



Family Counseling Program Guide



PALMETTO® ADDICTION RECOVERY CENTER

Welcome to Palmetto Addiction Recovery Center and the Continuous Family Counseling Program. This handbook is designed to provide family members with support, understanding and awareness to begin the recovery process. We hope this information will begin to answer some of the questions you have at this point. Your family member has been assigned to a counselor who can respond to any additional questions or concerns that you may have. Contact the intake coordinator the following business day after admission to find out the patient's assigned counselor and which cabin they will be staying in.

Experts in the field of chemical dependency have defined addiction as a family disease. This disease significantly impacts each member of the family, not just the person using the alcohol or drugs. Statistics show that family involvement in the recovery program improves the chance of sobriety, as well as improving the lives of every family member. Active participation is a necessary component to allow the family to heal and recover.

The goal of the Continuous Family Counseling Program is to provide patients and families with support, education, and a therapeutic environment in which to address the impact of the patient's addiction and chemical dependency on the family. We will be contacting you within the next two weeks to schedule an initial phone conference.

When chemical dependency begins to take control of a person in the family, other members of the family instinctively adjust their own behaviors. They have been forced to react and adjust just to keep things in order. Often, these changes are attempts to help control or lessen the damage the addicted person is causing. The partner, parent or child wants to make things better to compensate for the destructive behavior of the loved one. No matter how well intentioned the actions of family members may be, the changes in behavior to accommodate or "bail out" the chemically dependent person does more harm than good. ***Such misguided support does not help the person to get better, but actually assists in keeping the addicted person sick.***

Admission to a treatment program is a major transition for both the patient and the family. Initially, all patients experience a certain sense of fear and anxiety as they begin to learn how to cope without their drug of choice. Often they become easily overwhelmed. As a result, they are usually very emotional and may have the desire to leave treatment against medical advice. If you hear about such issues from your loved one, we strongly suggest that you inform us so we can provide the necessary support/intervention needed. If you have any concerns of this nature, please contact the client's family or individual counselor immediately.

We want to be as helpful as possible in answering your questions and providing you updates on your loved one. We ask that you realize that our staff spends the major portion of each day very involved directly in some aspect of care for the patient. In order to avoid frustration for you and the staff, it is recommended that you set up a once-per-week 15-MINUTE PHONE CONSULT APPOINTMENT with the patient's PRIMARY COUNSELOR to hear about his/her progress, have your questions answered, and for you to provide the counselor with information that you believe is important for us to know about him/her. Federal law protects the patient's privacy. We cannot share any information with you without WRITTEN PERMISSION FROM THE PATIENT. The patient must sign a release with your name on it for us to communicate with you about his/her progress (even if you are very closely related such as parent or spouse).

You can reach Palmetto Addiction Recovery Center at (318) 728-2970 or (800) 203-6612, Monday – Friday, 8:00 a.m. – 5:00 p.m. After 5:00 p.m. and on weekends you may page the Counselor On Call at (877) 366-3789.

We look forward to working with you.

FAMILY WEEKEND

The Family Weekend is an intensive, two-day program designed to educate family members about the disease of addiction and to provide an environment in which the family can discuss the impact of the disease on the family as a whole.

SCHEDULE

Arrangements for Family Weekend will be scheduled through the patient's individual counselor. This usually takes place somewhere around the end of the first 30 days of treatment, depending on the patient's progress and the family's ability to attend. Additional Family Weekends can be scheduled as needed. Please plan to be involved in presentations and groups from 1 p.m. – 5 p.m. on Sunday and 9:30 a.m. – 4:00 p.m. on Monday. On Monday, lunch will be provided for you to enjoy with your family member. If you bring food with you, please bring only enough to be consumed in one meal. If you need clarification, please ask a staff member.

VISITATION

Patients must fill out a request for approved visitors to visit on Saturday and Sunday from 11:00 a.m. until 5:00 p.m. Please let the patient know who will be coming and on what day by Thursday so he/she can submit it on Friday morning. Anyone not on this list will not be able to visit. Please do not arrive early in hopes of beginning visitation early... you will NOT be able to begin visitation until 11:00 a.m. You are encouraged to bring your children, provided that you supervise them. We cannot provide sitter service. Due to safety concerns, children are not allowed to go to the bayou or in the gym.

