

FAMILY & SUPPORTERS INFORMATION

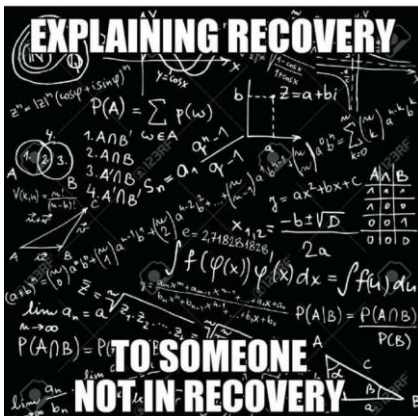
VISITING TIMES & PHONE TIMES		
NO CONTACT WITH FAMILY / SUPPORTERS FOR FIRST 7 DAYS, THEREAFTER:		
MID WEEK VISITING HOUR	WEDNESDAY	5:00 – 6:00 PM
WEEKEND & PUBLIC HOLIDAY VISITING TIMES	SATURDAY & SUNDAY	1.30 PM – 4.30 PM
	PUBLIC HOLIDAYS	1.30PM – 4.30 PM
PHONE TIMES	MONDAY – FRIDAY	12.00PM – 1.00 PM
PHONE CALLS TO CHILDREN – during entire treatment period.	MONDAY, WEDNESDAY & FRIDAY	After 4:30 PM OR by prior arrangement for alternative time
<p><i>NO PHONE ACCESS OVER WEEKENDS! Additional phone time and communication with family can be arranged depending on personal circumstances and work commitments, but these arrangements need to be cleared with management on admission.</i></p> <p>Patients who transfer from a primary facility will have access to phones & other technology from the day following admission. They may also have visitors from the first week.</p>		

NO CASH TO BE GIVEN TO PATIENTS ON ADMISSION OR VISITING DAYS ETC

For tuckshop payments and / or top-ups, please send a cash or an E-wallet to:

- **the 12 Step Café - George on 081-210-3968** with the patient's name as a reference,
- **or** cash can be handed in to reception and will be allocated accordingly.

RECOVERY WELLNESS / OUT-PATIENT / AFTERCARE & FAMILY MEETINGS		
MONDAY TO THURSDAY	OUT-PATIENTS & AFTER-CARE PATIENTS	4 PM – 6 PM
FRIDAY	OUT-PATIENTS & AFTER-CARE PATIENTS	3 PM – 5 PM
WEDNESDAY FAMILY EDUCATION GROUP	IN-PATIENT & OUT-PATIENTS' FAMILY MEMBERS	4 PM – 5 PM



FAMILY SUPPORT AND EDUCATION GOES A LONG WAY TOWARDS HELPING FAMILIES COME TOGETHER AND HEAL TOGETHER

SHOULD YOU REQUIRE CLARITY OR TO MAKE SPECIAL ARRANGEMENTS, PLEASE CALL THE CLINIC ON (010)900-3131 DURING OFFICE HOURS.

DEAR FAMILY MEMBERS AND SUPPORT SYSTEMS,

THE FOUNDATION CLINIC TREATMENT AND RECOVERY PROCESS

Your loved one is in a treatment and recovery process and we are here to support everyone involved. As part of the process we recommend that you also consider engaging in an individual or group support system. The idea of getting your own support is to help you move through past situations that are a result of the chaos that has been created through the substance use disorder of a loved one.

Judith Gordon-Drake, our clinical social worker, always works towards facilitating at least one family session. The aim of these sessions is education and support, so that everyone can begin to move forward. Donna Breet, our recovery coach, is also available for couples' and family sessions, to help you decide on the next steps for your family. This is particularly relevant to individuals in extended treatment programmes. Donna can be contacted on donna@thefoundationclinic.co.za.

We also offer group support on a Wednesday afternoon from 4:00 – 5:00pm so that families can connect with one another, while getting education and support of their own. The group is facilitated by Judith who has plenty of experience working with families. We strongly encourage clients to engage in individualised family sessions, but this is a recommendation and we cannot force your person to engage if they are not ready. If you would like to contact Judith to arrange a session for yourself or ask her for a recommendation, she can be contacted on drakeqs@worldonline.co.za.

With regards to confidentiality, the therapeutic team is only able to share information that your loved one is comfortable. Engaging in family and/or couples' therapy is also about rebuilding trust and connection. In the case of emergency, abscondment and rule breaches, you will be contacted and informed about the situation. In the case of medical emergencies, we will contact you to share any necessary information. We take every measure to support and assist your person, so when situations do arise, we aim to do our best to do what is required to support the entire clinic in a healthy, structured and respectful way.

Please be mindful that a 3- to 6-week treatment programme is just the beginning of a long-term change process, and that we are here to support in creating a recovery foundation for individuals and families to build on. We know that healthy recovery requires consistent commitment in order to be sustainable, and that is why ***we offer our clients and their families access to the Recovery Wellness group for 11 months following inpatient treatment.***

There are other places that families can get help and support, including:

NAR-ANON | <https://www.naranon.org.za>

AL-ANON | <https://www.alanon.org.za/>

South African Depression and Anxiety Group (SADAG) | www.sadag.org

Tough Love | www.toughlove.org.za

Support groups and pastoral care through faith-based organisations

Should you require any further information, please feel free to reach out to the team at the clinic and we will assist you wherever we can.