



Weekend Family Program

Your Family Program is scheduled for

Cumberland Heights and the Family Program wishes to extend our invitation for you to participate in the Weekend Family Program. Cumberland Heights supports and encourages your participation in this integral part of the treatment process. The Family Program offers you an opportunity for additional education on chemical dependency, tools of recovery and a safe place for connecting with other family members. The program includes time for you to work together, strengthening your relationship and joining efforts for the family healing.



**8283 River Road Pike
Nashville, TN 37209
www.cumberlandheights.org**

Call 615-432-3191

For the Family and Loved Ones Traditional Adult Program Patients

Family Disease: When one family member is chemically dependent, everyone is affected in some way. Family members are also affected when the addicted person seeks treatment. Family members often experience a multitude of feelings and thoughts. There are challenges when caring about an addicted person. Most family members have developed many ways of coping that include different ways of thinking, behaving, and feeling. Often family members report feeling angry, hurt, worried, and confused when their chemically-dependent person is seeking treatment and recovery. Many family members will think or ask, "What about me? What about the rest of the family?"

The fact is that addiction is a family disease. When there is addiction, everyone is impacted in some way. The impact can vary from minimal to severe. Many families describe living with chaos, discouragement, and frustration. Families adopt ways of living with each other in the active addiction. These ways of thinking, feeling, and behaving will continue until the family recognizes them and makes positive changes. The important thing to remember is that help and recovery are available for the entire family. Families can and do recover! Family members discover new ways to care for themselves. Education and the practicing of new skills allow for changes in the relationship with the addicted person. Family members learn that they did not cause the disease; they cannot control or cure the disease. We invite you to participate in family week while your patient is in treatment.

We also encourage you to participate in a supportive group, such as Al-anon, Codependents Anonymous or Adult Children of Alcoholics. Teenagers can benefit from participating in Al-A-Teen.

Registration: In the event of questionable weather, you may call 615-352-1757. Upon arrival at Cumberland Heights, please come to the Frist Family Life Center. There are three entrances. One entrance is in the back parking lot which is handicap accessible to an elevator. Two are in the front with the one near the chapel being handicap accessible. The other entrance has the front desk area and a small family break room with tables. Coffee, tea and water are available and free in the break areas. Please keep all food and drinks in the designated areas. Water only is allowed in the group rooms.

Family Member Participation: The Weekend Family Program begins on Saturday morning with a brief orientation/introduction session, and all-day group occurring Saturday, Sunday and Monday. It is our strong recommendation that family members participate in the entire Family Program. Make plans to stay for Monday evening for an Al-Anon 12-step meeting for families as well as aftercare. You may stay for dinner with your loved one when attending aftercare.

Preparing for Your Family Program:

We appreciate your participation in the Family Program. It can be a challenging few days. If you experience difficulties, ask for help and support.

The Family Program activities are held in the Family Group Room 114/115 located in the Family Life Center. Please be on time for all scheduled events. You are expected to follow the same program guidelines as your loved one. For example, if you smoke you must do so in the designated area. Please dress in layers for your comfort.

A part of the Family Program will be spent with your loved one. Much of the Family Program will be spent with other family members. You will have opportunities to focus on yourself, as well as time to focus on your relationship with the person who is in treatment at Cumberland Heights.

Please remember that change is possible when family members take action on their own behalf. You deserve support, education, and fellowship with other recovering family members.

Aftercare: Our Family Aftercare Program is designed as a bridge from our Family Program to a 12-step Al-Anon Program of recovery. Aftercare is in addition to Al-Anon. We offer three aftercare meetings per week (Monday, Tuesday & Wednesday). Each meeting begins in the dining hall and then adjourns to the Family Group Rooms. Please plan on participating in the Parent Aftercare Group on Monday's at 6:30-8:00PM. Other Family Aftercare groups meet on Tuesday and/or Wednesday evening from 7PM-8:30PM.

Al-Anon: Al-Anon meetings are available in the community 7 days a week. We encourage you to attend Al-Anon as soon as possible. You will have an opportunity to attend an open Al-Anon meeting at Cumberland Heights on Monday from 4:30pm-5:30pm.

