

# FAMILY WEEK

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## INFORMATION & ASSIGNMENT PACKET



# FAMILY

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## P R O G R A M

### **CLINICAL DIRECTOR**

Dr. Lisa Cordero, MS, LMHC, PsyD

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### **MEDICAL DIRECTOR**

Dr. Akiva Daum, M.D., FAPA,  
Board Certified Addiction  
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### **THERAPISTS**

Eddie Pardo, LMHC  
Melissa Dole, PsyD  
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Rebekah Schogel, Counselor  
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### **NURSING DIRECTOR**

Joaquin L. Machado, RN, MSN,



## **Welcome**

The Family Program at Serenity Oaks is offered to family members concerned about the well-being of their loved one receiving treatment at our facility. Family members involved in the client's treatment are invited to participate with proper consent.

## **OUR STATEMENT**

Serenity Oaks is an environment designed to foster growth and a desire to create a promising new beginning. Our comprehensive treatment plan combines life-changing elements of the traditional 12-step program along with the most innovative therapeutic and family practices. Our integrative approach provides you and your loved ones with the best possible chance to triumph over addiction and address the family disease.

## **CONTACT US**

### **Address**

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### **Contact**

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# WHAT IS FAMILY WEEK

*The program is considered an essential part of your family member's treatment and significant family members are encouraged to attend. This program will greatly improve your family member's opportunity to achieve and enjoy a happy and healthy recovery!*

The Family Week Program at Serenity Oaks is offered the fourth week to significant family members concerned about the well-being of the client. The program is considered an essential part of your family member's treatment and significant family members are encouraged to attend. This program will greatly improve your family member's opportunity to

**Recovery is about progression  
not perfection.**

achieve and enjoy a happy and healthy recovery!

If you are interested in attending, you must contact the client's primary therapist for approval. Family members require an invitation and written consent from the client and primary therapist to attend the program.

Family members who attend Family

Week without consent could be turned away due to HIPPA (confidentiality) law. As mentioned, only family members significant to the client should be invited; friends and distant relatives are not encouraged to attend.

Before attending Family Week family members are encouraged to read the educational packet provided or view video contact on website regarding concepts of addiction, recovery, relapse prevention and co-occurring disorders. This educational content places an emphasis on how addiction affects the family system. Methods of supporting vs. enabling the client are reviewed.

During Family week clients and family members join together and participate in sessions either on property or via Online Platform. Relapse prevention and 12 STEP philosophy and process are discussed in detail. Clients and family members are encouraged to

complete and share a therapeutic homework assignment that will aid in improving family communication and aid in building trust. Lunch is provided.

Please know that family members invited should read or view all educational material before attending Family Week to truly benefit from the program. Friends and family are welcome to read and view all treatment related material only for education; family members must confirm they have read or viewed all material to be able to attend Family Week.



## FAMILY WEEK GOALS



*All family members and concerned persons involved in the client's treatment are invited to participate with the client and primary therapists consent.*

1. To educate the family regarding concepts of addiction, recovery, relapse prevention, addiction in the family system, co-occurring disorders and 12 STEP philosophy and process.
2. To identify and put into practice concrete methods of supporting vs. enabling the addicted individual.
3. To improve coping skills to manage the emotional and behavioral responses to addiction in the family system.
4. To provide social and emotional support.
5. To offer a therapeutic forum to aid in the process of rebuilding trust in the family

## FAQ

# What's the program schedule?

*You don't get over an addiction by stopping using. You recover by creating a new life where it's easier to not use. If you don't create a new life, then all the factors that brought you to your addiction will catch up with you again.*

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### **Monday**

- 10:30 am** Family will meet individually with the client's therapist
- 11-12 pm** Client will join for an hour-long family session.
- 12:00 pm** Client's family will be permitted to eat lunch with the client in one of the community spaces on campus
- 2:30- 3:30 pm** Family will join other clients in family week for over view of codependency
- 3:30-4:30 pm** Family members will be permitted to join step up group with alumni coordinators

### **Tuesday**

- 11-12:00 pm** Individual family session with client and family
- 12-2:30 pm** Family time and permission to eat lunch on the grounds with the client in community area
- 2:30-3:15 pm** Family will join other clients in family week for the family tree
- 3:30-4:15 pm** Educational group on boundaries and instructions for impact letters which will be read the following day.

