



## **Welcome to Crossroads Centre's Family Program**

In providing a comprehensive care program for our clients, Crossroads Centre recognizes that healing from alcohol and other drug dependencies happens best with the involvement of families. Families and concerned others play a significant role in the recovery process.

Our Family Program offers family therapy, as well as education on alcohol and other drug addictions. Through lectures, group discussion and individualized attention, families learn about relationships, the addiction, and about changing unhealthy or painful communication patterns. All participants must be over the age of 18.

There will be times when the person using alcohol and other drugs refuses to participate in any treatment program. In this situation, families and other concerned persons are welcome to attend Crossroads Centre Family Programme. It is not unusual for the family to seek help first, and for the addicted person to follow.

Research and experience tell us that family involvement enhances recovery not only for the addicted person, but also for the entire family.

The Family Program is an integrated four-day program offered once each month. It includes lectures, group therapy, educational materials, family conferences and lunch-time meals. Participants are asked to make arrangements for their in-island transportation and accommodations. Both onsite and off-site accommodations are available and a partial list of options is included in this package.

To register for the family program please contact Sandra McCoy, Clinical Secretary at: [treatmentsecretary@crossroadsantigua.org](mailto:treatmentsecretary@crossroadsantigua.org) or telephone 268 562-0035; toll free USA and Canada: 1 888 452 0091; toll free United Kingdom: 0 800 783 9631



## COMPONENTS OF THE CROSSROADS CENTRE FAMILY PROGRAM

The following is a description of what is offered in the family program.

### A. Orientation to the program

Participants receive:

1. Explanation of the goals of the programme
2. Introduction to materials, including *One Day at A Time*.
3. Explanation of their rights and responsibilities as participants in this program.

### B. Education

A variety of topics are presented through the lecture and video format. These materials focus on alcohol and drug dependencies as a family illness, with the goal of moving families into recovery building on the Twelve Steps of Al-Anon.

### C. Group Therapy

All participants focus on identifying the effects of alcoholism and drug dependency.

### D. Assignments.

All participants are expected to complete the required readings, written assignments and participate in oral presentations and discussions.

### E. Aftercare recommendations.

Through individual consultations with the Family Program Coordinator, participants develop a continuing care plan to assist in maintaining healthy family relationships.



## LIST OF RECOMMENDED READING MATERIAL

The literature listed below is available at the Crossroads Centre gift shop and may be purchased during your attendance at the Family Week.

*Boundaries for Co-dependents*

*Co-Dependency: A second-hand life*

*Chemical Dependency: An Acceptable Disease*

*Co-dependent no more*

*Do's and Don'ts for family members*

*The Disease Concept*

*Family denial*

*The Language of Letting Go*

*Letting go of the need to control*

*Releasing Anger*

**Any Devotional Book:** *It is recommended that a devotional book be added to this list. There are several available personal preference will determine which one you choose.*



**CROSSROADS CENTRE, ANTIGUA  
FAMILY PROGRAM REGISTRATION FORM**

**NAME:** \_\_\_\_\_ **AGE:** \_\_\_\_\_ **SEX:** \_\_\_\_\_

**ADDRESS:** \_\_\_\_\_ **RELATIONSHIP TO CLIENT:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**TEL: (h)** \_\_\_\_\_ **(c)** \_\_\_\_\_ **E-mail:** \_\_\_\_\_

**ADDITIONAL PARTICIPANTS:**

**NAME:** \_\_\_\_\_ **AGE:** \_\_\_\_\_ **RELATIONSHIP TO CLIENT** \_\_\_\_\_

**NAME:** \_\_\_\_\_ **AGE:** \_\_\_\_\_ **RELATIONSHIP TO CLIENT** \_\_\_\_\_

**NAME:** \_\_\_\_\_ **AGE:** \_\_\_\_\_ **RELATIONSHIP TO CLIENT** \_\_\_\_\_

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**PROBLEM SUBSTANCES:**

Alcohol \_\_\_\_\_ Cocaine \_\_\_\_\_ Opioids/Heroin \_\_\_\_\_  
Benzodiazepines (i.e. valium, xanax) \_\_\_\_\_ Methamphetamines \_\_\_\_\_  
Marijuana \_\_\_\_\_ Other (please list) \_\_\_\_\_

