

Dear Family Member,

Hanley would first like to express our gratitude for your trust in us to provide a comprehensive treatment experience for your loved one. We realize the daunting task of making a decision of this magnitude. The research process to find the "right treatment center" can be intimidating, frustrating, and simply overwhelming. Now that the decision has been made, family involvement is an integral component of the treatment process.

Located within the Hanley Family Portal is a Family Questionnaire. This document provides our clinical staff with the family perspective of the identified patient's progression of illness and the impact on the family.

Please complete this document as soon as possible. You are also welcome to share the portal link with other family members. The information you will provide in this assessment will help to give a more complete picture of your loved one's illness. This information may also be essential in the development of the overall treatment plan for your loved one.

Hanley currently provides a week-long, in-person family program as a component of the identified patient's treatment experience. We are committed to addressing the family disease of addiction. Despite the relief that the identified patient is in a safe and therapeutic environment, the ripple effect of addiction has impacted the family system as a whole. Often, these influences have gradually changed the communication methods, level of trust, degree of intimacy, and level of self-care. These effects may have damaged relationships within the family system that, left unaddressed during the course of treatment, will produce significant relapse potential for the identified patient as well as the family members upon discharge.

The Family Program at Hanley is designed to educate the family system regarding addiction and the family disease. Various modalities are utilized to assist the identified patient and the family members with exploring their specific dynamics and assisting in the development of a plan to address these issues during and, more importantly, following the inpatient experience. The continuing care plan is a crucial component of the treatment process. This plan will bridge the transition from the safety of inpatient treatment to implementing the skills necessary to facilitate long-term recovery.

Your involvement in the family program is critical. Please expect to discuss this in your initial discussions with your family member's Primary Counselor and/or your designated Family Counselor. It is very important to coordinate participation based upon clinical appropriateness.

We look forward to assisting your family in the process of long-term recovery.

Sincerely,  
Stephen R. Honaker, LMHC  
Family Services Manager

## **FAMILY PROGRAM INFORMATION**

The Family Education Program is an intensive, week-long clinical program. The timing of when a patient's family members participate in the Family Education Program is predicated on a number of variables, including the stability and readiness of the patient.

**THEREFORE, PLEASE CONFIRM ATTENDANCE DATES WITH YOUR FAMILY MEMBER'S FAMILY COUNSELOR PRIOR TO MAKING TRAVEL ARRANGEMENTS.**

**Please do not assume that discussing your arrival with the client will secure your registration. Please plan to be present for all sessions for your own maximum benefit and to minimize disruptions to the group.**

*Consecutive daily attendance (beginning on Monday) is required. Each day of the Family Program is built upon what was learned during the previous day. **Consecutive daily attendance also builds safety within the group. Anyone who misses a day of the Family Program will unfortunately not be allowed to return for the remainder of the program.***

### **LOCATION**

Family Program takes place at the **Resource Center at: 933 45<sup>th</sup> Street, West Palm Beach, Florida, 33407. We are not on the Main Campus. Please plan to arrive by 8:30** on Monday morning for registration as we begin promptly at 9:00.

### **VISITATION**

Visitation is allowed on Wednesday and Thursday of the Family Education Program from 4pm – 5pm at the Hanley Resource Center.

### **COST**

There is no cost for family members of our patients.

### **MEALS**

Lunch, beverages and snacks will be provided for the group each day.

### **DRESS CODE**

Dress is casual. Layered clothing is recommended, as individual comfort levels vary. We ask that your attire be appropriate to the setting.

**We look forward to the continued work with your family!**

# HANLEY FAMILY EDUCATION PROGRAM PHILOSOPHY

Addiction, like any other chronic illness, requires a network of participants that either support the illness or support recovery from it. Whether dealing with heart disease, diabetes, asthma or other health conditions; the constellation of people involved include all those who in some way live with, accommodate, tolerate or support the illness. **Similarly, recovery from addiction requires a constellation of family and supportive others to maximize the opportunity for ongoing sobriety.**

## **The Crisis**

Treatment for addiction, also like other chronic illnesses, is generally sought at the height of a crisis such as a heart attack, diabetic shock or in the case of addiction, a turning point that involves a “bottoming out” whether it be physically, mentally, emotionally, relationally, financially, legally or spiritually. The crisis is the event or series of events that occur when the system (often the family) is shaken, and the veracity of the progression is realized. The question then becomes, “How did we get here?”

