



CUMBERLAND
HEIGHTS

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 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
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 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 two aftercare meetings a week (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.

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. 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 Heather Hendrickson at 615-432-3108 for more information.

Traditional Adult Family Program Schedule

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

Sunday:

2:00pm – 2:15pm

2:30pm – 4:30pm

Registration--Frist Family Life Center

Orientation/Introductions (with patients and families separate)

Monday:

8:45am – 9:45am

10:00am – 10:15am

10:15am – 12:00pm

12:00pm – 1:15pm

1:15pm – 2:00pm

2:00pm – 4:30pm

4:30pm – 5:30pm

Feelings and Addiction (with patients)

Break

Family Roles/Boundaries

Lunch

First Step/Explanation of Homework

Disease of Addiction

*Al-Anon meeting or Counselor Appointments

Tuesday:

8:45am – 9:45am

10:00am – 10:15am

10:15am – 12:00pm

12:00pm – 1:15pm

1:15pm – 2:00pm

2:00pm – 3:00pm

3:00pm – 5:00pm

7:00pm – 8:30pm

Core Beliefs (with patients)

Break

Family Disease/Codependency

Lunch

Explanation of homework and Introduction to Maze

The Maze exercise

Counselor Appointments as scheduled

*Aftercare

Wednesday:

8:45am – 12:00pm

12:00pm – 1:00pm

1:00pm – 1:30pm

1:30pm – 2:30pm

2:30pm – 5:00pm

7:00pm – 8:30pm

Communication Skills (with patients)

Lunch

Alumni Presentation

Patient and Family Closing/Coin Ceremony

Counselor Appointments as scheduled

*Aftercare

**** Family Members may dine with patient 5:15PM– 6:00PM when participating in Al-Anon Meeting Monday evening or Aftercare meetings. Otherwise, we request family members to leave campus directly following family programming/counselors appointment.**

*****If you have any questions about Family Program or any of the homework, you can see any of the family counselors.**

Heather Hendrickson, Family Services Coordinator – 135

Pam Nelson, Family Counselor – 117A

Dar Shea, Family Counselor – 122

Shayla Johnson, Family Counselor – 122

Hotels near Cumberland Heights

Hampton Inn Bellevue

7815 Coley Davis Road, Nashville, TN 37221

615-662-3133 or 888-387-3133

Microtel Inn and Suites Bellevue

100 Coley Davis Court, Nashville, TN 37221

800-771-7171

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 Monday–Wednesday meal ticket (includes 4 meals)

Family members that participate in the Family Program may purchase a meal ticket on Monday in the dining hall at a discounted rate. The cost of the meal ticket will provide lunch for the three days while attending the Family Program, and an evening meal when attending Al-Anon or Aftercare.

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

Sunday Events and Times:

- **Chapel Services – 11:00am**
- **Lunch – 12:00pm**
- **Visitation – 1:00pm – 4:00pm**
- If you would like to attend chapel services with your loved one, you are welcome to do so and then to stay for lunch. Chapel and Lunch are a package deal.
- If you do not wish to attend chapel services, official visitation begins at 1:00pm.
- If you have a scheduled family session that is outside of normal visitation hours you are allowed to 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 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.
 - Please Note: signing up for Family Program DOES NOT automatically sign you up for visitation.

Signing up for Family Program does NOT automatically place a family on the list for visitation on Sunday. Patients MUST go through the normal visitation procedure even if their family is attending Family Program the following week.

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.

Excused Absences from School

If you will need a letter from Cumberland Heights for your child's to excuse their 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 of School
3. Address of School
4. Phone Number for School