



NETWORK FOR

Family Recovery

ENCOURAGEMENT THROUGH HOPE

Network for Family Recovery is a 501 (c) (3) non profit organization serving as a resource for family members of individuals currently in treatment for addiction related illness. Visit our website for non discriminatory, privacy and disclosure policies.

NETWORK FOR FAMILY RECOVERY
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3 PHASE FAMILY RECOVERY PLANSM



What is **Network for Family Recovery**?

Recovering from addiction is a process that involves the entire family. Our goal is to assist families in treatment or in recovery to be successful in their journey.

Network for Family Recovery is a cooperative association of professionals, businesses, and services that serve as a

resource for families who are recovering and adjusting to the challenges of a family member in treatment for addiction related illness.

What do I do now? Where do I go from here?

3 PHASE FAMILY RECOVERY PLANSM

A manageable and practical **3 step guideline** to help family members begin their own restorative journey.



PHASE 1 • RESPITE

*One of the first challenges we face in the healing process is the need to develop a new survival skill: **how to nurture ourselves.***

Laura Davis - co author of The Courage to Heal

FOCUS:

To allow for a time of reprieve by giving oneself the gift of rest.

PURPOSE:

Begin to consider our own needs and wants. Look at ways to nurture our self and tend to our own emotional, physical and spiritual growth.

For a list of suggested facilities, businesses and services that can be beneficial in beginning this process go to www.mynfr.org & click **RESPITE**

PHASE 2 • RECONNECT

*People don't need to be forced to grow, however, we do need favorable conditions: **compassion, connection, respect & love.***

Brené Brown Ph.D. L.M.S.W. - author of "I thought it was just me..."

FOCUS:

To reconnect with our authentic self and connect with other relationships that can contribute to our own restorative process.

PURPOSE:

Connecting with professionals, businesses and services that can be of assistance in bringing order and balance into our lives.

For a list of suggested counselors, therapists, businesses & services that can be utilized during this phase go to www.mynfr.org & click **RECONNECT**

PHASE 3 • REBUILD

"We have to learn to live our life while we are healing. Recovery isn't a race; it is an opportunity to rewrite our own story."

Ranee Cress - Founder of Network for Family Recovery

FOCUS:

To encourage families to participate in Family Week if one is offered by the treatment facility. Also offer suggestion for aftercare for the entire family.

PURPOSE:

Allowing everyone the same care and support. Making room for each family member's recovery process.

For a list of suggested professionals, support groups, reading materials and activities go to www.mynfr.org and click **REBUILD**