



If at any time you have queries regarding timetables, meetings, or payments please contact reception on 01 4946358.

If you are experiencing any problems or concerns, please don't hesitate to contact our counsellors at any time on the same number.

Our line is open 24 hours a day.



RECOVERY PROGRAMME AND SUPPORT FOR CONCERNED PERSONS

YOUR RECOVERY FROM THE IMPACT OF
ADDICTION ON ***YOUR*** LIFE

The 4 C'S

Welcome to Rutland Centre.

As a Concerned Person, you are not alone. There are many, many other people in exactly the same position as you are, and who may feel just like you do. As your loved one embarks on treatment in the Rutland Centre, we recognise that you may also need support and healing from the chaos that living with addiction brings. Addiction is a chronic condition (illness) that usually affects more than the person who is actively engaging in the addictive substance/ behaviour (addict). Concerned Persons often end up trying to manage or control it, and frequently lose sight of their own needs as they focus on supporting the addict in their life.

Anyone in a relationship with family members of a person caught up in addiction (C.P.'s) are affected to varying degrees. The closer and more intimate the relationship, the greater the impact is likely to be. When the client (addict) comes into treatment and starts to begin to take responsibility for his/her recovery, there is a huge opportunity for "concerned persons" to embark on their own journey of recovery also.

I didn't **Cause** it

I can't **Cure** it.

I can't **Control** it.

I can take **Care** of myself.....

By **communicating** my feelings

By making healthy **choices**

By **celebrating me**

RUTLAND CENTRE

GENERAL TIMETABLE FOR FAMILY DAY PARTICIPATION

09.30am	Tea/Coffee
09.30am – 10.15am	Concerned Persons' Preparation Group for morning group.
10.15am – 11.45am	Some Concerned Persons in Group with residential clients. Remaining concerned persons in Concerned Person's Participation Group,
11.45am – 12.30am	Break for light lunch.
12.30am – 01.30pm	Al. Anon Meeting for all Concerned Persons.
01.45pm – 02.30pm	Lecture
04.10pm – 04.30pm	De-brief for all Concerned Persons (First Week).

In Rutland, we recognise the hurt and pain caused to the families and concerned person, the impact and damage of the addiction and the effect on the balance and equilibrium in the family system over a long period of time. In that process, relationships and roles change, often quite dramatically. For recovery to take place, it will involve a process of change and awareness around your thinking and behaviour, and developing that process of change and awareness is what the Rutland Concerned Persons' Recovery Programme is all about.

Your recovery also begins ***now***, to the very same extent as the person entering treatment. We encourage you to fully participate in your own recovery programme at Rutland Centre while your loved one is in residential treatment, and subsequently in the Continuing Care Programme



Concerned Person Day (CP Day)

Many former clients have said that “Concerned Person Day” was the most valuable aspect of their treatment. Concerned Person Day is open to any individual such as a spouse, partner, parent, child (over 18) sibling or friend, who is affected by the addiction of a resident in Rutland Centre. Your participation allows you the opportunity to become directly involved in your loved one’s treatment.

Residents are here at the centre for 5 weeks. It is expected, and important to their treatment, that there are CP’s present on at least 3 of these weeks to attend **group therapy**. However, **You** as a **Primary Concerned Person** are invited to be here on **each** of the five Tuesdays. The exact breakdown of your opportunity for involvement will follow in a later part of this document. Direct feedback from former concerned persons confirms that it is of huge benefit to be here **every** Tuesday.

Primary Concerned Persons' Timetable					
Family Day	Week 1	Week 2	Week 3	Week 4	Week 5
Time					
9.30		Meet and Greet, Tea/ Coffee. (Lecture Hall).			
9.30 - 10.00 AM		C.P. Prep Group. (Lecture Hall).			
10.15 - 11.45		Primary CP Prep Group. (Lecture Hall).			
11.45 - 12.30		Break for lunch			
12.30 - 1.30		Al.Anon Meeting for CP's. Morrin Room, in Garden	Al. Anon Meeting for CP's. Morrin Room, in Garden	Al. Anon Meeting for CP's. (Morrin Room, in Garden).	Al. Anon Meeting for CP's. (Morrin Room, in Garden).
1.45,-2.15	Lecture	Lecture	Lecture	Lecture	Lecture
2.30 - 4.00	Support Group	Support Group	Support Group	Support Group	Support Group
4.10 - 4.30	De-brief for all CP's , (Lecture Hall)	De-brief for all CP's , Lecture Hall	De-brief for all CP's , Lecture Hall		
Tuesday					
6.00 - 7.30 Pm				Week 1 of 6 Transition Group to Continuing Care . (The Ballroom) .	Week 2 of 6 Transition Group to Continuing Care . (The Ballroom) .

Commencing Week 4 Continuing Care Transition Group from

CP Day at Rutland Centre is every Tuesday (except on bank holiday weeks when it moves to Wednesday). A detailed timetable for the day is attached. We are very confident that the programme that is provided will give you more knowledge, information and therefore support. Feel free to ask for clarification at any time from a member of staff.

