

## **FAMILIES AT FIVE FREQUENTLY ASKED QUESTIONS**

### **1. WHAT'S THE DIFFERENCE BETWEEN YOUR PROGRAM AND OTHER TREATMENT PROGRAMS IN THE SURROUNDING AREA?**

FAMILIES AT FIVE USES COGNITIVE-BEHAVIORAL TREATMENT WITHIN A FAMILY CONTEXT.

### **2. WHAT IS FAMILY-BASED TREATMENT, ANYWAY?**

FAMILY-BASED TREATMENT MEANS THAT THE ENTIRE FAMILY PARTICIPATES IN THE PROGRAM, UNDERSTANDING HOW SUBSTANCE USE MAY BE INADVERTENTLY BE REINFORCED OR SUPPORTED WHILE USING THE LOVE AND LOYALTY FAMILY MEMBERS HAVE TOWARDS EACH OTHER TO ADDRESS THE PROBLEM.

### **3. WHY DO A FAMILY-BASED PROGRAM?**

FAMILY THERAPY PRODUCES SUCCESSFUL OUTCOMES BY (1) INCREASING ENGAGEMENT AND RETENTION IN TREATMENT (2) REDUCING ALCOHOL AND ILLICIT SUBSTANCE USE; AND (3) ENHANCING MARITAL AND FAMILY FUNCTIONING. RESEARCH SUGGESTS THAT WHEN COMPARED TO ADOLESCENT GROUP THERAPY, FAMILY-BASED TREATMENT SIGNIFICANTLY IMPROVES SCHOOL AND FAMILY FUNCTIONING WHILE IMPROVING ENGAGEMENT AND RETENTION IN TREATMENT.

### **4. WHAT HAPPENS IN A FAMILY-BASED SESSION**

THE FIRST HALF OF THE EVENING FAMILIES PARTICIPATE IN A MULTI-FAMILY GROUP FACILITATED BY THE TWO COUNSELORS; THE GROUP FOCUSES ON EIGHT KEY IDEAS IMPORTANT TO ADDRESSING SUBSTANCE ABUSE. THE SECOND HALF OF THE EVENING, INDIVIDUALS WITH ABUSE MEET WITH ONE COUNSELOR USING A COGNITIVE-BEHAVIORAL WORKBOOK AND GROUP PROCESS WHILE FAMILY MEMBERS MEET WITH THE OTHER COUNSELOR TO ADDRESS BOTH INDIVIDUAL AND FAMILY ISSUES. EACH WEEK THE FAMILY MEETS WITH THE COUNSELOR IN AN INDIVIDUAL SESSION.

## **5. HOW MUCH DOES THIS PROGRAM COST?**

THE COST OF THE FOUR WEEK PROGRAM IS \$1300; FAMILIES AT FIVE CONTRACTS WITH MOST INSURANCE COMPANIES; CALL YOUR INSURANCE COMPANY TO CHECK

## **6. DOES YOUR PROGRAM WORK? WHAT ARE THE SUCCESS RATES?**

I HAVEN'T HAD AN OPPORTUNITY TO COMPLETE ANY FORMAL RESEARCH ON SUCCESS RATES ON ABSTINENCE OVER SIX MONTH AND TWELVE-MONTH INTERVALS. BUT I DO RECORD INFORMATION ON ENGAGEMENT, COMPLIANCE AND RETENTION IN TREATMENT WHICH CAN BE READ ON THIS WEBSITE.