



Sunshine Coast Health Centre

Highly Personalized Addiction Treatment

Family & Couples Services

An Overview of Tools and Support
for Clients and Their Families

Take Control



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Canada's First Women-Only Residential Trauma Program – Coming Fall 2019

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INTRODUCTION

We understand the critical role relationships have in successful treatment outcomes. As family members and partners of our male clients, you are part of the solution. Our services are not just designed to help your loved one. We are also here to help you find your own peace.



Family Program

Family Programs are essential in helping family members learn about addiction, understand the impact of addiction on their relationships, begin the process of healing from emotional burn-out, and focus on how to prepare for life after their loved one completes residential treatment. The atmosphere of the Family Program is a supportive environment where family members and partners learn how to begin healing. Individuals will not be required to share close personal details if they do not want to and will not be labeled or defined as dysfunctional.

Family Program facilitators provide concrete skills and information that will help participants build on their own existing strengths while also providing them with a roadmap for the healing journey ahead. We make sure the overall tone of the Family Program is upbeat and positive.

Couples Program

Participants in our Couples Program are given the opportunity to examine old patterns of relating to one another and find more empowering alternatives. We discuss the challenges of rebuilding relationships impacted by addiction and focus on re-establishing intimacy and communication and overcoming obstacles in the relationship rebuilding process.



WHY WE HAVE THE FAMILY & COUPLES PROGRAM

We find that loved ones who attend the Family & Couples Program have a significant advantage over others who do not attend some form of family or marital therapy. By changing the family dynamic at home, clients are better equipped for the challenge of maintaining positive change achieved during treatment.

Why We Added the Couples Program

Sunshine Coast Health Centre originally offered just the Family Program. However, spouses and partners in the Family Program would often request separate counselling dedicated exclusively to marital issues. The program has grown and taken on a life of its own to the point where word-of-mouth between clients is all that it takes to fill available seats in the Couples Program.



HOW THE PROGRAMS HELP

The Family Program

Our Family Program helps family members (1) gain an understanding of addiction, (2) learn new ways to cope, and (3) prepare themselves for their loved one's return home from SCHC.

Much of the popular media's descriptions of addictions are simplistic, providing little useful information for families. In our program, families discover a more scientifically accurate and useful way to understand addiction.



As important as it is to understand addiction, the real focus of the program is to help the family members find more successful ways to cope. In the past, families usually focused on the addicted family member, devising all sorts of ways to control him or her. Typically, these efforts rarely help.

Most families come into the program wondering how they can support their loved one. Most leave realizing that the best support is to help themselves and their loved one's take responsibility for their lives. The family member has one healing journey, and their loved one has another. Each adult is the author of his or her life.

Content for the Family Program includes a scientific view of addiction, the dynamics of addiction within the family, common coping skills that families use to deal with the situation (and why they are rarely successful), and new skills that will work. The program also helps family members recognize and overcome the "quiet" emotions

they have been enduring such as fear, helplessness, isolation and loneliness, and confusion.

The Couples Program

Our Couples Program also follows the theme that each adult is the author of his or her life, except that there are two authors of the relationship. So the program is not about what the partner can do to prevent their loved one from using, it's about what makes a happy couple.

Using evidence-based principles, we offer techniques to rebuild trust, communication, and the relationship. The tone is positive and productive, rather than being a venue to vent anger at each other.

OSI SUPPORT FOR FAMILIES



Military, veterans, police, and other clients whose work exposes them to traumatic incidents may suffer from an operational stress injury (OSI). We work with family members and partners in managing OSI, PTSD, and other trauma. This special section includes information on how stress injuries affect the brain and the psychological symptoms. More importantly, this component will help you gain insight into what

your loved one is experiencing and why. Substance problems that occur with stress injuries complicate recovery, but we'll help you recognize that there is hope.

PARTICIPATION IN THE FAMILY & COUPLES PROGRAM

Available Dates

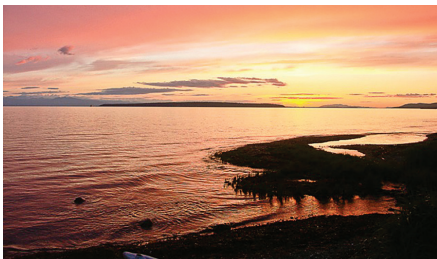
Sunshine Coast Health Centre offers the Family & Couples program every four weeks. For a schedule of the next available dates, call us toll-free at 1-866-487-9050. All participants must have their registration confirmed in order to attend.