During your visit to Palmetto Addiction Recovery Center, please keep all belongings in your possession. Palmetto is not liable for the loss of personal articles. While visiting your family member, please refrain from bringing the following items to the facility: cell phones, cameras, camera cell phones, recording devices and weapons, and drugs of any kind (illegal, prescription or over-the-counter). Visitors must confine their visit to the communal areas of the campus (i.e. Pavillion, outside the cabins, not in the cabin bedrooms). Patient safety and confidentiality are goals of Palmetto Addiction Recovery Center.

DRESS

We recommend that you dress in casual attire. We ask that you dress appropriately/professionally so that others will not be distracted by any inappropriate attire. Bring a jacket/sweater as the room temperature may vary.

CONFIDENTIALITY

Confidentiality of all patients and their families needs to be respected at all times.

MAIL & PACKAGES

You may send packages, but due to the nature of the type of treatment, the patient will be asked to open packages in front of the staff for inspection. You do not have to put Palmetto Addiction Recovery Center on the address. **PLEASE DO NOT SEND FOOD.** The mailing address is:

(Patient's Name)
86 Palmetto Road
Rayville, LA 71269

PASSES

Passes are a privilege and are granted based on clinical appropriateness, patient progress, and therapeutic value. In order to obtain a pass, a patient must completely fill out the designated form with specific information regarding the objective(s) of the pass. No alcohol, mood-altering substances, or prescriptions are allowed while on pass. The patient is required to attend a Twelve Step meeting daily during any scheduled pass.

AUTOMOBILES

Cars are permitted, if the patient has a valid driver's license and insurance. Patients must surrender the keys at the front desk when checking themselves in for admission. They are not allowed to return to their vehicle unless supervised by a staff member, leaving on pass, or being discharged from our care.

DRUG SCREENING

Urine drug screens are performed upon admission and randomly throughout the patient's stay. If a patient leaves the premises for any reason, they submit to a urine screen prior to returning to the patient community. All positives will be confirmed. Excluding the initial and any random drug screens, the costs of all further drug screens are the sole responsibility of the patient and are not covered under standard prices and insurance rates.

BELONGINGS

If a patient leaves treatment without taking his or her belongings, it is the patient's responsibility to retrieve them. After 10 days, we will donate all items left to charity. We do not have room for excess storage.

PHONE

It is very important that you understand that there is a 24-hour restriction on phone use immediately following admission. This gives each patient time to get through any initial withdrawal, time to bond to peers and staff, and gives patient time to temporarily disconnect from outside problems and conflicts, and to begin focusing on why he/she has a problem with alcohol and/or drugs. ***WE ASK FAMILY TO PLEASE UNDERSTAND THAT THIS IS A VERY CRUCIAL PERIOD OF ADJUSTMENT AND TO PLEASE RESPECT THIS RULE.***

After 24 hours, the patient may use the phone. Phone rules are set up to function smoothly in the peer community. Patients may not use the phone before 4:00 p.m. Monday - Friday and 10:00 a.m. on Saturday and Sunday. Curfew is 11:00 p.m. weekdays (Sun. - Thurs.) and 12:00 a.m. weekends (Friday and Saturday Only). Patient is subject to 24-hour or longer loss of phone privileges if he/she is deliberately disrespectful to others by breaking the phone rules. Patient may give you the phone number when he/she calls you. ***PLEASE DO NOT*** call Palmetto's business phone and ask to speak to a patient; ***ONLY IN A TRUE EMERGENCY.*** Phone numbers are as follows: Cabin 0: (318) 728 - 5858; Cabin 1: (318) 728 - 9598; Cabin 2: (318) 728 - 0421; Cabin 3: (318) 728 - 0467; Cabin 4: (318) 728 - 0448; Cabin 5: (318) 728 - 0497; Cabin 6: (318) 728 - 0412; Cabin 7: (318) 728 - 0498; Cabin 8: (318) 728 - 6700; Cabin 9: (318) 728-5027; Cabin 10: (318) 728 - 5585.

