



FAMILY PROGRAM INFORMATIONAL PACKET



Information, Schedules and Education to help you have a seamless trip to the family program.



Hello,

I want to take this opportunity to thank you for choosing Palm Holistic Healthcare to assist in your loved one's recovery. They have made the right choice by coming here. Please know that we will make every attempt to ensure a successful stay. Palm Holistic Healthcare considers the family and significant others a crucial part of the recovery process, so please don't hesitate in reaching out to us. We will be glad to answer any questions and/or concerns you may have about our program. Your feedback and collaboration are very important. Please contact us at 561-819-3022 and ask for Kelly, for any treatment questions. For any program questions, please contact Heidi at 561- 921-6136.

Attached is information about the Family Workshop that is held once a month. Please come and join us.

Sincerely,
Thomas G. Beley, PhD, LCSW
Executive Director
Palm Holistic Healthcare

Hello Family,

Addiction can be heart breaking and maddening. We can imagine that you are experiencing a range of emotions spanning from numb to completely overwhelmed. As you know, addiction is a family disease and we at Palm Holistic Healthcare are committed to equipping you with all of the information you need and deserve. We are Heidi and Doug McGuirk, facilitators of the Family Program for Palm Holistic Healthcare.

We would love to have you attend The Family Program and have included information to help you in your decision making process.

Whether you have gone through another family program, or you are new to treatment, we encourage you to attend.

Our Program is designed to be an uplifting, empowering, and educational weekend. And it is our mission to have you leave the weekend feeling better than you did when you arrived.

Please have a look at all of the information and call us if you have any questions regarding the weekend.

In the meantime, we urge all family member to check out local Al-Anon meeting in their area. Here is the link to help you find meetings. Please visit <http://al-anon.alateen.org/> (click on how to find a meeting).

We hope to serve you soon!

Heidi and Dug McGuirk

Facilitators of the Family Program

Office: 7:30-4:30; 561-921-6136

Email: hmcguirk@palmpartners.com

After Hours Cell Phone: 917-435-4823 (for family weekend questions only, other questions, please contact Therapist.)

FAMILY PROGRAM SCHEDULE

3 day program schedule

Every 1st weekend of every month starting on Friday – Sunday*

*Holiday weekends excluded - Call to confirm dates.

****Please plan a family session with your loved ones Therapist on Thursday or Friday.** This is very important!**

Friday

Location: 1177 George Bush Blvd., 1st Floor, Delray Beach, FL 33483

9:00am to 4pm - TBD Family Session - Please speak with Therapist to schedule.

4:40pm to 6pm - The Science of Recovery - Heidi McGuirk

6pm to 7pm - Dinner

7pm to 10pm - State Management and the 6 Human Needs - Dug McGuirk

Saturday

Location: 816 Palm Trail, 2nd Floor Auditorium, Delray Beach, FL 33483

9:30am to 10am - Breakfast and Connecting

10:00am to 12pm - Establishing Healthy Relations: How to set Boundaries - Heidi McGuirk

12pm to 2pm - Lunch and B-B-Q (with your loved one)

2pm to 5:30pm - Breakthrough Experience -Dug McGuirk, Heidi McGuirk (with your loved one)

6pm to 10pm - Family Pass with loved one (therapist approval only)

Sunday

Location: 816 Palm Trail, 2nd Floor Auditorium, Delray Beach, FL 33483

9:30am to 10am - Breakfast and Connecting

10am to 12pm - Enhancing Communication & Understanding Our Role - Dug & Heidi

12pm to 4pm - Family pass with loved one (therapist approval only)

Hotels

Boca Plaza Hotel and Suites

2901 North Federal Way Highway, Boca Raton, FL 33431

(561) 750-9944

- ✚ Business Center
- ✚ Fitness Room
- ✚ WiFi
- ✚ Restaurant
- ✚ Pool & Hot Tub



Delray Beach Marriott (special rates)

10 N Ocean Blvd, Delray Beach, FL 33483

(877) 433-3200

Identify as a Palm Partners affiliate for special rate, or book online using our three digit code: 39Q.