Location

The Family & Couples Program is held on campus in our Renewal Centre, the building closest to the ocean. The building is open at 7:45 am, and you are welcome to join us for a continental breakfast. Program starts at 8:30 am each day.

Travel and Directions

Visit our Travel to Powell River section on www.schc.ca for air and car travel directions, accommodation, car rentals, and more!



Family & Couples Services

Fees

We feel your participation in the Family & Couples Program is so important that we include it in the residential treatment fee. Pending available space and pre-registration, members of the general public are also welcome to attend at no cost.

Travel expenses such as plane and ferry fares, fuel, accommodation¹, and evening meals² are the responsibility of Family & Couples Program participants.

(1) Sunshine Coast Health Centre does not provide accommodations for Family & Couples Program participants.

(2) Continental breakfast and lunch is included. Participants are responsible to make their own dinner arrangements.

Family Members Who Can Attend

A client may have up to three family members attend the Family Program at one time so that all clients have an opportunity to have a family member present. Family members exceeding three will be wait-listed and contacted if there is room in the program (maximum capacity is 20 participants). There is no deadline for family members and partners to participate. They may attend even after their family member completes residential treatment.

Day Care During the Program

Sunshine Coast Health Centre does not provide day care to participants with infants and young children. However, we have some suggestions depending on the age of your child:

Children Seven Months or Younger

If you have a child seven months old or younger, we recommend that a familiar grandparent/relative be present as a participant. That way, if your child requires attention, he/she can be soothed outside the group, while you continue to participate.



Participation in the Family & Couples Program

Children Eight Months to Three Years Old

If your child is between 8 months to 3 yrs old, the father (the client in residence) can stay with the child while the mother is in the Family & Couples Program. On the 4th day, Monday, when both parents need to be in the Couples Program, it is suggested that a grandparent or other family member provide child supervision.

Note: Other clients are not permitted to look after children even if they agree to provide supervision.

Children Four to Fourteen Years Old

If the child can entertain himself/herself independently, they are welcome to play in a nearby activity room located inside the Renewal Centre. Please bring a bag with toys such as books, colouring books, crayons, dolls, action figures, and toy cars.

Note: Noise must be kept to a minimum. Children who require ongoing attention, entertainment, or supervision will disrupt other participants in the Family & Couples Program.

Children Fifteen Years and Older

Teens aged 15 and over are welcome to participate in the Family Program. Please consider carefully whether your child, regardless of age, is emotionally capable of participating.



A Final Note on Day Care

Please be respectful of your fellow participants who may be emotionally upset and need our help without distraction. The above arrangements will work ONLY if you are confident that noise & distraction will be kept to a minimum. The Family & Couples Program facilitator is responsible to ensure that program content is delivered completely and on schedule. Disruptive children will be asked to vacate the Renewal Centre at the discretion of the Family & Couples Program facilitator.

If you have any questions or feel you have a unique situation regarding your child call us toll-free at 1-866-487-9050 and ask to speak with the Family & Couples Program coordinators.

Disclaimer

Please note that the Family & Couples Program is designed to be a primer class that provides some positive relationship rebuilding skills. It is NOT a replacement for family or marital therapy, nor a cure-all for relationship difficulties. Sunshine Coast Health Centre can refer you to a couples counsellor or marital therapist in your home community if you desire ongoing relationship counselling.

FAMILY & COUPLES PROGRAM TESTIMONIALS

Names in the following testimonials have been fictionalized for reasons of confidentiality:

I didn't get a chance to thank you for the weekend. I learned a lot about myself and ways to handle things when I get home. I was mentally exhausted before I came and after but at least now I have a peace of mind... Every person you meet usually leaves some sort of mark on your life and you have made a huge check on mine. I hope to get my other children to come to the program one weekend. Lisa (my daughter) learned more life skills and I am so happy for her.

Lynn

I just wanted to say again, "thank you." I have done many kinds of personal development over the years and I would say that the weekend I spent at SCHC was the best (I could have saved myself a lot of money). It was just the boost I needed for this transitional period of my life. I have already started on my GOALS and I am so excited about the future. No matter what happens with myself and John I know life will be good. Keep doing what you do. There is nothing like helping people to learn to love themselves again! Take care.

