

Renaissance Ranch Family Education Program

Feb/2020

Our Mission: We recognize addiction as a family illness and recovery as the framework to healing family relationships. Change in both the addicted and their family member is vital to promote the highest likelihood of long-term sobriety and restore love and connection in family life. Families who choose recovery grow and heal together!

Family member education is critical for strengthening family relationships, personal healing, and increased likelihood of long-term sobriety for your addicted loved one.

For maximum success we strongly encourage the following:

1. Attend weekly our Family Education course and one outside ARP 12 step or Al-Anon meeting. The books: *How Al-anon Works* and *Healing Through Christ* are very helpful for family members. See attached letter for additional resources.
2. Attend first residential, followed by outpatient family groups for at least six months.
3. Out-of-area family members and friends are invited to attend our *Online Family Group. Instructions below. Family group questions contact: Christine@renaissanceranch.com

<u>Family Member Education & Support Groups</u>	Tuesday	Wednesday	Thursday
Men's Residential 2973 W 13800 S Bluffdale, UT (Closed Group)	6:00-9:00 Weekly Kris Groves		
Sandy IOP (outpatient) 9160 South 300 West Suite 8 Sandy, Utah (Open to public guests)		6:30-8:30 Weekly Matt and Holley Piper	
Orem Family Group 2972 W Maple Loop Dr #102, Lehi Close to Thanksgiving Point (Open to Public Guests)	6:00-8:00 Kendell's Take elevator to floor 3 of Elevated Title Bldg		
Online Family Group: https://global.gotomeeting.com/join/877724789; Allow the "Go to meeting" box		Online Family Group 7:30-9:00 MST Christine Dixon	

Open and Online Family Groups: Ranch family members and public quests 18 and older.

Closed meetings and Process meetings: Ranch clients and their invited family/support members.

Family Member Testimonial: "Our family has struggled with several children who have been deep in addiction for many years. We have earnestly sought help at over a dozen treatment programs. Sadly, this had very little impact on our addicts, and was virtually no help at all for us, the family members. Renaissance Ranch has changed our lives! We learned through their amazing family program that healing is possible, for ALL of us, if we are willing to work our recovery just as our addicts must work theirs! Our journey of family recovery has been our greatest blessing." *Carolyn*

Welcome to Renaissance Ranch Addiction Recovery: YOU ARE IN THE RIGHT PLACE!

Dear Family Member,

Your presence and support in your addicted family member's life has tremendous impact on their recovery! Thank you for encouraging your addicted loved one to find help and for your desire to support them. We know addiction can strain relationships and understand firsthand the deep pain of family members. Addiction is chronic, progressive, and potentially fatal. Addiction is a serious enslaving midbrain disease with the capacity to take away the human will; yet there is great hope!

We urge you to carefully study this email and consider the *actions you can take* that will dramatically increase the likelihood of success for your family towards peace from the despair of addiction. The long-term sobriety of your addicted loved one will be impacted exponentially by your willingness to become educated about addiction from a family member perspective.

We welcome all family members 18 and older to join our family groups in person or online to gain knowledge of recovery principles and practices. You will become a more effective and healthy support person which will reduce relational "triggers" that often contribute to cravings (emotional bleeding) and perpetuate the cycle of addiction. Historically (and typically), only the addicted family member has been targeted for treatment and support; however, many studies claim that the inclusion of family members and other significant people in the patient's treatment program are perceived as critical to continued recovery (Carten, 1996). According to research, family support for a loved one in addiction increases the chances he/she will remain in treatment, adhere to treatment recommendations, and have a higher likelihood of maintaining long term sobriety (DeCivita, Dobkin, and Robertson, 2000).

We know the opposite of addiction is not sobriety, but meaningful human connection! Besides trauma, the often cited #1 reason for relapse back into addiction is relationship conflict which almost always involves the spousal or parental relationship. Family members do not cause addiction, can't control, or cure addiction; however, they can contribute (unknowingly) to the cycle through negative, codependent behaviors.

*The best thing we can do for our addicted loved one is to work on our own recovery from enabling, persecuting and suffering codependent behaviors. We also learn what to do when we don't know what to do! You may also be invited to join in therapy sessions. In our Family Education/Process groups we learn the language of recovery which helps us feel a new sense of hope and healing for ourselves and our family relationships!

**WE URGE YOU TO CONSIDER ATTENDING OUR COMPLIMENTARY FAMILY
GROUP EDUCATION CLASSES AND 12 STEP/AI-Anon MEETINGS FOR AT LEAST
SIX MONTHS TO ACHIEVE THE MAXIMUM RESULTS OF THE GIFT OF RECOVERY
FOR YOURSELF AND FAMILY FOR GENERATIONS TO COME!**

Renaissance Ranch Resources for Family Members

Dear Family Member of an Addicted Loved One,

Here is a list of excellent resources to help you know what to do when you don't know what to do. Addiction is chronic, progressive, and potentially fatal. Addiction is a very serious matter. It is critical that we learn how to be an appropriate support person to our addicted loved one so that we are not innocently contributing to the problem. We often observe clients in treatment, who have worked very hard in treatment, return to homes with the same dynamics & context prior to treatment. This can be very problematic and often leads to relapse. One of the highest observed reasons for relapse is relationship conflict; typically, the parental or spousal relationship. Addiction is a symptom of underlying causes and conditions that impacts relationships. The good news is that your personal willingness to learn about recovery truly impacts the long-term success of your addicted loved one.

