

# FAMILY MATTERS...

After many years of providing residential substance abuse treatment, Clearview Recovery Center remains true to our original purpose, to help people clear a new course for their lives out of the fog of addiction.

We appreciate your trust in Clearview Recovery Center. We recognize that having your loved one in treatment can be difficult and stressful. Therefore, we have put together some helpful notes for you to decrease stress and confusion. We are happy you have chosen us and look forward to working with your family to provide the best treatment possible.

1) Addicts and alcoholics tend to have difficulty with waiting and tolerating frustration. Typically, they have avoided all negative feelings through the use of substances. As a result, they tend to have a great deal of difficulty dealing with seemingly minor frustrations. Obtaining recovery skills often requires a person to walk through emotional pain and develop a tolerance for daily frustrations. We encourage you to allow your loved one to vent discomfort with the therapeutic process. However, please do not allow him or her to persuade you into “rescuing” them from the needed treatment. Remember that it is normal for clients to “run away” from their pain in early recovery. This means that he or she may try to get you to check them out of treatment or encourage you to engage in adversarial exchanges with staff members responsible for his or her care. We recommend the “wait and see” rule to avoid making

quick and unhealthy decisions. Check things out with his or her individual counselor and inform your loved one of the need to **wait 24 hours** before making treatment decisions. It is easy to get wrapped up in your family member’s discomfort, but this is an excellent opportunity to step back and help him or her and you deal with this disease more productively.

- 2) Federal law requires client **CONFIDENTIALITY**. Thus, when you call our business office, we cannot “confirm or deny” that someone is here in treatment. We cannot share information on a client’s progress without his or her written consent. When you call, please ask to speak with your family member’s assigned counselor by name unless you are calling about a financial/business matter. Please allow the counselor 24 hours to return your call, as they are busy attending to your loved one and his or her needs.
- 3) Recognizing that addiction is a family disease, we have several opportunities for family involvement in treatment including family education, family sessions and multi-family group therapy.

“**FAMILY DAY**” at Clearview Recovery Center is held from **9:30 a.m.-Noon** during the **first Saturday of each month**. This is a time reserved for specifically focusing on the education of family, friends and loved ones about the disease of addiction and how it impacts lives.

After the educational lecture, family members who have been pre-approved for visitation are encouraged to bring a lunch and eat with their loved one in the cafeteria. The client is required to eat cafeteria food but may sit with his or her family in the cafeteria. **Visitation** is held between the hours of **1:00-3:00 p.m.** on Saturday or Sunday. In order to visit either day during family education weekend, at least one family member **MUST** attend the family education lecture. Remember, the number of visitors per client is limited and must be pre-approved by the treatment team.

If you are interested in having a **FAMILY SESSION** with your loved one and his or her counselor, please make this request to the assigned counselor as soon as possible.

**MULTI-FAMILY** is provided to further help families with the disease of addiction. **This group meets weekly on Tuesdays from 6:00-7:30 p.m.** to help families improve their functioning and better understand the impact of the alcoholic’s or addict’s behavior on the family unit. In addition, multi-family groups help prepare families on what to expect during and after residential treatment. Family members are encouraged to attend weekly in order to participate in this experience. Interested family members should notify their loved one in treatment or his or her assigned counselor for more information and a referral.

- 4) **PROGRESS REPORTS** – Although you may have had a lot of contact with our business office prior to admission, the business office is usually not privy to the type of clinical information you may desire once a loved one has checked into treatment. Counselor assignments are made upon admission to our program. If you would like a progress report on your loved one, please check with him or her to determine the name of his or her individual counselor and confirm that he or she has signed a release for you to talk to the counselor. Then, contact his or her individual counselor, preferably between 3:00 and 5:00 p.m., Monday-Friday. Keep in mind that changes do not occur overnight and biweekly updates are more helpful.





5) **TELEPHONE PRIVILEGES** – Clients may use the house phones on their fourth day at Clearview Recovery Center. The house phones are shared between all the residents. Each client has one or two 15 minute slots each day to make personal calls. We encourage clients to spend little time on the phone in order to remain focused on treatment and avoid distractions that could hinder their personal recovery.

6) **THERAPEUTIC COMMUNITY** – Clients live together and share bathrooms and living space. Typically, two clients are assigned to each room. Daily structure and personal responsibility are heavily emphasized at Clearview. Fraternizing with peers of the opposite gender is not allowed.