- ✚ Pool
- ✚ Beach
- ✚ Pet-Friendly
- ✚ High Speed Wi-Fi
- ✚ Fitness Center
- ✚ Spa & Salon
- ✚ Business Center



Best Western Plus University Inn

2700 N Federal Hwy, Boca Raton, FL 33431

(561) 395-5225

- ✚ Complimentary Breakfast
- ✚ Pool
- ✚ Meeting Room
- ✚ Hot Tub
- ✚ Room Service
- ✚ High Speed Internet



Hotels

Colony Hotel

525 E Atlantic Ave, Delray Beach, FL 33483

(561) 276-4123

- ⊕ Complimentary Breakfast Buffet
- ⊕ WiFi at Hotel & Club
- ⊕ Guest Computer in Lobby
- ⊕ Fitness Room
- ⊕ Weekend Live Entertainment
- ⊕ Beach
- ⊕ Saltwater Pool



Delray Sands

2809 South Ocean Boulevard, Highland Beach, FL 33487

(561) 278-6241

- ⊕ Direct Beach Access
- ⊕ Beach Chair & Umbrella Rentals
- ⊕ Private Cabanas Available
- ⊕ Beach Food & Beverage Service
- ⊕ Tropical Outdoor Pool
- ⊕ Whirlpool
- ⊕ Children's Pool
- ⊕ High Speed Internet Access
- ⊕ 24-Hour Fitness Center
- ⊕ Business Center
- ⊕ Restaurant
- ⊕ Live Weekend Entertainment at Cabanas Oceanside



Residence Inn by Marriott

525 E Atlantic Ave, Delray Beach, FL 33483

(561) 276-4123

- ⊕ Buffet Breakfast
- ⊕ Self Parking
- ⊕ Wireless internet
- ⊕ 24 hour Fitness Center
- ⊕ Outdoor Pool & Jacuzzi
- ⊕ 24 Hour Business Center
- ⊕ Restaurants within walking distance
- ⊕ Beach Steps Away
- ⊕ Fully Equipped Kitchenettes



Hyatt Place Delray Beach

104 NE 2nd Avenue, Delray Beach, FL, 33444

(561) 330 3530

- ⊕ Complimentary Breakfast
- ⊕ WiFi internet
- ⊕ 24 hour Fitness Center
- ⊕ Pool & Hot Tub
- ⊕ 24 Hour Business Center
- ⊕ Gallery Restaurant



Airports

West Palm Beach International

1000 James L Turnage Blvd, West Palm Beach, FL 33415

(561) 471-7400

Fort Lauderdale International

100 Terminal Dr, Fort Lauderdale, FL 33315

(954) 359-1200

The Family Program for Palm Holistic Healthcare.

- What is the purpose of the Family Program?
- Why should I come to this weekend? Is it necessary? I've been to other family programs.
- When is the weekend?
- Does my loved one have to be in treatment for me to come to the family weekend?
- What is the cost of the weekend?
- What do other family members say about the Program?
- What do I need to do next?

What is the purpose of the Family Program?

As you probably know by now, addiction is a family disease. And each person in the family is uniquely impacted. The family program is a place where families can talk about these unique challenges and get support. Many times, we are not equipped with the information we need to be helpful to the addicted loved one. Sometimes, we even engage in harmful behavior, thinking we are helping. The purpose of the weekend is to be in a safe place where you can express your concerns, process your feelings, and get your difficult questions answered. We provide coaching, education, and emotional support to families going through this extremely uncertain time. All 3 days of the Family Program are extremely important. Each day builds upon the next. Please plan to attend all three days. Remember that you can, with Therapist approval, go on pass at the end of the program Saturday and Sunday.

Why should I come to this weekend? Is it necessary? I've been to other family programs.

