



CORNERSTONE
HEALING CENTER

FAMILY RESOURCE GUIDE

THANK YOU

To Families and Loved Ones of Cornerstone Healing Center,

It is my distinct pleasure to welcome you to Cornerstone Healing Center. Thank you for entrusting your loved one to our care.

Your family member is taking a bold step by committing to enter treatment and open themselves to a world of new unknowns. Entering the realm of treatment and recovery can be a daunting and confusing time not only for the client, but also for you and the other members of your family.

It is the intent of this guide to address frequently asked questions so that the fresh steps into recovery can be a healthy transition into a new life.

With Warm Regards,

A handwritten signature in black ink that reads "Lionel Estrada". The signature is written in a cursive, flowing style.

Lionel Estrada
Clinical Director, Cornerstone Healing Center

RESOURCES

AL-ANON

Al-Anon is a support group for family members and friends of individuals struggling with alcoholism. They provide support, understanding, and guidance.

<https://al-anon.org/>

NAR-ANON

Similar to Al-Anon, Nar-Anon offers support group for family members and friends of individuals struggling with drug addiction. Meetings are available in many areas, at flexible times.

<https://nar-anon.org/>

NATIONAL HELPLINE (SAMHSA)

Call the Substance Abuse and Mental Health Services Administration (SAMHSA) National Helpline at **1-800-662-HELP (4357)** for free and confidential information, 24/7.

NATIONAL ALLIANCE ON MENTAL HEALTH (NAMI)

NAMI provides resources and support for individuals and families affected by mental health conditions, including addiction. They offer educational programs, helplines, and support groups.

<https://www.nami.org/Home>

ONLINE COMMUNITIES

Online communities, such as Reddit's r/AlAnon and r/naranon, offer virtual support and a platform to connect with others who have similar experiences. These communities provide a space to share stories, ask questions, and seek advice.

PROFESSIONAL COUNSELING

Consider seeking the assistance of a licensed therapist or counselor specializing in addiction and family dynamics. They can provide individual and family counseling, helping navigate the emotional challenges and offering strategies for coping and healing.





FAQS

WHO CAN I TALK TO ABOUT MY LOVED ONE'S TREATMENT?

The Primary Therapist will reach out to you within 48 hours of admission to introduce themselves and answer any general questions you may have.

WHEN CAN I TALK TO MY LOVED ONE?

During treatment, clients are placed on a voluntary blackout period. This is to limit their exposure to external influences, and distractions, and to help them detach from anything that could hinder their progress. The blackout period will be lifted as your loved one progresses in their treatment.

WHEN DOES TREATMENT END?

Recovery is a personal journey determined by each individual in consultation with their therapist. Treatment durations range from 45 to 90 days, depending on symptoms and personal mental health factors. The therapist will have a better idea of a timeline after the initial weeks of treatment and can discuss it with you.

CAN I BRING THINGS TO MY LOVED ONE?

Your loved one will be provided with all the essentials. If special needs arise during treatment, you will be notified. We strongly discourage food, extra money, vapes, cell phones, special items, as these things can be distracting.

CAN I VISIT?

Yes, visitation can be arranged during approved visitation times once your loved one is out of their blackout period.

IS SUPPORT AVAILABLE FOR ME AND MY FAMILY?

Yes! This packet includes an excellent list of resources for you and your family.



SETTING HEALTHY BOUNDARIES WITH YOUR LOVED ONE IN TREATMENT

EDUCATE YOURSELF

Learn about addiction, treatment, and recovery to gain a better understanding of what your loved one is going through. This knowledge will help you set realistic expectations and approach the situation with empathy and compassion.

COMMUNICATE OPENLY

Have open and honest conversations with your loved one about their recovery journey and your concerns. Clearly express your boundaries and expectations regarding their behavior, maintaining sobriety, and seeking ongoing support.

BE CONSISTENT

Consistency is key when it comes to boundaries. Stick to the limits you set and follow through with consequences if they are crossed. This will help establish trust and reinforce the importance of your loved one respecting your boundaries.

ENCOURAGE TREATMENT

Encourage your loved one to continue with their treatment program, attend therapy sessions, and participate in support groups after treatment. Emphasize the importance of a strong support network and healthy coping mechanisms.

AVOID ENABLING

It's essential to avoid enabling addictive behaviors or becoming an enabler. This means not minimizing the consequences of their actions, not providing financial support if it's used for substance abuse, and not making excuses for their behavior.

REALISTIC EXPECTATIONS

Understand that recovery is a journey. While it's important to have boundaries, be realistic about the challenges your loved one may face. Celebrate their successes and support them through setbacks with compassion and understanding.



