



H A R B O R
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C H E M I C A L
D E P E N D E N C Y
S E R V I C E S

THE FAMILY PROGRAM

*Your Source for Information,
Education & Support*

601-371-7335

MAIN CAMPUS
5354 I-55 South Frontage Road East
Jackson, Mississippi 39272-9119

www.hhjackson.org

WELCOME

Program Overview

The Family Program is available to all families and friends of active clients at Harbor House and to the general public. It focuses on information and education about the disease of addiction and is held at the South Jackson campus on Thursday evenings from 6:30 p.m. to 8:30 p.m. (for a total of six sessions). The major goal of the Family Program is to provide families and friends with information and education that allows them to understand the disease of addiction and what they can do to begin the process of recovery. Families are affected by addiction in many ways and they suffer many consequences; their own recovery is essential for their welfare and for that of the client.

The Family Program covers the same six-week curriculum as that of the educational program for clients. At the start of each session the topic for the evening is introduced, followed by a film, a brief lecture and a discussion circle that includes the clients whose families/friends are in attendance. The last fifteen minutes of the Program allow for clients and families to visit and continue their discussion together in small groups. The films provide information on the medical aspects of addiction, the stages of recovery, the signs and symptoms of relapse, spiritual advice on the dangers of enabling, behaviors associated with denial and client testimonials about relapses associated with cross addictions. Participants can sign up for a formal family conference.

The Family Program

The Addicted Brain

- Chemical Imbalance, Dysfunction & "Brain Reward Regions"
- Emotional Memories that Predispose Cravings & Relapse
- Euphoria, Tolerance & Compulsive Use
- Prevention, Intervention and Recovery

Mood-Altering Drugs

- Cocaine & Crack
- Alcohol & Marijuana
- Hallucinogens
- Narcotics, Stimulants & Depressants

Denial - Is it More than Just a Lie?

- Cultural History - Alcohol and Drugs Over the Years
- Social Environment - Drinking & the "Good Life"
- Feel-Good Drugs
- Intrapsychic Consequences - Two Directly Opposing Beliefs
Conflicting within One Person
- Overcoming the Moral Stigma of Alcoholism & Addiction

Warning Signs of Relapse

- What is relapse?
- The Process of Becoming Dysfunctional in Sobriety
- What is recovery?
- The Process of Learning to Live a Healthy, Spiritual Life
- Present Moment Living in the Here & Now
- What can others do to help?
- Recognizing the Signs
- Speaking, Not Preaching
- Replacing Shame & Blame Using Feelings Statements

Enabling

- How to Quit Rescuing & Caretaking
- Getting Off the "Drama Triangle"
- How to Stop Doing for Others What They Can & Should Do for
Themselves
- Helping Others to Grow, Learn & Change... Being Myself!

Detachment

- Limits & Boundaries for Healthy Relationships
- How to Say No Without Feeling Guilty
- Learning to Let Go & Let God

Our mission is to offer a continuum of high quality, affordable and effective chemical dependency treatment services and programs for adults and their families, including those who cannot afford private treatment facilities.

Harbor House Chemical Dependency Treatment Services receives financial support from the Mississippi Department of Mental Health, the Mississippi Department of Rehabilitation Services, the City of Jackson, the Hinds County Mental Health Commission, private foundations, corporations and individuals.



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In accordance with federal and State laws, Harbor Houses of Jackson, Inc. does not discriminate against any program participant/beneficiary, applicant or employee because of race, color, religion, sex, national origin, familial status, age, political belief or affiliation or handicap.