



Recovery Centers of America AT RARITAN BAY

Welcome to RCA,

Recovery Centers of America is committed to assisting your loved one through their recovery journey. We believe that one of the most successful ways we can do that is by involving loved ones in the treatment process. To acclimate everyone to our program philosophies and patient and family expectations, we have taken the liberty to put this informational guide together. We also appreciate that this is a stressful time and to try and ease that worry, we have created a brief RCA Welcome video for you as a way for you to be able to see what your loved one will be doing, and understand the process of engaging in treatment at RCA.

This link will provide you with latest information on what we are offering families, including the Welcome video and our Orientation video as well as a link to be able to register for live webinars on our educational seminars. Additionally, your input is incredibly helpful for us, and as such, you will find a Family Questionnaire we are asking that you fill in and submit back to your loved one's primary therapist.

<https://recoverycentersofamerica.com/family/>

Meet your Loved One's Treatment Team here at Raritan Bay:

CEO: David Dorschu

Clinical Director: Sharon Cartwright scartwright@recoverycoa.com

RCA's Family Engagement Specialist Ed Harrington eharrington@recoverycoa.com

Your Loved One's Primary **Therapist** will typically be assigned within 48 hours.

To obtain contact information for your loved one's treatment team, please call: **732-654-3100**

1. What is the recommended stay of treatment?

Families should prepare for the long road ahead. And commitment by families and your loved one is essential in the recovery process. RCA will provide your loved one an individual treatment plan tailored specifically to their needs, including co-occurring treatment. RCA recommends a comprehensive, 30 to 40 day residential treatment program based on clinical recommendations, medical necessity and the unique needs of your loved one. Increased lengths of care have been proven to provide better outcomes (such as continued abstinence, decreased potential for relapse and continued employment). According to the National Institute on Drug Abuse, participation for less than 90 days in residential or outpatient treatment is of limited effectiveness, and treatment lasting significantly longer is recommended for maintaining positive outcomes.

2. What happens if my loved one wants to leave before the treatment team recommends? How do I remain supportive?

Recovery is a difficult process and takes a tremendous amount of courage. However, this is a disease and certain expected symptoms of the disease may persist while in treatment. Your loved one may call you at some point telling you or demanding that you take them home. This usually occurs after detox or often around days 7-10 and is an indicator that the symptoms of the disease are present for your loved one. There are many factors that may lead to this increase in behaviors, such as the brain's response to withdrawal (PAWS), triggers, or the completion of detox to name a few. While this is an emotional time for both you and your loved one, their need to remain in treatment remains critical. Reassure your loved one that you love them but remain firm in your boundaries and stay close with the treatment team for strategies and support. Patients who leave treatment early have poorer outcomes in their recovery, so it is imperative to encourage your loved one to complete their treatment. Please call the primary



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therapist if you are having thoughts of picking up your loved one early so you can process this difficult decision and explore how this might impact their recovery.

3. What are payment options at RCA?

At RCA we pride ourselves on having strong advocates who work directly with our patient's insurance companies to obtain coverage for treatment. Throughout your loved one's stay, we will be collaborating with their insurance carrier by sharing their progress and goals to determine medical necessity for services. In instances where the insurance carrier is recommending another level of care, yet our clinical team believes your loved one can clinically benefit from continuing their residential stay, we will exhaust every option we have to get adequate coverage. In situations where this does not happen we have set up a financial assistance program with our partner, FinPay, in the event you and your loved one choose to progress in our program without the assistance of the insurance carrier. FinPay is designed to assist you by minimizing the financial burden associated with out-of-pocket treatment costs. All RCA patients have

FREE ACCESS to a payment specialist who can help navigate financial responsibility for continued treatment. In addition, we have financial counselors at each location who are on-site to assist in this process.

4. What is the "Centering" period?

To successfully engage in treatment RCA adheres to a 5-day "centering" period (previously referred to as the "blackout" phase) for all patients. This "centering" period means that patients will not be able to have any interaction with outside contacts, including family, for a minimum of 5 days. This allows patients to have the opportunity to focus on their treatment program, socialize with others, and achieve confidence in their recovery. It also allows you the needed time to begin to set up your own support both in and out of RCA. In some cases, and when therapeutically appropriate, we will assist individuals in making calls, and/or facilitate family or couples therapy sessions/interventions during this period if there is a valid release of information.

5. What happens if my loved one rescinds their release for me?

If your loved one rescinds a release for us to be able to communicate with you, when you call you will hear from us that we "cannot confirm or deny that person is a patient at RCA". Releases can be rescinded for various reasons by your loved one. If you believe your release has been rescinded, you can request that your loved one call you with a staff member present. If your loved one does reach out, you may want to encourage them to reactivate the release and discuss the importance of your participation and desire to be a part of their recovery.

6. Visitation expectations?

We know that visiting your loved one is an important part of the recovery process. Patient safety continues to be our primary concern at RCA, both from their substance use and now from the novel coronavirus, known as COVID-19. Because the virus is beginning to spread across our communities, RCA is taking steps to keep patients and their families as safe as possible from the virus. We are working diligently to monitor COVID 19 and reducing contact points between the facility and the public. This includes suspending in person visitation. Currently we are offering telephonic, virtual and in person family sessions as well as virtual visitation. This will also allow families to virtually see their loved ones "face to face" once a week. Therapists will be able to schedule sessions, so please speak with your loved one's therapist to set up.



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7. What Does RCA offer for Family Education and Support?