## **The equilibrium of a family system influenced by alcoholism and /or drug addiction**

Each family system is as unique as a fingerprint. Though it may share many of the same general characteristics as others; it is comprised of unique qualities, events and personalities that must be understood and negotiated by all parties. With active addiction present, the balance and equilibrium in a family system is generally affected gradually over a period of time. Depending on the family’s ability to cope and function; the system will swing from an open system, to a closed system, with more and more attention and energy required by the addict. The balance of the relationships shift, as the health and supportive attention directed to other family members is depleted by the prioritization of the addict. The system adjusts to new roles, new balances of power and in fact, establishes a type of “dysfunctional equilibrium”.

If a **young adult** is the identified patient, then the subtle beginnings may be a gradual drop in grades, change of friends, change in priorities, a decline in communication, more secretive regarding activities, change in mood, change in motivation, dishonesty regarding whereabouts or other minor changes that can easily be written off as teenage or young adult attitude or behavior. It is when these indicators persist and graduate that the focus and energy of the system begins to shift and be dominated by the identified patient. The system may or may not recognize the shift by less attention on other children or and their activities, a decline in their own social/recreational lives, a marked amount of time dedicated to the monitoring (Policing) of the identified patient, sleep patterns may be disrupted as a result of the identified pt having inconsistent hours, stress and anxiety may impact the appetite, more discord in the system as a result of disagreements or arguments stemming from differing views, opinions and frustrations regarding how to effectively approach the identified patient, a decline in outside

support as the system begins the process of “Closing” due to embarrassment, guilt, being uncomfortable, fear or other maladaptive reactions to the identified patient’s attitudes and behaviors.

If it is an **adult**, we will initially pass it off as the pressure of the job, the stress of the kids, a nagging wife or the classic “Mid-Life Crisis”. Concern is warranted when family members begin to experience their own conflict. This may include an avoidance of social activities where alcohol, drugs or gambling may be available, the severing of friendships that the identified patient has a history of use with, kids may not be as open to friends visiting or staying over, spouse is concerned about the possible consequences of a decline in productivity at work, hiding information or even outright lies begin to cover the identified pt’s behaviors, a discernible decline or violation of long term morals or values, an increase in arguments of relevance and non-relevance, unsolicited concerns from relatives and/or close friends regarding noticeable changes in the identified pt and/or the spouse and children are all signs and symptoms of the system shifting to accommodate the identified patient’s attitudes and behaviors.

If it is an **older adult**, we can blame retirement, medical issues, boredom etc. The system then begins to see and experience more significant problems and consequences and the shift continues until the time of the crisis.

### **The Treatment**

In the midst of the initial crisis, the initial step of the system is to find help for the identified patient to address the addiction. The remainder of the system, the support network, will experience preliminary relief in the belief that “The Problem” is now being addressed and resolved. The question of the crisis “How did we get here?” quickly dissipates. It is here that the second intervention must occur; the intervention with the family system. Without engagement of the family system in the treatment and recovery process; the opportunity for ongoing recovery for the addict is significantly diminished.

Families may demonstrate a variety of responses about engaging in their own recovery process. Some are shocked or surprised that they have been identified as needing help and others may be angry and resistant to engaging. Essentially, it is critical that family members hear the message that not only do their patients need their involvement; but that they **deserve their own recovery**. Helping families understand that participating in their own recovery improves their lives regardless of the patient’s choices is a fundamental message that must be communicated.

The intervention may vary from very subtle to very direct depending on the dynamics of the system. The initial response is usually “It’s not my problem” or “What and why are changes expected of me”. This is where psycho-education, conjoint sessions and multi-family groups prove to be most effective.

**Psycho-education** is a non-threatening introduction to the effects on the family system as a whole. It will assist in learning and recognizing effects on mind, body and spirit as well as afford opportunity for questions to be answered without the need for personalization that is difficult for most. Psycho-education also begins to offer some true relief as the system begins to recognize that they are not alone in this devastating process.

**Conjoint family sessions** are very beneficial in the identification of defense mechanisms, the outlining of the dynamics that exist within the system, the possible family of origin issues that may contribute to the intensity of the dynamics and possibly the first experience of safety and permission to discuss such issues.

An additional benefit of these sessions is the ability to explore any secondary gains that may result in the roles that the individual members take on. The origin of these needs can be identified and addressed so that the individual can begin to develop healthy, non-destructive ways to satisfy these needs.