Clothing: Please wear layers to assist with your comfort as the weather changes. We ask that you bring clothing that will be comfortable for a short walk outside. Tennis shoes or other comfortable walking shoes are recommended.

Children's Program: Cumberland Heights offers a Children's Program for children, ages 6-12 years old, who have lived with addiction. This program generally takes place in June and July. Please contact Kristy Roll at 615-432-3171 for more information.

Sunday Family Recovery Day

If you plan to come to Family Recovery Day, please let your loved one know of your plans so that they can add you to the Family Recovery Day participant form for the Sunday you plan to attend.

Weekend Family Program Schedule

****All times frames are subject to change if determined appropriate by the Family Counselors.**

Saturday:

8:30am – 8:45am Registration--Frist Family Life Center
8:45am – 10:15am Meditation/Orientation/Introductions
10:15am - 10:30am Break
10:30am - 12:00pm Disease/PAWS
12:00pm - 1:00pm Lunch with your loved one
1:00pm - 2:00pm Round Robin **(patients and families together)**
2:00pm – 2:30pm- Check-In/Process/Sunday Assignment
2:30pm – 2:45pm- Break
2:45pm – 4:15pm Impact on Family/Family 1st Step

Sunday:

8:45am – 10:15am Meditation/Addiction Dance/Experiential
10:15am – 10:55am Maze
11:00am – 12:00pm Meditation/ Chapel Service **(patients and families together 11a-2p)**
12:00pm - 1:00pm Lunch
1:00pm – 2:00pm Beliefs/ Communication
2:00pm – 2:45pm Check-In/ Process/Monday Assignment
2:45pm – 3:00pm Break
3:00pm – 4:15pm Boundaries

Monday: (Family Program begins today at 9:30am – patient and families together all day)

(8:30am, 12:30pm, 1:00pm, 3:00pm or 4pm Continuing Care Appointments -as assigned)

9:30am – 12:00pm Communication Exercise/ Slogans
12:00pm – 1:30pm Lunch
1:30pm – 4:00pm John McAndrew Music, Supports, Recovery Message, Film Clip, Evals/Coins
4:30pm – 5:30pm Al-Anon
5:30pm – 6:00pm Dinner ** (Dinner is included at no cost when you attend aftercare)
6:30pm – 8:00pm Parent Aftercare. The group meets in dining hall and walks to Hazel Hawkins back Lower Level

** Family members may dine with patients 5:30p-6p when participating in Al-Anon and Aftercare on Monday only. Otherwise, we request family members leave campus directly following the family program. If you have any questions about Family Program or any of the homework, you can see any of the family counselors.

Kristy Roll, Family Services Director Office– 135
Sherry Vautier, Family Counselor Office – 117A
Connie Murphy, Family Counselor Office - 122

Elizabeth Miler, Family Counselor-135B
Dar Shea, Family Counselor Office– 122

Cumberland Heights Sunday Family Recovery Day

Because **family participation in treatment is absolutely critical** to the healing of the family, including the patient, Cumberland Heights sets aside Sunday as Family Recovery Day. Although all activities are important during the day, **it is essential that families attend the 1:15P Family Recovery Groups** occurring on Sunday. We strongly encourage you to join us earlier in the day for our non-denominational Chapel Service or for our Mindfulness Meditation Practice with lunch to follow, setting the stage for you and your loved one to attend these necessary family services. You will begin a journey to *whole family healing* that you will not regret!

1. Please arrive early. This allows you to have plenty of time to park, get to the Family Life Center to register, get your Visitor badge and get to your scheduled activity.
2. The Frist Family Life Center is the large building with the clock tower to the left of the parking lot. Please go to the far entrance and you will find our receptionist. Again, this is where you will sign in.
3. **Please note that lunch is only available (cost is \$12/adult) for those visitors who attend morning activities, which include Chapel, Mindfulness Practice, or individual family sessions.** There are several restaurants available on Charlotte Avenue near River Road for your convenience if you aren't able to attend these morning activities. **Please note that you must be here by 11:10AM in order to participate in the morning activities and lunch on campus.**
4. Please arrive at 12:50PM if you are coming for the Afternoon Activities and proceed to the Family Life Center as noted above.