For real after-hour emergencies (not to find out how patient is doing, etc.) you may call the counselor on call (318) 728-2970.

CONTACT WITH THE PHYSICIAN

For questions or problems that the counselor, nurse, or Administrator have been unable to help you with, you may call Palmetto Monday - Friday, 8:00 a.m. - 5:00 p.m. and leave a message for a time and number that the Physician on call can speak with you about your concerns.

CONTACT WITH THE COUNSELOR

For questions or concerns regarding your family member, you may call Palmetto Monday - Friday, 8:00 a.m. - 5:00 p.m. and leave a message and phone number for the family members primary or family counselor. They will normally return calls after 2:30 p.m. If you would like to send them an email, a list of staff and their email addresses can be found on the website at www.palmettocenter.com. Click on "STAFF" under "ABOUT US" in the main menu.

FINANCIAL

For questions regarding insurance or financial matters, please contact the Business Manager or Administrator. Money brought by the patient may be left in the business office and withdrawn Monday - Friday.

Small sums of money are required for the soft drink machines, laundry, and personal items that may be purchased at a local store. You may cash a personal check for petty cash; however, **IT MUST BE MADE OUT TO THE PATIENT**, not to Palmetto Addiction Recovery Center.

All patients are strongly encouraged to get a lock box. They are available for a \$20 refundable deposit. Patients can also open an account at the Business Office to hold their money in a secured vault. Withdrawals from this account must be made between 3:30 p.m. and 5:00 p.m. Monday through Friday.

MEDICATION POLICY

While a patient is here at Palmetto, treatment encompasses not only proven strategies for recovery, but also the medical management of physical and mental health. Therefore, patients may require the use of medications and must meet stringent guidelines. An essential principle to apply is no mood-altering chemical or other medication is allowed except when prescribed by a Palmetto Addiction Recovery Center physician. These are the guidelines of the Medication Policy:

1. All medications (prescription & non-prescription) to be taken during a patient's stay will be packaged by an outside pharmacy and distributed by the nursing staff at Palmetto. A maximum 30-day supply of maintenance medication will be distributed every 30 days although certain medications may be restricted to weekly or daily distribution.
2. The pharmacy is an independent contractor with whom Palmetto has a service agreement. Palmetto Addiction Recovery Center and the pharmacy are separate business entities. The cost of medications is the patient's responsibility. The outside pharmacy works with most prescription plans. Our staff will need all prescription insurance, and/or credit card information to forward to the pharmacy. Patients will need to make financial arrangements through the Palmetto Business Office if they do not have prescription insurance coverage and/or if co-payments are required.
3. Patients will not be allowed to use any sample packages of prescription or non-prescription medications or medications from home unless approved by the medical treatment team after admission to Palmetto Addiction Recovery Center.
4. All over-the-counter (OTC) or other non-prescription medications must be approved and ordered by the admitting physician; otherwise, all other non-prescription medications/vitamins/supplements will be considered contraband.
5. Patients are not allowed to alter the dose or stop the use of their medications without discussion with their physician. Altering the dose or stopping without permission is considered relapse behavior and will be addressed accordingly.
6. Patients are NOT allowed to borrow or loan any medication to another patient.
7. All mail order prescriptions or medications sent from home must be given directly to the Nursing Staff. If Palmetto's physician has approved the medication, the medication will be repackaged and relabeled.
8. Patients will be asked to take their medication daily at specified times. Medication will be kept in the medication card or other appropriately labeled container until the patient is ready to use/take the medication.
9. Narcotic and controlled substance prescriptions are not allowed on the premises unless previously approved by the medical staff. If these are brought in without prior approval, they will be disposed of by the medical staff immediately. We will not store these on the premises for the patient to have at a later time.
10. If you have any questions, or if there are concerns that this policy is not being followed, please contact your family member's counselor immediately.

