

**LA HACIENDA TREATMENT CENTER**

## Family Program Information



### **Included in this information package:**

- Description of Family Program
- Transportation & Lodging
- Family Program Schedule
- La Hacienda Family Program R.S.V.P. Form



**La Hacienda Treatment Center**

PO Box 1  
Hunt, Texas 78024

**1-800-749-6160 ♦ [www.lahacienda.com](http://www.lahacienda.com)**

Dear Family Member/Concerned Person,

As you know, your loved one is currently undergoing treatment for chemical dependency at La Hacienda Treatment Center in Hunt, Texas. The Medical Director and Clinical Staff are recommending participation in the Family Program as one of the most important parts of treatment. At the patient's request, we are inviting you to participate in our three and a half day Family Program. Please take a few moments to look over the enclosed information.

If you are already making plans to attend our Family Program, WELCOME! We believe our program is one of the best in the nation. We have a highly qualified staff that understands chemical dependency and its effect on friends and family.

We feel very strongly that this program addresses the needs and concerns of families in crisis. As an important person in the patient's life, you deserve to have all the information about chemical dependency you can get as well as a safe and peaceful environment in which to express feelings with your loved one.

Typically, families and patients may experience some apprehension, fear and anxiety at the beginning of the program. However, we have found that most participants leave with a sense of relief, hope and excitement about recovery.

If you are uncertain about coming to Family Week, we urge you to take this time for yourself and your loved one. The Family Program Coordinator will be contacting you to discuss your participation. You may also contact us with immediate questions or concerns by calling 1-800-749-6160, Ext. 300.

Following this letter you will find a more specific description of La Hacienda Chemical Dependency Family Program including information on transportation, lodging, meals, and program policies, as well as a questionnaire and RSVP form which we would like you to return to us in the envelope provided as soon as possible.

**WE HOPE TO SEE YOU SOON!**

*The Staff of the Family Program*

## **WHAT YOU AND YOUR FAMILY CAN EXPECT TO HAPPEN IN TREATMENT**

Your Family Member may experience some of the following:

1. A temptation to create or present a different part of him/herself, or a front to protect him/herself from the treatment experience.
2. A temptation to focus on what is wrong with other patients, staff or the treatment center, or on any family matters, or on other outside concerns, rather than deal with him/herself.
3. Patients may be surprised that others have felt similarly to them and have support for how they feel.
4. They may feel that things are getting worse rather than better, i.e. feeling out of control, more suicidal, more alone, angrier, more hurt and more scared than before entering treatment.
5. Having strong, negative feelings about another patient or a staff member who reminds them of someone important in their life.
6. Realizing that they may have created complex coping mechanisms for survival that may now be hurting them instead of helping them.
7. A feeling of being "fixed" and ready to leave treatment despite staff recommendation that they stay and complete the program.
8. A dawning awareness of themselves from a new perspective: A realization that they are precious simply because they are alive.

You may experience the following:

1. A tendency to keep secrets or avoid talking to staff regarding telephone communication between patient and family during treatment.
2. A temptation to minimize family problems.
3. Blaming staff or the program for the problems you are experiencing in your life.
4. Resentment towards family member in treatment: "He/She's getting help and **I'm not!**"
5. A greater focus on problems that could wait until treatment is completed.
6. Believing that non-chemically-dependent family members do not need a recovery support system.
7. Resistance to attending family support groups, Al-Anon meetings or La Hacienda Family Program.
8. Telling yourself that what you are experiencing now or what happened in the past is or was not that bad and that other people's needs are more important.

**LA HACIENDA TREATMENT CENTER**  
**FAMILY PROGRAM**

**DESCRIPTION:** The Family Program is designed to help patients, family members and significant others increase their understanding of chemical dependency. The educational experiential format provides information on alcoholism/addiction, codependency, family dynamics, communication, recovery and relapse prevention. The three and a half day program begins on Monday morning and concludes on Thursday afternoon. The Family Program is available free of charge to participants.

Please call the Family Program office (1-800-749-6160 ext. 300) as soon as possible to confirm your attendance and inform us of your arrangements. In addition, please mail your completed RSVP form. Our offices are open Monday through Thursday, from 8:00 am to 5:00 p.m. and Friday 8:00 am to 12:00 pm. Leave a message if you need to call when our office is closed. If you are flying and need for us to provide transportation to and from the airport, we need: (a) Date and time of arrival, airline and flight number; (b) Date and time of departure, and airline; and (c) Name and location of lodging facility.

