

RIVERSIDE



RECOVERY

FAMILY PROGRAM

RIVERSIDE RECOVERY



Hello and Welcome

Our team invites you to participate in Riverside Recovery's therapeutic Family Program. A vital part of your loved one's recovery is your knowledge and education about the disease of addiction. Your participation in your loved one's treatment process is highly recommended. Riverside Recovery's Family Program provides you this opportunity.

The Family Program has been described by many as a life changing experience. Not only has it been proven to be significantly healing for the family members, it's also extremely beneficial to the loved one's recovery process. Our therapy team has many years of experience assisting families through this phase in life and we are committed to guiding you along this journey, so you can also work towards goals, while we care for your loved one in treatment.

Our Family Program consists of a family support group, offered two (2) days per week for your convenience. Due to the seriousness and complexity of addressing addiction, we believe and strongly encourage families to attend both weekly groups (Wednesday and Sunday). Attending both groups and utilizing these services will greatly benefit you and your loved one during this process.

Please note, it's a requirement at Riverside Recovery that families attend at least one (1) group per week in order to attend weekly visitation on Sundays with your loved one who is in treatment.

We recognize that your loved one's recovery process can be a time of great turbulence and confusion for you. We strive to empower you with education and support, which are critical to assist in alleviating these feelings you may have.

Our therapy team looks forward to working with you over these next couple months. Please feel free to contact one of our Family Therapists if you have any questions or concerns. More information is available online at rrtampa.com/familyprogram.

Weekly Group Schedule

Wednesday evenings - 7:00 PM - 8:30 PM

Sunday mornings - 10:30 AM - 12:00 PM

Sunday's group is followed by lunch and visitation with your loved one.

Individual family therapy sessions are scheduled with the family therapists.

Due to **COVID-19** certain guidelines and changes have been implemented to ensure the safety of our clients, client's loved ones, and our staff. We are not doing in-person family support groups, visitation, or family therapy until further notice. However, we are offering the weekly family support groups via Zoom's Telehealth Platform.

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Your assigned family therapist will send you a telehealth consent form to sign for confidentiality purposes and send you the link to the weekly family groups via email.

Family Therapists

Chris Chiappetta, Licensed Clinical Social Worker (LCSW)

Office phone: (813) 296-8291

Email: cchiappetta@rrtampa.com

Louise Wallowitz, Licensed Mental Health Counselor (LMHC), Certified Addiction Counselor (CAP)

Office phone: (813) 296-8320

Email: lwallowitz@rrtampa.com

For any reason, should you find yourself unable to contact a therapist directly, please reach out to family@rrtampa.com and someone from our team will reach out to you as soon as possible.

Additional Contacts

- Patient Billing - Any financial or billing related questions please contact our Patient Billing Specialist.
Office Phone: (813) 296-8309
Email Address: billing@rrtampa.com
- Admissions - Any questions related to admitting or readmitting to any of Riverside Recovery's programs, please contact our 24/7 Admissions Department.
Office Phone (24/7): (813) 575-4141
Email Address: admissions@rrtampa.com
- Main Number/Front Desk - Our Receptionist is available during normal business hours to route calls and take messages, Monday through Friday, 8:30 AM - 5:30 PM.
Office Phone: (813) 296-8300
Email Address: info@rrtampa.com

Visitation

Riverside Recovery welcomes visitation once a week, Sundays from 1:00 PM - 4:00 PM. If you are attending the Sunday Family Group, lunch will be provided if you wish to stay.

Family Sessions

When a client is admitted into Riverside Recovery's treatment programming, families will have the opportunity to participate in the treatment process to the extent that the client is comfortable with your involvement. If the client is comfortable, this will come in the form of two (2) complimentary family sessions with selected family members and the client over the course of their stay.

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Riverside Recovery recognizes that family participation is an integral component of a client fully recovering from the disease of addiction. We strongly encourage your participation and welcome any questions or concerns you may have.

Please note, participation in the Family Program is contingent upon the client signing a Release of Information (ROI) for you to participate and have the ability to communicate with any staff member at Riverside Recovery regarding their treatment, per HIPAA federal laws. Please refer to our FAQ page for additional information on ROI's.

The Family Weekend

Currently postponed until further notice

Riverside Recovery also offers a Family Weekend. This is a three (3) day workshop, occurring once or twice a month. The event takes place on the weekend, Friday-Sunday. We understand it may be inconvenient having to commit to three (3) days, but each day builds on the previous day. We also cannot stress how monumental this investment of time can be in reuniting families through the healing process. So, we require a commitment to attend each of the three (3) days in their entirety. The description of this event is outlined below.

This Family Weekend will be available to any client and their families before the conclusion of their loved ones care at Riverside Recovery, at a small fee of \$300.00.

The family weekend is recommended during the clients residential level of care. However, we do offer this for day/night (PHP) and IOP levels of care. In this phase of treatment, the client will have gained some insight into what they need from the family to support them in their recovery. It is during this program that they will have the opportunity to communicate with their families about their needs, boundary setting, and taking responsibility for their behaviors - both negative and positive. Family members will make a commitment at the beginning of the program, not to drink or use other substances throughout the weekend, unless prescribed by a physician. This is when the healing begins.

A staff member from our Family Program will reach out to you with additional information regarding The Family Weekend and how to sign up. Please feel free to contact Chris or Louise if you have any questions, or would like to sign up.

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A Letter From a Family Member

Hello Friend,

My heart goes out to each of you for the difficulties we face.

Addiction is a challenging disease, but there is a path to recovery.

I was stubborn, unsure, and resistant to the Al-Anon Community as any option for healing and personal growth. After all, it was my loved one's "problem", not mine.

The first book that was recommended to me, by Louise Wallowitz at Riverside Recovery, was **It Takes a Family** by Debra Jay. I read that book and bought copies for my family members. We began to talk via phone calls each week to discuss how we might provide help to our loved one. We did that for several weeks until our attention turned to how each of us might embrace our own wholeness and health. To varying degrees, each member of my family is attempting to educate themselves about addiction and recovery.

Every story is different and every outcome is unique. Some families will embrace recovery together and some will not. Either way, YOU can feel better and be better while offering support and compassion to your loved one who suffers from the disease of addiction.

Education is key. It is our goal to help you understand the way the disease of addiction works. Perhaps you can begin the process of healing and embracing self-awareness in your own life. This is not a one-step process and it will take time. We hope you will give yourself the time you need to be educated and to begin the healing process.

Be patient, but I encourage you to start now and stick with it! Most likely, you will begin to see some positive results in your own attitude and outlook. After all, the only thing we have control over is ourselves. We hope to see you at family meetings in the future.