ACCOMMODATIONS

The following is a listing of local/convenient hotels where you may stay during your visit to Palmetto Addiction Recovery Center. It is your responsibility to make the hotel reservations. We recommend that you make your reservations as soon as you receive dates for the Family Weekend. If all the hotels are full, please call us, and we will assist you in identifying an alternate hotel.

RAYVILLE:

Days Inn

125 Maxwell Drive
Rayville, LA 71269
(318) 728-4500

Super 8

116 Cottonland Drive
Rayville, LA 71269
(318) 728-5985

DELHI:

The Mansion at Red Hill Bed & Breakfast

66 Highway 854
Delhi, LA 71232
(318) 878-5155

MONROE:

Hampton Inn & Suites

5100 Frontage Road
Monroe, LA 71203
(318) 343-6910

Courtyard by Marriott Airport

4915 Pecanland Mall Drive
Monroe, LA 71203
(318) 388-0034

Residence Inn by Marriott

4960 Millhaven Road
Monroe, LA 71202
(318) 343-6910

TownePlace Suites by Marriott

4919 Pecanland Mall Drive
Monroe, LA 71203
(318) 387-7277

WEST MONROE:

Holiday Inn Express Suites

603 Constitution Drive
West Monroe, LA 71292
(318) 807-6000

Wingate by Wyndam

228 Blanchard Street
West Monroe, LA 71291
(318) 387-7395

ENABLING

Enabling behavior often occurs when one thinks he/she is providing care and love. An enabler unknowingly assists the chemically dependent person in continuing his/her destructive behaviors.

SYMPTOMS OF ENABLING

- Allowing the dependent person to lie to you and accept it for the truth is enabling. The truth must be addressed and is often very painful.
- Letting the chemically dependent person exploit, manipulate, or take advantage of you teaches them to avoid responsibility and lose respect for you.
- Lecturing, moralizing, scolding, praising, blaming, shaming, threatening, and arguing may make you feel better, but will make the situation worse.
- Believing and accepting promises from the chemically dependent family member is considered enabling.
- Making promises or entering into ultimatums you cannot keep teaches the family member they can continue to use without consequence.
- Losing your temper or raging at the chemically dependent person enables them to blame you.
- Allowing your guilt and anxiety to compel you to do what the chemically dependent person needs to do for themselves is enabling.
- Covering up the consequences of chemical use, or reducing or eliminating the crisis perpetuates the illness.
- Most importantly, do not postpone facing the reality that chemical dependency is a progressive illness that gets increasingly worse as the use of mood-altering chemicals continues. Start now to learn and understand enabling behaviors, and make a plan for recovery. To do nothing is the worse choice you can make.

AL-ANON

For over 50 years, Al-Anon (which includes Alateen for younger members) has been offering hope and help to families and friends of alcoholics. It is estimated that each alcoholic affects the lives of at least four other people... alcoholism is truly a family disease. No matter what relationship you have with an alcoholic, whether they are still drinking or not, all who have been affected by someone else's drinking can find solutions that lead to serenity in the Al-Anon/Alateen fellowship.

HOW WILL AL-ANON HELP ME?

Many who come to Al-Anon/Alateen are in despair, feeling hopeless, or unable to believe that things can ever change. We want our lives to be different, but nothing we have done has brought about change. We all come to Al-Anon because we want and need help.

In Al-Anon and Alateen, members share their own experience, strength, and hope with each other. You will meet others who share your feelings and frustrations, if not your exact situation. We come together to learn a better way of life and to find happiness whether the alcoholic is still drinking or not.

HOW DO I FIND A MEETING?

Al-Anon may be listed in the white pages of your local telephone directory. Cities with local informational pages are listed on our website. Many of those listed post meeting information on their websites. For meeting information, you can call 1-888-4AL-ANON (1-888-425-2666) Monday through Friday, 8:00 am to 6:00 pm ET.

