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### **FAMILY INTENSIVE**

The Primary Counsellor will also let you know about the Family Intensive and encourage your participation. If you're interested in attending our Family Intensive, a member of our team will contact you regarding registration and program dates.

The Thorpe Recovery Centre's Family Intensive is designed to help families learn new ways to live with addiction in their lives, regardless if your loved one is in a treatment program or not. It further provides friends and family with an opportunity to enter into their own journey of healing and begin to experience hope and recovery.

### **THE THERAPEUTIC RELATIONSHIP**

Your loved one at TRC will develop what we call a "therapeutic relationship" with the clinical team. This relationship is important and it is also protected by the laws of Alberta. The purpose of protecting the relationship is to help your loved one feel free to disclose emotionally charged feelings and issues, without having to worry that we will tell friends, employers, and family. Trust is essential. Under these acts and codes of ethics, our clinical team see the clients as their primary responsibility, including protecting confidentiality. As a result, there is an obvious distinction between how they work with clients and how they work with family members.

In the event of a Medical Discharge or Walk the Emergency Contact will be notified.

### **DIRECT COMMUNICATION WITH YOUR LOVED ONE**

Your loved one is entering treatment at the Thorpe Recovery Centre to focus on their own health and wellness. Systems of communication and technology can be distracting and inhibit one's personal growth, which is why TRC does not provide internet access to clients, unless supervised for business or financial purposes.

For contact, clients who are currently participating in the Residential Treatment program are entitled to two (2) outgoing 15-minute phone calls per week. Clients cannot accept calls nor will messages be taken by reception. Please forward any messages or inquiries to your loved one's Primary Counsellor who can be contacted by email or by phone to 780-875-8890.

Individuals who are participating in Medically Supported Detox or in their Transition phase into Residential Treatment are not granted personal telephone access.

Clients are also encouraged to write and receive letters. All mail can be sent to:

Client's Name

C/O Thorpe Recovery Centre  
PO Box 291, 21060 Tranquility Way  
Blackfoot, Alberta T0B 0L0

Please note that all letters, parcels, and dropped-off packages will be searched upon receipt.

## SUPPORTING YOUR LOVED ONE

Entering treatment can be a time of great opportunity as well as anxiety for your loved one. As such, people with addictions may fluctuate in their commitment toward recovery.

For example, some individuals may not fully grasp the severity of their chemical dependency or process addiction or may deny there is a problem and be resistant to treatment. Whereas others may go through a “grieving process” over the loss of their relationship with their drug of choice. We ask family members and loved ones to understand that such resistance or grieving—accompanied by bargaining and a roller coaster of emotions—is a normal part of the healing process.

There will be times when the client in treatment will want to leave and we will do our best to have your loved one focus on recovery. Bear in mind that such efforts are not always successful and clients have the right to refuse treatment and leave the facility.

### Helpful Support

- Understanding client’s fluctuations in their commitment to recovery.
- Listen and be supportive without judging.
- Do not make hasty decisions. Stay calm and give the treatment process time.
- Do not assume that because a client is not happy in treatment that they are having problems with the style of therapy. This may be part of a natural process of finally accepting the addiction.
- Do not feel like you have to rescue a client from their own upset feelings during treatment.
- Give a client time and space to come to terms with their own recovery program.
- Do not try to make a client feel guilty for being in a recovery program even if they are unable to help out with responsibilities at home.
- Ask the counsellor assigned to the client if you have any questions about the recovery program.
- Learn about ways to start your own healing process by attending the Family Intensive that is offered monthly.

### Unhelpful Support

- Agreeing with and supporting the upset client without understanding the full situation. Remember that you may be hearing only the part of a story the client wants you to know in order to justify leaving treatment.
- Minimizing the addiction problem and accepting that the client will get help at home if they want to.
- Distracting a client from their recovery process by asking them for constant attention and assurance of being loved.
- Telling the client that you feel jealous about the time that they are spending focusing on recovery. Remember that a client in a recovery program is working to become well. Therefore, treatment is an investment for the future.
- Assuming that a client in recovery is trying to be someone else or is under some “cultish” influence. Clients will learn new words and ways of communicating as a constructive part of the recovery process. Seek to understand the new language instead of feeling concerned by such changes.