

Backed by The Council on Recovery and its reputation for excellence since 1946, the Center for Recovering Families can help guide those seeking help to lasting and fulfilling recovery.

We offer a full spectrum of treatment programs and services for adults, adolescents, and children. They all share one goal: To help individuals and families understand their problems and offer new ways of thinking and behaving that result in happier and healthier recovering families.

About the **Center for Recovering Families**

The Center for Recovering Families was established in 1985 to provide safe, confidential therapeutic and educational services to individuals and their family members. Based upon the outpatient therapy model pioneered by Murray Bowen, M.D. and Virginia Satir, and advanced by the groundbreaking work of Mary Bell, Dr. Abi Williams, and John Bradshaw, the Center has become the source of hope and healing for people of all ages who struggle



with alcoholism, substance use disorders, process addictions, and mental and behavioral health issues. Our services include treatment for compulsive behaviors, co-occurring mental health issues, trauma, grief, and relational problems. The Center for Recovering Families is widely regarded as the starting point for those seeking help.

In 2002, the Center for Recovering Families became part of The Council on Recovery. Founded in 1946, The Council is Houston's oldest and largest non-profit organization providing support, information, and outpatient treatment to all who may be adversely affected by alcohol, drugs, addiction-related issues, and co-occurring mental health disorders. The Council on Recovery is Houston's leading provider of prevention, education, treatment, and recovery services.

Start here: **713.914.0556**



THE COUNCIL
ON RECOVERY

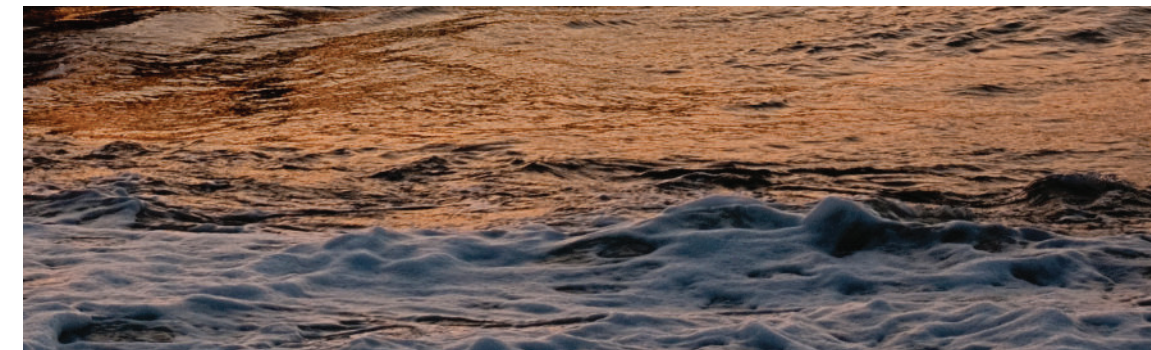
303 Jackson Hill Street, Houston, TX 77007

713.914.0556

www.councilonrecovery.org



United Way of Greater Houston



At the Center for Recovering Families, Houston's premier outpatient addiction and mental health treatment facility, we're changing lives for the better.

The Center believes that people can recover from more than just addiction. We believe in recovery from destructive behaviors, from trauma, from shame, and from pain and fear. We also believe recovery can be for everyone. Our personalized treatment approaches help the entire family recover from the effects of substance use disorders, process addictions, and mental and behavioral health issues.

When children are faced with difficult experiences, such as substance abuse in the family, divorce, trauma, and major transitions, they can create flawed messages and beliefs, and develop inappropriate coping skills. The Center can help provide the appropriate tools and support.

Kids Camp helps kids learn to identify and express feelings, develop self-care skills, deepen communication with their family, and, above all, understand that addiction is not their fault.

Our staff uses play therapy when children do not have the verbal language to express their thoughts and feelings; toys are like the child's words and play is the child's language.

Just as no two kids are alike, each child and family's therapeutic process is a unique collaboration with a children's therapist to find the skills, support, and resources needed.



Adult Clinical Services

People struggling with an addiction, mental health issue, or just life in general may not know where to get help. The Center for Recovering Families is the place to start.

Comprehensive Assessment

Our professional clinicians assess the situation, offer the opportunity to look at life differently, and provide new alternatives.

Healing Choices IOP

This eight-week, licensed, intensive outpatient program provides therapy, education, and support.

And because family involvement is crucial to recovery, Healing Choices includes family members of all ages throughout the treatment process.

Relapse & Renewal Clinic

Our Relapse & Renewal Clinic is a groundbreaking four-week outpatient program that provides access to resources, including a personal Recovery Support Consultant, to prevent relapse and develop a renewed commitment to recovery.

Therapy

In addition to these programs, the Center offers individual, family, and group therapy.

"I've tried so many times, but the Healing Choices IOP helped me make it work. After 10 years in addiction, my kids finally call me 'Daddy' again."

—Client, Center for Recovering Families



Family Recovery Services

Family recovery services encourage personal accountability while helping family members express emotions, release resentments, and develop relationship goals.

Intervention

Our staff engage family members in a positive, hopeful, and compassionate process to start everyone on the path to mutual recovery.

Therapy

Our therapists work with individuals, couples, and entire families to help achieve lasting family recovery.

"The staff is kind and compassionate, and taught our family how to deal with emotional responses to stress and problems."

—Client, Center for Recovering Families

Multi-Family Therapy Groups

While a loved one is receiving care at the Center for Recovering Families or another facility, adult family members can join other families to share and support each other in a safe and confidential group.

Watching an adolescent struggle with high-risk behavior, co-occurring mental health issues, or behavioral problems can leave parents feeling overwhelmed. Our services for adolescents and parents can help.

Adolescents learn how substances affect their brain development, refusal skills, anger and peer pressure management, stress reduction, and family communication skills.

We also offer individual, family, and group therapy to help adolescents and their families build healthier coping skills, adopt new communication patterns, and improve family functioning.

Parents learn about substance abuse and how to apply behavior modification principles that effectively prevent or stop high-risk behavior.

Personalized parent coaching helps parents learn and understand what principles and techniques are most effective with adolescents.

