



FAMILY PROGRAM

Strengthening Family Relationships with Support & Understanding

Involving the whole family in the recovery process can improve the happiness and health of the household.

Good relationships and interactions between family members play an important role in achieving psychological health. That's why the involvement of the entire family is essential in the process of change and recovery from addiction and mental health conditions. At each of Foundations Recovery Network's treatment facilities, we have an emphasis on bringing families together for counseling and quality time that can benefit both the patient in recovery and his or her loved ones. This is accomplished with the help of a qualified therapist who can influence positive discussion and promote a healing environment. As the family members learn about their loved one's addiction or mental health condition, they gain a new understanding of how they themselves can heal and support the recovery process.



Atlanta | Santa Monica | Memphis | Malibu
Nashville | Palm Springs | San Francisco

The entire family
heals by supporting
their loved one
together.

Nurturing Change and Progress

When families participate directly in therapy sessions to seek solutions for the patient, they have chosen an active approach to the rehabilitation process that can prove helpful for the patient. Because FRN wants sessions to be life-changing for everyone involved, we focus on treatment education and how everyone can work together to transform negative dynamics. Our evidence-based techniques work to heal each

member of the family. Instead of trying to distribute blame on any members of the family, our method of evaluation is focused on finding the causes of negative patterns so that specific strategies can be designed to repair those interactions. Foundations Recovery Network's objective in encouraging the involvement of the family is to heal the damage done by changing attitudes and behaviors while improving communication skills.

Mending Family Bonds and Connections

The consequences of addiction or a mental health disorder affect not only the patient, but also his or her entire family. Sometimes even without anyone noticing, the union of the family disappears, and communication becomes virtually nonexistent. When the bonds are damaged, work needs to be done to regain a loving and caring atmosphere. In Foundations Recovery Network's family program, the family therapist will work on discovering the problems that might be causing an issue.

Depending on the needs of the particular family and the specific patient's disorder, this can be done by individual counseling, couples counseling and counseling with or without the presence of the patient. These different types of family counseling will help the therapist to perceive interaction patterns between different members of the family—patterns that frequently mirror the ones at home. With this information, the therapist can suggest alternative ways in which the family could respond to conflict. At the same time, the family becomes aware of unnoticed patterns of interaction that might be affecting them.

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By mending relationships and healing entire families, our family program helps the patient to obtain a new sense of responsibility and purpose for sustaining a lasting recovery.
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About Foundations Recovery Network

Foundations Recovery Network is recognized as the premier leader in integrated treatment for co-occurring addiction and mental health concerns. Our award-winning model combines evidence-based addiction treatment with innovative therapies for emotional and mental health to address co-occurring disorders effectively. Results demonstrate that FRN patients are twice as likely to maintain sobriety one year post-treatment compared to those who attend traditional programs.

Positive Results and Support

When the family has suffered from years from misunderstandings, pain and shattered relations, looking forward to a healing process is a source of hope and encouragement. The complete recovery of each patient will be easier

knowing that the support of his or her loved ones is there as a form of inspiration. Also, the patient can look forward to going back to a home with a new perspective and a new mentality, a home that has where new loving and respectful relationships can be formed. At FRN, we seek healing for the entire family. We know that recovery is a journey that should never be taken alone, and having an emotionally healthy family can bolster an individual's recovery efforts for the future.

