



Program: Family and Parenting Dynamics

Facilitators:
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Level of Care Services: SACOT, SAIOP, OPBH

Meeting Time: Flexible

Course Description:

The Real Life Parenting Skills Program provides practical guidance on issues and ways recovering mothers can develop realistic action plans with their children.

The Real Life Parenting Skills Program is divided into three multi-format programs:

- Building Trust
- Handling Anger and
- Setting Rules

Each section includes a pamphlet containing the basic concepts as well as a workbook with clear and practical exercises and concrete action steps to personalize this information. Also includes a video that dramatizes new or relearned parenting skills

- The Family and Parenting Dynamics program provides 8-weeks of extensive and structured skill-based groups;
- The fundamental aspect of the parenting program is education about issues that present challenges to having a healthy family due to chemical dependency and related patterns
- The Family and Parenting Dynamics program helps recovering parents deal effectively with one of the biggest hurdles for those who are recovering from alcoholism or an addiction which is restoring our relationship with their children and families;

- **The Family and Parenting Dynamics program helps parents rebuild shattered trust, but even more basic, helps recovering parents how to learn, or re-learn, how to treat their families and children with love and respect**
- **The Family and Parenting Dynamics program identifies common addiction family patterns and ways to enhance positive patterns and change negative behavior**
- **The Family and Parenting Dynamics program believes that the most effective change occur within the context of that particular family's own cultural and socioeconomic background**
- **The Family and Parenting Dynamics review and discuss the "Ten Steps To Recovery For Co-Dependents."**
- **Explore and discuss the chemically dependent family and the rules taught to children in shame-based families**
- **The Addiction Family Planner**

Program Material Used:

- Three – part Hazelden "Real Parenting" Series with videos and workbooks Child
- Rules in the Chemically Dependent Family (Healing the Shame that Binds You by John Bradshaw)
- For Parents Only (National Institute on Drug Abuse).

Group Objective:

The Family and Parenting Dynamics is a group education program designed to provide the essential information for building strong personal prevention for reducing the risk of behavioral patterns that are often seen in families with substance abuse, grief and mental health challenges

The participant will demonstrate ability to:

1. Define their own family strengths and needs
2. Define their role as a parent
3. Explore community and environmental impact of parenting
4. Recognize effective nurturing routines
5. Understand behavioral patterns and progression process of drug abuse and dependency,
6. Understand normal human growth and development
7. Recognize anger and depression in families
8. Recognize the 12 patterns of family challenges with substance abuse/mental health and grief
9. Identify the steps towards the healing process

1. **Procedures for Achieving Objectives:**

2. Come to class on time each week.
3. Read and discuss all material.
4. Review and discuss each topic
5. Complete weekly assignments
6. Discuss ways group topic was applied in "real life" situations

Attendance:

Participants are required to attend 100% of scheduled sessions. Participants are expected to be present at the beginning of each group which will begin on time. Class will end on time.

I hope that you will find our groups creative, interesting and useful in your real life situations and recovery. If you have any questions about the material presented, you are encouraged to ask questions in group.