### **Wednesday**

- 11-12:00 pm** Individual family session with the client and family.
- 12-2:30 pm** client may eat lunch with their family on community property
- 2:30-3:15 pm** impact letters /boundary setting

**3:30-4:15 pm** "What I love about you" letters

**4:30-7:00 pm** Client may leave property for dinner with their family

*All family members will be given a UA (Urinary Analysis) anyone who has a positive test will not be permitted on property*

#### **1. Are our discussions confidential?**

Federal laws on confidentiality protect you and the client's right to privacy while you participate in the Family Program. Information can only be released with your written consent. There are no exceptions to this rule. Licensed clinicians are required by law to report neglect or abuse. Also, should a clinician suspect a client is suicidal or homicidal, confidentiality is waived so the client can receive appropriate intervention, treatment and support. Remember, we require consent from the client for you to participate.

You'll hear at Serenity Oaks, 'What's said in group stays in group.' This means that participants of the Family Weekend are encouraged not to disclose any information shared in the group with anyone who did not participate in the group.

#### **2. Can I leave cash with the client?**

Do not give the client cash at any time, ever. If you are interested in placing money on the client's account to purchase small items, you must speak with the primary therapist to determine the best way to get money on their account.

#### **3. I'm concerned if I participate, my loved one will get homesick and want to leave treatment.**

Resistance to treatment, treatment noncompliance and homesickness are natural occurrences during the treatment process. We cannot stress the importance of family members encouraging their loved one to complete treatment and remain compliant with the treatment team's recommendations. Family members should emphasize this throughout the treatment process. Prepare for crisis situations by emphasizing you will not collude with the client to leave treatment prematurely. If you are fearful that the client will attempt to manipulate you once you are visiting, speak with the client's primary therapist or Clinical Director.

# YOUR PART

## HOMWORK ASSIGNMENT: INSTRUCTIONS FAMILY WEEKEND

*clients: If you have more than one family member coming, you are encouraged to create a separate list for each member. If you believe what you share applies to all family members, make sure you say so.*

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### **Page One: Ten Statements of Feelings**

Please complete at least 10 statements of feelings.

For the family member, examples have included:

“When you steal from me I feel angry and betrayed.” “When you spend time with me sober, I’m happy and I trust you more.”

“When you get paid on Friday, I get anxious, and tend to be suspicious of you.”

“When you get depressed, I fear you’re going to use.” “When you go to a meeting, I feel relieved.”

For the client, sentences could be something such as:

“When you give me money to buy beer you enable me.” “When you tell me how proud you are about my recovery, I feel motivated.”



**Tough times never last but  
tough people do.**

### **Page Two: Amends List**

For the family member, examples have included:

“I need to make amends for giving you money to use.” “I need to make amends for the time when I ... “

For the client, examples have included:

“I need to make amends for when I lied to you about...”

“I need to make amends for not being there for the children.” “I need to make amends for draining our savings account.”

### **Page Three: “Ten Things I Like and Love About You”**

List ten things you appreciate like and love about your loved one.



fig 3.

# THE SERENITY OAKS TREATMENT PROGRAM GLOSSARY

**Anonymity:** Anonymity is the spiritual foundation of the 12 STEP program. Confidentiality is encouraged. First names are used only at meetings.

**AL-ANON/NARANON:** A fellowship and support group for families, relatives and friends who lives have been affected by someone else's drinking or drugging. It serves one purpose: to help families of alcoholics and addicts. Participants share their experience, strength and hope in order to solve their common problems.

**The Big Book:** This refers to the Basic Text for Alcoholic Anonymous. This book includes selections of personal stories reflecting different life experiences of alcoholics over the years since 1935, when Bill W. met Dr. Bob and the message of A.A. was born.