**TRANSPORT & LODGING:** La Hacienda Treatment Center is located in Hunt, Texas approximately two hours from San Antonio, 30 minutes west of Kerrville, and 15 minutes west of Ingram. Please plan to arrive **NO EARLIER THAN 12:00 PM** on Monday. **Go directly to the Family Building to register**, where a Family Program staff member will be waiting to direct you to the Family Program Orientation. On Thursday, please plan to depart **NO EARLIER THAN 12:00 PM**.

**FOR THOSE DRIVING:**

Please avail yourself of the map, directions, and available lodging options in this packet.

**FOR THOSE FLYING INTO SAN ANTONIO AIRPORT:**

1. Please schedule your flight arrival time in San Antonio no later than 10:30 am on Monday and your flight departure time no earlier than 4:00 pm on Thursday.
2. You may choose to rent a car in San Antonio or Kerrville. If so, find enclosed several telephone numbers of car rental agencies.

3. If you do not choose to rent a car, we will provide transportation from the San Antonio Airport to your lodging, then on to La Hacienda for registration. A La Hacienda driver will meet you at the baggage area and will be holding a small sign with your first name and last initial on it. We may have more than one party arriving in the same hour. You may need to wait with the driver for a second arrival also needing transport.
4. We will also provide transportation back to the San Antonio Airport on Thursday, **DEPARTING FROM LA HACIENDA AFTER 12:00 PM**. You will need to check out of your lodging facility before coming to La Hacienda. You may leave your luggage in the Family Building until your departure.
5. **La Hacienda DOES NOT provide local shuttle from your lodging facility to the campus.**

**HELPFUL HINTS:**

- We **encourage** you to make your lodging reservations as soon as you receive this packet with your projected Family Program date, as this is a popular tourist/resort area.
- We **discourage** you from making non-refundable flight reservations more than 2 weeks in advance of your scheduled attendance, as it is occasionally necessary to change a patient's Family Program date.
- Several area motels offer special rates to those attending La Hacienda's Family Program. Be sure and identify yourself as a participant of our Family Program if you would like to receive a special rate at one of these facilities.
- *Visitor parking on Campus is restricted to the Visitor Upper Level lot on the left as you enter La Hacienda property. We have 3 handicap parking spots elsewhere.*
- The Family Program is a rather intense process. The fewer disruptions our participants have, the more productive the process is for everyone involved. Therefore, we request that distractions such as cellular telephones be left at your lodging facility.
- **Please be sure to pack tennis shoes and casual clothing for the Tuesday morning ropes activity.**

**MEALS:** We welcome Program participants dining on campus. Mealtimes are at:

BREAKFAST	7:00 am to 7:45 am
LUNCH	12:00 pm to 1:00 pm
DINNER	5:45 pm to 6:30 pm

The cost for meals during Family Week is \$25.00 per person, which covers all on campus meals for that week. Payment for this meal plan can be made upon arrival during registration.

**CHILD CARE:** Child care arrangements while attending Family Program can be made by calling Happy Jacks Learning Center at 830-367-3414. The location is in Ingram just 10 minutes from our campus. The cost and arrangements are the responsibility of the participants. All arrangements must be made before Family Week.

**PREPARATION:** Though not required, we recommend participants attend several Al-Anon meetings prior to Family Week. Al-Anon provides support to family and friends of alcoholics and addicts. You can locate the nearest Al-Anon meeting by consulting your local telephone listings for Alcoholics Anonymous and Al-Anon.

**CONFIDENTIALITY:** In order to promote a safe environment for recovery, we ask you to respect the confidentiality of all patients and family members engaged in treatment.

- ◆ Cameras, video cameras, cell phone cameras and tape recorders are **NOT ALLOWED** on campus.
- ◆ Family members are **NOT ALLOWED** to visit in the patient's room.

**PARTICIPATION:** To minimize disruption to the group as a whole, we ask that all participants commit to attend the entire 3 ½ day program. **PARTICIPATION IN ALL FAMILY GROUPS AND CLASSES IS REQUIRED TO GAIN FULL BENEFIT FROM THE PROGRAM.** The Family Program is presented in sequential format. A large amount of information is presented in a very short period of time. If you are unable to attend the full program, please contact the Family Program Staff as soon as possible. We may be able to reschedule Family Program Week on a date you would be able to

attend. Family Program participants are strongly encouraged to abstain from alcohol and other mood altering substances for the duration of the Program with the exception of medications prescribed by a personal physician. If prescription medication is brought onto La Hacienda grounds, the medication must be locked in your car for safe keeping. Our medical teams cannot dispense any medical treatment or medications to visitors or guests on campus. Their responsibility is to our patient population each day.

