

## Sibling Program Fact Sheet

[www.hazelden.org/siblings](http://www.hazelden.org/siblings)

### 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 siblings ages 12 to 20.
- Cost: Free

### Topics Discussed

- Addiction as a disease
- Impact of the disease on individuals and family
- Identifying feelings and communicating openly
- Effects and consequences of alcohol and drug use
- Continued self-care and recovery

### Program Hours

	<b>Sibling Program Times</b>	<b>Time with Brother or Sister</b>
<b>Sunday</b>	1:00 pm – 6:30 pm	4:30-5:15 pm Visiting in cafeteria
<b>Monday</b>	8:30 am – 5:00 pm	4:30 – 5:00 pm Visiting in cafeteria
<b>Tuesday</b>	8:00 am – 5:00 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
<b>Wednesday</b>	8:30 am – 7:30 pm	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 \$55 - \$65. For advance reservations call Town Taxi at 612-331-8294.

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### **Meals**

Lunch will be served to program participants Monday through Wednesday. Snacks and beverages 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. Women's clothing that is not acceptable are halters or midriffs, short-shorts, and tank tops. Men's clothing that is not acceptable are muscle or midriff shirts and short-shorts.

### **Family Conference**

A Family Conference is an opportunity to begin to re-open the lines of honest communication between you, your brother or sister, and your parents. There are specific topics for the Family Conference. A family specialist will meet with you prior to the Family Conference to discuss the agenda and answer questions.

### **Items for your brother/sister**

All items should be clearly marked with your brother or sister's name and should be given to the front receptionist, who will see that items reach the patient. You may not give items or money directly to your brother or sister.

### **Mood Altering Chemicals**

Use of alcohol or drugs or misuse of prescription medication may result in discontinued participation in the Sibling Program.

### **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, siblings, visitors, employees and volunteers.

### **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 will you be summoned to the phone. Ordinarily a message to return a call will be taken and given to you.

### **Confidentiality**

Upon arrival, you will be asked to sign a confidentiality form agreeing not to reveal the identity of Sibling 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.

If you have any further questions, please feel free to call 763-509-3800.