**Scheduled Dates for 2011:**

Circle the program you plan to attend. *(Dates may be subject to change).*

January 3-6, 2011	April 4-7, 2011	July 4-7, 2011	October 3-6, 2011
February 7-10, 2011	May 9-12, 2011	August 8-11, 2011	November 7-10, 2011
March 7-10, 2011	June 6-9, 2011	September 5-8, 2011	December 5-8, 2011

**Family program participation is included in the client's cost of residential treatment at Crossroads Centre.**

For those persons who do not have a family member or significant other currently in treatment at Crossroads Centre, the cost is US \$500. This can be paid by wire transfer, certified cheque or money order or by credit card. Full payment is due a minimum of five days prior to arrival. Questions and other financial arrangements can be discussed with Ms. Sandra McCoy, Clinical Secretary: [treatmentsecretary@crossroadsantigua.org](mailto:treatmentsecretary@crossroadsantigua.org)

Please fax this completed form to: 268 562-5529



## CROSSROADS CENTRE, ANTIGUA ON-SITE ACCOMMODATION

Crossroads Centre provides comfortable, affordable on-site accommodations for guests participating in the family program. These rooms are separate from our residential client rooms, yet are accessible to the campus and all of its amenities. Each room is furnished with two single beds, private bath, small fridge, telephone, television, internet hook up and outside verandah. An outdoor social area with barbecue, swimming pool and deck area is also available exclusive to our guests. Accommodation includes all meals at Crossroads Centre dining hall; however guests are welcome, if they choose, to explore the many culinary delights off-campus that Antigua has to offer.

**Daily Rates are as follows** (*all prices are quoted in US currency*):

Single occupancy (1 person)                      \$125.00

Double occupancy (2 people)                      \$165.00

**NUMBER OF ROOMS REQUESTED**                      \_\_\_\_\_

**NUMBER OF PERSONS**    \_\_\_\_\_

**NAMES:**

\_\_\_\_\_  
\_\_\_\_\_

### **PAYMENT OPTIONS**

Payment may be made via any of the following credit cards: VISA, MasterCard, Discover and American Express. A one night deposit is necessary to secure accommodation at Crossroads Centre. This deposit is fully refundable in the event of cancellation a minimum of ten days prior to the start of the family program. Cancellations received less than ten days in advance are non-refundable.

Incidental charges such as telephone charges will be reconciled and billed to the original credit card. We ask all guests to bring with them their valid credit card used for purchase.

PLEASE COMPLETE THE ATTACHED CREDIT CARD AUTHORIZATION FORM AND SUBMIT WITH A COPY OF THIS FORM.

**Email:** [treatmentsecretary@crossroadsantigua.org](mailto:treatmentsecretary@crossroadsantigua.org); or fax to 268 562-5529



**Crossroads Centre, Antigua**  
**P.O. Box 3592, St. John's,**  
**Antigua, West Indies**  
**Telephone: (268) 562-0035 Fax: (268) 562-3278**

## **CREDIT CARD AUTHORIZATION FORM**

-PLEASE PRINT LEGIBLY-

I \_\_\_\_\_, **(Please Print Name as It Appears on Card)** hereby authorize Crossroads Centre, Antigua to charge the following credit card:

Visa   MasterCard   American Express   Discover **(Check Appropriate Box)**

**Card Number:** \_\_\_\_\_

**Card Expiration Date:** \_\_\_\_\_

**Card Security Code:** \_\_\_\_\_

**Name of Issuing Bank of Card:** \_\_\_\_\_

In the amount of \$ \_\_\_\_\_ U.S. dollars, towards accommodation at Crossroads Centre

Arrival date: \_\_\_\_\_      Departure date: \_\_\_\_\_

I understand that a one night deposit is necessary to secure accommodation at Crossroads Centre. This deposit is fully refundable in the event of cancellation a minimum of ten days prior to the start of the family program. Cancellations received less than ten days in advance are non-refundable.