Only you truly know the level of support you need when it comes to navigating this disease. You may benefit if you have ever wondered any of the following:

- Why can't my loved one just quit?
- Why is my loved one the only addict in the family?
- Was my loved one born this way? Do they just have an addictive personality?
- Did I create this or contribute to this in any way?
- How can I help my loved one to stay sober when they leave treatment?
- Why do people relapse? Is it a choice?
- What should my loved one be doing for their recovery once they get out of treatment?
- What should I do if my loved one relapses?
- How do I come up with my boundaries?
- How do I stick to my boundaries?
- What is the difference between helping and hurting?

Does my loved one have to be in treatment for me to come to the family weekend?

No. We encourage EVERYONE to go through the Family Program whether your loved one successfully completed treatment or not. Sometimes schedules conflict and you may not be able to attend right away. We still encourage you to come at any time.

What is the cost of the weekend?

The Family Program is FREE. You are only responsible for your travel and accommodations.

What other family members say about the Program

"I learned so many things. To finally understand this disease really relieves me and causes me less anxiety because I know that my Dad drinking and my brother doing drugs was not my fault. I would like to thank Heidi and Dug for inspiring, teaching and making me feel so much better." Emily B

"I am an alcoholic who has been through several rehabs myself and I learned more from this program than I have known through my lifetime! Thank you so much!" Terrie R

"This is the most wonderful, talented, dynamic, knowledgeable and successful healing and recovery program in the world." Jackie H

"I enjoyed the different way of looking at how to deal with the disease and our role in the recovery. Great program!"

"This has been a very informative and eye opening program that not only showed me about our loved one, but showed me about myself!"

"Thank you Heidi and Dug for opening my eyes to what I should and shouldn't be doing!"

How do I register for the Family Program?

Please email Heidi McGuirk at hmcguirk@palmpartners.com or call 561-921-6136

Tips and Guidelines

The following is a list of recommended tips and guidelines that will be helpful for you to follow while your loved one is receiving treatment at Palm Holistic Healthcare. Please feel free to contact the Family Services Supervisor, or your loved one's Therapist at their respective treatment centers regarding any questions or concerns.

- Try to limit your phone calls to once or twice a week. Phone calls should be no more than 15 minutes in duration. Be prepared for a lot of complaints. Simply direct your loved one back to the Clinical Director or your loved one's Therapist regarding the complaints or concerns.
- No money should be given directly to your loved one. We have an established account for your loved one and all monies need to be deposited directly into that account. Your loved one can withdraw money from their account with prior approval.
- All requested personal items, i.e., i-pods, computers, stereos, clothes, etc. need to be approved by the Executive Director and the Therapist. Feel free to contact your loved one's Therapist to discuss your loved one's requests. Please drop off any items to the Tech Office or your loved ones Therapist.
- Cell phones are permitted on a time limited Individualized basis.
- There are no established visiting hours. All visitation needs to be arranged through the Therapist or the Executive Director Dr. Thomas G. Beley PhD, LCSW
- It would be helpful for you to attend an Al-Anon meeting in your area. Al-Anon is an internationally established support group for family members and significant others who have loved ones that are suffering from an addictive disorder. There are local meetings in your area - free of charge.
- Please attend the Palm Holistic Healthcare Family Program that is held the First weekend of every month. Friday-Sunday*. These workshops are for the family and significant others to help them learn more about addiction as well as what to expect once the loved one leaves treatment. We also detail how our program works.
- Please know that we are committed to working with the family and significant others. We consider your input a vital resource for your loved one's recovery and we look forward to hearing from you.

ROLES FAMILIES PLAY

Games Addicted Families Play

There are Many Ways to Enable an Addict/Alcoholic

As the saying goes, regarding someone's chemical dependency:

- You didn't cause it
- You can't control it
- You can't cure it

But there are ways that you may be contributing to the problem. Before placing the blame for all the problems in your family or your relationship on her drinking or drug use, it might be wise to examine how the other person's use may have affected you, and how you have reacted to it. For example, does the following statement sound familiar?

"I don't have a problem with my drinking! The only problem is your attitude. If you would quit complaining about it, there wouldn't be a problem!"

