

FAMILY ORIENTATION

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FAMILY RESOURCES



THE ARBOR
FAMILY SERVICES

thearbor.com



FAMILY ORIENTATION

*Our mission is to walk alongside individuals and **families** as they navigate the path to recovery.*

FAMILY WELLNESS DAYS

Family Wellness Days

The Arbor organizes a monthly, two-day in-person family program called Family Wellness Days. It is specifically designed to cater to the needs of the families of individuals undergoing addiction treatment in our programs. Often, there is a breakdown in communication between the afflicted addict and their family members. Our family program serves as a bridge to mend this gap and guide the entire family towards a healthier lifestyle.

FAMILY SUPPORT GROUP

Every Wednesday on Zoom., from 6 PM to 8 PM (CST), a supportive community of families in various stages of recovery gather. They come together to offer mutual support, gain knowledge, explore solutions, and foster hope.

Boundaries serve to protect us from becoming victims. They also help us avoid being offensive to others, while aiding in the establishment of our identity.

External System of Boundaries:

This system is responsible for containing and safeguarding our physical body. External boundaries regulate personal space and touch.

Protection: We have the right to determine how close others can approach us and whether they can touch us or our personal belongings. **Containment:** Similarly, we respect others' personal space and property by containing ourselves within appropriate boundaries.

Internal System of Boundaries:

Internal boundaries are responsible for containing and protecting our thoughts, emotions, and behaviors. They act as filters or barriers.

Protection: We have the ability to listen, discern, and embrace what we believe to be true for ourselves. **Containment:** We exercise self-control in our speech and actively listen to others.

Violations of External Boundaries:

- Invading someone's personal space without their permission.
- Touching someone without their consent.
- Intruding into someone's personal belongings and living space, such as their purse, wallet, mail, or closet, without their permission.
- Eavesdropping on someone's private conversation without their consent.
- Disregarding a person's need for privacy or violating their right to privacy.
- Exposing others to contagious illnesses.
- Smoking in designated nonsmoking areas around nonsmokers.

Violations of Internal Boundaries:

- Indicating through words or actions that another person is worthless.
- Yelling or screaming at someone, which breaches boundaries.
- Ridiculing or mocking others.
- Engaging in lies.
- Breaking commitments without valid reasons.
- Attempting to control or manipulate others.
- Using sarcasm in an intimate or hurtful manner.
- Interrupting others during conversation.
- Blaming others for our own actions or circumstances.

BOUNDARY IDEAS

Sober Living Expenses

- For the first ___ months of your sober living, we will cover ___% of your rent.
- Starting from _____, you will gradually contribute to the rent based on the following schedule:
a. **Nov** - \$0 b. **Dec** - \$100 c. **Jan** - \$100 d. **Feb** - \$150
e. **Mar** - \$200 f. **Apr** - \$400 g. **May** - \$600 h. **Etc...** \$600
- Until you find a job, we will cover the cost of your groceries for a maximum of ___ weeks during your sober living period.
- Beginning on the _____ day of your sober living, you will be responsible for 100% of your miscellaneous expenses.
- Regarding medical insurance, it will be covered by _____

Phone

By _____, you must acquire your own cell phone service, as we will no longer cover your phone expenses on our account.

Emotional Support

In support of our family recovery, we will refrain from offering unsolicited advice or support. However, if you request assistance, we will do our best to help you.

Legal/arrests

In the event of a relapse resulting in tickets, fines, or jail time, we will not provide bail money or financial assistance for paying fines. We will also not assist you in hiring a lawyer to handle legal issues with the police.

Consequence:

If you fail a drug test, we will provide financial support for your return to treatment. All other financial assistance will be terminated, and you will not be permitted to move back home.

Car

If there is a car involved, we can discuss arrangements.

Visiting Us At

To support your ongoing recovery and transition to sober living, your visits home will be limited to _____. If you visit while under the influence of drugs or alcohol, we will promptly ask you to leave and notify your Advocates of your relapse. Similarly, if you call us and exhibit signs of being under the influence, we will politely end the call and inform your Advocates.

Returning Home

It is often recommended that even married clients undergo a period of sober living upon discharge. Do you believe this is a recommendation you should support?

Finances

When one spouse assumes control over the finances, it can create a dynamic resembling that of a parent and child. A helpful approach is to have regular budget meetings, either bi-weekly or monthly, where finances and spending can be discussed and agreed upon. The same applies to housework responsibilities.

Children

If there are minor children in the home, it may be necessary to establish boundaries and guidelines to ensure their well-being.

Communication

A useful starting point for establishing communication boundaries is to explore "Rules for Fair Fighting." This will help you examine your behavior during conflicts with your loved one. What commitments can you make to engage in healthier conflicts?