**Cardholder Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**Billing Address:** \_\_\_\_\_ **Tel:** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

If you are paying only the minimum 1 night deposit at this time, please indicate your method of payment for the balance of accommodation costs: \_\_\_\_\_



## **AGREEMENT FOR FAMILY PROGRAM PARTICIPANTS AT CROSSROADS CENTRE**

You can expect to be treated fairly and respectfully at Crossroads Centre and to have your privacy and dignity respected. You can expect to know the names of the staff members responsible for your care and that the staff at Crossroads Centre will make reasonable response to your request.

### **WE EXPECT YOU TO:**

- Refrain from bringing any alcohol and all other mood altering substances on the premises.
- Refrain from bringing cameras and tape recorders, as their use will not be permitted at Crossroads Centre. Cell phones must be turned off at all times.
- Wear an identification tag at all times, while on the premises of Crossroads Centre.
- Refrain from visiting/socializing with persons outside of the Family Program while at Crossroads Centre except during specifically approved times.
- Understand that all bags brought on the property at Crossroads Centre may be searched.
- Participants in the Family Program are not permitted in any of the residential client rooms and clients are not permitted in the family program accommodation units.
- Both residential clients and family members participating in Crossroads Centre services are not encouraged to remain on island following the client's discharge from the residential treatment program.
- All participants are expected to honor the confidentiality and privacy of the clients and Family Program participants. All information disclosed within sessions is confidential and may not be revealed to anyone without the signed written Release of Information form. All participants are expected to honor the confidentiality and privacy of the clients and Family Program participants. All information disclosed within sessions is confidential and may not be revealed to anyone without the signed Release of Information form.
- Agree to pay any charges or rates for the program if applicable.
- Understand that if the undersigned participant does not follow these expectations and co-operate with the programme and staff, he/she will be asked to leave the Family Program.

**I HEREBY CERTIFY THAT THIS FORM HAS BEEN FULLY EXPLAINED TO ME  
AND THAT I HAVE READ AND UNDERSTAND ITS CONTENTS.**

\_\_\_\_\_  
Date

\_\_\_\_\_  
Print your Name

\_\_\_\_\_  
Signature



## ACCOMMODATIONS AND TRANSPORTATION INFORMATION

Here are a few suggestions on accommodation and transportation in Antigua

### **CROSSROADS CENTRE ANTIGUA**                      **Willoughby Bay**

On- campus accommodation includes: separate outdoor swimming pool and social area, all-inclusive of meals at Crossroads Centre.

Single occupancy US \$125.00

Double occupancy US \$165.00

Complete accommodation form and email to Ms. Shevaugh Thomas:

[treatmentsecretary@crossroadsantigua.org](mailto:treatmentsecretary@crossroadsantigua.org) or fax to 1 268 562 5529

### **GRANDE PINEAPPLE ANTIGUA RESORT**    **Long Bay**

<http://www.grandpineapple.com/>

Garden View US \$225.00- \$341.00 (mention Crossroads for corporate rate)

Ocean View US \$242.00- \$374.00

This all-inclusive hotel is approximately 15 minutes from Crossroads.

Hotel is located alongside the Long Bay beach

Contact: 268 463 2006

### **TRADEWINDS HOTEL**                      **Dickenson Bay**

US \$175.00 - \$255.00 (mention Crossroads)

5 mins. from beach; 7-10 minutes from the airport; 35 minutes from Crossroads

Contact 268 462-1223

### **ST. JAMES CLUB**                      **Mamora Bay**

[www.eliteislandresorts.com](http://www.eliteislandresorts.com)

Price varies/all inclusive

20 mins from Crossroads

Contact: Miami office (may provide better rates) 954 481-8787 or Antigua 268 460-5000

### **THE INN AT ENGLISH HARBOUR**    English Harbour

US \$600.00 - \$1100.00

Website [www.theinn.ag](http://www.theinn.ag)

25 mins from Crossroads

Contact: 268 460-1014

\*Prices are subject to change

For more information, please visit the Antigua and Barbuda Department of Tourism

[www.interknowledge.com/antigua-barbuda](http://www.interknowledge.com/antigua-barbuda)

## TRANSPORTATION

Driving in Antigua is on the left hand side of the road. There are numerous car rentals in

Antigua including:    **Avis**    268-462-2840                      **Matthews Car Rental** 268-462-9523

**Hertz** 268 462-4114