SUGGESTED READINGS

There are many books and resources on the topics of family recovery, codependency, and adult children of alcoholics. Most national bookstore chains carry many of these in the self-help sections, or they can be ordered through Internet bookstores. Here are a few titles that we believe to be the most helpful in the early stages of family recovery:

Family

Family Secrets John Bradshaw
Healing the Shame That Binds You..... John Bradshaw
Addict in the Family..... Beverly Conyers
Everything Changes: Help for Families with Early Recovering Addicts Beverly Conyers

Adult Children of Alcoholics

The Adult Children of Alcoholics Syndrome..... Wayne Kritsberg
Adult Children of Alcoholics Janet Woitiz
The Struggle for Intimacy Janet Woitiz
Lost in the Shuffle Robert Subby

Codependency

Codependent No More Melody Beattie
Beyond Codependency Melody Beattie
The Language of Letting Go Melody Beattie

Relationship Issues

Men Who Hate Women and Women Who Love Them Susan Forward
Another Chance..... Sharon Weschneider-Cruse
When Helping You is Hurting Me Carmen Berry
Choice Making Sharon Weschneider-Cruse
Women Who Love Too Much..... Robin Norwood
The Art of Loving..... Erich Fromm

Emotions

Dance of Anger Harriett Lerner
The Angry Book Theodore Isaac Rubin

12 Steps

24 Hours a Day Hazelden
12 Steps and Traditions Al-Anon Publications
One Day At A Time..... Al-Anon Publications
In All Our Affairs Al-Anon Publications
How Al-Anon Works for Families & Friends of Alcoholics Al-Anon Publications
The Big Book Alcoholics Anonymous

Spiritual Development

The Road Less Traveled M. Scott Peck
Man’s Search for Meaning Viktor E. Frank
Boundaries Henry Cloud & John Townsend
The Purpose Driven Life (Judeo-Christian themes) Rick Warren
Journey Within..... Ruth Fishel
Shame and Grace..... Lewis Smedes
Life’s Healing Choices..... John Baker

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30 am - 7:15 am	Meds - Women	Meds - Women	Meds - Women	Meds - Women	Meds - Women	-----	-----
6:45 am - 7:15 am	Exercise - Men	Exercise - Men	Exercise - Men	Exercise - Men	Exercise - Men	-----	-----
7:20 am - 8:00 am	Exercise - Women	Exercise - Women	Exercise - Women	Exercise - Women	Exercise - Women	7:30 am Big Clean/ 8:00 am Meds - Women	7:30 am Big Clean/ 8:00 am Meds - Women
7:20 am - 8:00 am	Meds - Men	Meds - Men	Meds - Men	Meds - Men	Meds - Men	7:30 am Meds/8:00 am Big Clean	7:30 am Meds/8:00 am Big Clean
9:00 am - 9:30 am	Community	Community	Community	Community	Community	-----	-----
9:30 am - 10:30 pm	Fears, Cares & Concerns	Fears, Cares & Concerns	Fears, Cares & Concerns	Fears, Cares & Concerns	Lecture	10 - 11 am Big Book Study	-----
10:30 am - 12:30 pm	Small Group	Small Group	Small Group	Small Group	Small Group	Visitation 11am - 5pm	Visitation 11am - 5pm
12:30 pm - 1:30 pm	Lunch	Lunch	Lunch	Lunch	Lunch	-----	-----
1:30 pm - 2:30 pm	Small Group	Small Group	Small Group	Small Group	Affirmations/ Passes	-----	-----
2:30 pm - 3:30 pm	Lecture	Lecture	Lecture/ Professional Group/Big Book Test	Lecture/ Professional Group	-----	-----	-----
3:30 pm - 5:00 pm	Mail, Change, & Assignments	Mail, Change, & Assignments	Mail, Change, & Assignments	Mail, Change, & Assignments	Mail, Change, & Assignments	-----	-----
6:30 pm - 6:45 pm	Community	Community	Community	Community	Community	-----	-----
6:45 pm - 7:45 pm	-----	-----	Caduceus	-----	-----	-----	-----
7:00 pm - 8:00 pm	AA Meeting	AA Meeting	AA Meeting	AA Meeting	AA Meeting	AA Meeting	-----
7:30 pm	-----	-----	-----	-----	-----	-----	Community
8:00 pm - 9:00 pm	-----	-----	-----	-----	-----	-----	AA Meeting
8:00 pm - 9:00 pm	Meds - Women	Meds - Women	Meds - Women	Meds - Women	Meds - Women	Meds - Women	AA Meeting
9:00 pm - 9:20 pm	Meds - Men	Meds - Men	Meds - Men	Meds - Men	Meds - Men	Meds - Men	Meds - Men
9:00 pm - 9:20 pm	-----	-----	-----	-----	-----	-----	Meds - Women
11:00 pm	In Cabins	In Cabins	In Cabins	In Cabins	12:00 am – In Cabins	12:00 am – In Cabins	In Cabins

