



Family Recovery

A Saturday workshop for people
loving someone in addiction

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Family Recovery workshops aim to improve communication, reduce family conflict and support the whole family's recovery.

BENEFITS

Research shows that *both the person with an addiction and their family benefit* when the family participates in a family program.

This family program is held in a convenient weekend-workshop format. The workshop is effective, using research-proven elements of Community Reinforcement and Family Training (CRAFT). It is a positive and respectful approach that focuses on solutions and understanding instead of blame.

Over the course of the workshop, participants will:

- Learn about how substance use problems impact families and how to return to family wellness.
- Improve communication and reduce conflict.
- Learn how to use your influence to increase the chance your loved one will accept help.
- Find out what it means to be loving and supportive without enabling or burning-out.

About the facilitator:

Lara Okoloko earned her MSW at the UW. Lara's Seattle-area therapy practice focuses on supporting the parents and partners of people in active addiction and early recovery, with a respectful, collaborative, solution-focused approach. Lara is certified in Community Reinforcement and Family Training (CRAFT), an evidence based counseling practice for working with family members of addicted people. In addition to her therapy practice, Lara is the organizer of the Addiction Training Initiative, serves as a mentor and legislative committee member for the Washington State Society for Clinical Social Work, serves as a practicum instructor for UW social work students, and as an approved supervisor for associate social workers seeking licensure. You can learn more about her practice at www.caresnw.com

Common Questions

Q: Who should attend?

A: This program is for the family members of someone with an addiction.

Q: Do I attend with my loved one?

A: No, although the benefit is for the whole family, only the family member of the addicted person attends.

Q: Does insurance pay for this workshop?

A: Unfortunately, its unlikely your insurance covers family workshops even though they improve treatment outcomes and family health. The cost of the workshop is \$180 (\$260 for parents who attend together) and some scholarship spots are available. A light lunch and learning materials are included.

Q: Who facilitates the program?

A: Lara Okoloko, LICSW, a therapist specializing in substance use problems and the impact on the family.

Q: Can I just get private support?

A: Yes, Lara has a private therapy practice and is available for individual sessions.

Q: Does the person with the addiction have to be in treatment?

A: No. You will benefit from this workshop whether your loved one is in active addiction, in treatment, or in early recovery.

ENROLLMENT

Please enroll me in the next Family Recovery workshop

Personal Information

Name: _____

Phone: _____ Alternate Phone: _____

Is it ok to leave a detailed voicemail message? _____ by text message? _____ by email? _____

Email address: _____

Address: _____

Consent for treatment, statement of financial responsibility:

I hereby give my consent for mental health consultation and treatment in the form of workshops, groups, individual or family therapy. I understand that the facilitators cannot guarantee that other participants will maintain the confidentiality of what is said during workshops. I understand that this service will not be directly billed to my insurance company and I have been made no promises of reimbursement. Any effort to be reimbursed out of network for the cost of treatment is my own responsibility. I agree to be financially responsible for all charges that accrue from consultation and treatment, including those not covered or reimbursed by my health insurance.

This authorization will remain in effect indefinitely. Your signature _____ Date _____

Payment Information

Please complete the following information if you wish to pay by credit card. This form will be securely stored in your file and may be updated upon request at any time. See below for options to pay with cash or check.

Card #: _____ Expiration Date: _____

Name as Printed on Card: _____

Verification/Security Code (3 digit code on back of card by signature line): _____

Billing Address: _____

City: _____ State: _____ Zip: _____

Authorization

**** Please sign one of the options below to indicate your preferred method of payment ****

By signing below ***I am authorizing automatic charges to my credit card*** for the workshop registration fee and any subsequent scheduled individual or family appointments ***as my preferred method of payment***. Charges will appear after each appointment. I also authorize my credit card to be charged in the case of late cancellations, no-shows for scheduled sessions, or unpaid balances beyond 60 days of services rendered. I agree to give 5-days notice for cancellation of workshops or group series and 24-hours notice for cancellation of individual sessions.

Signature: _____ Date: _____

By signing below I am indicating my preference for ***paying for services by cash or check, at the time of enrollment***. I will pay at time of service for any individual or family sessions and will give 5-days notice for cancellation of workshops or group series and 24-hours notice for cancellation of individual sessions. An additional \$25 is assessed for returned checks.

Signature: _____ Date: _____