

CONTINUING CARE PLANS for FAMILIES

Are you worried....

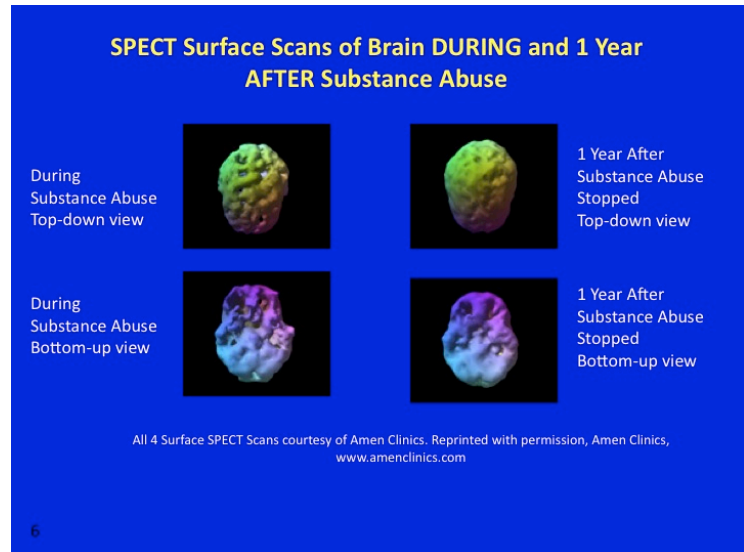
- your loved one may relapse?
- your loved one won't do what s/he needs to do to stay clean and sober?
- that something you do may cause a relapse or jeopardize his/her recovery?
- that your family will not trust you?

Consider a family Continuing Care Plan (CCP)?

We like to think of CCP's as opportunities for FAMILIES who have been affected by addiction – whether it be drugs or alcohol – to strategize how to best move forward as individuals and as a family. People find an expert who can help them develop a plan for how to achieve an end objective, i.e., Avon Walk-for-Breast Cancer training plans, diet plans such as Weight Watchers, and employment-search plans. We view hiring us to help a family develop a CCP in the same way.

Objectives of a CCP

To use an impartial expert to moderate a series of family sessions structured to help the recovering addict/alcoholic and his/her recovering family member(s) talk about and develop a plan for what is to happen after detox and/or rehab (treatment). This helps all concerned better appreciate that treating addiction diseases is no different than treating other diseases.



In addition to helping families understand that addiction is a chronic, often relapsing brain disease, creating a CCP helps families address issues, such as:

- what the drug addict/alcoholic should expect from family members (e.g., not to try manage their recovery and specifically what is meant by this);

- what family members should expect from the drug addict/alcoholic (e.g., to tolerate their fears and reactions and specifically what is meant by this);
- what recovery will look like for both (e.g., individual therapy, 12 step or other self-help meetings, daily exercise class, private down-time activities,...);
- identify and discuss the 'life issues' that need to be dealt with (e.g., credit repair, continued employment, living arrangements);
- identify relapse triggers for the drug addict/alcoholic (e.g., family events where alcohol is served);
- identify relapse triggers for the family member (e.g., drug addict/alcoholic not working their recovery);
- identify a code word family members can use when a difficult issue arises in order to acknowledge the tension but postpone discussion of the issue until in a safe setting (e.g., with a therapist or recovery coach);
- decide what to do if the drug addict/alcoholic relapses;
- decide what "relapse" looks like for family members;
- discuss and decide transportation issues – especially if children are involved;
- talk about SLEs (sober living environments or recovery homes) and associated costs;
- decide what to tell extended family, neighbors, friends and the children;
- any other issues parties to the Plan may have.

To be clear – our work with families to develop a CCP does not involve therapy, coaching or counseling. It is to provide moderated sessions in order to facilitate conversations about the issues. The outcome will be a written plan – a Continuing Care Plan.

Why work with Caroll and/or Lisa to develop your CCP?

- Caroll is a MA, MFT, whose clinical expertise is working with addicts and alcoholics in recovery, as well as families affected by the trauma of addiction. She has worked in the field of addiction for over twenty-five years and was the former Director of the Family Program at The Sequoia Center in Redwood City, CA for seventeen years. Caroll presently facilitates the monthly Family Workshop and the weekly "What About Me?" Family Group meeting at the Sequoia Center and has a private practice working with individuals and families whose lives have been affected by addiction.
- Lisa has been consulting, researching, writing and presenting on substance abuse, addiction, dual diagnosis, underage drinking and help for the family centered around 21st century brain and addiction related research since 2003. Her 40 years experience with family alcohol abuse and alcoholism and her seventh and eighth books, *Loved One In Treatment? Now What!* and *If You Loved Me, You'd Stop!*, frame her work, including training/workshops/presentations for Stanford Medical School students, Ft. Irwin National Training Center, County of Santa Clara Department of Alcohol & Drug Services, State Bar of California, and the National Alliance of Mental Illness (NAMI) Santa Clara. She founded BreakingTheCycles.com in 2008 and writes a blog of the same name.

Logistics

Creating a comprehensive plan takes approximately five, 90-minute sessions with interim work (e.g., participants taking the time to reflect and jot notes on questions/issues posed), with session summaries prepared by Fowler and/or Frederiksen. The entire process is clearly mapped out in advance of all parties signing the Agreement to work with Caroll and/or Lisa to develop the CCP.

For more **information on Continuing Care Plans** or Recovery Coaching Services (not described here), and/or Lisa Frederiksen and Caroll Fowler, MA, MFT, please visit:

www.BreakingTheCycles.com, or call, 650-362-3026, or email, info@BreakingTheCycles.com.