



Dear Family Member/Significant Other:

As you know, your involvement in the treatment of a loved one is an important part of the recovery process. Lifeskills has developed a **Family Weekend Program** designed to offer clients and family member's further education on chemical dependency and psychiatric illnesses, as well as the opportunity to process significant issues in a therapeutic and safe environment.

During the Family Weekend Program, you will be allowed to interact with other families facing similar issues and enter into open and honest dialog under the guidance of trained professionals. Although challenging, we hope you will ultimately find the weekend to be a very liberating and healing experience.

We have found that the weekend offers families an opportunity to:

- Personally grow
- Learn how to support their loved one's recovery process
- Participate in structured therapeutic group work
- Hear and participate in a lecture related to specific clinical issues
- Be involved in discussions on continuing care recommendations.

In order to prepare for the weekend, please note the following:

- Each Family Program Session is important. In order for the group process to be most effective for you and the other families in attendance, you must be present for all Family Weekend Sessions. **Please plan your travel for Thursday night and Sunday night or Monday morning.** *Family members who cannot be present for all sessions will be asked to attend a more convenient Weekend.*

- Family Weekend Sessions are:

Friday: 9:00 am to 5:00 pm
5:30 pm or 8:30 pm: Mandatory 12-Step meeting with family

Saturday: 9:00 am to 5:00 pm
Plus an additional self-help meeting for your loved one with the time of his/her choice (e.g. early morning, noon, evening). This is not mandatory for the family.

Sunday: 9:00 am to 12:30 pm

There will be several breaks during the sessions as well as a break for lunch. You will also have the opportunity to meet Lifeskills' staff members on Friday and speak with our Medical Director.

- You may plan to spend time away from Lifeskills with your loved one at the following times:

***Friday: 6:30pm - 12:00 am** **Please do not make plans to see your loved one before Friday morning*

***Saturday: 5:00pm – 12:00 am**

***Sunday: 1:00pm – 6:00 pm** **Please do not make plans to see your loved one after 6pm.*

The intent for these times is to provide opportunities for family members to have quality time together. We suggest that families refrain from discussing any “therapy issues” during this time and simply focus on enjoying one another’s company. We also ask that you refrain from shopping as we want the time spent together to be focused on building relationships and not on buying or shopping.

- In the spirit of the services that we deliver to our clients, we ask that you not use alcohol or recreational drugs during the weekend.
- Each family will be responsible for making their own hotel accommodations, Lifeskills will provide morning and afternoon snacks, which will be available throughout the day. We have enclosed a list of hotels for your convenience and will be happy to provide you with hotel or restaurant recommendations.
- Because space is limited, **you must confirm your attendance and the number of people attending at least two weeks in advance.** You may confirm by calling 1-800-749-7149, ext. 207, Monday-Friday, 9:00 am – 5:00 pm EST, or emailing Brett Passeroff at brett.passeroff@lifeskillssf.com.
- Please come prepared to discuss your personal journey as a family member/significant other effected by psychiatric and/or chemical dependency illnesses. Although group process may be new to you, it is a highly effective tool that will be used throughout the Weekend.
- We want the Weekend to be as productive for you personally as possible. You will meet with the client’s Primary Therapist for one hour on Friday. During this individual session, please be prepared to share your personal goals for Family Weekend and what you hope to gain for yourself and your loved one during the Weekend.

Again, all those attending this Weekend may not arrive late nor leave before 1:30 on Sunday afternoon. If this is not possible, you will be asked to attend a more convenient weekend. Please do not hesitate to call if you need assistance or have questions. I look forward to working with you.

Sincerely,

Brett Passeroff, LCSW
Director of Family Services

DIRECTIONS TO LIFESKILLS SOUTH FLORIDA

**1431 SW 9th Avenue
Deerfield Beach, FL 33441
www.lifeskillssouthflorida.com**

From the North:

**Take I95 South to Exit 41/SW 10th Street turn left heading East
Turn right on SW 11th Way to SW 15th Street.
Turn left on SW 15th Street to SW 9th Ave
Turn left on SW 9th Ave. We are the 2nd building on the left**

From the South:

**Take I95 North to Exit 41/SW 10th Street turn right heading East
Turn right on SW 11th Way to SW 15th Street.
Turn left on SW 15th Street to SW 9th Ave
Turn left on SW 9th Ave. We are the 2nd building on the left**

Florida Turnpike:

