



Dear Family Member,

Thank you for placing your trust in Hanley Center to care for someone you love. We recognize how difficult and emotional this decision can be. Searching for the right treatment program often comes during a time of stress, uncertainty, and urgency, and we honor the courage it takes to reach this point. Now that your loved one has begun treatment, we want you to know that family involvement is a vital part of the healing process.

Within the Hanley Family Portal, you will find a Family Questionnaire. This confidential assessment gives our clinical team valuable insight into your family's experience, including how your loved one's substance use or mental health challenges have affected relationships, communication, and overall well-being. We encourage you to complete the questionnaire as soon as possible and to share the portal with other supportive family members if appropriate. Your perspective helps us better understand the full picture and informs a more personalized, effective treatment plan.

As part of your loved one's care, Hanley Center offers a week-long, in-person Family Program. This program reflects our belief that substance use disorder and mental health conditions affect the entire family system, not just the individual in treatment, and that healing is strongest when families are supported as well.

Even when there is relief in knowing your loved one is safe and receiving care, the effects of addiction or mental health challenges often extend far beyond the individual. Over time, families may experience changes in trust, communication, emotional closeness, and self-care. Left unaddressed, these patterns can create ongoing strain for both the patient and their loved ones, particularly during the transition home.

Hanley Center's Family Program is designed to educate, support, and empower families. Through a combination of educational sessions, therapeutic conversations, and guided reflection, families have the opportunity to better understand the nature of addiction and mental health conditions, explore family dynamics, and begin developing healthier patterns moving forward. A strong continuing care plan is a central part of this process, helping bridge the transition from residential treatment to sustained recovery at home.

Your participation in the Family Program is an important part of your loved one's recovery journey. We encourage you to discuss involvement with your loved one's assigned Family Counselor, who will help coordinate participation based on clinical appropriateness and timing. We look forward to walking alongside your family as you move toward healing, reconnection, and long-term recovery.

With appreciation and care,

Stephen R. Honaker, LMHC
Clinical Director – Family Services



Family Program Participation Details

Hanley Center's Family Program is an intensive, week-long clinical experience designed to support families as an essential part of the recovery process. The timing of family participation is thoughtfully determined by the clinical team and is based on several factors, including the patient's stability, readiness, and overall treatment progress.

For this reason, please confirm participation dates directly with your loved one's assigned Family Counselor before making any travel arrangements. While open communication is encouraged, discussing plans with the patient alone does not guarantee enrollment or confirm attendance.

To ensure the greatest benefit for you and the group as a whole, we ask that participants plan to attend all scheduled sessions. The program is structured as a progressive experience, with each day building upon the insights and skills introduced the day before. **Consistent, consecutive attendance, beginning on Monday, is essential to maintaining group safety, continuity, and therapeutic effectiveness.** Unfortunately, if a participant misses a day, they will not be able to continue with the remainder of the week's program.

Location & Arrival Information

The Family Education Program is held at **Hanley Center's Resource Center, located at: 933 45th Street, West Palm Beach, FL 33407.** Please note that this location is not on Hanley Center's main campus. **We ask that participants arrive by 8:30 a.m. on Monday to allow time for registration.** Sessions begin promptly at 9:00 a.m.

Visitation

Family visitation with patients is available on Wednesday and Thursday of the Family Education Program from 4:00 p.m. to 5:00 p.m. and will take place at the Hanley Resource Center.

Cost

There is no cost for family members to participate in the Family Program.

Meals

Lunch, beverages, and snacks are provided each day to participants throughout the program.

Dress Code

Dress is casual and comfortable. We recommend layered clothing, as room temperatures may vary. Please choose attire that is respectful and appropriate for a clinical and group setting.

We appreciate your commitment to this important work and look forward to continuing the healing process with your family.



Hanley Family Education Program Philosophy

Substance use disorder, like other chronic health conditions, affects far more than the individual receiving treatment. Conditions such as heart disease, diabetes, asthma, or depression often involve a network of family members and loved ones who adapt, support, and respond to the illness over time. In the same way, recovery from addiction is most successful when it is supported by informed, engaged family members and trusted supports. Healing is not an individual process alone; it is relational.

Understanding the Crisis

Treatment for chronic illness is often sought during moments of urgency or crisis. A heart attack, a diabetic emergency, or a severe asthma flare may prompt immediate medical care. With substance use disorder, the crisis may look different, but it is no less serious. Families often seek help when the cumulative effects of the illness become undeniable, impacting physical health, emotional well-being, relationships, finances, legal standing, or spiritual health.

These moments can be disorienting and painful for families, often leading to the question: *How did we get here?* Understanding the progression of substance use disorder within the family system is a critical step toward healing for everyone involved.

How Addiction Impacts the Family System

Every family system is unique, shaped by individual personalities, histories, and relationships. When substance use disorder is present, the family's balance often shifts gradually over time. As the illness progresses, increasing amounts of emotional energy, attention, and concern may become focused on the patient, sometimes at the expense of other relationships and individual needs within the family.

Families may unconsciously adapt by taking on new roles, adjusting expectations, or avoiding difficult conversations. Over time, this can create an unhealthy equilibrium, one that helps the family function day to day but ultimately reinforces stress, fear, and emotional exhaustion.