OBJECTIVES OF FAMILY THERAPY

The objectives of Palmetto's Family Therapy program is a mutual healing of the chemically dependent person in treatment and the family members that have equally been negatively influenced by the addiction. The procedure of restoration to one's fundamental attitudes, core of one's personality, and one's love is an eight-step process. It encompasses self-revealing disclosure which will contribute to the rebuilding of trust. Trust will provide the foundation for commitment. Within the atmosphere of trust and commitment, validation can occur. Differentiation of personalities is accepted with validation of each unique personality. The acceptance that is experienced will lead to conflict management. Conflict management affords forgiveness of others, and joint empowerment verses enabling.

10 GOLDEN RULES FOR STAYING HAPPY WITH THE ONE YOU LOVE

1. First and foremost, love each other. Realize how lucky you are to be in love with someone who loves you. Say "I love you" often and in different ways. Surprise each other with gifts of praise to show your love. Remember that love grows in an atmosphere of freedom and trust, not from restraint and obligation. Do things to keep your love and romance new and alive. Don't take love for granted, ever. It's such a blessing.
2. Listen objectively to each other, as you would to a friend. Acceptance is a key to understanding and a buffer for tension and resentment. Don't take things personally; give each other the right to have different opinions, the right to disagree. You don't want anyone to control your feelings, so don't try to own someone else's, not even the feelings of the one you love.
3. Never stop treating each other like sweethearts. Talk to each other as sweethearts. Do things that sweethearts do. Work together in achieving your goals. Do things just to make the other one feel loved, especially when he or she might be feeling a little down. Take pride in the way you look and act, for yourself and for your partner, but never let external values have more importance than the internal feelings of your heart.
4. Take care of each other. Go to the doctor with each other. Put the other one first, but don't neglect your own needs either. Do the things that show that you're interested in your partner's needs and desires and problems.
5. Look to each other for help. Don't let your problems or concerns get out of hand and make you go in opposite directions. Be joyful that you've made a commitment to each other through sickness or health, poverty or wealth, or whatever comes along. You're in this life together. Be thankful.
6. Talk about things together the way you would talk with a friend. Absolutely refuse to say anything negative about your partner. Share your most important secrets, and never betray the secrets of your partner; treat them as almost sacred. Keep your own identity, but walk together as one. Don't ever give up on your love.
7. Settle the fact that you've made your choice and you're no longer looking for anyone else. Don't flirt. Think of the consequences. Don't even consider it.
8. Be in agreement about how your money is spent. Big items should have the approval of both. Talk about how to manage your finances.
9. When in doubt about your actions, ask yourself how you would want to be treated and then act accordingly. If you've argued, never go to sleep without asking the other's forgiveness, even when you don't feel like it or want to. Be faithful about this; you won't be sorry. Do what will make you both the happiest in the long run and be the best for your relationship.
10. Have fun!

"Faith is an indispensable quality of any significant friendship or love. Having faith in a another person means to be certain of the reliability and un-changeability of one's fundamental attitudes, of the core of one's personality, of one's love."

Erich Fromm, *The Art of Loving*

DETACHMENT

Detachment is defined as giving up control and caring for oneself. It is a tool used by Al-Anon. Detachment is neither kind nor unkind. It does not imply judgment of the person or situation from which you are detaching. In order for you to recover from the adverse effects of living with someone afflicted with the disease of chemical dependency, you need to practice detachment. Detachment will help you to let go of your obsession with another's behavior and begin to lead a happier more manageable life, a life with dignity and rights; a life guided by a power greater than yourself. You will learn to look at your situation more realistically and objectively, thereby making intelligent decisions possible.

