



# What Families and Loved Ones Need to Know

Answers to your questions about addiction, treatment and recovery



For families faced with addiction, hope can feel completely out of reach. But hope is real, and help is ready—at Hazelden in Center City, Minnesota. It's where tens of thousands of men and women have found the personalized care, unparalleled expertise and peer support they needed to rebuild their lives from the disease of addiction.

# Typical treatment day



Patients experience a full day of therapy, education and fellowship. The day typically starts at 7:00 a.m. and ends at 8:30 p.m. and may include the following activities:



- morning meditation followed by mealtime and fellowship
- treatment unit meeting and duties as assigned
- educational lectures followed by a time for processing the lecture with the group



- group therapy tailored to the needs of the individual. Examples include:

- leisure skills group
- survivor's group
- anger group
- stress management
- mental health group
- food and body image group
- grief group
- Rational Emotive Therapy group



- chemical use history
- Twelve Step groups
- relaxation, exercise, and recreational activities
- individual appointments as needed with physician, psychiatrist, psychologist, or other professional from the interdisciplinary team
- wellness activities such as biofeedback
- personal time for reflection including reading and treatment assignments

Each person who turns to Hazelden for help comes with a unique personal history and set of circumstances. Treatment is tailored to ensure the most effective approaches and best opportunity for recovery. For example, your loved one's treatment plan will be influenced by a number of factors including family history, addictive substance(s), gender, physical health, and many other variables.

## First steps for your loved one

All patients spend their first 24 hours at Hazelden's medical detoxification unit. Various medications are used to reduce withdrawal and physical discomfort while physical stability is monitored. Hazelden typically requires a 24-hour detoxification period for all new patients, but the length of detoxification varies depending on the individual's needs. Once the patient has been medically stabilized, he or she transfers to the treatment unit.

## Attentive, personalized care

Your loved one will be well cared for at Hazelden. An interdisciplinary care team will continuously monitor progress to ensure that he or she is receiving the specific care and support needed and will adjust the treatment plan as clinically indicated.

It is very common for those who struggle with addiction to also have co-occurring mental health conditions such as depression, anxiety disorder, or post-traumatic stress disorder. A mental health professional will be a part of your loved one's care team to ensure that any co-occurring mental health issues are identified and treated along with addiction.

Length of stay for Hazelden's primary treatment program depends on the individual patient's progress and needs. For most patients, the typical length of stay is four to six weeks.

## Surrounded with care and expertise

One of the most powerful aspects of treatment at Hazelden is our interdisciplinary approach. For your loved one, this means that a team of clinicians and other professionals will work together to provide personalized, holistic treatment that addresses the physical, emotional, behavioral and spiritual aspects of addiction. These teams are comprised of:

- licensed addiction counselors
- psychiatrists, psychologists, and other mental health professionals
- physicians, nurses, and other medical professionals
- spiritual care counselors
- tobacco recovery counselors
- dieticians
- continuing care counselors
- wellness specialists
- licensed recovery coaches

In addition, a team will work with you and your insurance company to facilitate the best use of financial resources.

## Ongoing care and support

Addiction is a chronic disease, and lifelong recovery requires ongoing attention and support. That's why a continuing care plan will be part of your loved one's treatment experience.

The continuing care plan, created in conjunction with the interdisciplinary team, will focus on how the patient can integrate new-found, hard-won recovery into daily life upon discharge. A relapse prevention plan will also be developed. You may want to ask how you can help to support these plans because research shows that patients who follow a continuing care plan are far more likely to sustain recovery.

## Communicating with you

In the course of your loved one's treatment, you may be asked to share information with the Hazelden team that would be helpful in understanding the patient's situation and developing his or her care plan. And, with the patient's permission, Hazelden will share appropriate information with you. However, there are laws and regulations that determine what and how much information can be shared, however. Please ask a staff member if you have questions regarding the sharing of patient information.



## Taking care of yourself

Addiction is called "a family disease" for good reason. It's normal for family members and loved ones of alcoholics and addicts to experience loneliness, guilt, resentment, stress, lack of sleep, or various health problems. This disease affects each family member differently. Some lose their spiritual connection as a result of despair or anger. Others may see their social life deteriorate.

Often family members feel personally responsible for holding everything together, fearing that if they don't, the family will fall apart. This sense of personal responsibility is a huge burden—and it can lead to feelings of pain and anger. Healing will come for you when you turn your energies toward thinking about what you need for yourself.

The goal for every patient at Hazelden is lifelong recovery from the disease of addiction.

Hazelden's Center City campus is designed with patient safety, comfort, and serenity in mind. It is a place where patients can turn down the noise of the outside world and focus on getting well.