Well, obviously that statement is not completely accurate; after all denial of the problem is one of the more frustrating parts of the problem. On the other hand the statement may not be completely false either. How do you react to the addict's use? Could your reaction be a part of the overall problem? Have you fallen into "role playing" in the family? Is there anything that you can do to improve the situation?

The following describes an incident that could be an example of addicted behavior, and some examples of reactions to the incident. Do any of these sound familiar?

The alcoholic/addict comes home late and she is under the influence, too drunk or stoned, in fact, to get the key into the front door lock. After several futile attempts, she decides that it is a lost cause. Since she does not want anyone in the house to know that she is too drunk to unlock her own door, she makes a brilliant decision that solves her problem. She goes to sleep in the front yard!

How would you react?

The Rescuer

The "rescuer" doesn't let the incident become a "problem." Since he has been waiting up for her anyway, he goes out in the yard, gets the alcoholic up, cleans her up, and puts her into bed. That way the neighbors never see her passed out in the flower bed!

He never mentions the incident to her or anybody else. If anyone else mentions it, he denies there is a problem. He lies for her, covers up for her mistakes, and protects her from the world. As the problems increase and her drinking and drug use gets worse, he takes on responsibilities that were once hers. He may get a better job or work extra hours to pay the bills. And if she gets in trouble with the law, he will move heaven and earth to come up with her bail.

The Provoker

The “provoker” reacts by punishing the drunk for her actions. He either waits for her to wake up the next morning and gives it to her with both barrels, or he goes out and turns the sprinklers on! He scolds, ridicules, and belittles. He nags. He screams insults at her loud enough for everyone to hear. He gets on the telephone and tells all her friends she’s a loser. He is angry and makes sure that the alcoholic and everybody else knows it. Or he gives her the cold shoulder and doesn’t speak to her. He threatens to leave.

He doesn’t let it go, either. The anger and resentment continue to build as these incidents become more frequent. He never lets her forget her transgressions. He holds it against her and uses it as a weapon in future arguments - even months or years later.

The Martyr

The “martyr” is ashamed of the addict’s behavior and he lets her know it by his actions or words. He cries and tells her “You’ve embarrassed us again in front of the whole neighborhood!”

He sulks, pouts, and isolates. He gets on the telephone with friends and describes the misery that she has caused this time! Or he is so ashamed of it he avoids his friends and any mention of the incident. Slowly he becomes more withdrawn and depressed. He may not say much about it to the alcoholic, but he lets her know with his actions that he is ashamed of her. Quietly he tries to make her feel guilty for her behavior.

Which is the Enabler?

The above examples may be somewhat of an exaggeration, but then again they may be very typical of what goes on in an addicted home. The “roles” the nonalcoholic spouse or family members play in the family may not be as well defined, as they are outlined here. Depending upon the circumstances, the spouse or family members may fall into one of these roles, or may switch back and forth between them all.

So which of the spouses or family members described above - the Rescuer, the Martyr, or the Provoker - is an enabler? Which one is actually helping the alcoholic progress in her disease? Which one, although they are trying to make things better, are actually contributing to the problem?

All of them.

Family Members Can Get Locked Into Playing Roles

If you find yourself locked in to playing a role in the alcoholic's life, maybe it's time to call "time out." Earlier we described three of the "roles" that family members can find themselves adopting as they try to deal with addict behavior. It's easy to define the "rescuer" or "caretaker" as an enabler. He or she is enabling her simply by not allowing her to face the consequences of her own actions. She wakes up in the bed warm and toasty the next morning, not even remembering that she passed out in the front yard.

Why should she ever admit that she has a problem? With family members rushing in to "put pillows under her" each time she falls, she never feels the pain of the fall. If her drinking or drug use never becomes painful, due to your heroic efforts to protect her, why should she ever decide to stop? But the other two role models are also enabling. How? Because their reactions to the alcoholic's behavior allows the addicted person to focus on their reaction rather than their own behavior. If she wakes up the next morning in the yard and comes into the house to face the wrath of the provoker or the shame of the martyr or "victim," then her natural response is to react to that behavior, rather than her own. Moreover, both the provokers and the martyr's actions are designed to manipulate her with guilt, which believe it or not, she feels. But if she is truly an alcoholic or an addict, her reaction will not be to own up to her mistakes, but to try to escape them once again - with the drug.

