**WELCOME TO THE RENAISSANCE RANCH (RR)**

**FAMILY ADDICTION EDUCATION GROUPS!** April 2021

 **(open to everyone above 18 yrs. and provided at no charge)**

\*HellWe understand the pain of family members who are dealing with addiction. We are here to give you hope through recovery resources and solutions that work.

\*Addiction is chronic, progressive, and potentially fatal. We recognize addiction as a family illness and the principles of recovery as the framework to healing families.

\*Research indicates almost 80% higher likelihood of long-term sobriety when family members engage in recovery education.

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| **Tuesday**Spouse & Personal PerspectiveEric and Hailey KandellTuesday 6:30 MST384 South 400 West, Suite 125Lindon, Utah \*Open class/Hybrid/Online/Zoom | **Zoom Link**<https://us02web.zoom.us/j/86480545609?pwd=bFdZa1NBWndCMVpGbzRETHFiZ2diQT09>Meeting ID: 86480545609Passcode: 797152 |
| Parent/Codependent/Diversity PerspectiveChris and Heidi Nielson Tuesday 6:00 MST, Online/Zoom\*Open class | <https://zoom.us/j/99690335035?pwd=b01oOWpxSm82RHJRd3J5VGx5RnZkUT09>Meeting ID: 996 9033 5035Passcode: 288129 |
| **Wednesday**Parent/Codependent Perspective Rick and Christine DixonWednesday 6:00 MST \*Open Class/Online/Zoom | <https://zoom.us/j/99833666159?pwd=OFA1YVdXZ3c5MS9keEQ4dmtpbjc2dz09>Meeting ID: 998 3366 6159Password: 314318 |
| **Thursday**Women’s Only Group Deanna PalmaThursday 12:00 MST\*Open Class/Online/Zoom | Join Zoom Meeting<https://zoom.us/j/97259832414?pwd=bTVCYjZDUGtndW1HWlZlWmFQSy9KUT09>Meeting ID: 972 5983 2414Passcode: 936308 |
| PASE Couples Meeting (singles also)(Pornography addiction support & education) Lindsay and Terry AllredBlended family perspectiveThursday 6:30MST\*Open class/Online/Zoom  | <https://zoom.us/j/94878833725?pwd=RktYdXBwYzZoTVBDRGRqcTF0RGNjZz09>Meeting ID: 948 7883 3725Passcode: 839305 |

\*Hybrid: Online & Live; \*Open: RR family/public, \*Closed: Residential clients’ families only

***Family Member Testimonial***: "Our family has struggled with several children who have been deep in addiction for many years. We have earnestly sought help at over a dozen treatment programs. Sadly, this had very little impact on our addicts, and was virtually no help at all for us, the family members. Renaissance Ranch has changed our lives! We learned through their amazing family program that healing is possible, for ALL of us, if we are willing to work our recovery just as our addicts must work theirs! Our journey of family recovery has been our greatest blessing." *Carolyn*

Welcome & Resources for RR Family and Guests

Dear RR Community Family Members,

We are looking forward to getting to know you. Your participation and support in your addicted loved one’s life have tremendous impact on their recovery! Thank you for encouraging him to find help and for your desire to support. We know addiction strains relationships and understand firsthand the deep pain of family members. Addiction is chronic, progressive, and potentially fatal. Addiction is a serious enslaving midbrain disease with the capacity to take away the human will; yet there is great hope!

We urge you to carefully study this email and consider the *actions you can take* that will dramatically increase the likelihood of success for your family towards peace from the despair of addiction. The long-term sobriety of your addicted loved one will be impacted exponentially by your willingness to become educated about addiction from a family member perspective.

We welcome all family members 18 and older to join our family groups in person or online to gain knowledge of recovery principles and practices. You will become a more effective and healthy support person which will reduce relational “triggers” that often contribute to cravings (emotional bleeding) and perpetuate the cycle of addiction.

Historically (and typically), only the addicted family member has been targeted for treatment and support; however, many studies claim that the inclusion of family members and other significant people in the patient’s treatment program are perceived as critical to continued recovery (Carten,1996). According to research, family support for a loved one in addiction increases the chances he/she will remain in treatment, adhere to treatment recommendations, and have a higher likelihood of maintaining long term sobriety (DeCivita, Dobkin, and Robertson, 2000).

We know the opposite of addiction is not sobriety, but meaningful human connection!

Besides trauma, the often cited #1 reason for relapse back into addiction is relationship conflict which almost always involves the spousal or parental relationship. Family members do not cause addiction, can’t control, or cure addiction; however, they can contribute (unknowingly) to the cycle through negative, codependent behaviors.

