

## Addiction is a Family Disease. You Do Not Have to Face it Alone.

Watching your loved one struggle with addiction can be debilitating and leave you feeling isolated with nowhere to turn. Mountainside's Family Recovery Coaching program provides you with a partner to help you navigate what can often be a chaotic and unpredictable time and start making positive changes in your life.

Appropriate whether your loved one is in active use, engaged in treatment, or in recovery, Family Recovery Coaching shifts the focus from your loved one to you and your needs. With access to all Mountainside resources and overseen by our expert clinical team, you will gain the tools needed to heal and the empowerment to reclaim your life. Unlike therapy, which often focuses on past events and behaviors, Family Recovery Coaching places a strong emphasis on the present to help you build a better, happier future.

Working with a Nationally Certified Family Recovery Coach who has first-hand experience with the impact a loved one's addiction has on the family, you will put together a comprehensive action plan, establish a self-care routine, set boundaries that protect you and your family, and practice accountability. Available whenever you need them most, your coach will ensure you always have someone by your side to guide and support you through any obstacles you may encounter along your journey.

## Services Provided

### Comprehensive Wellness Plans

Highly personalized planning to help you develop coping skills to heal from the pain caused by your loved one's addiction, establish a self-care plan, and gain tools needed to address codependency, enabling behaviors, and boundaries.

### Connected Care Network

Referrals to any additional service providers you may need, including clinical, medical, psychiatric, wellness, and legal services, ensure that you receive quality care and support in every area of your life.

## Additional Offerings

### Support Groups

Peer-to-peer support meetings connect you with others going through similar experiences to provide you the opportunity to discuss challenges, achievements, and setbacks in a safe space and build a support network.

### Weekly Meetings

In-depth face-to-face, phone, and video sessions allow you to identify and prioritize immediate goals and break them down into concrete action items, setting you on the right path for success.

### Daily Check-Ins

Communication via texts and calls ensures that you are making progress toward achieving your goals and provides you with support and guidance to address in real-time any unexpected challenges that may pop up.

### Wellness Offerings

An array of holistic health offerings, including fitness and meditation opportunities, educational workshops, and leisure activities to help you cultivate self-care and have fun again.

For more information or to schedule a consultation, call **800 762 5433** or visit [mountainside.com/recovery-coaching](https://mountainside.com/recovery-coaching). You can also reach us via email at [recoverycoaching@mountainside.com](mailto:recoverycoaching@mountainside.com)