

The Family Workshop at Ridgeview Institute

Ridgeview's philosophy is that treating the entire family is a necessary component of any addiction or psychiatric treatment program. Studies have shown that the recovery process is more effective when those who are living with and interacting with the patient become educated about the illness and recovery process. During lectures and groups, family members learn about the specifics of the illness as well as how to set healthy boundaries with patients, how to support the patient without enabling unhealthy behaviors, and how to develop new tools for confronting difficulties as they come up.

In addition to the formal education family members receive, they also learn they are not the only ones dealing with this type of illness. Family members learn there are ways of reaching out to others to address their own emotional stressors, struggles, losses and frustrations. They are able to experience how talking to and listening to others who have been through this struggle lessens the burdens of caring about someone with a chronic, relapsing illness. It shows them they do not have to be alone in their journey with the illness. Toward this end, family members are encouraged to create a network of ongoing support for themselves.

The Family Workshop also provides a forum for staff to learn about the family's perspective of how the illness has impacted the patient's life and how it has affected the family. The afternoon group therapy provides an opportunity to address clinical concerns with the help of the case manager and further explore family dynamics.

The program will include discussions about continuing care as patients transition out of treatment and back into the "real world." Family members will discuss what to expect as patients grow in their recovery. Family members complete the week with feelings of renewed hope, new tools to empower them to take better care of themselves, and a better understanding of things they can do to help their family's overall wellness and recovery.

2019 Family Workshop Schedule

9 a.m. to 3:30 p.m.
Monday and Tuesday

9 a.m. to 1 p.m.
Wednesday

January 14–16	July 8–10
February 11–13	August 12–14
March 11–13	September 9–11
April 8–10	October 14–16
May 13–15	November 11–13
June 10–12	December 9–11

Who can attend?

The Family Workshop is open to Ridgeview patients, families and supportive friends. It is appropriate for ages 17 and older.

What does it cost?

There is no additional charge for family members of current Ridgeview patients. Others may attend the family workshop for a fee. For details, please call the the Day Hospital at (770) 434-4568, ext. 7000.

OK, I want to come. What now?

Check the list of monthly workshops and select the date that falls during your loved one's treatment. You may attend while your loved one is in treatment. **No pre-registration is required unless your loved one is in the Evening Program. Evening Program patients and families must pre-register.**

These three-day workshops run Monday through Wednesday and begin at 9:00 a.m. on the Ridgeview campus in the Day Hospital. Coffee and muffins are served in the morning. Noon lunch tickets are \$4 per person. Families and friends will be able to eat together. The workshop ends at 3:30 p.m. daily, except Wednesday which ends at 1:00 p.m.

What happens each day at the workshop?

A typical day in the family workshop includes the following:

- Registration and welcome
- Coffee and muffins
- Morning focus (a directed meditation)
- Morning education lectures
- Stretch and break time (access to vending machines and books available for sale)
- Small group therapy
- Noon lunch with time for eating, visiting, and book table
- Afternoon education lecture
- Stretch and break time
- Family group therapy (family members and patients attend together)

Please check the website the week prior to the workshop for the complete schedule. Visit our website at www.ridgeviewinstitute.com, click on the Patient Services tab, and open the Family Workshop link.

Where can I get answers to other questions about the Family Workshop?

Patients' families will have many of their questions answered at Family Orientation on Tuesday evenings at 6:00 p.m.

For all other questions, contact the Day Hospital at (770) 434-4568, ext. 7000.

Directions to Ridgeview Institute

Ridgeview Institute is located off I-285 at Exit 15 (South Cobb Drive). From Exit 15 you will travel north on South Cobb Drive approximately 2.5 miles. Ridgeview is on the right. Once you have entered the campus, turn right at the first stop sign. The Day Hospital will be the first building on your right.

Places to stay near Ridgeview

Baymont Inn and Suites – 2.3 miles
5130 S. Cobb Drive SE, Smyrna, GA 30080
(404) 794-1600

* Ask for special “Medical Rate”

Comfort Inn & Suites Galleria – 2.3 miles
2800 Highland Parkway, Smyrna, GA 30082
(678) 309-1200
comfortinn.com/hotel-smyrna-georgia-GA370

Country Inn & Suites – 2.3 miles
2175 Church Road SE, Smyrna, GA 30080
(404) 564-1105
countryinns.com/hotels/gasmycty
* Ask for special “Ridgeview Rate”

Courtyard by Marriott Vinings – 3.5 miles
2857 Paces Ferry Road, Atlanta, GA 30339
(770) 432-5555
marriott.com/hotels/travel/atlvi-courtyard-atlanta-
vinings

Fairfield Inn by Marriott – 2.6 miles
2450 Paces Ferry Road, Smyrna, GA 30339
(770)435-4500
fairfieldinn.com

Hampton Inn at Cumberland Parkway – 3.5 miles
2775 Cumberland Parkway, Atlanta, GA 30339
(770) 333-6006
hamptoninn.hilton.com
* Ask for account #0003000831

LaQuinta Inns & Suites Vinings – 2.6 miles
2415 Paces Ferry Road, Atlanta, GA 30339
(770)801-9002
lq.com
* Ask for “Medical Rate”

Sheraton Suites Galleria – 4.2 miles
2844 Cobb Parkway SW, Atlanta, GA 30339
(770) 955-3900
starwoodhotels.com/sheraton
* Special “SET Code” is 338274



Family Workshop 2019

*A three-day healing
and recovery workshop
for patients, their family,
and significant others*



3995 South Cobb Drive
Smyrna, GA 30080
(770) 434-4567
www.ridgeviewinstitute.com