



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 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** _____

PROBLEM SUBSTANCES:

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

Scheduled Dates for 2014:

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

January 6-9, 2014	April 7-10, 2014	July 7-10, 2014	October 6-9, 2014
February 3-6, 2014	May 5-8, 2014	July 28-Jul 31, 2014	November 3-6, 2014
March 3-6, 2014	June 2-5, 2014	September 1-4, 2014	December 1-4, 2014

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

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; **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. Sandra McCoy

treatmentsecretary@crossroadsantigua.org or fax to 1 268 562 5529

GRANDE PINEAPPLE ANTIGUA RESORT Long Bay

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

Price varies (mention Crossroads for corporate rate)

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

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 \$732 Cabana Suite US \$894 Jnr. Suite US \$1100.00 Deluxe Suite

Website 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

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