**Detachment:** Family members and concerned persons of chemically dependent individuals learn about

detachment in AL-ANON. They learn that nothing they say or do can cause or stop someone else's drinking or drugging. Detachment allows concerned persons to let go of their obsession with another's behavior and begin to lead happier and more manageable lives with dignity and rights.

Detachment allows the alcoholic/addict the dignity and respect of experiencing the consequences of his or her actions.

**Meetings:** Where recovering people share their experience, strength and hope to sustain recovery and to provide support for others.

**Slogans:** Slogans such as "One day at a time" and "Keep it Simple" aid recovering individuals to seek spiritual guidance in dealing with conflicts and challenges. For example, "One Day at a Time" means just that, not worrying about the future or rehashing the past. The focus is on staying sober just one

day (or even one hour or one minute) rather than trying to imagine being sober for a lifetime.

**Sponsor:** A sponsor is a person of the same gender who guides recovering individuals through the 12 STEPS.

**The Three "C"s:** Family members and concerned persons learn that we didn't cause it, we can't control it and we can't cure it.

**"90/90":** This refers to the concept of attending ninety-meetings in ninety days. This means attending a 12 STEP meeting daily. This does not mean that a recovering individual stops attending meetings at the end of ninety days. "90/90" aids recovering individuals to adapt to seeking support and become familiar with working a 12 STEP program.

**TEN STATEMENTS OF FEELINGS**

When you \_\_\_\_\_, I feel \_\_\_\_\_  
(Behavior) (Feeling Word)

1. \_\_\_\_\_.

2. \_\_\_\_\_.

3. \_\_\_\_\_.

4. \_\_\_\_\_.

5. \_\_\_\_\_.

6. \_\_\_\_\_.

7. \_\_\_\_\_.

8. \_\_\_\_\_.

9. \_\_\_\_\_.

10. \_\_\_\_\_.



**AMENDS LIST**

“I need to make amends for \_\_\_\_\_”

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

6. \_\_\_\_\_

7. \_\_\_\_\_

8. \_\_\_\_\_

9. \_\_\_\_\_

10. \_\_\_\_\_

“And my wish is that you will trust me in time.”

# TEN THINGS I LIKE AND LOVE ABOUT YOU

1. \_\_\_\_\_.
2. \_\_\_\_\_.
3. \_\_\_\_\_.
4. \_\_\_\_\_.
5. \_\_\_\_\_.
6. \_\_\_\_\_.
7. \_\_\_\_\_.
8. \_\_\_\_\_.
9. \_\_\_\_\_.
10. \_\_\_\_\_.

**Read twice a day for two weeks**

# MISTAKEN BELIEFS ABOUT TREATMENT AND RECOVERY

*Adapted from Terrence Gorski's Mistaken Beliefs about Relapse*

*Family Members Often Believe...*



## **Treatment is a cure #1**

Family members require education regarding concepts of chemical dependency, recovery and relapse prevention. Family members must understand that chemical dependency is a disease that has no cure. Many diseases, such as cancer, diabetes, cardiac disease and mental health disorders such as bipolar disorder have no cure. There is no cure for chemical dependency, but there is treatment to put it into remission. There is always

the potential for relapse. Family members must recognize that detox and rehabilitation is treatment but only the beginning of a multifaceted road to recovery and long term sobriety.



## **Treatment will restore the family to the way it was before chemical dependency started. #2**

Treatment cannot do this. However, there is hope that

life will improve for all in the family as a result of treatment. Recovery is a process, not a cure. Recovery takes time.



## **I don't need to participate in any counseling... my participation isn't necessary and it won't matter. #3**

Research indicates that family participation does matter and there is a direct correlation of long term sobriety to the level of family participation.



**Everybody is looking for an instant cure, but it doesn't work that way. You build a successful recovery one day at a time.**

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Family members must also recognize that it isn't fair that the chemically dependent individual gets all of the attention, support and treatment while the family members are left to "clean up the mess." Family members require and deserve support and education too. Further, there's a higher risk of the addict/alcoholic successfully manipulating the family to aid in a relapse or leaving treatment prematurely without family education and participation.