For recovery, it is essential for each person to “get honest” and take responsibility by completing tasks and assignments and attending all scheduled activities without exception. When individuals are unable to comply with these expectations, consequences are imposed, which may include loss of visitation or phone privileges. *At times, it may be necessary to extend someone’s length of stay in order for him or her to develop the skills necessary to remain in recovery. As a result, additional costs may be incurred.*

7) **PHYSICAL WELL-BEING** – Each person admitted will see a nurse practitioner to complete a *history and physical*. Ongoing minor ailments that occur during treatment will be diagnosed and treated by the nurse practitioner. Major illnesses may require medical leave

or medical discharge if not appropriate for our facility. Emergencies are handled through a local hospital emergency room. In general, all appointments with outside professionals for ongoing medical care should be deferred until completion of residential treatment.

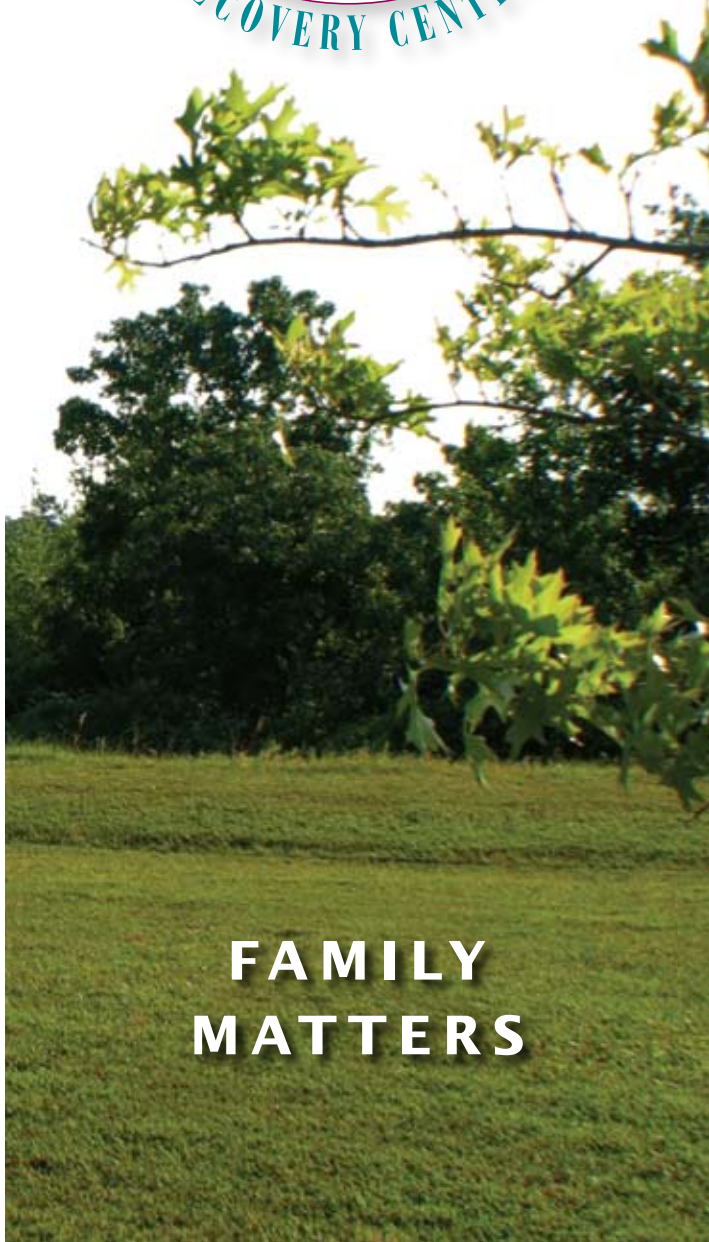
There is a full time LPN on staff 8:00 a.m.-5:00 p.m., Monday-Friday and available by phone as needed for consultation.

Many **medications** are addictive and are not allowed during treatment. These medications will not be kept on Clearview premises. Clients will be encouraged to allow staff to properly dispose of them. Only **medications** prescribed and/or approved by the nurse practitioner or addictionologist will be allowed. Clients administer their own medications with clinical assistants monitoring their compliance. It is the client’s responsibility to bring all existing medications to treatment with him or her and to pay for any new medications that are prescribed.

8) **PSYCHIATRIC SERVICES** – Psychiatric services are provided based on the needs of individual clients. Clients may be referred to an addictionologist or psychologist by their assigned counselor as needed for further diagnosis and treatment recommendations during their stay at Clearview Recovery Center.



Phone: (601) 544-1499 ■ (800) 845-8918  
 Fax: (601) 544-8464  
 #3 Clearview Circle  
 Moselle, MS 39459  
[www.clearviewrecovery.com](http://www.clearviewrecovery.com)



**FAMILY  
 MATTERS**