

## REFERRALS

Community resources and support are available,  
your family never needs to walk this journey alone!

### IN THE ROOMS

[intherooms.com](http://intherooms.com)

### NARCOTICS ANONYMOUS

[virtual-na.org](http://virtual-na.org)

### ALCOHOLICS ANONYMOUS

[onlinegroupaa.org](http://onlinegroupaa.org)

### SMART RECOVERY (12-STEP ALTERNATIVE)

[smartrecovery.org/family](http://smartrecovery.org/family)

### COCAINE ANONYMOUS

[ca.org/meetings/online-meetings](http://ca.org/meetings/online-meetings)

### FAMILIES ANONYMOUS

[familiesanonymous.org/meetings/virtual-meetings](http://familiesanonymous.org/meetings/virtual-meetings)

### STRONGER TOGETHER

[familiesagainstnarcotics.org/strongertogether](http://familiesagainstnarcotics.org/strongertogether)

### AL-ANON

[al-anon.org/al-anon-meetings/electronic-meetings](http://al-anon.org/al-anon-meetings/electronic-meetings)

### NAR-ANON

[nar-anon.org/virtual-meetings](http://nar-anon.org/virtual-meetings)

### HOPEDEALERS WORLDWIDE

[hopedealersworldwide.com](http://hopedealersworldwide.com)



## NOTES

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the  
**EXTENSION**

*The solution for homelessness & addiction*



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*The solution for homelessness & addiction*

*Family Services*



**Amerigroup  
Foundation**

**FAMILY SERVICES ARE AVAILABLE TO OUR CURRENT RESIDENTS AND THEIR FAMILIES.** The Extension provides a safe and neutral space in which everyone learns how to adjust to life with a family member in recovery. A therapist helps the family make changes so that family members can support each other in more meaningful and healthy ways. Family members take a close look at their own communication styles and behaviors and learn skills to promote healthier family dynamics. The entire family practices new ways of talking, relating, and behaving with each other to resolve problems and mend their relationships.



## **FAMILY THERAPY CAN BENEFIT FAMILY MEMBERS OTHER THAN THE PERSON IN TREATMENT.**

Family therapy isn't always easy. There will be struggles for everyone involved, but the outcome is worth it. Family therapy is an effective way to help your loved one in treatment while also helping the whole family.

## **TWO MAIN GOALS IN FAMILY THERAPY:**

**1** To better support the entire family in their loved one's recovery.

**2** To strengthen the whole family's communication and emotional health so that everyone can thrive.

## **OTHER GOALS WILL BE UNIQUE TO EACH FAMILY AND CAN INCLUDE:**



- Identifying strengths in the family
- Identifying and communicating emotions in a healthy way
- Identifying family stressors and problem areas
- Improving communication skills
- Setting healthy boundaries
- Recognizing triggers
- Rebuilding trust
- Solving problems and goal setting
- Overcoming guilt and shame
- Healing from the past
- Dealing with conflict effectively
- Creating a solid safety plan for transition after discharge

## **IS FAMILY THERAPY EFFECTIVE?**

Research suggests that behavioral health treatment that includes family involvement is more successful than treatment that does not. Some common benefits include:



- Helping your loved one decide to enter treatment
- Reducing their risk of dropping out of treatment
- Reducing rates of relapse
- Coping effectively with psychiatric symptoms
- Relieving stress for your loved one in treatment
- Reducing the burden of stress that other family members feel
- Assisting in identifying and practicing new coping skills
- Promoting long-term recovery
- Making positive changes in family dynamics
- Improving family communication



## **FAMILY EDUCATION** **Monthly virtual meetings**

Family education is available to our residents' families, as well as alumni and our community. Our goal is

for families to gain insight into the disease of addiction and how it impacts the entire family unit. Through our Families Services Program, we aim to help each family member become more knowledgeable about the recovery process. We encourage an open dialog among each family unit in our safe, moderated environment. We also connect loved ones with community resources to promote the continued healing and recovery for all family members.

## **WE WILL EXPLORE THESE AND OTHER TOPICS TOGETHER:**

- What is addiction? Is it really a disease?
- What your loved one can expect in treatment?
- What are support groups and how can they help me and my loved one?
- How does my loved one's addiction affect me and my family?
- Helping or enabling – how can I know the difference?
- Roadmap for Recovery.
- What if my loved one relapses?
- Communication traps.
- Setting and maintaining my boundaries.