The Correct Reaction?

So what is the best way to react to the situation described? How do you react when the addict/alcoholic has pulled another one of her stunts? The answer is to not react at all! Pretend as if nothing happened! If the alcoholic/addict wakes up the next morning and comes into the house where everything is going on normally - the kids are getting ready for school, you are getting dressed for work and the coffee is on the stove - then the only thing left for her to face is her own behavior. Any embarrassment or shame brought on by her passing out in the front yard for all the neighbors to see, belongs to her and her alone. It's her problem, not anyone else's. Her behavior is the problem, not your reaction to it. If you greet her with a "Good morning, dear, the coffee's ready!" Just as if nothing unusual had happened, you have done your part right. You did not allow someone else's inappropriate behavior to provoke your own inappropriate behavior. You have not given the alcoholic/addict the opportunity to "change the subject." She is left alone to face her own pain and shame by herself. When that pain gets to be strong enough, she will be ready to get help. Until she is ready to reach out for help with her drinking or drug problem, all the scolding, manipulating, and controlling efforts on your part are not going to do any good whatsoever and will only cause you to get pulled further into the family disease of alcoholism.

Enabling

Enabling is doing for others what they need to do for themselves. It is reacting to a person in such a way to shield him or her from experiencing the full impact of the consequences of their behavior. Enabling behavior differs from helping in that it permits or allows the person to be irresponsible.

Enabling behavior:

- Protects others from natural consequences of behavior.
- Keeps secrets about someone's behavior from others in order to keep peace.
- Makes excuses for a person's behavior. (School, friends, legal authorities, work and other family members.)
- Bails a person out of trouble. (Debts, fixing tickets, paying lawyers and providing jobs.)
- Blames others for chemically dependent person's behaviors. (Friends, teachers, employers, family and SELF.)
- Sees "The Problem" as the result of something else. (Shyness, adolescence, loneliness, child, broken home, ADHD or another illness.)
- Avoids the chemically dependent person in order to keep peace. (Out-of-sight, out-of-mind.)
- Gives money that is undeserved/unearned.
- Attempts to control that which is not in the "enablers" control. (Planning activities, choosing friends and getting jobs.)
- Makes threats that have no follow-through or consistency.
- "Care-takes" the chemically dependent person. (Doing what he/she is expected to do for themselves.)

Relapse Warning Signs

Chemically dependent individuals can demonstrate relapse behaviors at anytime throughout their recovery process, but they are especially prone during the early stages of recovery. The relapse process starts when a person falls into old patterns of thinking, feeling and behaving.

The following are signs of relapse at any stage in recovery:

Lack of gratitude for recovery or what has been achieved in the recovery process

- Complacency when things begin to improve - the chemically dependent person believes that they no longer need to focus on their recovery efforts; they are convinced they will never begin using again
- Lack of self-care as they become exhausted, develop or return to irregular eating habits or poor health habits in general
- Self-pity - the chemically dependent person talks and acts as if no one else has it as had as they do
- Increasing denial or return to denial - the chemically dependent person starts rationalizing, justifying, minimizing or generalizing addictive thinking and behavior
- Blaming others instead of taking personal responsibility for one's own thoughts, feelings or behavior
- Unable to accept feedback from others who are concerned
- Isolation and attempting to solve problems on their own; not sharing what is going on with others in the support group
- Wanting too much too quickly or setting unrealistic goals
- Stopping prescribed antidepressant, anti-psychotic or other psychiatric medications
- Attempting to control one's recovery through manipulation and blaming of others for their problems
- Discounting a recovery program - stopping 12-Step meetings, not utilizing a sponsor or being unwilling to allow others to help
- Return to drug/alcohol use – switching addictions to food, sex, gambling, relationships, etc.