Sara

ONLINE FAMILY SUPPORT



Participants who complete the Family & Couples Program also qualify for weekly online support with topics specific to significant others such as maintaining boundaries, personal growth, and supporting a loved one in recovery. As with online alumni support, participants have the opportunity to provide feedback, which is promptly reviewed by a SCHC clinician. Currently, this free program is available to family members for as long as they maintain a valid e-mail address with Sunshine Coast.

CONTACT GUIDELINES FOR FAMILY MEMBERS

Phone Calls

1. Family members are encouraged to exercise caution when discussing matters with clients that may be upsetting, particularly during the first week following admission when clients are settling into treatment. Please do not hesitate to contact the Admissions Coordinator beforehand if you have any questions toll free at 1.866.487.9010.

2. Sunshine Coast Health Centre is legally bound to safeguard information about a client—including the individual's presence in our program— unless that individual has signed an Authorization to Communicate with a specific party. In the absence of consent, SCHC will neither confirm nor deny the presence of a client in our program. Clients may revoke Authorization to Communicate at any time.

Remember: clients are in control of information that staff may disclose. This means that staff may be free to converse with you about your loved one day, but not free to do so the next.



3. In the event of an atypical discharge (a client leaving Sunshine Coast Against Staff Advice or At Staff Request), the Funder will be notified.

Mail, Packages, & Gifts

- 1.** You may send letters or packages.
- 2.** All client packages need to be opened in the presence of a staff member.
- 3.** Onsite internet access (E-mail) is available to clients.
- 4.** Please do not use our fax number for routine correspondence with clients.

Family & Couples Services

Visiting

1. Visiting is permitted on Sundays and holidays, from noon to 5:00 PM. Your loved one should be allowed sufficient opportunity to transition into the program and peer group before you visit him. Please do not hesitate to call us toll-free 1.866.487.9050 before booking your travel plans if you have any questions.
2. Family Program participants must sign a Confidentiality Agreement before meeting with clients or other family members.



How You Can Help While Your Loved One is in Treatment

Entering treatment can be a time of great opportunity, but also an occasion for much anxiety. People with addictions may fluctuate in their commitment toward recovery. Family members and loved ones need to understand that such grieving—accompanied by bargaining and a roller coaster of emotions—is a normal part of the healing process. There will be times when people in treatment will want to leave; there will be other times when they experience incredible hope for the future. Family members need to keep in mind that assisting in a client's desire to "pull the pin" can be counterproductive—especially if what he is thinking or feeling is a natural part of early recovery.



Helpful Support

- Be patient and remain calm. Give the treatment process time. A loved one's commitment to recovery, particularly in the first week of treatment, can fluctuate.
- Call us before taking action after a loved one calls with disturbing news.
- Find alternative ways of dealing with challenges at home before involving your loved one in treatment.
- Use a loved one's time in treatment as an opportunity to begin your own healing journey.
- Look after yourself. Begin your own healing journey. Be a role model.



Unhelpful Support

- Joining with your loved one without understanding the full situation. Call us to get the other side of the story.
- Distracting your loved one from their recovery process. Get professional help if you are struggling with the absence of your loved one.
- Demanding answers to past unresolved issues while a loved one is in treatment. Get professional help if you are struggling with resentment.
- Rescuing a loved one from upset during treatment. Lows are opportunities for healing and growth.
- Accepting an excuse for leaving treatment early. The last day of a client's stay is critical.





**Sunshine Coast
Health Centre**



**Residential Addiction & Mental Health
Treatment Services**

2174 Fleury Road, Powell River, BC
Canada V8A 0H8

Admissions Toll Free 1.866.487.9010

Administration Toll Free 1.866.487.9050

Fax: 1.888.875.0511

info@schc.ca

LEARN MORE ▼

www.schc.ca



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*Driving Quality Health Services
Force motrice de la qualité des services de santé*

Sunshine Coast Health Centre is licensed by the British Columbia Ministry of Health
Sunshine Coast Health Centre is an approved provider with the Blue Cross Federal Program
Sunshine Coast Health Centre is an accredited health care provider with Accreditation Canada



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