**Take Exit 69/Sample Road heading East
Take I95 North to Exit 41/SW 10th Street turn right heading East
Turn right on SW 11th Way to SW 15th Street.
Turn left on SW 15th Street to SW 9th Ave
Turn left on SW 9th Ave. We are the 2nd building on the left**

Map: <http://maps.google.com/maps?hl=en&tab=w>

Phone Numbers:

Local: 954-834-5099
Other: 800-749-7149

SUGGESTED HOTELS IN DEERFIELD BEACH AND BOCA RATON AREA

HOTELS ON THE BEACH

*****Wyndham Deerfield Beach Resort** 954-428-2850

2096 NE 2 Street

Deerfield Beach

www.wyndhamdeerfieldresort.com

******Note: The Wyndham Deerfield Beach Resort is located minutes away from our facility. They offer our families preferred rates. Please ask for the Lifeskills South Florida rate when making your reservation.***

Boca Raton Resort and Club 561-447-3000

501 East Camino Real

Boca Raton

HOTELS IN DEERFIELD BEACH

Hampton Inn Boca Raton-Deerfield Beach 954-481-1221

660 West Hillsboro Blvd.,

Deerfield Beach, Florida, 33441

Best Western Deerfield Beach Hotel & Suites 954-570-8888

1050 E. Newport Center Drive

Deerfield Beach, Florida 33442

La Quinta Inn & Suites Deerfield Beach 954-428-0661

100 SW 12th Avenue

Deerfield Beach, FL 33441

HOTELS IN BOCA RATON

*****Hilton Suites** 561-483-3600

7920 Glades Road

Boca Raton

******NOTE: Mention "Lifeskills South Florida" to confirm preferred rate.***

Marriott Town Center 561-392-4600

5150 Town Center Circle

Boca Raton

SUGGESTED READINGS

ADDICTIONS

- Alcoholics Anonymous (Big Book) Alcoholics Anonymous World Services, Inc.
- Twelve Steps, Twelve Traditions Alcoholics Anonymous World Services, Inc.
- Addiction: A Family Affair Scott Teitelbaum
- Cocaine in the Brain Nora Volkow
- Adult Children of Alcoholics Janet Woititz

ADHD

- ADHD in Adults: What the Science Says Russell Barkley

ASPERGER'S SYNDROME AND NON-VERBAL LEARNING DISABILITIES

- Asperger's Syndrome: A Guide for Parents and Professionals Tony Attwood

BIPOLAR DISORDER

- An Unquiet Mind Kay Redfield Jamison
- Bipolar Disorder: A Guide for Patients and Families Francis Mondimore

BORDERLINE PERSONALITY DISORDER

- Understanding and Treating BPD: A Guide for Professionals and Families John Gunderson, M.D.
- I Hate You, Don't Leave Me Kreisman & Strauss
- The Buddha & the Borderline Kiera Van Gelder
- The Borderline Personality Disorder Survival Guide Chapman & Gratz
- The Essential Family Guide to BPD:
New Tools and Techniques to Stop Walking on Eggshells Randi Kreger
- Loud in the House of Myself Stacy Pershall

EATING DISORDERS

The Parent's Guide to Eating Disorders:
Supporting Self Esteem, Healthy Eating and Positive Body Image at Home Marcia Herrin

FAMILY

Ethnicity and Family Therapy Monica McGoldrick

Boundaries: Where You End and I Begin` Anne Katherine

Of Course You Are Angry Rossellini & Worden

Choice Making S. Wegscheider-Cruse

Why am I Afraid to Tell You Who I Am? John Powell

Growing Up Again Clarke & Dawson

Making Peace with Your Parents Bloomfield & Felder

Necessary Losses Judith Viorst

A Touch of Wonder Arthur Gordon

OBSESSIVE COMPULSIVE DISORDER

The OCD Workbook Hyman & Pedrick

Stop Obsessing Edna Foa

PSYCHOSES

Mental Illness and the Family: Unlocking the Doors to Triumph Herbert Gravitz

Surviving Schizophrenia: A Manual for Families, Patients and Providers E. Fuller Torrey, M.D.

I am not Sick I Don't Need Help!-
How to Help Someone with Mental Illness Accept Treatment Xavier Amador

TRAUMA

Seeking Safety: A Treatment Manual for PTSD and Substance Abuse Lisa Najavitz

Strong at the Broken Places Richard Cohen

The Courage to Heal Bass & Davis