

STRENGTHENING FAMILIES PROGRAM



Addiction is a disease that affects the entire family making it crucial for the family to be involved in the recovery process.

Once your loved one is in our care, you can begin to focus on your own recovery from the effects of the disease of addiction.

We have two ways to help you; both are free of charge and offered weekly.

Strengthening Families Program Thursdays, 6:00 p.m.

CAT's Strengthening Families Program educates family members on the disease of addiction. The program covers various topics including the science of addiction and how it develops, the essentials of healthy boundaries and how to get help for yourself. A maximum of three (3) members of each family (over the age of 16) may attend each week. Patient visits, if approved through a counselor, are arranged for the last half-hour of the class. Detox patients are not available for visits.

Family Support Groups at CAT

Both Al-Anon and Nar-Anon Family Support Groups meet at CAT on a weekly basis. These groups are a fellowship of relatives and friends (over the age of 16) of alcoholics and addicts who share their experience, strength and hope in order to solve their common problems.

Nar-Anon Meeting - Tuesdays, 6:30 p.m.

Al-Anon Meeting - Wednesdays, 6:30 p.m.

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We understand it can be difficult to leave your loved one in the care of someone else. Know that we are here to support you as well.

Frequently Asked Questions

Can I call to check on my loved one?

Yes, but due to federal confidentiality regulations, CAT can only disclose patient information to those listed on the patient's release of information form.

Can my loved one make phone calls?

Detox patients are not permitted to make phone calls during detox unless deemed clinically necessary. Short-term residential patients are permitted to make or receive a limited number of phone calls at the discretion of the counselor.

Can my loved one leave on a pass?

Passes to leave the CAT facility are given only on Sundays and are granted at the discretion of the patient's counselor. Patients may only leave on a pass with someone who has participated in at least two sessions of CAT's Strengthening Families Program. The person picking up the patient **MUST** show a valid driver's license and proof of insurance, no exceptions.

When can I drop something off to my loved one?

Family members may drop off items during the following times:

Monday-Friday

Noon - 6:30 p.m.

Saturday

Noon - 3:00 p.m.

No drop-offs Sundays or holidays.

No food permitted.



**CENTER FOR
ADDICTION
TREATMENT**

Recovery Within Reach