

Family Program

The Family Program is a 3 day intensive program designed specifically to bring together and treat both the individuals who have struggled with addiction and mental health and who are now in recovery and their families, partners and loved ones.



CHANGING LIVES
HEALING FAMILIES

About

At South Pacific Private we believe in treating clients within the context of their family system. Some families are biologically related (family of origin) and some are not (partner or family of creation), but generally speaking families share, or once shared, strong emotional bonds.

The 3-day Family Program, is the cornerstone of treatment at South Pacific Private where profound and lasting healing takes place. It was the positive experience of Family Program at The Meadows Treatment Centre in Arizona that inspired the founders of South Pacific Private [the Wood family] to open South Pacific Private in 1993

Trauma, addiction and mental health conditions can significantly affect the family unit whether the condition is inherited, or whether it is happening in the here and now. Our relationship to our family system is complex, and in order to heal, it's important to unravel the elements that do not serve us, without laying blame or causing further damage.

The program offers a deeper understanding of addiction and mental illness and the impact on families, increased compassion and respite - and helps family members communicate with, and support their loved-one after treatment, which gives the client the best possible chance of recovery.

- +
 - +
 - +
 - +
- | | | | |
|-----------------------|------------------|--|--|
| 3 Day Workshop | In Person | Individuals and Family/Loved Ones | Major Health Funds (Client) and Self Payment (Family) |
|-----------------------|------------------|--|--|

Program Content

- Gaining an understanding of family systems/family roles
- The nature of abuse and trauma
- Parenting styles and family roles
- Impact of blaming and enabling
- Learning how implement a boundary and hear a boundary from a loved one in a healthy way
- Learning and practising communication techniques
- Group learning about family relational dynamics
- Conflict resolution skills

Who is it for?

The program is open to clients and loved ones of those who have completed the Inpatient Intensive Program and is available as workshop for families and partners.

Cost

Most major health funds will cover the Family Program on behalf of the client – families have a \$600/person out of pocket gap fee.

Program Delivery

The Family Program is available:

- 3 day program in person Fri-Mon [9am to 5pm]
- 2 day program private family program in person

Please contact our Intake Team on 1800 063 332 and they can arrange a health fund check and answer any other questions you may have.

How to get started

For clients completing their inpatient treatment at SPP – clients will be referred into the Family Program during their inpatient treatment by their primary therapists and treating Psychiatrist.

For ex-clients who have completed the inpatient program at SPP within 3 months, an assessment and psychiatric review if required will be arranged prior to the commencement of the program.

For Family members you will be referred into the program by a member of the family support team and you loved ones treatment team.

Accommodation

Accommodation is available next door to our main facility at Beachwood Recovery House. This is a supported sober living environment which is no smoking and has a drug and alcohol free code. We offer both shared and private rooms. [For other accommodation options click here.](#)

We recommend families and the client stay separately during the program to allow for space to reflect during the program.

**Our Intake Team is available to answer your questions.
Call 1800 063 332 now.**