



# *Family Matters Education Program*

*Healing Families  
Touched by Addiction*

Judge Nancy R. McDonnell  
Community Based Correctional Facility  
3540 Croton Avenue  
Cleveland, Ohio 44115



*At Oriana House we believe that addiction is a disease that affects the entire family.*

*Our Family Matters Education Program is designed to educate, support, and promote healing through forums designed with the family member in mind, along with integrated skill building and communication exercises.*

*Our approach is to provide a safe, comfortable environment where you can explore the possibilities of recovery with your loved ones.*

*The Family Matters Education Program is funded by the Cuyahoga County Office of Reentry as part of its initiative to provide focused leadership and strong organizational capacity to address prisoner reentry in the Greater Cleveland area.*



*The Family Matters Education Program is offered to family members and friends of Oriana House clients affected by addiction and offers to provide encouragement and support. Positive family involvement can assist in continued sobriety.*



The Family Matters Education Program is facilitated by professional chemical dependency treatment counselors. The program provides encouragement and support to family members and friends of CBCF clients affected by their loved one's addiction. The program is free and recommended for adults and mature teens over 16 years of age. Sessions are designed to break the cycle of chemical dependency through increased knowledge and implementation of healthy living skills.

Family members and friends will:

- Develop better communication skills.
- Learn how to appropriately express feelings.
- Be able to demonstrate anger management skills.
- Develop coping skills to deal with stressful situations.
- Gain knowledge of chemical dependency as a disease and how it affects family members.

The Family Matters Education Program consists of weekly sessions. Participants can attend any or all of the weekly sessions free of charge.

Sessions consist of the following topics.

### ***Triggers and Cravings***

Participants role play and learn the signs and symptoms of addiction and how the triggers and cravings relate to the disease of chemical dependency.

### ***Guest Speakers***

Participants see the benefits and challenges of recovery from others who are actively fighting the disease of chemical dependency and co-dependency challenges.

### ***Coping with the Possibility of Relapse***

An interactive discussion is generated from the role plays and educational material to help participants explore feelings and needs of one another with respect to relapse and develop strategies for coping with relapse.

### ***Families in Recovery***

Participants learn about the process of recovery and how they can work together to avoid relapse.

### ***Living with Addiction***

Participants explore ways in which recovery can affect family life and discuss challenges and strategies.

### ***Anger Management***

Through discussion of educational material and role play, participants learn healthy and effective ways of identifying, expressing, and coping with feelings of anger.

### ***Communication Traps***

Participants explore the important role that communication plays in healthy relationships and about the problems that can hinder effective communication skills.

### ***Healthy Boundaries***

Participants examine and identify healthy boundaries, gain insight into the roles of chemically dependent families, and develop practical knowledge that will facilitate changed behaviors that benefit recovery of the entire family.

### ***Rebuilding Trust***

Participants explore the important role that trust plays in recovery and how they can begin to repair damaged relationships.



To register for the  
Family Matters program,  
call 216-698-3100.

# Oriana House, Inc. Family Matters Education Program

For more information  
or to register,  
call 216-698-3100

The Family Matters Education Program  
meets Thursday evenings  
the Judge Nancy R. McDonnell CBCF,  
3540 Croton Avenue,  
Cleveland, Ohio 44115

6:00 p.m. - 8:00 p.m. Family Matters Session  
(doors open at 5:30 p.m.)

The program is open to family members and friends of CBCF clients affected by their loved one's addiction and is recommended for adults and mature teens over 16 years of age.

Personal items such as cell phones and purses are not allowed into the meeting area and will have to be placed in a secured locker.

Appropriate attire is required.



[www.orianahouse.org](http://www.orianahouse.org)  
[www.cbcf.cuyahogacounty.us](http://www.cbcf.cuyahogacounty.us)

It is the policy of Oriana House, Inc., to not discriminate based on race, color, religion, sex, national origin, disability, age, sex (wages), genetics, gender, sexual orientation, HIV status, retaliation, and military/veteran status. 7/13