



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

## **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 didactic lectures, group discussion, activities, 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 five-day program offered once each month. It includes didactic 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



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

## **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 didactic 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.



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

**Family Program Registration**

**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
- Methamphetamines               Marijuana                       Benzodiazepines (i.e. valium, xanax)
- Other (please list): \_\_\_\_\_

**Scheduled Dates for 2016:**

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

January 25-29, 2016	May 23-27, 2016	August 22-26, 2016	November 28-December 2, 2016
February 22-26, 2016	June 27-July 1, 2016	September 26-30, 2016	December TBD
April 25-29, 2016	July 25-29, 2016	October 24-28, 2016	

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 send this completed form to the above email address or via fax: 1-268 562-5529



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

**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 either two single beds or a king bed, 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.

Crossroads provides free accommodation for one family member for a maximum of four nights. Additional participants and additional nights are charged as follows:

**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**

**ACCOMMODATION  
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: \_\_\_\_\_



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

## **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 responses to your requests. Please note that Crossroads Centre's medical services are not available to Family Program participants; however, our staff will assist you with a community referral if needed.

### **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 badge at all times, while on the premises of Crossroads Centre.
- 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 encouraged to depart from Antigua 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.
- Agree to pay any charges or rates for the program if applicable.
- Understand that if the undersigned participant does not follow these expectations and cooperate with the programme and staff, he/she will be asked to leave the Family Program.
- Crossroads Centre's medical services are not available to Family Program participants; however, staff will assist with community referrals if needed.

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



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

## **ACCOMMODATION AND TRANSPORTATION INFORMATION**

### **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](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

### **Admirals Inn**

### **Nelson's Dockyard, English Harbour**

An economical hotel in the heart of Nelson's Dockyard

Rates starting at US \$145.00 (see website for details)

Approximately 15 minutes from Crossroads

Contact 268 460-1027

Website: [www.admiralsantigua.com](http://www.admiralsantigua.com)

### **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) . Please note that Crossroads does not endorse any of the businesses listed.

## **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