



*When you, your child, and other family members and loved ones are involved with an addicted person, it can be overwhelming. You may feel confused, helpless, angry and frustrated.*

*We have a resource for you—  
The Center for Recovering Families!*

**We can help. Call today. 855.942.4100**

We look forward to walking with you as you take this first, most important step.

Please give us a call today,  
and let us take it from there.

**855.942.4100**

713.914.0556  
TOLL-FREE 855.942.4100

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## **We Accept Insurance**

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### **Location**

303 Jackson Hill Street  
Houston, Texas 77007

### **Mail**

P.O. Box 2768  
Houston, Texas 77252



**THE COUNCIL**  
ON RECOVERY

**CENTER FOR  
RECOVERING FAMILIES**

[www.councilonrecovery.org](http://www.councilonrecovery.org)



### What is the Center for Recovering Families?

At the Center, individuals and their families begin a lasting process of change as they commit to recovery from substance abuse and other addictions. Our outpatient therapy program, modeled after the work of Murray Bowen, M.D. and Virginia Satir, is based on the belief that long-term recovery is more achievable when you come to accept who you are as a person while addressing the underlying dynamics and relationship patterns at work in your family.

*Recovery from addiction is a difficult process for everyone, family members included. Healing and renewal can feel scary at first—not just for the addict—but for children, parents, spouses and other loved ones.*



### How can the Center help you and your whole family - adults, adolescents and children?

The Center provides safe, confidential therapeutic and educational services for individuals and their family members of all ages who struggle with issues related to substance abuse or addiction, such as compulsive behaviors, co-occurring mental health issues, trauma, grief, and relational problems.

Each person we serve receives a thorough assessment. Clinicians also explore the clients' goals, hopes and expectations for themselves and their families. Then in collaboration, the client and therapist develop an individualized treatment plan that may include:

- Assessments
- Individual Therapy for All Ages
- Group Therapy for Adults and Teenagers
- Family Therapy
- Psychoeducation
- 12-Step/Support Groups
- Aftercare
- Referrals for Psychiatric/Medical Consultation
- Interventions\*
- Relapse Prevention Planning
- High-Risk Behavior Class for Teenagers
- Parent Coaching/Parent Group
- Sober Hangout Room for Teenagers
- Referrals to APGs for Teenagers
- Theraplay for Parents and Children
- Kids Camp at The Council\*\*

#### \*Interventions

We have staff trained and certified in ARISE and other intervention models. The ARISE Family Intervention model is an invitation open to all family members—including the addicted person—to meet and discuss goals for change. An alternative to the more traditional "tough love" intervention approach, ARISE involves the family in a positive healing process, and views intervention as an ongoing process which involves the entire family.

#### \*\*Kids Camp at The Council

In addition to ongoing children's therapy, we offer Kids Camp at The Council, a four-day prevention and support program for children ages 7-12 who have been impacted by a loved one's substance use.



### HEALING CHOICES: An Intensive and Supportive Outpatient Treatment Program

Healing Choices, the flagship program of the Center, provides clients with an inviting and supportive environment to share their experiences and learn about recovery. Through "small by design" treatment groups, connection with their primary clinician, multi-family groups and innovative experiential therapies, clients explore early life experiences, family dynamics, emotions, coping mechanisms, compulsive behaviors and potential mental health issues.

#### Personalized Treatment

Clients work with their primary clinician to create a treatment plan identifying their goals, action and support systems to evaluate their progress. Throughout treatment, clients are provided with services and experiences to ensure that they can achieve their goals and have the tools necessary to sustain their recovery.

#### Family Recovery

Even when a loved one is active in his or her addiction, there is hope for the family. The family is a key component to success in Healing Choices. Distinct from traditional treatment centers that provide 3-5 day family programs, the Center involves family members of all ages throughout the entire treatment experience. Utilizing a family system approach and family relapse prevention techniques, our family program promotes healing and change that builds a base for life-long growth, improved communication, and healthier relationships.

*Statistics show a greater rate of success when a family participates in the recovery process; therefore our family program is a critical component of our services.*