We are also aware that you may have other commitments such as work, children , family etc. We will be very happy to discuss with you in an effort to help deal with any difficulties that may prevent you from being here on each Tuesday.

RUTLAND CENTRE

PRIMARY CONCERNED PERSONS' TIMETABLE

1st Tuesday: Arrive for CP Induction/Support Group and Lecture @ 1.45pm

2nd Tuesday Arrive at 9.30am for full day's participation.

3rd Tuesday Al. Anon Meeting at 12.30pm.
CP Support Group @ 3.30pm & Lecture @ 1.45pm

4th and 5th Tuesday Al. Anon Meeting at 12.30pm
CP Support Group @ 3.30pm & Lecture @ 1.45pm



The Following is a detailed breakdown of the various elements that go to make up Concerned Persons Day.

Your Particular Programme will Follow This .

General Programme for Concerned Person Day

MEET AND GREET SESSION 9.30AM TO 10.00AM (AA HALL)

Check in at reception upon arrival is recommended . Meet and Greet consists of the provision of tea & coffee from 9.30am to 10.00am in the AA hall (adjacent to reception) This is a good opportunity to meet other Concerned Persons (CP's) informally before the day begins. Bathrooms are also located here for your convenience.

ORIENTATION SESSION 10AM TO 10.15AM (AA HALL)

experiencing any problems or concerns, please don't hesitate to contact

Recommended Reading

Al Anon Family Groups Editions

at any same

our counsellors time on the number.

Our line

Books available at Rutland Centre Reception

is open 24

hours a day.

How Al-Anon Works for Families and Friends of Alcholics
Al-Anon's Twelve Steps and Traditions
From Survival to Recovery: Growing up in an Alcoholic Home
One Day at a Time in Al-Anon
Opening our Hearts, Transforming our Losses
Alcoholism, A Merry Go Round Named Denial
Alcoholism, A Family Disease
To Parents of Alcholics
Newcomer Pack (4 Leaflets wrapped)

the residential client and concerned persons. All of our residential clients are present at this lecture and all concerned persons are invited to be present also.

De-brief for all Concerned Persons 4.15pm to 5.00pm

This is a good opportunity to review how your day at Rutland has been for you. It is also a further opportunity to discuss any additional concerns that you may have. It also helps Rutland to ensure that you are in a space that is conducive to you leaving Rutland and returning home.

Continuing Care Transition Group, 6.00— 7.30 pm Tuesday

Primary Concerned Person; In week 4 you will attend a Transition group along with your loved one. This will be your introduction on to your Continuing Care Programme. You will both attend this group for six weeks to begin the work of recovery. Following this group you will be assigned to your specific Continuing Care group, which you will attend on an agreed night for a minimum of twelve months.

If at any time you have queries regarding timetables, meetings, or payments please contact reception on 01 4946358. If you are

One of our Counsellors will conduct a group to prepare all Concerned Persons who are here to attend the morning treatment session.

Concerned Persons then either attend the **Concerned Persons Prep Group** at 10.15am or participate in the **Group Therapy Session** with their Client.

Concerned Persons Prep Group 10.15 to 11.45am (AA Hall)

This is a group facilitated / run by one of our counsellors to prepare for sharing in group therapy session you will have an opportunity to share in a safe environment what your experiences have been in particular with regard to living with / being concerned or affected by the active addictive compulsive behaviours of your loved one. You will be in the presence of other Concerned Persons who will also be sharing their experiences. In addition there will be a reciprocal process whereby Rutland's experience and expertise will be imparted.

Group Therapy Session (residential) 10.15 to 11.45 (therapy room in the main house)

This is a group where your loved one will have been an integral part of, along with other current residents. It is facilitated by two therapists. This will be an opportunity for you to share your experiences with regard to how you've been in particular with regard to your loved one's addiction. This will happen in the presence of your loved one and the other members (residents) of the group. This involvement will form a huge part of your loved one's treatment.

Lunch 11.45 to 12.30 AA Hall

Lights refreshments are provided (tea/coffee and sandwiches are provided free of charge).

Al-Anon Meeting 12.30pm to 1.30 pm The Morrin Room (in the garden)

Al-Anon is a Fellowship Support Group for those affected by a loved one's addiction. This 12 Step Programme offers hope and support to family members. All CP's are encouraged to attend the meeting to experience how the support of a Fellowship can be beneficial.

Concerned Persons Support Group 2.30pm to 4pm AA Hall

This group gives a more in-depth support/ guidance healing for Concerned Persons. This group is available to you EVERY Tuesday.

Group Therapy (residential) Session 2.30pm to 4pm (therapy room in the main house)

This is a group where your loved one will have been an integral part of, along with other current residents. It is facilitated by two residential practitioners. This will be an opportunity for you to share your experiences with regard to how you've been in particular with regard to your loved one's addiction. This will happen in the presence of your loved one and the other members (residents) of the group. This involvement will form a huge part of your loved one's treatment.

Lecture 1.45pm to 2.15pm AA Hall

This is a presentation by one of our clinical staff members. It will always be based on a theme that is directly relevant to both