

Parent Program Fact Sheet

www.hazelden.org/parents



Description

- Four days beginning Sunday at 1:00 p.m. through Wednesday 7:30 p.m. Attendance of all four program days is expected.
- For parents/caregivers only. No childcare services available. Separated or divorced parents are expected to attend the program different weeks.
- No cost to two primary caregivers of each patient; fee for each additional parent/caregiver is \$622.00 (2011 fee)

Topics Discussed

- Addiction as a disease
- Impact of the disease on individuals and family
- Parenting issues
- Relapse prevention
- Need for self-care and the Twelve Steps of Al-Anon and Families Anonymous

Program Hours

	Parent Program Times	Time with Son/Daughter
Sunday	1:00 pm – 6:30 pm	4:30-5:15 pm Visiting in cafeteria
Monday	8:30 am – 5:00 pm (Staff may schedule individual appointments with parents between 8:00 – 8:30am and 5:00 – 5:30 pm)	4:30 – 5:00 pm Visiting in cafeteria
Tuesday	8:00 am – 5:00 pm (Staff may schedule individual appointments with parents between 5:00 – 5:30 pm)	12:30 – 1:30 pm Lunch in cafeteria 1:30 pm – 2:30 pm Relapse prevention planning in lecture hall 4:30 – 5:00 pm Visiting in cafeteria
Wednesday	8:30 am – 7:30 pm (Staff may schedule individual appointments with parents between 8:00 – 9:00 am)	4:30 – 7:30 pm Three-hour off campus pass (at staff discretion)

Lodging and Transportation

An area map and hotel information sheet is enclosed. Hazelden has arranged for discounted rates at hotels listed on the enclosed information sheet. Some of these hotels provide pre-arranged transportation to our facility. Taxis are easily accessible from the airport and will take you to Hazelden for an estimated cost of \$60 - \$70. For advance reservations call Town Taxi at 612-331-8294.

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Meals

A list of nearby restaurants will be given to you upon arrival. Lunch will be served to program participants Monday through Wednesday and is included in the cost of the program. Snacks are provided each morning.

Attire

Please feel free to dress casually and comfortably. We suggest a warm jacket or coat together with sweaters that can be layered according to the weather. (See Sibling Program Fact Sheet for guidelines on acceptable clothing for siblings who attend Sibling Program.)

Chemical Dependency Counselor

During your stay, your child's counselor will schedule a brief meeting to discuss patient progress and other pertinent issues. This meeting will occur sometime before your Family Conference.

Family Conference

A Family Conference is an opportunity to begin to re-open the lines of honest communication between you and your son/daughter. There is a specific agenda for the Family Conference. A family specialist will meet with you prior to your son/daughter joining the Family Conference to discuss the agenda and answer questions.

Items for your son/daughter

All items should be clearly marked with your son or daughter's name and should be given to the front receptionist, who will see that items reach the patient.

Mood Altering Chemicals

We ask that during your stay you refrain from using alcohol or any other mood-altering chemicals with the exception of medications prescribed by your physician.

Tobacco Free Campus

Hazelden's Center for Youth and Families is a tobacco free campus. Tobacco products (smoking or chewing) may not be used on campus by patients, parents, visitors, employees and volunteers.

Due to the intense nature of the Parent Program, there will be *little to no opportunities* for parents to smoke while in the program. Parents have the option of leaving campus during their lunch break which typically lasts 30-60 minutes depending on the day, although we recommend parents use this time to connect with other parents or eat lunch with their child (on the designated day). Case managers and mental health professionals also try to meet with parents during this time.

We recommend parents who smoke plan to use Nicotine Replacement Therapies (NRT) during the Parent Program to minimize cravings. These products include nicotine patches, gum, lozenges and nasal spray and can be purchased over the counter at most pharmacies. You can check with your doctor to determine what NRT may be best for you. Many insurance companies cover the costs of these products to encourage members to quit smoking.

Emergencies

Please give family and friends the phone number of your hotel and Hazelden (763-509-3800) in case of emergency. Only in cases of emergency are parents summoned to the phone. Ordinarily a message to return a call will be taken and given to the parent.

Confidentiality

Upon arrival, you will be asked to sign a confidentiality form agreeing not to reveal the identity of Parent Program participants or patients. In order to protect the confidentiality of all patients and families, **cameras and camera phones are not allowed on the premises**. If you wish to take pictures of your family members, please do so only when off the premises.