**Detox alone works (OR) It's OK for the chemically dependent individual to leave treatment when he or she feels ready to. #4**

Addicts and alcoholics often feel better after detoxification. Family

members must realize however that detox alone doesn't achieve long term sobriety.

Addicts and alcoholics must learn how to manage sobriety-based symptoms and cravings and must identify triggers, scenarios and mistaken beliefs that can contribute to a relapse. Chemically dependent individuals need time not only to heal medically and psychologically, but also to learn and practice the relapse prevention skills that will contribute to securing significant clean time.

Many addicts and alcoholics often experience a "pink cloud" or a "flight into health" during treatment, convinced they have the problem licked. This results in addicts and alcoholics greatly minimizing or ignoring their chances of relapse.

It's also important for family

members to know that addicts/alcoholics will call friends and family homesick with the intent of leaving treatment prematurely. Or they may purposefully manipulate family to aid them in leaving treatment before it's completed. Chemically dependent persons don't like it when others call the shots. They are used to the illusion of being in control and controlling the family. Many addicts are in denial, crave their drug of choice during treatment, or have hidden agendas about returning to use. They may manipulate family and their feelings in an attempt to leave treatment. The best and most important way to aid the alcoholic/addict is for family members to encourage the chemically dependent person to follow the advice of the professionals and to complete treatment.

## Mistaken Beliefs about Relapse

### **If the chemically dependent person loved me, he'd just stop using! #5**

That's like saying if he loved me, he'd just stop having diabetes. Chemical dependency and recovery isn't about love. Chemical dependency is a disease that has no cure, however, there is treatment to put the disease into remission.

It is considered a disease of "insanity" in consideration of the irrational thinking and behavior of the chemically dependent person. In fact, the criteria for a diagnosis of Chemical Dependency appears in the Diagnostic Manual of Mental Disorders (DSM IV).

Most addicts and alcoholics love their family members and friends and perhaps even love themselves. The chemically dependent person cannot stop using in spite of their feelings.

### **Abstinence alone means my loved one is recovering #6**

Abstinence is only a prerequisite for recovery. Family members must understand that the alcoholic/addict must change behavior and ways of thinking in addition to abstaining from their drug of choice. For example, the alcoholic that is abstinent but frequents bars or socializes with using alcoholics is setting himself up for a relapse, taking an unnecessary risk. The alcoholic that isn't compliant with his prescribed antidepressant medication will feel miserable and will be prone to relapse despite abstinence.

Addicts and alcoholics who "switch" their drug of



### **It's O.K. for the recovering individual to switch to a different drug or a legal chemical. #7**

choice often just become addicted to their new drug or wind up returning to their previous drug of choice. Any use of an addictive substance impairs insight and judgment and typically results in relapse.

### **I'll be competing with AA/NA and/or the sponsor for attention from my loved one. #8**

It's normal for family members to feel resentful, jealous or left out because of the addict or alcoholic's participation in a recovery program. However, love, home and family are not enough to support abstinence from chemicals, especially in the stabilization and early phases of recovery. The best way for family members to resolve these feelings is to identify and focus on the benefits of the chemically dependent person's participation in their recovery program. Family members can, of course, attend open meetings with their loved one on occasion. On other occasions, the family member can attend his or her own Alanon/Naranon meetings. Family members should be open to meeting some of the recovering alcoholic or addict's new friends and join in some recovery group activities.



# Serenity Oaks

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## WELLNESS CENTER

### SERENITY OAKS WELLNESS

Our vision encompasses our desire to ADORN our clients by integrating this philosophy into a five-week treatment program that addresses each damaging aspect of addiction and prepares our clients for a successful recovery. We incorporate clinical, medical and recreational staff that work together seamlessly to maximize our client's experience by connecting thoughts and feelings in safe and comfortable surroundings.