# Resources for families

## ■ Hazelden's Family Program

Participating in Hazelden's Family Program can be the most powerful contribution a family member makes to the process of recovery and rebuilding relationships. You will learn that you can't control addiction, you didn't cause addiction, and you can't cure addiction. By becoming aware of the beliefs and experiences that shape your own behaviors, you will identify new, healthy ways of coping with addiction-related issues and concerns. Your loved one does not need to be in treatment for you to take part in Hazelden's Family Program.

## ■ Twelve Step Meetings

You can find Twelve Step meetings in your hometown specifically designed for family members and loved ones of individuals with addiction.

- **Al-Anon**—Call 888-4AL-ANON or visit [al-anon.org](http://al-anon.org)
- **Alcoholics Anonymous**—Visit [aa.org](http://aa.org)
- **Families Anonymous**—Call 800-736-9805 or visit [familiesanonymous.org](http://familiesanonymous.org)

## ■ Retreats and Workshops

The Dan Anderson Renewal Center, located on Hazelden's Center City campus, offers a number retreats, workshops and continuing care groups specifically for family members. It is not necessary to have a loved one in treatment in order to benefit from these programs.

## ■ Hazelden Publications

Hazelden publishes today's leading addiction recovery books and other materials. Many of these resources are intended specifically for family members of individuals with addiction. You can request a catalog by calling 800-328-9000 or by visiting the bookstore online at [hazelden.org/bookstore](http://hazelden.org/bookstore).

## ■ Hazelden's Online Resources

- The Hazelden Web site, [hazelden.org](http://hazelden.org), is an excellent resource for anyone seeking answers to questions about addiction. You will find helpful articles about addiction, treatment and recovery as well as information about Hazelden programs and services.
- The Hazelden blog at [recoveryresourceblog.org](http://recoveryresourceblog.org) is a forum for discussion of addiction, treatment and recovery.
- Hazelden's "Four Generations Overcoming Addiction" Web site, [fourgenerations.org](http://fourgenerations.org), focuses on encouraging cross-generational conversations about the dangers of alcohol and other drug addiction and the value of treatment. The site features video and audio stories, conversation-starter tools and resource links.



# Quick answers to key questions



## Why does Hazelden have separate programming and lodging for men and women?

Separate treatment programming allows men and women to stay focused on their own recovery progress and explore sensitive issues with peers in a safe and supportive environment. It has been Hazelden's experience, supported by subsequent and ongoing research, that gender-specific addiction treatment provides patients with the best opportunity for recovery.

## Can patients smoke?

Yes, but it's not advised. Research shows increased rates of recovery for those patients who stop smoking while in treatment, which is why Hazelden offers tobacco cessation services. At this time, Hazelden does allow patients to use tobacco in designated areas on campus. Visitors are prohibited from using tobacco products on the campus premises at all times, with the exception of Family Program participants.

## Is Hazelden a Twelve Step program?

Yes—plus so much more. The Twelve Steps are fully integrated into Hazelden's treatment processes, but addiction treatment at Hazelden also involves multiple, integrated clinical disciplines

(addiction counseling, mental health, medical care, spiritual health, wellness, etc.) and incorporates evidence-based therapies and approaches. Hazelden is licensed by the Minnesota Department of Human Services and the Minnesota Department of Health and is accredited by the Joint Commission, a highly regarded national body that inspects the majority of acute care hospitals across the country.

## Can I call or write to my loved one while they're in treatment?

Patients are encouraged to contact their families to provide the phone number and times they can be reached via the phone on their treatment unit. Cell phones and personal digital assistants (PDAs) are not allowed during treatment. Patients do not have access to email, but postal mail is available. It's recommended that patients bring a telephone calling card to pay for long distance calls while at Hazelden. Admissions counselors can provide you with more information on how you can contact your loved one at Hazelden.

## Is it possible for me to visit?

Yes. Hazelden has designated visiting days and hours, and the clinical case manager you are working with will let

you know when you can visit. Typically two days a week and most holidays are designated for visiting. Any packages brought on campus must be opened and inspected in front of a staff member.

## Why Hazelden

Hazelden has been at the forefront of addiction treatment for 60 years—and we have unmatched experience in leading individuals and families through the chaos, fear, and isolation of addiction. Treatment at Hazelden begins with an approach based on dignity and respect and combines clinical expertise with evidence-based practices.

## Where we're located

Hazelden's Center City campus is situated 45 northeast of the Minneapolis/St. Paul metropolitan area. With rolling, wooded acres, natural beauty, and walking trails, Hazelden's campus provides a safe and comfortable setting where patients can focus on healing.

## How to reach us

We invite you to call Hazelden at any hour, any day of the week: 800-257-7800. All calls are confidential and toll-free.

[hazelden.org](http://hazelden.org)  
800-257-7800



Hazelden, a national nonprofit organization founded in 1949, helps people reclaim their lives from the disease of addiction. Built on decades of knowledge and experience, Hazelden offers a comprehensive approach to addiction that addresses the full range of patient, family, and professional needs, including treatment and continuing care for youth and adults, research, higher education, public education and advocacy, and publishing.