Monday Night Orientation 5:00pm-6:00pm(ET)- this webinar talks about what to expect the 1st week of treatment, How to support your loved one if they have thoughts of leaving, The importance of After -care for your loved one.

Tuesday Night Educational Webinars- 6:00pm-7:00pm (ET)- There is a different topic each Tuesday: The Anatomy of Relapse/ Re-occurrence; Understanding the Importance and Purpose of Boundary Setting; Enhancing connection through effective Communication; The Grieving Process of Loving Someone with a Substance Use Disorder; The Brain and Substance Use: Managing Recovery through Self-care and wellness; and The Journey of Recovery.

Thursday Night Special Webinars

- **The Young Adult Recovery Process-** 2nd Thursday of the Month at 6:00pm (ET)
- **RESCU Family Education for First Responders Family's** the 3rd Thursday of the month 5:00pm (ET)
- **Understanding Medically Assisted Therapy (MAT)** the 4th Thursday of the month at 6:00pm (ET)

Family Support

Virtual Family Support Group- Sunday at 12:30 pm (ET)

Shoutout (Digital Health) Call 855-408-1050 and register to get the app on your phone. Join the Family Recovery community and have access to meditation, inspirational material, Podcast on family Recovery Topics, and much more!

. Virtual Seeds to Recovery Program:

*The Seeds to Recovery program is a unique, therapeutic experience in the safety of their own homes. Many leading experts in the field of addiction treatment and Family Recovery – as well as some who have walked the path to their own recovery – will join Together the 3rd Saturday a month to share hope, education, and resources to help every family during this challenging time. Run by RCA's Family Engagement Specialist Ed Harrington and Sr. Vice President of Clinical Services, Trish Caldwell, Seeds to Recovery digs deep to educate families on the root causes of addiction and how to support a loved one on the road to recovery. We'll also help families connect in a positive way and develop healthy communication and coping strategies. It's your chance to learn more about yourself and your family dynamics as you navigate your way through your loved one's addiction. Seeds to Recovery shows you how to set up a healthy home for **everyone** in your household.*

Use the link below to register for the next Seeds to recovery: <https://recoverycentersofamerica.com/family/>



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8. **Dropping off items for your loved one**

All items must be approved by primary therapist. Prior to bringing items to the facility, please reach out to your loved one's primary therapist to discuss drop off procedure.

Family Resources:

- Online meetings
<https://docs.google.com/document/d/1a71ccw7ihaWelksKwOp4AzAkYlVqSoKiN6Gsm38bKMU/mobilebasic>
- <https://al-anon.org/al-anon-meetings/electronic-meetings/>
- Nar- Anon: 12-Step program for family of **or** friends of someone with a Substance Use Disorder
<http://www.nar-anon.org/>
- Al-Anon and Ala-Teen: Live, online, and telephone meetings available <https://al-anon.org/>
- **Local resources:** <http://www.narcoticsanonymousnj.org/meetings/> **or** <https://aasj.org/>
- **SMART Recovery:** nationwide, nonprofit organization that offers free support groups and Internet Message Board discussion group <https://www.smartrecovery.org/>
- **National Alliance on Mental Illness (NAMI):** A vital state resource for individuals and families facing the challenges of mental illness. Offers support groups, helpline and education <https://www.nami.org/>
- **Parent Professional Advocacy League (PPAL):** Provides resources for youth with mental health needs and their families through education, advocacy, outreach and support ppal.net/

RCA Complimentary Interventions:

The power of an Intervention is the love and support of family

An Intervention isn't about confrontation – it's about finding your full-family solution, and that's exactly what Recovery Centers of America does. RCA Interventionists are ready to help the families before, during and after treatment. We work with you to build a team, so you can deliver a clear-cut message of love and concern to your loved one to encourage entering and staying in treatment. The idea of the unknown can be daunting, especially when it comes to Interventions.

Simply call 1-800- RECOVERY and ask to speak with an Intervention Support Specialist, they will help guide you based on your concerns. An Interventionist will go through the logistics with you and help you craft a plan that makes sense. Our mantra is love and concern. From here, the Interventionist will focus on putting options together and anticipating any objections or barriers that could prevent your loved one from recovery.

The Interventionist will help your family deliver the message and stick to the plan. Part of an Intervention means identifying recovery efforts for every member of the family, so everyone can understand how to support recovery, not addiction. This is of no cost or obligation to you or your family.

Book References:

The titles collected here offer encouragement and practical suggestions to help your family heal and grow stronger.

- Addict in the Family: Stories of Loss, Hope, and Recovery by Beverly Conyers (2003)
- Everything Changes: Help for Families of Newly Recovering Addicts by Beverly Conyers (2009)
- Beyond Addiction: How Science and Kindness help people Change. Jeffrey Foote (2018)
- Loved one in Treatment? Now What!: An Essential Handbook for Family Members and Friends Navigating the Path of a Loved One's Addiction, Treatment and Recovery by Lisa Frederiksen (2010)



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- Reclaim Your Family from Addiction: How Couples and Families Recover Love and Meaning by Craig Nakken (2000)
- Paths to Recovery: Al-Anon's Steps, Traditions, and Concepts by Al-Anon Family Group Head Inc. (1997)
- How Al-Anon Works for Families and Friends of Alcoholics by Al-Anon Family Groups (2008)
- Today's Gift: Daily Meditations for Families by Anonymous (1985)
- Courage to Change: One Day at a Time in Al-Anon by Al-Anon Family Groups (2015)