When the patient is a young adult, early signs may include changes in academic performance, friendships, communication patterns, motivation, mood, or honesty. These shifts can initially be attributed to normal developmental changes, but when they persist or intensify, the family system often begins to reorganize around concern and monitoring. Parents and siblings may experience heightened anxiety, disrupted routines, increased conflict, and social withdrawal.

When the patient is an adult, substance use may initially be explained away as work stress, parenting demands, or life transitions. Over time, families may notice growing tension, secrecy, financial strain, changes in values or priorities, and increasing worry about work performance, relationships, or safety. Loved ones may find themselves covering for behaviors, avoiding social situations, or feeling isolated from extended support systems.

For older adults, substance use may be misattributed to retirement, loneliness, medical challenges, or grief. As consequences accumulate, families often reach a tipping point that prompts the need for intervention and care.



Treatment as a Family Process

When a patient enters treatment, families often experience an initial sense of relief, believing the problem is now being addressed. While this step is critical, it is only the beginning. Long-term recovery outcomes improve significantly when family members are also supported in their own healing.

At Hanley Center, we recognize that family members are not the cause of the illness, but they are deeply affected by it. Family education and involvement help loved ones understand substance use disorder as a health condition, reduce shame and blame, and foster healthier communication and boundaries.

Some families are surprised to learn that they, too, may benefit from support. Others may feel hesitant, overwhelmed, or resistant at first. It is essential to communicate a core truth: family members deserve their own recovery and well-being, regardless of the patient's choices or outcomes. Engaging in family healing improves quality of life and strengthens resilience for everyone involved.

How Family Support Is Integrated

Family engagement may include psychoeducation, conjoint family sessions, and multi-family groups, tailored to the needs and dynamics of each family system.

- **Psychoeducation** provides a safe, nonjudgmental introduction to how substance use disorder affects individuals and families emotionally, physically, and psychologically. This shared learning experience helps families feel less alone and more empowered.
- **Conjoint family sessions** offer a structured space to explore communication patterns, protective behaviors, family history, and emotional responses. These sessions often provide the first opportunity for open, supported dialogue and help establish a foundation of safety and understanding.
- **Multi-family groups** allow families to learn through shared experience, gaining insight into their own patterns by witnessing others. These groups foster connection, reduce isolation, and introduce healthy coping strategies rooted in mutual support.

Through these interventions, families begin to recognize defense patterns, clarify roles, and practice healthier ways of relating both to themselves and to one another.

Moving Forward Together

Recovery is strengthened when families are actively involved. As treatment progresses, families learn that setting healthy boundaries can be one of the most powerful expressions of care and support. Developing a family recovery plan through counseling, peer support groups, and continued education helps restore balance and promote long-term healing.

At Hanley Center, we believe recovery is possible for patients *and* their families. By supporting the entire system, we help create the conditions for sustainable recovery, healthier relationships, and renewed hope.



**2026 Family Education Program
Lodging Options**

<p>Hilton Garden Inn – WPB 1611 Worthington Road West Palm Beach, FL 33409 <i>*5 miles from Family Building</i> 561-472-5956</p>	<p>Palm Beach Marriott – Singer Island Beach Resort and Spa 3800 North Ocean Drive Singer Island, FL 33404 <i>*4.6 Miles from Family Building</i> 1-888-213-0414</p>
<p>Courtyard Marriott 600 Northpoint Parkway West Palm Beach, FL 33407 <i>*2.5 Miles from Family Building</i> 561-640-9000</p>	<p>Hilton West Palm Beach 600 Okeechobee Blvd West Palm Beach, FL 33401 <i>*4.6 Miles from Family Building</i> 561-231-6000</p>
<p>Homewood Suites 2455 Metrocentre Blvd West Palm Beach, FL 33401 <i>*2.7 Miles from Family Building</i> 561-682-9188</p>	<p>Springhill Suites 2437 Metrocentre Blvd West Palm beach, FL 33407 <i>*2.6 Miles from Family Building</i> 561-689-6814</p>



Directions to Family Education Program

Address: 933 45th Street, West Palm Beach, Florida 33407



1. Take I-95 to exit number 74 and go East on 45th Street.
2. Follow 45th 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 45th 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.



2026 Family Program Annual Schedule

January:

- Week of 1/5/26 - 1/9/26
- Week of 1/19/26 - 1/23/26

February:

- Week of 2/2/26 - 2/6/26
- Week of 2/16/26 - 2/20/26

March:

- Week of 3/2/26 - 3/6/26
- Week of 3/16/26 - 3/20/26
- Week of 3/30/26 - 4/3/26

April:

- Week of 4/13/26 - 4/17/26
- Week of 4/27/26 - 5/1/26

May:

- Week of 5/11/26 - 5/15/26
- Week of 5/25/26 - 5/29/26

June:

- Week of 6/8/26 - 6/12/26
- Week of 6/22/26 - 6/26/26

July:

- Week of 7/6/26 - 7/10/26
- Week of 7/20/26 - 7/24/26

August:

- Week of 8/3/26 - 8/7/26
- Week of 8/17/26 - 8/21/26
- Week of 8/31/26 - 9/4/26

September:

- Week of 9/14/26 - 9/18/26
- Week of 9/28/26 - 10/2/26

October:

- Week of 10/12/26 - 10/16/26
- Week of 10/26/26 - 10/30/26

November:

- Week of 11/9/26 - 11/13/26
- Week of 11/16/26 - 11/20/26
- Week of 11/30/26 - 12/04/26

December:

- Week of 12/14/26 - 12/18/26