

THE PATIENT IS THE FAMILY

The disease of addiction does not only impact the individual abusing substances, it impacts the family as a whole. The Futures' Family Program understands this and has designed a program that includes both the patient and their family system. Futures Recovery Healthcare operates from the recovery belief that, "the patient is the family". As the recovery process proceeds, the identified family unit, or individual, will be more involved and engaged in the continuing care process and outcome. As their loved one enters treatment, the family may discover that the patterns and dynamics, that exist within the family system, have been significantly influenced by substance use and mental health conditions. These influences are sometimes either subtle or glaring and hard for a family member that is living within the system to recognize.

Once the patient is scheduled to enter Futures Recovery Healthcare, an email will be sent to the family member(s) that will consist of a family questionnaire, specific to substance or mental health, and a family letter. A dedicated Family Support Specialist will follow the family from the first day of the patient's treatment stay until discharge. A Family Forum will be held the 3rd week of each month for 3 days virtually via Zoom (Friday, Saturday, and Sunday). This includes: psychoeducation for the family, recovery introduction, healthy boundaries, strengthening communication, family and patient process group, family and patient support and discussion around patient continuing care. The family unit will also have access to live Zoom informational sessions, 3 times per week, with one of these sessions being open to the community.

Family members that understand their loved one's substance use and/or mental health conditions can be some of their most supportive allies and advocates. This is why it is imperative that the family unit is involved with their loved one's journey. The Family Program at Futures educates the family, provides resources, and also assists in preventive measures in the hopes of empowering the family member(s) in boundary setting and understanding appropriate expectations as they walk together on their healing path.

COMMITTED AND QUALIFIED PROFESSIONALS

Futures focuses on care quality and patient experience. Futures employs licensed clinicians experienced in treating individuals and families. The Futures' management team fosters a positive patient-focused environment, prioritizes patient dignity and treatment efficacy, and strives to be exceptional contributing members of the treatment field. Please feel free to contact Futures Recovery Healthcare, if you may have any questions about this program or regarding family recovery.

