

Your Feedback....

Family members play an important role in the design and delivery of our services. This input assists in a variety of areas such as quality improvement, health and safety, and identifying gaps in service delivery. Your input also validates those things we are doing well, and how this service was a benefit to your family. Please forward suggestions, ideas, and comments by e-mail to:

ed@southcountrytreatment.com

or mail to:

South Country Treatment Centre
C/O Executive Director
P.O. Box 1418
Lethbridge, AB T1J 4K2



ACCREDITATION
CANADA
Better Quality. Better Health.

MISSION STATEMENT

Lethbridge & Community Addictions Treatment Society, which operates South Country Treatment Centre, is a leading organization that provides holistic structured recovery programs in a residential environment to adults with drug, alcohol and gambling addictions to empower them to regain their physical, mental and emotional health.

VISION STATEMENT

Lethbridge & Community Addictions Treatment Society that supports South Country Treatment Centre is a leading organization that:

- o provides a supportive environment encouraging holistic healing in the treatment of addictions;
- o offers responsive treatment that encompasses innovative strategies with seamless transitions that ensure client and family recovery;
- o provides a supportive culture where our treatment team has passion and knowledge to deliver programs and services with a bio-psycho-social approach;
- o partners with other caring community organizations;
- o maintains a current awareness of the continuum of choices available to our clients

in an environment that is economically viable.

SCTC

SOUTH COUNTRY
TREATMENT CENTRE

**FAMILY
INFORMATION
BROCHURE**

PO Box 1418
Lethbridge, AB T1J 4K2

Phone 403-329-6603
Fax 403-328-5756
www.southcountrytreatment.com

“TAKE BACK YOUR LIFE”

INFORMATION for FAMILIES

Visitation / Weekend Passes

Family members are encouraged to visit their loved ones in treatment. Visiting hours are limited to weekends and stat holidays between 1 – 4 pm.

Depending how long your family member is in treatment, they are allowed to have weekend passes beginning Friday afternoon until Sunday evening.

Phone Calls

Due to confidentiality restrictions we do not take messages for clients unless there is an emergency situation. Clients are not allowed use of personal cell phones while in the Centre.

Releasing of Information

Due to confidentiality restrictions we will not release information unless your family member completes and signs a release of information authorization form.

OUR PROGRAM

South Country Treatment Centre offers a 4 week (28 days) intensive inpatient program for alcohol, drugs and problem gambling for those 18 years of age or older.

Clients learn to develop awareness, skills, strategies, and supports to help gain further control over their lives and their addiction. Our services are continually updated based on client feedback, emerging client needs and new concepts and best practices within the addictions treatment field.

Key elements of our program:

- assessments,
- group counseling,
- individual counseling,
- educational presentations,
- recreation, yoga
- audio visual materials,
- written assignments,
- building support systems,
- relapse prevention.

For additional information, please go to:

www.southcountrytreatment.com

Understanding Addiction

We provide free to all family members of clients a book titled "Stepping Out From The Shadows – A Guide To Understanding & Healing From Addictions". This is a helpful resource, simple to understand and may answer many questions family members have. Let us know where we can forward your copy.

ADDICTION AND THE FAMILY...

Addiction is a complex issue. It affects every member of the family and can have a lasting impact on their lives. The effect on family members varies from person to person and family to family.

When a family member has a dependency, the whole family usually develops ways of coping with the problems associated with the dependency. Often, there is less communication: the family avoids talking about the issue, avoids expressing emotions and may keep the addiction secret from the community. Some family members may take on some of the responsibilities abandoned by the addicted person.

Members of the addicted family often experience loneliness, frustration, fear, anger and shame. They may also feel a sense of hopelessness about the situation. It is important for them to realize that the addiction is not their fault. Often, seeking outside help from a support group (e.g Al-anon) or a professional counselor can help them begin to understand and cope with what is going on with themselves and within the family structure.

If you would like additional information for families you can contact us or:

- Alberta Health Services – Addictions and Mental Health (403) 381-5183.
- <http://www.al-anon.ab.ca/>