



## **Family Program**

### **Your Family Program is scheduled for**

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Cumberland Heights and the Family Program wishes to extend our invitation for you to participate in the four day Family week. 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](http://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 enormously from participating in Al-Ateen.

**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 Family Program for the Traditional Adult Program begins on Sunday afternoon with a brief orientation/introduction session, and all day group occurring Monday-Wednesday. It is our strong recommendation that family members participate in the entire Family Program. The Family Program will work with you on your needs and schedule.

**Preparing For Your Family Program:**

The Family Program appreciates your participation in the four days of the Family Program. It can be a challenging week. 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 4 day Family Program to a 12 step Al-Anon Program of recovery. Aftercare is in addition to Al-Anon. We offer three family aftercare meetings a week (Monday, Tuesday and Wednesday). Each meeting begins in the dining hall and then adjourns to the Family Group Rooms. Please plan on participating in the Family Aftercare on Tuesday and/or Wednesday evening from 7PM-8:30PM or on Monday from 6:30-8:00pm (family members of young adults) .

**Al-Anon:** Al-Anon meetings are available here on Monday afternoon at 4:30 PM at Cumberland Heights. Al-Anon meetings are available in the community 7 days a week. We encourage you to attend Al-Anon as soon as possible.

**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 takes place during the summer months. Please contact Kristy Roll at 615-432-3171 for more information.

# Sunday - Tuesday Adult Family Program Schedule

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

## **Sunday:**

8:30am – 8:45am Registration--Frist Family Life Center (FLC)  
8:45am – 9:45am Meditation/Orientation/Introductions  
09:45am - 10:00 am Break  
10:00am - 10:55am Disease  
11:00am – 11:50am Chapel/Meditation (**patients and families together 11a-2pm**)  
12:00pm - 1:00pm Lunch with your loved one  
1:00pm - 2:00pm Round Robin  
2:00pm – 2:30pm Check-In/ Process  
2:30pm – 2:45pm Break  
2:45pm – 4:15pm Impact on Family/ 1<sup>st</sup> Step/ Monday Assignment

## **Monday:**

8:45am – 9:45am Beliefs and Behaviors (**patients and families together**)  
9:45am – 10:00am - Break  
10:00am –10:30am Check in / Process  
10:30am –12:00pm Addiction Dance/Role Play  
12:00pm - 1:30pm Lunch with your loved ones  
*12:30pm –1:00pm Continuing Care Appointments (as scheduled)*  
1:30pm – 2:30pm Tuesday Assignment/ Maze  
2:30pm – 2:45pm Break  
2:45pm – 4:00pm Boundaries  
*4:00pm – 4:30 pm Continuing care appointments (as scheduled)*  
4:30pm – 5:30pm Al-Anon (FLC Rm 119)  
5:30pm – 6:00pm Dinner \*\*  
6:30pm – 8:00pm Aftercare for Parents

## **Tuesday :**

8:45am – 12:00pm Communications / Supports/ Recovery Message  
12:00pm – 1:00pm Lunch (**patients and family members together through 2:00pm**)  
1:00pm – 1:30pm RCA/Aftercare  
1:30pm - 2:30pm Closing (Recovery message/1<sup>st</sup> year and evals/coins)  
2:30pm - 3:30pm Continuing Care appointments (as scheduled)  
5:30pm – 6:00pm Dinner \*\*  
7:00 pm – 8:30pm Aftercare meets in dining room - Dinner included when you attend Aftercare

\*\* Family members may dine with patients 5:30p-6p when participating in Al-Anon and/ or Aftercare on Monday or Aftercare on Tuesday. Otherwise, we request family members leave campus directly following the family program. If you have any questions about Family Program or continuing care appointments.

Kristy Roll, Family Services Director Office- 135  
Sherry Vautier, Family Counselor Office- 117A  
Dar Shea, Family Counselor Office- 122  
Connie Murphy, Family Counselor Office- 122  
Elizabeth Miller, Family Counselor Office- 135B

(Apr 2019)

## 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!

Arrival Time	Group Start Time	Group	Location
9:45AM	9:55AM & 10:15AM	1 <sup>st</sup> Time Adult Orientation	FLC Room 119
10:45AM	11:00AM	Chapel Service OR	FLC Auditorium
10:45AM	11:00AM	Mindfulness Meditation Men Mindfulness Meditation Women	MMR Craig Hall Lower Level group room
11:10AM		PLEASE BE AWARE THAT ARRIVALS LATER THAN 11:10AM WILL BE ASKED TO RETURN AT 12:50PM	
12: 00P	1200PM	Lunch— <b>ONLY FOR FAMILIES WHO ATTENDED CHAPEL/MINDFULNESS/FAMILY SESSION</b>	Cafeteria
12:50PM	1:15PM	1 <sup>st</sup> 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 Hall 3) Men/EC Men- Main Meeting Room, Crichton Hall
	2:30PM	3-Day Family Program Orientation	FLC 114/115
	2:45PM	Unstructured Family Recovery Time	
	4:00PM	Family Recovery Day ends	

If you would like to attend chapel services / meditation with your loved one, you are welcome to do so and then to stay for lunch. If you plan to have lunch you must attend Chapel, Meditation or a morning family session.

- If you have a scheduled family session that is outside of normal visitation hours you can be on campus at that time, for that session.
- If you plan to visit, please let your loved one know of your plans so that they can fill out a visitor request form every week and make sure you are on the list on the Sunday you plan to visit.
  - Please Note: If you are not on the list you will not be permitted on campus.

# **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 will offer a discount)**

## **Holiday Inn Express (11 miles away)**

**5612 Lenox Ave, Nashville, TN 37209**

**615-353-0700**

## **Microtel Inn and Suites Bellevue (8 miles away)**

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

**100 Coley Davis Court, Nashville, TN 37221**

**615-662-0004**

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## **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



- \$ 8.00 Lunch Monday through Friday
- \$ 10.00 Dinner Monday through Thursday
- \$12.00 Dinner Friday
- No guests allowed for Saturday Dinner
- \$12.00 Sunday Lunch
- \$25.00 Sun- Tues meal ticket (Lunch Only)

Family members that participate in the Family Program may purchase a meal ticket on Sunday or Monday in the dining hall at a discounted rate. The cost of the meal card will provide lunch for the three days while attending the Family Program. Dinner is included at no cost when you attend Aftercare. If you choose to only attend Al-Anon, you may purchase an additional meal for \$10. We believe strongly in the influence of aftercare in recovery which is why a meal is provided at no cost for attending.

## **Family Medical Leave**

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

Medical Records at 615-432-3217

## **Excused Absences from School**

If you need a letter from Cumberland Heights for your child's absence from school,

Please notify someone in the family program BEFORE Family Week

To ensure the appropriate paperwork can be completed in a timely manner.

## **You can reach the Family Program at 615-432-3191**

Please have the following information when you call:

1. Name of Individual at the school to whom the letter will go
2. Name phone number
3. Address of School

**Signing up for Family Program does NOT automatically place a family on the list for visitation on Sunday.**

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## **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