\*The best thing we can do for our addicted loved one is to work on our own recovery from enabling, persecuting and suffering codependent behaviors. We also learn what to do when we don’t know what to do! You may also be invited to join in therapy sessions.

In our Family Education/Process groups we learn the language of recovery which helps us feel a new sense of hope and healing for ourselves and our family relationships!

**WE URGE YOU TO CONSIDER ATTENDING OUR COMPLIMENTARY FAMILY GROUP EDUCATION CLASSES AND 12 STEP/Al-Anon MEETINGS FOR AT LEAST SIX MONTHS TO ACHIEVE THE MAXIMUM RESULTS OF THE GIFT OF RECOVERY FOR YOURSELF AND FAMILY FOR GENERATONS TO COME!**

*Renaissance Ranch Resources for Family Members*

Dear Family Member of an Addicted Loved One,

Here is a list of excellent resources to help you know what to do when you don’t know what to do. As you might have come to realize, your best efforts have not worked up to this point; the disease of addiction can be baffling and complex for both the family member and their addicted loved one.

It is crucial that we learn how to be an appropriate support person to our addicted loved one so that we are not innocently contributing to the cycle of addiction. We often observe clients in treatment, who have worked very hard on their recovery, graduate and return to homes and relationships with the same former family dynamics and interactional patterns prior to treatment. This can be very problematic and often leads to relapse. One of the highest observed reasons for relapse is relationship conflict; typically, the parental or spousal relationship. Addiction is a symptom of underlying causes and conditions that impacts relationships. The good news is that your personal willingness to learn about recovery truly impacts the long-term success of your addicted loved one.

Recovery at the Renaissance Ranch is an opportunity for all adult family members to learn recovery principles and practices that will contribute to the overall well-being of BOTH the family member and the addicted loved one. Family members will begin using the same recovery language, skills and tools as their loved one in treatment and become more unified with their loved one through their personal recovery efforts.

If we want to encourage long term sobriety in our loved ones, it is essential that we ponder the following question: “Is there anything in my attitude, thoughts, beliefs or behaviors toward my addicted loved one that could be contributing to an unhealthy relationship with him/her?” In family group we learn to recognize negative codependency patterns and empower positive interactions in our relationships and personal lives. It is true that families who choose to recover together, heal together!

The good news is that we see huge success in Renaissance Ranch clients who have family members who are determined to not give up and are willing to become educated in the recovery process. We also see success in addicted-affected relationships when family members engage in the 12 steps of recovery as a framework to understanding their role as a healthy and effective support person for their addicted family member. Family members in recovery are often surprised at how much they grow personally!

Below is a description of the resources and actions that are most helpful as you begin your recovery journey:

1. Attend Renaissance Ranch Online Family Education Classes

Please see our Online family program schedule on the first page. Four of our classes are open to the public; however, the residential family group is taught by Matt Piper and is a closed group for family members whose loved ones are currently participating in the Men’s Residential treatment center. You are welcome to attend as many as the open classes as you wish and please understand that the more family members (eighteen and older) who attend, according to research, the higher the chances of a more positive outcome for addicted loved ones. Note that classes are taught from a spousal, parental and personal perspective and one is a women’s only class.

Quarterly Webinar and Podcast Links: Check out our website [www.renaissanceranchutah.com](file:///C%3A%5CUsers%5CChristy%5CDownloads%5Cwww.renaissanceranchutah.com) to get caught up on important information for family members! The December 2020 Family Recovery Webinar features all of our educators and if you’re new to recovery one can learn so much from our awesome class leaders who share their personal family experiences with addiction. Listening to the December webinar may also help you discern which class may be the best fit for your personal family’s needs.

2. Our Quick Family Recovery tips and Resources:

Instagram page: addictionrecoverymom

See past Ranch Webinars and our Ranch Family Addiction Recovery Podcasts:

[www.renaissanceranchutah.com](file:///C%3A%5CUsers%5CChristy%5CDownloads%5Cwww.renaissanceranchutah.com%09)

3. Personal study: Recovery knowledge is transformative and vital

“If nothing changes, nothing changes.” We can focus on changing the only thing we truly have power to change…ourselves. (See attached Reading List).

We highly recommend you purchase a personal copy of the workbook**, “*Healing Through Christ: Hope and Healing for those who have a loved one in addiction*”** which is available online @ [www.healingthroughchrist.org](http://www.healingthroughchrist.org). We also recommend ***“How Al-Anon Works for Families & Friends of Alcoholics”.*** You can access the Al-Anon book through Amazon. These two books are valuable resources for family members (spouses, parents, and friends) with a loved one struggling with addiction. Many family members have expressed deep appreciation for the recovery tools, principles, and practices found within these books.