01: Before You Begin:

Before engaging in an argument, take a moment to reflect on why you feel upset. Is it truly about something small, like your partner leaving mustard on the counter? Or are you upset because you perceive an imbalance in household chores, and this incident is just adding to that frustration? It's important to understand your own feelings before entering into a disagreement.

02: Discuss One Issue at a Time:

Focus on addressing a single issue at a time. Starting with a statement like, "You shouldn't be spending so much money without talking to me," can easily escalate into, "You don't care about our family." This not only complicates the resolution process but also tends to bring up past mistakes. It's best to keep the discussion focused on one specific problem to avoid overwhelming the conversation.

03: Avoid Degrading Language:

Center the discussion around the issue at hand, not attacking the person. Avoid using put-downs, swearing, or name-calling. Using degrading language only serves to express negative emotions while ensuring your partner feels equally hurt. This will lead to more personal attacks, distracting from the original issue.

04: Express your feelings using words and take responsibility for them:

For instance, say, "I feel angry" or "I feel hurt when you ignore my phone calls." Starting your statements with "I" helps to acknowledge and take ownership of your emotions.

05: Refrain from Yelling:

Raising your voice and trying to "win" an argument through volume rarely leads to a resolution. In fact, it often exacerbates the problem.

06: Take Turns Talking:

Practice active listening and take turns speaking without interruption. It can be challenging, but try not to interrupt your partner. If maintaining this rule is difficult, consider setting a timer for each person to have one uninterrupted minute to express themselves. During your partner's turn, avoid using that time to plan your response. Truly listen!

07: Avoid Stonewalling:

Stonewalling is the act of retreating into silence and refusing to communicate during an argument. While it may provide temporary relief, the original issue remains unresolved, and your partner will likely feel more upset. If you find it difficult to continue the discussion, communicate to your partner that you need a time-out. Agree to resume the conversation at a later, calmer moment.

08: Take a Time-Out if Necessary:

In an ideal world, we would always adhere to these rules, but in reality, it can be challenging. If the argument becomes personal or heated, it's essential to take a time-out. Agree on a specific time to reconvene and discuss the issue once everyone has had a chance to cool down.

09: Strive for Compromise or Understanding:

Not every argument will have a perfect solution. Life is messy, and compromise is often necessary. Both parties may need to give and take to reach an agreement. If finding a compromise proves difficult, simply gaining a better understanding of each other's perspectives can help alleviate negative feelings.

Support Groups:

- AA – Alcoholics Anonymous • www.aa-houston.org
- Al-Anon Family Groups • www.al-anon.alateen.org
- ACA - Adult Children of Alcoholics • www.adultchildren.org
- CA – Cocaine Anonymous • www.ca-texas.org
- CODA – Codependents Anonymous • www.codependents.org
- Narcotics Anonymous • www.na.org

Websites And Applications:

- *Gottman Card Decks App*
- Xa-speakers.org

Websites and Videos:

- *Vulnerability by Brené Brown (YouTube)*
- *Pleasure Unwoven: A Personal Journey About Addiction by Kevin T. McCauley (YouTube)*
- *NAMI (National Alliance on Mental Illness). www.nami.org*

Recommended Reading List:

- *How Al-Anon Works for Friends and Families of Alcoholics*
By Al-Anon Family Group Headquarters, Inc. (1995)
- *Paths to Recovery: Al-Anon's Steps, Traditions and Concepts*
By Al-Anon Family Group Headquarters, Inc. (1997)
- *Courage to Change: One Day at a Time in Al-Anon II*
By Al-Anon Family Group Headquarters, Inc. (1992)
- *Codependent No More: How to Stop Controlling Others and Start Caring for Yourself*
By Melody Beattie (1987)
- *The Language of Letting Go*
By Melody Beattie (1990)
- *Reclaim Your Life: You and the Alcoholic/Addict*
By Carole Bennett (2010)
- *The Alcoholic Family in Recovery: A Developmental Model*
By Stephanie Brown & Virginia Lewis (1999)
- *Boundaries Workbook: When to Say Yes, When to Say No to Take Control of Your Life*
By Henry Cloud (1995)
- *Addict in the Family: Stories of Loss, Hope, and Recovery*
By Beverly Conyers (2003)
- *Boundary Power: How I Treat You, How I Let You Treat Me, How I Treat Myself*
By Mike O'Neil & Charles Newbold (1994)
- *The Principles for Making Marriage Work*
By John M. Gottman and Nan Silver (1999)
- *Eight Dates: Essential Conversations for a Lifetime of Love*
By John Gottman and Julie Schwartz Gottman (2019)

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