IN AL-ANON, YOU WILL LEARN:

- We are all individuals and are not responsible for another person's disease or recovery from it.
- Not to suffer because of the actions or reactions of other people.
- Not to allow ourselves to be used or abused in the interest of another's recovery.
- Not to do for others what they should do for themselves.
- Not to manipulate situations so others will eat, go to bed, get up or pay bills.
- Not to cover up for another's mistakes or misdeeds.
- Not to create a crisis.
- Not to prevent a crisis if it is in the natural course of events.

EXAMPLES OF NON-DETACHMENT

Preoccupation with the addict..... *"What, when, where are they going to drink/use"?*
Blaming the addict *"You are making me feel the way I do."*
Walking on eggshells..... *"Maybe something I say or do can make the difference."*
Controlling the addict..... *"If I can just get him/her to find other interests."*
Taking the addict's inventory *"You didn't attend enough meetings this week."*
Focusing on the chemically dependent person's behavior rather than your own.

SOME SUGGESTIONS

- Think about yourself – do something nice for you.
- Take responsibility for your own moods and feelings.
- Do not try to change reality – let life happen.
- Go to Al-Anon.
- Talk about yourself in the family groups and discover how you feel.

DETACHMENT WITH LOVE

Detachment with love is accepting the chemically dependent person, but not their destructive behaviors. Therefore, I will not be a part of their illness. But, I may become a part of the recovery by:

- Allowing the chemically dependent person to face the consequences of his/her behaviors.
- Recognizing that I cannot change anyone except myself.
- Refusing to revolve my life around the chemically dependent person.
- Understanding that the chemically dependent person's feelings and actions are symptoms of an illness; therefore, I no longer take these behaviors personally.
- Setting limits and boundaries for myself and the chemically dependent person in our interaction with each other.

RECOMMENDATIONS FOR FAMILY HEALING

- Attend Family Weekend at Palmetto Addiction Recovery Center.
- Attend Al-Anon at least twice weekly.
- Exchange phone numbers with other members.
- Begin to reach out to other members.
- Ask someone to be at least a temporary sponsor.
- Look at your own use of alcohol and other drugs, including prescription and over-the-counter medications. If you are concerned about your own use, seek professional help.
- Don't walk on eggshells around the client, and don't be a puppet on a string.
- Learn and live the four "C's": Can't Cause... Can't Cure... Can't Control... Can Cope.
- Talk about yourself and your feelings. Work in the Family Weekend and in Al-Anon to make your life better. Practice detachment by giving up control and caring for yourself.
- If the addict wants to leave treatment before completion, it is up to the family members to contact the counselor so an appropriate action can be taken.

The addict's addiction is to the chemicals. The family's addiction is to the addict's behavior. Notice how often during the day you think of alcohol and other drugs and the addicted person. Whose life are you living?

DO'S AND DON'TS

DO'S

- Do learn the facts about addiction.
- Do maintain a healthy atmosphere in your home.
- Do talk to someone who understands addiction.
- Do go to Al-Anon.
- Do encourage new activities and interests.
- Do develop an attitude to match the facts.
- Do pass on what you have learned.
- Do take a personal inventory.
- Do seek spiritual guidance.
- Do get a sponsor.

DON'TS

- Don't preach or lecture.
- Don't argue with someone high.
- Don't resent the method of recovery.
- Don't have a "holier than thou" attitude.
- Don't expect immediate contented sobriety.
- Don't use the "if you loved me" appeal.
- Don't make threats you won't carry out.
- Don't protect an addict from the alcohol or drugs.
- Don't be discouraged when you make mistakes.

IMPORTANT MESSAGES FOR CHILDREN OF ADDICTS

These are seven important messages to teach the children of chemically dependent people, which can offer hope and health.

