SARP

TIME AND PLACE

Tuesday evenings
1830-2030
NMCP SARP, Deck 1

REQUIREMENTS

Workshops are open to all SARP participants and their significant others.

Workshops are available during the five-week intensive program and continuing care.

No registration is required, but RSVPs are appreciated 953-9816.

Couples may begin at any time.

FAMILY PROGRAM OVERVIEW

PURPOSE
The family program was created to provide spouses and significant others with support and information about substance use disorders. Four different workshops are offered that cover important aspects of substance use disorders and the recovery process in hope that such knowledge will empower families as they move forward.

WORKSHOPS

WHAT IS A SUBSTANCE USE DISORDER?
Describes the many facets of substance use disorders, including biological, psychological and environmental contributors.

ENABLING AND DETACHMENT
Highlights certain behaviors that can interfere with sobriety and introduces detachment with love as a new way of being in the relationship for the spouse.

BUILDING BETTER RELATIONSHIPS
Examines negative behavioral and communication patterns present during active addiction. Describes healthy ways to express feelings, needs, and concerns along with introducing positive ways of interacting throughout recovery.

STAGES OF RECOVERY
Provides an overview of the stages of recovery that family members experience including the emotions and challenges typical of each phase. Introduces cognitive behavioral techniques for dealing with the difficult feelings that arise during the recovery process.