**Multi-family groups** will assist with the transition of the system remaining objective and detached, to the experience of recognizing their own patterns and behaviors through the process of others. This will also be the introduction of a primary coping and support mechanism of utilizing others (The Group) as a means of receiving objective observations as well as genuine care, concern and understanding from others.

Often the defense mechanisms that are identified in the conjoint sessions will be evident and pronounced in the multi-family groups which benefit not only the participating system, but all of the families involved. The identified, participating system will have the opportunity to recognize various defenses and begin to establish and practice skills to intervene on themselves and begin to discover safe and effective ways to discuss the defenses of others within their own system.

Other families observing this process will have an objective view of the catalysts, responses, reactions and difficulties of the development of these new skills.

**Individualized Recovery Planning** prepares patients for the next stage in their treatment and recovery is fortified when the family system participates. Families come to understand that establishing healthy boundaries may be the best expression of love and support for their addicted loved one. Establishing their own recovery plan may be a new concept for families. But participation in family counseling, attendance at appropriate 12-step support groups, sponsorship and other counseling will greatly enhance a family member's ability to regain a healthy equilibrium as well as negotiate early recovery with their patient.

\*Please note that all of these rates are non-last room availability and have blackout dates determined by the hotel.

### Hilton Garden Inn Palm Beach Gardens

3505 Kyoto Gardens Dr., Palm Beach Gardens, FL 33410

(P) 561-694-5833

Booking link:

<https://www.hilton.com/en/book/reservation/deeplink/?ctyhocn=PBIGDGI&corporateCode=3322175>

January 1 – April 30, 2024	Standard	\$249
May 1 – Sept 30, 2024	Standard	\$139
October 1 – December 31, 2024	Standard	\$159

### Hilton Garden Inn – West Palm Beach Airport

1611 Worthington Rd., West Palm Beach, FL 33409

(P) 561-472-5956

Booking link:

<https://www.hilton.com/en/book/reservation/deeplink/?ctyhocn=PBIPBGI&corporateCode=3322175>

January 1 – April 30, 2024	Standard King or Double Queens	\$199
May 1 – Sept 30, 2024	Standard King or Double Queens	\$109
October 1 – December 31, 2024	Standard King or Double Queens	\$139

### Courtyard West Palm Beach

600 Northpoint Parkway

West Palm Beach, FL 33407

(P) 561-640-9000

Booking link: [Book your corporate rate for Hanley Foundation](#)

January 1 – March 31, 2024	Standard King or Two Queens	10% off from \$299
April 1 – Sept 30, 2024	Standard King or Two Queens	10% off from \$189
October 1 – December 31, 2024	Standard King or Two Queens	10% off from \$209

## DIRECTIONS TO FAMILY EDUCATION PROGRAM

933 45<sup>th</sup> Street West Palm Beach, Florida 33407



1. Take I-95 to exit number 74 and go East on 45<sup>th</sup> Street.
2. Follow 45<sup>th</sup> Street East for approximately 4 minutes (or 2 miles) and the Hanley Resource Center will be on your left.
3. Turn left and pull into the **Hanley Resource Center** parking lot.
4. Enter the main entrance (Facing 45<sup>th</sup> Street) and the receptionist will direct you from there.

If you have any questions or have difficulty finding the location please call (561) 841-1000.

# Family Program Annual Schedule 2024

January: Week of 1/8/24 - 1/12/24; Week of 1/22/24 – 1/26/24

February: Week of 2/5/24 – 2/9/24; Week of 2/19/24 – 2/23/24

March: Week of 3/4/24 – 3/8/24; Week of 3/18/24 – 3/22/24

April: Week of 4/1/24 – 4/5/24; Week of 4/15/24 – 4/19/24; Week of 4/29/24 – 5/3/24

May: Week of 5/13/24 – 5/17/24; Week of 5/27/24 – 5/31/24

June: Week of 6/10/24 – 6/14/24; Week of 6/24/24– 6/28/24

July: Week of 7/8/24 – 7/12/24; Week of 7/22/24 – 7/26/24

August: Week of 8/5/24 – 8/9/24; Week of 8/19/24 – 8/23/24

September: Week of 9/2/24 – 9/6/24; Week of 9/16/24 – 9/20/24; Week of 9/30/24-10/4/24

October: Week of 10/14/24 – 10/18/24; Week of 10/28/24 – 11/1/24

November: Week of 11/11/24 – 11/15/24; Week of 11/18/24 – 11/22/24

December: Week of 12/2/24 – 12/6/24; Week of 12/16/24 – 12/20/24