Arrival Time	Group Start Time	Group	Location
9:45AM	10:15AM	1 st Time Family Orientation	FLC Room 119
10:45AM	11:00AM	Chapel Service OR	FLC Auditorium
10:45AM	11:00AM	Mindfulness Practice Men Mindfulness Practice Women	MMR Craig Hall Lower Level
11:10AM		PLEASE BE AWARE THAT ARRIVALS LATER THAN 11:10AM WILL BE ASKED TO RETURN AT 12:50PM	
12:00P	1200PM	Lunch—ONLY FOR FAMILIES WHO ATTENDED CHAPEL/MINDFULNESS/FAMILY SESSION	Cafeteria
12:50PM	1:15PM	1 st Step Family Education Group Note: FS men have group in FS Group Room and FS Women have group in Women's Cabin. Both join their families at 2:15PM OR	FLC Auditorium
12:50PM	1:15PM	Recovery Connections Group Note: Young Men, Traditional Adult Women and Men, as well as EC Men, attend these groups with their visitors.	1) Young Men- YMMR 2) Women-Lower Level, Craig 3) Men/EC Men- Main Meeting Room, Crichton Hall
	2:45PM	Unstructured Family Recovery Time	
	4:00PM	Family Recovery Day Ends	

Hotels near Cumberland Heights

Please read hotel reviews & compare prices so that you may decide which is best for your family

Hampton Inn Bellevue (8 miles away)

7815 Coley Davis Road, Nashville, TN 37221

615-662-3133 or 888-387-3133

(If you call the Hampton Inn directly and tell them that you are participating in Cumberland Heights programming they offer a discount)

Holiday Inn Express (11 miles away)

5612 Lenox Ave, Nashville, TN 37209

615-353-0700

Microtel Inn and Suites Bellevue (8miles away)

(If you call the Microtel directly and tell them that you are participating in Cumberland Heights programming they offer a discount. Recently renovated)

100 Coley Davis Court, Nashville, TN 37221

615-662-0004

Driving Directions

From Downtown or the Airport:

- Take I-40 West towards Memphis
- Exit #201, Charlotte Avenue
- At the end of the ramp take a right onto Charlotte
- 2nd traffic light, turn right onto River Road
- At the stop sign make a right onto River Road
- Travel approximately 7 miles
- Cumberland Heights is located on the right surrounded by a white fence

- Park in the visitor parking
- Come in the Family Life Center and register at the front desk

The Cost of Cumberland Heights' Meals



- **\$8 SATURDAY LUNCH**
- **\$12 SUNDAY LUNCH**
- **\$8 MONDAY LUNCH**
- **\$10 MONDAY DINNER**
- **\$25.00 SATURDAY - MONDAY MEAL TICKET (INCLUDES 3 LUNCHESES)**
 - **ONE DINNER IS INCLUDED AT NO COST WHEN YOU ATTEND AFTERCARE**

Family members who participate in the Family Program may purchase a meal ticket in the dining hall at lunch on Saturday for \$25.00, which includes Sat, Sun & Mon lunch. Those staying for Family Aftercare on Monday evening will be given a ticket for Monday dinner.

Family Medical Leave

If you plan to take Family Medical Leave (FMLA) to attend family program please contact

Medical Records at 615-432-3217

BEFORE Family Week

To ensure that your paperwork can be completed in a timely manner.



Signing up for Family Program does NOT automatically place a family on the list for Family Recovery Day on Sunday. Patients MUST go through the normal procedure to add you to the list even if their family is attending Family Program.

Resource List for Abuse and Exploitation

Child Abuse:

To report: Department of Children Services 24 hour reporting hotline
1-877-237-0004

<https://reportabuse.state.tn.us/>

Other Resources

Rape and Sexual Assault Center 615-259-9055

Crisis Intervention Center 615-244-7444

TN Parent Hotline 1-800-356-6767

Domestic Violence:

To report: Metropolitan Police Department, Domestic Violence Division
Call 880-3000.

In other Cities/ Counties in TN call local police or Sherriff's Department

US Domestic Violence Hotline: 800-799-7233

USA National Suicide and Crisis Hotline:

Suicide Crisis: 800-784-2433

All other crisis: 800-273-8255

US Domestic Violence Hotline: 800-799-7233

Shelters:

YWCA Shelter hotline: 615-242-1199

Morning Star: 860-0003