Education Support Group at CRI-HELP and attending Nar-Anon, Al-Anon, Co-Anon, or Families Anonymous meetings. Reading material is available for purchase through these groups, in bookstores, or the library that can help you in this process. Attending open NA or AA meetings might also help you to better understand the disease and the process of recovery. Keeping an open mind and not judging another's words or actions can

help you to maintain emotional distance from the problem and to detach with love. Trying to “monitor” the recovering person’s program can be very detrimental to your relationship. Recovery emphasizes the need for the addict to be personally responsible for his/her actions and program. He/she is taught to be personally responsible for his/her actions and program. He/she is taught to expect and accept consequences for inappropriate behavior. Listening to and speaking with other family members at support groups can help you learn from those who have already been through the same things you are experiencing. The person in disease is usually the focus of the family group because of the chaos that surrounds him. By allowing the addict to proceed with his/her recovery program, interference family members can once again concentrate on living their own lives and enjoying activities and things that may have been long since neglected. Learning to set boundaries that stick, boundaries that stick, doing for ourselves, living and being loved by family members can go far toward healing our emotional wounds.

Conclusion

The staff and volunteers at the Family Education Support Group are there to help all of you who have loved ones with the disease of addiction. Those of you who might be involved in someone’s recovery for the first time may feel quite overwhelmed. If you have questions please feel free to ask them during the meeting – what you are asking may be just what someone else needed to know. If you need to speak to one of us on a more personal level please stay after the meeting and talk. We will be glad to listen and help if we can.

The Serenity Prayer

God Grant Me the serenity

To accept the things I cannot change.

The courage to change the things I can.

And the wisdom to know the difference.