

Family Program schedule

Sunday

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| 9:30 a.m.–10:00 a.m. | Check-in |
| 10:00 a.m.–11:15 a.m. | Welcome, orientation, and introductions |
| 11:15 a.m.–11:45 a.m. | Tour of facility |
| 11:45 a.m.–12:30 p.m. | Lunch |
| 12:30 p.m.–1:30 p.m. | Presentation: Disease of Addiction |
| 1:30 p.m.–1:45 p.m. | Break |
| 1:45 p.m.–3:00 p.m. | Small-group discussions |
| 3:00 p.m.–3:45 p.m. | Presentation: Twelve Step Recovery and Step One |
| 3:45 p.m.–4:00 p.m. | Break |
| 4:00 p.m.–4:30 p.m. | Presentation: Relapse Prevention |
| 4:30 p.m.–5:00 p.m. | Visiting |
| 5:00 p.m.–5:30 p.m. | Closing remarks |

Monday

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| 8:30 a.m.–9:00 a.m. | Welcome to patient participants |
| 9:00 a.m.–10:00 a.m. | Presentation: How Have We Experienced Addiction? |
| 10:00 a.m.–10:15 a.m. | Break |
| 10:15 a.m.–11:00 a.m. | Presentation: Family Roles |
| 11:00 a.m.–11:45 a.m. | Small-group discussions |
| 11:45 a.m.–12:30 p.m. | Lunch |
| 12:30 p.m.–1:15 p.m. | Experiential activities |
| 1:15 p.m.–2:00 p.m. | Co-occurring disorders video and discussion |
| 2:00 p.m.–2:15 p.m. | Break |
| 2:15 p.m.–3:30 p.m. | Presentation: Psychology of Addiction |
| 3:30 p.m.–4:30 p.m. | Enabling |
| 4:30 p.m.–5:00 p.m. | Visiting |
| 5:00 p.m.–5:30 p.m. | Visiting (with Pioneer patients who are in mental health group until 5:00 p.m.) |

Tuesday

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| 8:30 a.m.–8:45 a.m. | Morning reflection |
| 8:45 a.m.–9:45 a.m. | Presentation: Grief and Letting Go |
| 9:45 a.m.–10:00 a.m. | Break |
| 10:00 a.m.–11:15 a.m. | Communication workshop |
| 11:15 a.m.–11:45 a.m. | Experiential activity |
| 11:45 a.m.–12:30 p.m. | Lunch |
| 12:30 p.m.–2:00 p.m. | <i>Pleasure Unwoven</i> video or family conference |
| 2:00 p.m.–2:15 p.m. | Break |
| 2:15 p.m.–3:15 p.m. | Presentation: Boundaries |
| 3:15 p.m.–4:00 p.m. | Small-group discussions |
| 4:00 p.m.–4:30 p.m. | Good-bye to patient participants |
| 4:30 p.m.–5:00 p.m. | Visiting |
| 5:00 p.m.–5:30 p.m. | Visiting (with Pioneer patients who are in mental health group until 5:00 p.m.) |

Wednesday

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|-----------------------|--|
| 8:30 a.m.–8:45 a.m. | Morning reflection |
| 8:45 a.m.–10:15 a.m. | Alanon speaker or family conference |
| 10:15 a.m.–11:45 a.m. | Family conference |
| 10:15 a.m.–10:30 a.m. | Break |
| 10:30 a.m.–11:45 a.m. | Recovery tools and self-care |
| 11:45 a.m.–12:30 p.m. | Lunch and visiting with the patient |
| 12:30 p.m.–2:00 p.m. | Family conference |
| 12:30 p.m.–1:15 p.m. | Presentation: Spirituality |
| 1:15 p.m.–2:00 p.m. | Small-group discussions on gratitude and hope |
| 2:00 p.m.–2:15 p.m. | Break |
| 2:15 p.m.–3:00 p.m. | Video, home plan discussions, or sibling group |
| 3:00 p.m.–3:30 p.m. | Hazelden's Social Community |
| 3:30 p.m.–3:45 p.m. | Viewpoints |
| 3:45 p.m.–4:30 p.m. | Closing ceremony |
| 4:30 p.m.–7:30 p.m. | Family pass |
| 5:00 p.m.–8:00 p.m. | Family pass (with Pioneer patients who are in mental health group until 5:00 p.m.) |

Visiting time with family member

| Day | Time | What and Where |
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| Sunday | 4:30 p.m.–5:00 p.m. | Visit in cafeteria |
| Monday | 4:30 p.m.–5:00 p.m. or 5:00 p.m.–5:30 p.m. | Visit in cafeteria |
| Tuesday | 4:30 p.m.–5:00 p.m. or 5:00 p.m.–5:30 p.m. | Visit in cafeteria |
| Wednesday | 11:45 a.m.–12:30 p.m. 4:30 p.m.–7:30 p.m. or 5:00 p.m.–8:00 p.m. | Lunch in cafeteria Family pass |

Family Pass Expectations

- The privilege to have an off-campus pass is determined by the patient’s counselor and Family Program staff.
- The pass is only for family members attending the Family Program. Other family members are not included.
- The purpose is to reconnect and have a good time together. It is not the time to discuss problems or conflicts (e.g., continuing care).
- If anyone becomes uncomfortable, the family needs to return to Hazelden. Do not leave patients unattended.
- Families are not to spend time with other families or patients.
- Local families are not to go home.
- The patient is not to connect with friends.
- The patient is not to use a cell phone or other electronic media.
- Family members and patient are not to purchase or use any tobacco products.
- Other unacceptable purchases include over-the-counter or prescription medications, lighters, matches, and electronic media.
- Do not get tattoos, piercings, or other body modifications during family pass.
- Upon return, a unit technician will check any items purchased.

Notes