

## **INFORMATION FOR FAMILY AND FRIENDS OF CLIENTS OF THE GLEN**

The Glen - All admissions are processed at 50 Church Rd Chittaway Point

The Glen strives to provide a clean and safe drug and alcohol free environment for men who suffer from substance abuse to change their lives. The Glen prides itself on offering a holistic program and will offer many services such as financial Counselling, gambling Counselling, and grief counselling if needed. All rules in The Glen are designed with the client's recovery in mind.

There is NO telephone contact for the first two weeks, clients can write and receive as many letters as they like. This is to allow the client to settle in. This is an important period of intense program and Counselling. This time allows staff to make accurate assessments of the client's individual needs.

Clients can take phone calls after two full week's residency. Clients need to limit these calls to a maximum of 10 minutes per night. Clients are not allowed mobile phones at any time in our basic 12 week program (if they apply and are accepted into transition program they are allowed a phone). If your friend or family member is ringing you from a mobile phone they are in breach of the house rules and they are putting their place in our program in jeopardy.

Clients can apply for day leave after 3 full weeks and apply for weekend leave after 6 full week's residency. Clients should spend their day and weekend leave doing healthy constructive things in regards to their recovery. Clients are encouraged not to spend these leaves around people who may be using drugs or drinking. All clients will be tested for drugs when they arrive back on site.

### **The program:**

The program includes group work, one to one Counselling, work program, sport program, and parenting programs. There is also a wide range of other services available to clients if the need exists.

The program includes weekly trips to shopping Centre's and to outside AA or NA meetings etc. These trips are not designed to be an opportunity for clients to catch up with friends or family. Your support in this is appreciated.

### **The Families and Friends:**

The Glen Centre acknowledges that the family of addicts / alcoholics need support too. The Glen recommends that you contact your local Area Health Services for counselling options.

Other options include:

Family Drug Support ph.: 1300 368 186

Life Line ph.: 131114

There is also a support group in place for people who have been living with alcoholics and addicts the contact details are below:

Al- Anon Fellowship for family friends of alcoholic's ph.: (02) 4962-3844

Nar-Anon Family / friends of addict's ph.: (02) 4958-5589

As the parent of an individual with a substance abuse problem, you already know that addiction can cause your child to lie, cheat or steal — whatever it takes to get the next high. Reestablishing trust after months or even years of bad behavior is tremendously challenging. After all, you want to believe the best, but you can't help but suspect the worst. The good news is that you can protect yourself and give your child the support he or she needs by setting appropriate boundaries.

Just because you're "setting boundaries" doesn't mean you have to forego being helpful, compassionate or caring. It does mean you will protect your emotional health and freedom by enforcing consequences when and if bad behavior occurs.

Chances are you've already told your loved one that you cannot tolerate actions such as driving under the influence, stealing, or lying. Simply expressing your anger isn't enough — successfully setting boundaries with addict's means you must establish and enforce consequences.

The first step toward setting boundaries with a recovering child is to establish clear rules, in writing, for you both to follow. Leave no room for interpretation and identify fair consequences, also in writing, that you will enforce if a boundary is crossed.

You may find enforcing the consequence is more difficult than identifying the boundary, but for the rules to be effective, enforcement is a necessity. The good news is that boundaries are beneficial for you and your struggling child because you can protect yourself without building resentment — while giving your child the space he or she needs to make independent decisions.

Setting boundaries with friends and coworkers is one thing. Setting boundaries with an addicted child is something else. If you are dealing with a child who is addicted to drugs or alcohol, family therapy can help you make healthier choices and live an independent lifestyle.

Remember, addiction affects everyone in the family — not only your addicted child. You are entitled to a life that is free from painful emotions, disrespectful behavior, empty threats, and broken promises. In short, you are entitled to a full recovery.

Family therapy can help you, your spouse, and others affected by addiction express pent-up emotions and heal hurt feelings. It can also teach you and your child how to communicate more effectively and learn to trust one another again. If your child relapses, your therapist can also encourage you to stick with the consequences you developed. Remember, one of the best things you can do for your recovering child is to take care of yourself.

### **Upon finishing the program:**

The Glen has a transition house for people who have completed our basic 12 week program where they are case managed with things such as employment and housing etc. This is a great program for clients who are in need of some extra support when they complete our basic program. The client themselves has to apply for a place in the transition program.

The Glen also has great relationships with plenty of other halfway houses in and around Newcastle and Sydney. We work closely with the client to try and place them in a satisfactory program when they are completing our program if they need that help.

In summary it is hoped that we can help empower the client to change their lives and regain control that may have been lost through their substance addiction.