

SANTÉ CENTER FOR HEALING'S Family Programming



A SUPPORT GUIDE FOR THE PATIENT'S FAMILY

With the goal of long-term recovery, it's our responsibility & privilege to serve patients, as well as their families. Santé's Family Programming has three main aspects. This is an overview of each & a direct contact for any additional questions or concerns.

FAMILY & FRIENDS SUPPORT GROUP

Family & Friends Support Group is open to those with loved ones at Santé & is even open to the community.

This is a two-part group. The first half of the session is psychoeducational with rotating topics. During the second half of the session, a staff-facilitated support group provides a space where loved ones ask questions & move from the education provided into the realities of how to implement. It's where family & friends find hope, share wisdom & cheer successes.

The Family & Friends Support Group is offered two times per month: in-person on the first Saturday of the month from 10:30 A.M.–12 P.M. & online the third Tuesday of the month from 6 P.M.–7:30 P.M.

FAMILY THERAPY SERIES

This set curriculum is shared in individual sessions with family members within their loved ones' first 30 days at Santé. This series is divided into three 1-hour sessions & can be completed in-person or online.

TOPICS INCLUDE:

- What is Addiction
- Codependency & Boundaries
- Family Rules & Roles

FAMILY INTENSIVES

At Santé, we've seen our patients & family members benefit extensively from individualized intensives with just the patient & their family. This provides a safe environment for the difficult conversations needed to allow families to process & heal.

This level of therapy isn't utilized until the residential patient has been at Santé for at least 30 days. Both the patient & the family need to be stronger in their recovery programs, have support in place, & be prepped in advance for the life-changing work at hand.

"The education is important...the support is priceless."

—Alumni's Family Member



Questions? Need referrals? We can help!

Stephanie Bundschuh – Family Therapist
940-464-7222 Ext. 237 | StephanieB@santecenter.com



FAMILY & FRIENDS Support Group



THE EDUCATION IS IMPORTANT...THE SUPPORT IS PRICELESS

ON CAMPUS:

FIRST SATURDAY 10:30 A.M.–12 P.M.

You can join our on-campus support group by going to Santé's Welcome Center (the first building on your left through main entrance.)


Please email StephanieB@santecenter.com at least 24-hours before visit with the expected number in your party.

ONLINE:

THIRD TUESDAY 6 P.M.–7:30 P.M.

To access our online group, you will need a webcam with a microphone & speakers. Detailed instructions are below or join us at: <https://tinyurl.com/santeffsg>

FROM A MOBILE DEVICE:

1. Download the FREE  Zoom app from your app store.
2. Click on the "Join A Meeting" button.
3. Type in Meeting ID: **4060995488**, then click "Join."
4. Type in Meeting Password: **santefam**.
5. Allow audio & webcam.
6. Click on, "Call Using Internet Audio."

FROM OUR WEBSITE:

1. Go to santecenter.com.
2. At the very top of the homepage, there is a blue bar. On the right side of that bar, click on the link that says, "Family Support."
3. Scroll down to find & click on the, "Join our Online Family & Friends Support Group" button.
4. Click on, "join from your browser."
5. Type in Meeting Password: **santefam**.
6. Choose "Computer Audio."



Questions? Need referrals? We can help!

Stephanie Bundschuh – Family Therapist
940-464-7222 Ext. 237 | StephanieB@santecenter.com
Zoom Customer Support: 1-888-799-9666 Ext. 2