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**LA HACIENDA FAMILY WEEK PROGRAM**  
**Monday 1:00 pm through Thursday 12:00 pm**

**Family Week is:**

- A gathering of information for personal and family recovery.
- A time to learn communication skills.
- A time and place for supporting patients and family members.
- Opportunities to enlist support and make new friends.
- A time to learn about addiction and codependency.

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**Family Week is not:**

- A cathartic process or therapy to fix problems.
- A singular focus on the patient's problem.
- A time to dump negativity.
- A solution to family issues, but rather a preparation for personal recovery for family members.

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We hope you will attend. We will look forward to meeting you.

The Family Program Staff

## **FAMILY WEEK SCHEDULE**

### **Monday**

12:00 pm Sign in at Family Building (**Family only**)  
1:00 Orientation Focus Group (**Patients & Family**)  
2:00 Focus Group - Intro to Al-Anon (**Family only**)  
3:00 Focus Group - Doctor's Lecture (**Family only**)  
**4:00** **Break**  
4:30 Focus Group BODEGA (**Patients & Family**)  
5:45 Dinner  
6:45 Family sign out and depart (**Family only**)

### **Tuesday**

8:30-9:30 am Family Ropes Activity Low Elements  
outside or Family Building (**Family only**)  
10:00 Focus Group - Feelings & Recovery (**Pt. & Family**)  
11:00 Focus - Boundaries for Recovery (**Pt. & Family**)  
12:00 pm Lunch  
**1:00** **Break**  
2:00-3:30 **Process Group Communications (Pt. & Family)**  
**3:30** **Break**  
4:30 Focus Group BODEGA (**Pt. & Family**)  
5:45 Dinner (**Patients & Family**)  
6:45 Family sign out and depart (**Family only**)  
7:00 Off Campus Al-Anon Mtg. (**Family only**)  
The First Presbyterian Church Ingram

### **Wednesday**

8:30 am Focus Group - Codependency (**Family only**)  
10:00 Focus Group - Going Home (**Pt. & Family**)  
11:00 Family Recovery Needs (**Pt. & Family**)  
12:00 pm Lunch  
**1:00 pm** **Break**  
1:45-3:45 **Process Group - Feelings Listing (Pt. & Family)**  
3:45 Therapeutic Pass Outing begins (**Pt. & Family**)  
IF eligible

### **Thursday**

8:30 am Focus Group - Steps & Traditions (**Family only**)  
10:00 Complete Satisfaction Survey (**Pt. & Family**)  
10:15 **Process Group - Recovery Plans (Pt. & Family)**  
12:00 pm Lunch (**Patients & Family welcome for lunch**)  
**1:00** Family members sign out and depart

***FAMILY MEMBERS LEAVE PROPERTY BY 1:00 PM***

# La Hacienda Family Program RSVP Form

Those named below are invited to consider attending our Family Program scheduled for Monday \_\_\_\_\_ at 1:00 pm until Thursday \_\_\_\_\_ at 12:00 noon.

Family Member(s): Because of the volume of calls involved, our staff will generally contact only one family member by telephone. Your Family Program Packet and this RSVP Form are your invitation to participate. Please complete this form as soon as possible. ***Fax or mail this information to: La Hacienda, Attn: Family Program, P.O. Box 1, Hunt, Texas 78024.*** After reading your packet, if you have questions about the Family Program, please do not hesitate to call us.

**Phone (800) 749-6160 ext. 300  
Fax (830) 238-6116**

|                    | <b>Attending</b> |   |
|--------------------|------------------|---|
| Name _____         | Y                | N |
| Relationship _____ |                  |   |
| Name _____         | Y                | N |
| Relationship _____ |                  |   |

**Transportation: (circle one)**

*Driving    Flying    Rent Car    Need Ride From / To Airport*

**Flight Information:**

**Arriving:** \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_ **At:** \_\_\_\_\_ : \_\_\_\_\_ **AM / PM**

**Airline** \_\_\_\_\_ **Flight #** \_\_\_\_\_

**Departing:** \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_ **At:** \_\_\_\_\_ : \_\_\_\_\_ **AM / PM**

**Airline** \_\_\_\_\_ **Flight #** \_\_\_\_\_

**Lodging: (Name of Motel)** \_\_\_\_\_