- It's not your fault.
- Your mom and dad really do love you even though they might not always be able to show it.
- You can't make your parents start or stop using alcohol or drugs.
- You have been hurt by the drinking and drug use.
- You deserve help just for yourself.
- Chemically dependent people can and do recover, but even if they don't, kids can feel better.
- You are not alone – there are lots of kids like you, and people and places to go for help.

IT IS IMPORTANT FOR FAMILIES IN RECOVERY TO REMEMBER THE 4 C's AND THE 5 S's

The 4 C's

I did not CAUSE the addiction.

I can not CONTROL it.

I can not CURE it.

I can learn how to COPE with it.

The 5 S's

I did not START the addiction.

I cannot STOP it.

I do not have to SUFFER with it.

I do not have to feel SHAME because of it.

I can SAVE myself in spite of it.

COPING STRATEGIES FOR FAMILIES CAUGHT IN ADDICTION

- Stop taking blame for the chemically dependent person's use.
- Be gentle with yourself.
- Don't worry about whether the user is really an addict.
- Learn to relax and be good to yourself.
- You can be an independent person.
- Stop arguing with the chemically dependent person; denial is part of the illness.
- Do one thing every day just for yourself.
- Use tough love; learn to set healthy boundaries.
- Don't ride with the chemically dependent person if they have been using.
- Confront the chemically dependent person only when you are calm and he/she is sober.
- Walk away from the abuse, and ask for help.
- Do not rescue; allow the chemically dependent person to experience the consequences of the disease.
- Mean what you say and say what you mean.
- Remember that you are dealing with a "paper tiger." You are more powerful than you think.
- Avoidance only helps the chemically dependent person remain in denial.
- Learn about blackouts and other symptoms of the disease.
- Start to get help for yourself, even though you are not the chemically dependent person.
- Break out of your isolation, and find a support group.

Principles

Honesty

Hope

Trust

Courage

Integrity

Willingness

Humility

Love

Healing & Restoring

Perseverance & Truthfulness

Awareness

Acceptance & Giving

Steps

1. We admitted we were powerless over alcohol – that our lives had become unmanageable.
2. Came to believe that a power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of GOD as we understood Him.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to GOD, to ourselves, and to another human being the exact nature of our wrongs.
6. We're entirely ready to have GOD remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we have harmed, and became willing to make amends to all of them.
9. Made direct amends to people we have harmed wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory, and when we were wrong, promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics and to practice these principles in all our affairs.

Serenity Prayer

*God,
Grant me the Serenity
to accept the things
I cannot change,
Courage to change
the things I can,
and Wisdom to know
the difference.*

THE FIRST STEP

In Al-Anon, the first step states: "We admitted that we were powerless over the alcohol – that our lives had become unmanageable."

Your primary goal in this step is to recognize and accept on a feeling level your powerlessness over addiction, dependency, and a chemically dependent person. In your attempts to control the addiction and the addicted person you are powerless and your life has become unmanageable.

You will be responsible for this task and will be given the opportunity to express your feelings regarding step one in process group discussions. Please give specific examples from your life experience.

1. Pre-Occupation with the chemically dependent person.

Example: "I could not sleep at night worrying about the chemically dependent person."

2. Unsuccessful attempts to control the use of chemicals.

Example: "I stayed home from work to police their actions."

3. Punishment of the chemically dependent person.

Example: Using the silent treatment or trying to induce guilt

4. Covering up problems, denial, minimizing behavior, blaming others.

Example: Lying to hide using incidents from other people.

5. Enable the chemical use of another.

Example: "If I were a better wife and mother, he would not use drugs."

6. Emotional unmanageability.

Example: Raging at other people, isolating myself, and living in fear.

Further questions to ask yourself:

- Do I understand the basic symptoms of the disease of addiction? (i.e. blackouts, irrational behavior, etc.)
- Do I understand the physical, emotional, and spiritual aspects of this disease? If not, what questions do I need answered?
- Do I feel guilty or responsible for another's behavior?
- Have I really accepted the fact that I cannot control another person's chemical use? Do I understand that I cannot control another person?
- Do I realize that trying to change another person brings resistance in the form of hostility or resentment?
- Am I ready to find out who I really am?



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