



Families
in
Recovery

HealingPath: An Overview

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An introduction to Families in Recovery

We are Families in Recovery, a tax exempt nonprofit organization.

Our mission is to create **opportunities for healing** for children and family members affected by **alcoholism** and **addiction**.

We believe in the power of education: we will be **guides on a path to healing**.

The need is clear and present. In the Rochester region, we estimate that there are a minimum...

- **86,000** adults who grew up in an alcoholic home
- **26,000** children currently living in an alcoholic home,
- **360,000** people with alcoholism in their family.



HealingPath

Program description

What is HealingPath? The answer is in our mission - we use education to create **healing opportunities**.

- We will adapt our HealingPath curriculum, offering small classes **adapted to the needs** of:
 - Teens, starting in the middle school years
 - Adult children of alcoholics
 - Spouses
 - Other **specialized groups** from a variety of populations, including:
 - Spanish language
 - Prison/Detention
 - People in recovery from addiction
 - Those with mental health or other developmental issues
- We will also offer **public education**



HealingPath Referrals

Our goal is to have **strong referral relationships** with community organizations, schools and other stakeholders. We plan to **build** these relationships through the following:

- Letter of Cooperation
- Simple and easy to use referral process
- Mutual capacity building

The problem of family alcoholism is **bigger than any one** organization or sector. We wish to partner with:

- Schools and colleges
- Nonprofit organizations serving a broad spectrum of needs
- Government
- Counselors and therapists
- Private sector

The strength of our referral partnerships are one of the **primary measures of success.**



HealingPath

Program description

Our curriculum will teach the **varying effects** of alcoholism and addiction on families and individuals.

- **Research-based curriculum** that incorporates information on the following impacts:
 - Familial
 - Physical
 - Mental
 - Emotional
 - Social
- We are **not affiliated** with any single group, therapeutic approach, or treatment modality and we will not offer support group, therapy or group therapy services. We will rely on our **referral partners** for these services.



HealingPath

Our educational model

We encourage students to **take ownership** and **responsibility** for themselves by...

- Presenting materials in an engaging way
 - Asking questions for students to contemplate, and
 - Closure time at the end of each class to help students process materials, using journaling, artwork, audio/video blogging, or other self-exploration tools.
- We will not try and teach everything there is to know about **family alcoholism**. Rather, we will focus on key elements that impact the lives of everyone touched by family alcoholism.
 - We do not ask people to **talk** about their own circumstances or experiences, which can be difficult and overwhelming for many students.



HealingPath

The Advisory Panel

We are working with an **Advisory Panel of experts** who play a significant role in helping to shape our curriculum, including:

- **Kathryn Castle, Ph.D.**, UPMC, Assistant Professor, Departments of Psychiatry and Pediatrics and Director, Child and Adolescent Postdoctoral Fellowship Program
- **Mark Biernbaum, Ph.D.**, Institute for Strategic Inquiry and Study, President
- **Patrice Ristuccia, MA**, School Counselor at Brighton High School and therapist specializing in family alcoholism issues (also board member)
- **Jose' Cruz**, Monroe County Legislator and N.E.T. Administrator
- **Tom Paul, MA**, Director and founder of the Adult Child and Co-Dependency Center, Inc.
- **Our referral partners** will be invited to participate in an expanded Advisory Panel, where they will have input into the design and success of our program.



HealingPath

Evaluation

At present, we are in the planning stages.

- Eventually, we will serve around **500 students** per year.
- Considering there are more than **120,000** children and adult children of alcoholics in the Rochester region, we expect demand to be high.

We view participation in HealingPath as both an ends and a means.

- Participation will lead respondents to understand and cope with family alcoholism.
- At the same time, participation offers **pre-treatment/diagnostic** benefits, helping people to find additional help and/or treatment such as support groups, therapy and self-exploration.
- Our curriculum will incorporate an analytic model we call the **Family Alcoholism Impact Model (FAIM)**.
 - By using this broad and encompassing model, we can help students from varying levels of need.



HealingPath Analytic Model: FAIM

Family Alcoholism Impact Model

Families in Recovery believes people fall on a spectrum for a broad variety of behaviors, attitudes, and beliefs. By rating perceived placement on each spectrum, a person can begin to examine the effects of family alcoholism. Please note:

- Where a person falls within the spectrum is only knowable through perceptions and beliefs. Placement on the spectrum is not fixed, but is a measure of 'time' and 'place'.
- Even though some of the spectrums seem mutually exclusive, they are not. FAIM captures the complexity of family alcoholism's impacts.

The goal of FAIM is to help gauge the overall impact of participation. We will ask students answer the FAIM questions

- For a time when they were most closely involved with the alcoholic,
- For their present state, and
- For where they want to get to in the future (ideal state)
- FAIM will be at the beginning of class, at the conclusion, and one year after graduation.

In order to share our methods and research, we will make both the FAIM tool as well as the results (de-identified) freely available under an Open Source license.



Sample FAIM Spectrums by Theme



Addiction Explored	<ul style="list-style-type: none"> • Highly developed to poorly developed external support system • High degree to low degree personal resiliency • Completely open to invisible family understanding of alcohol abuse • Extensive to nonexistent family discussion of alcohol problems • Severe to nonexistent mental health co-morbidity • Completely supportive to not supportive at all assistance given to alcoholic when drinking
Impacts	<ul style="list-style-type: none"> • Highly to poorly socially 'functioning' • Highly to poorly work/profession/school 'functioning' • Severely to not at all physical abuse • Severely to not at all mental abuse
Roles	<ul style="list-style-type: none"> • Fits perfectly to does not fit at all use humor to cope with problems • Fits perfectly to does not fit react to family problems with anger, frustration, rage • Fits perfectly to does not fit at all becomes 'invisible' in face of problems • Fits perfectly to does not fit at all gets in trouble frequently/has trouble making good decisions • Fits perfectly to does not fit at all willing to sacrifice self to help others • Fits perfectly to does not fit at all strives for perfection at whatever is attempted

Open Sourcing HealingPath

Families in Recovery believes the work we are doing is important nationally as well as locally. We will therefore do the following:

- Make our HealingPath curriculum **freely available** to other nonprofit organizations in other areas under a rather flexible license by Creative Commons.
- Make FAIM **freely available** as well to go along with the HealingPath curriculum.

In addition, we will also make the **data from FAIM** freely available. As one of the requirements of using the HealingPath curriculum and FAIM is that all partners do same and make their data available. In this way, we will work together to create a national data set on family alcoholism.



To learn more

We are planning on launching our first HealingPath classes in November, 2008. If you would like to be a part of this effort, either as a referral organization, as a donor, or as a student, please email contact@familiesinrecovery.org or call Scott Stamper at 585-820-1972.