Recovery at the Renaissance Ranch is an opportunity for all adult family members to learn recovery principles and practices that will contribute to the overall well-being of BOTH the family member and the addicted loved one. Family members will begin using the same recovery language, skills and tools as their loved one in treatment and become more unified through their personal recovery efforts.

If we want to encourage long term sobriety in our loved ones, it is essential that we ponder the following question: "Is there anything in my attitude, thoughts, beliefs or behaviors toward my addicted loved one that could be contributing to an unhealthy relationship with him/her?" In family group we learn to recognize negative codependency patterns and empower positive patterns in our relationships and personal lives. It is true that families who choose to do treatment together, heal together!

The good news is that we see huge success in Renaissance Ranch clients who have family members who are determined to not give up and are willing to become educated in the recovery process. We also see success in addicted-affected relationships when family members engage in the 12 steps of recovery as a framework to

understanding their role as a healthy and effective support person for their addicted family member. Family members in recovery are often surprised at how much they gain personally!

Below is a detailed description of the two books that we use in our Family Groups:

1. Personal study: We highly recommend you purchase a personal copy of *How Al-anon Works for Families & Friends of Alcoholics* and *Healing Through Christ: Hope and Healing for those who have a loved one in addiction*. You can access the Al-Anon book through Amazon and the HTC workbook online @ www.healingthroughchrist.org These are by far the most effective sources we have found for family members (spouses and parents) with a loved one struggling with addiction. Many family members, who have experienced multiple treatment programs, have expressed deep appreciation for the recovery tools, principles, practices, found in these books.

Learning from others in recovery: Attend our very successful Family Education classes if you live in the area (See attached “Family Education Schedule”). For out-of-area family members we offer an Online meeting every Wednesday evening 7:30 (MST), excluding holidays.

Online meeting instructions: Join us at www.gotomeeting.com

1. Click “Join” upper right corner; enter ID#877-724-789; Click “Open GoTo Opener” top middle of page and you’re in!
2. Attending local 12 step meetings (with those in addiction) or Al-Anon meetings (meetings for family members who have a loved one in addiction) will give you an opportunity to learn from others who are farther along in recovery than you. We learn so much from the recovery experiences of others: both those who have personal addictions and those who are in recovery because of an addicted family member. Check out: www.al-anon.org or www.addictionrecovery.churchofjesuschrist.org for meetings in your area. We encourage you to attend general 12 step meetings as well as spouse and family

meetings such as Al-Anon meetings. Attending a variety of meetings will help you find the best possible fit.

3. Internet education: You can access live phone-in meetings and live recorded meetings/podcasts (audio recordings of general 12 step and spouse and family support meetings) as well as online media resources. Many individuals have found a lot of hope and positive solutions by researching the below resources.
 - a. To access meetings, podcasts and video's:
www.addictionrecovery.chuchofjesuschrist.org
 - b. Video's: Click the play button to learn more about the 12 steps of recovery
 - c. Find a Meeting: From the same website move to bottom of home page and click on 'find a meeting'. Click on Meeting type that best fits your needs (in-person or phone meetings) and choose the Audience: Individuals who struggle with addiction or Family members and friends of those who struggle with addiction.) We highly recommend you try both types of meetings. Enter your zipcode and all the meetings in your area will be displayed. Click on the red balloon for a map to find the meeting.
 - d. Podcasts: go back to the home page. Click on either meeting type. Move to bottom of page and click on one of the 12 steps or principles. Move to the bottom of the page and click on podcast.

4. Find a support person:

We are NOT meant to do recovery alone. It is very helpful to find a sponsor and experienced friends in recovery. By attending 12 step meetings or Al-Anon meetings in your area, you will meet individuals you will be drawn to because of their wisdom and experience. (Please see Appendix 4: Sponsorship in our *Healing Through Christ* family workbook, pp. 153-156)

6. Family Weekend Workshop: (Residential client family members only). Call Kris G. 801-230-3984

7. Education: Knowledge is power. If nothing changes, nothing changes. We can focus on changing the only thing we truly have power to change...ourselves. (See attached Reading List).
8. “Dailies”: Accentuate the positive by maintaining our “Dailies”. Daily prayer, meditation, step study, and journaling. This daily habit will bring God into our lives and help us access a spiritual power beyond ourselves to make positive and needed changes in all aspects of our lives.
9. For any questions please contact the Renaissance Ranch center your loved one is attending or email the staff member who sent you this email.

Much love to you and your family,

Christine Dixon/Renaissance Ranch Family Education Coordinator

christine@renaissanceranch.com