3. Attend outside 12-step and Al-Anon meetings

Attending local 12 step meetings (with those in addiction) like AA/ARP, or Al-Anon meetings (meetings for family members who have a loved one in addiction) will give you an opportunity to learn from others who have been in your shoes and have years of experience. We learn so much from the recovery stories of others: both those who have personal addictions and those who are in recovery because of an addicted family member. Attending a variety of meetings will help you find the best possible fit. Many of these meetings are also available online:

Check out: [www.al-anon.org](http://www.al-anon.org) or [www.addictionrecovery.churchofjesuschrist.org](http://www.addictionrecovery.churchofjesuschrist.org) for meetings in your area.

4. Internet Resources

You can also access live phone-in meetings and live recorded meetings/podcasts (audio recordings of general 12 step and spouse and family support meetings) as well as online media resources. Many individuals have found a lot of hope and positive solutions by researching the below resources.

1. Excellent addiction recovery website to access call-in meetings, podcasts and video’s: [www.addictionrecovery.chuchofjesuschrist.org](http://www.addictionrecovery.chuchofjesuschrist.org)
2. Video’s: Click the play button to learn more about the 12 steps of recovery
3. Find a Meeting: From the same website move to bottom of home page and click on ‘find a meeting’. Click on Meeting type that best fits your needs (in-person or phone meetings) and choose the Audience: Individuals who struggle with addiction or Family members and friends of those who struggle with an addicted loved one). We highly recommend you try both types of meetings. Enter your zip code and all the meetings in your area will be displayed. Click on the red balloon for a map to find the meeting. Most are currently call-in meetings due to Co-Vid.
4. Podcasts: go back to the home page. Click on either meeting type. Move to bottom of page and click on one of the 12 steps or principles. Move to the bottom of the page and click on podcast.

5. Find a support person

We are NOT meant to recover alone. It is very helpful to find a sponsor and experienced friends in recovery. By attending 12 step meetings or Al-Anon meetings in your area, you will meet individuals you will be drawn to because of their wisdom and experience. (Please see Appendix 4: Sponsorship in our *Healing Through Christ* family workbook, pp. 153-156)

7. Practice our “Dailies”

Practicing our “Dailies” with recovery actions as study, step-reviews, daily prayer, meditation, scriptures and journaling will invite God into our lives to help us access daily peace and spiritual power beyond ourselves as we strive to make positive and needed changes in all aspects of our lives, particularly in our relationships with our addicted loved ones. (See Reading List below)

8. Reach out for help

For any questions please contact the Renaissance Ranch center your loved one is attending or email the staff member who sent you this email.

Much love to you and your family,

Christine Dixon/Renaissance Ranch Family Program Director

christine@renaissanceranch.com

**Renaissance Ranch Family Group Reading List 2020**

Our preferred #1 workbook for family members:

Healing Through Christ: *Help, Hope and Healing for those who have a loved one in addiction* (available online @ healingthroughchrist.org; over 131 authors quoted)

Codependent No More by Melody Beattie

Al-Anon Daily Readers such as Courage to Change, Hope for Today (access at Al-Anon mtg)

Alcoholics Anonymous (The Big Book, the first 160 pages)

CD: Kevin T. McCauley, M.D. “Disease 1, the disease model of addiction-part one for friends, family…” share with all your family! (available online @ [www.instituteforaddictionstudy.com](http://www.instituteforaddictionstudy.com))

Video: Kevin T. McCauley, M.D. “Pleasures Unwoven”, short version available online for free called “Landscapes of the Mind” ([www.instituteforaddictionstudy.com](http://www.instituteforaddictionstudy.com))

A Codependents Guide to the 12 steps: Melody Beattie

He Did Deliver Me from Bondage by Colleen C. Harrison

7 Habits of Highly Effective Families by Stephen R. Covey

The Infinite Atonement by Tad R. Callister

I Don’t Have to Make Everything All Better by Gary & Joy Lundberg

Healing the Shame that Binds You by John Bradshaw

Bradshaw On The Family by John Bradshaw

Boundaries – Knowing, Honoring, Protecting the Self by Charles Whitfield

**Pornography/Sex addiction specific:** S-ANON 12 steps, S-Anon International Family Groups, Inc. and ARP 12-step pornography meetings

He Restoreth My Soul by Donald L. Hilton Jr., MD

What do I do about Him/Me? By Rhyll Croshaw (Co-Founder of SA Lifeline)

From Heartache to Healing by Colleen C. and Phillip A. Harrison (husband and wife)

**Helpful Addiction Recovery Websites:**

addictionrecovery.churchofjesuschrist.org (video’s, podcasts, online meetings)

aa.org/al-anon.org/violenceanonymous.org/salifeline.org