

Dear Family Member,

We understand you may be experiencing a plethora of emotions. We want you to know that you are not alone and that we are here to give you support. Addiction is a disease that affects the whole family and we want to help you begin the process of healing from the problems and hurt this illness has caused you. In order to help you we request that you attend Family Programming and the Family Support group provided at no cost to you. **(When visiting our campus please leave all bags and cell phones in your vehicle. Federal Confidentiality Laws prohibit the use of cameras which include cell phones on campus).**

Information for Family Program and the Family Support group are is as follows:

1. Family Support Group: Every Sunday while your loved one is in treatment, Family Support Group is offered from 1:00-2:00pm. Please arrive no later than 12:45pm. This group is specifically designed to support you by educating you about substance use disorders and recovery.
2. Family Program: It is vitally important that family attend Keystone's two day Family Program. Personnel from the Family Program office will call you with the dates and details. Few details as follows:

Due to the emotional intensity of Family Program and respect of other participants, **we encourage no child under 18 be present**. However, if parents feel a child younger than 18 is emotionally mature enough to participate, they may speak to a Family Program counselor prior to your scheduled Family Program, to discuss this further. It will be **your responsibility to contact and make arrangements for childcare** for the days you attend Family Program.

Meals are available at Keystone during your Family Program at a cost of \$5.00 per meal. Families may stay for lunch both Monday and Tuesday. **Patients are not allowed to leave for meals and food may not be bought in.**

If you do not live in the area, a couple of motels have agreed to give Keystone families discounts. When making your reservation be sure to ask for Keystone discount.

Gateway Motel- Ph. **605-987-2692** Address: 812 E 5th St, Canton SD.

Gate City Motel – Ph. 605.214.4604 Address: 47947 W 5th st. Canton SD.

Towne Place Suites by Marriot- Ph. **605-361-2626** Address: 4545 Homefield Dr. Sioux Falls SD. 57105.

GLO Hotel – 1211 South Darryl Place, Sioux Falls, SD 57110. **605.275.4000**

3. Support Groups: Keystone is not affiliated with 12-step groups but we do recommend patients and family members get involved with a self-help group of their choice. Following is a list of websites you may reach out to for more information as well as meeting days and times.

Al-Anon: www.al-anon.org

Nar-Anon: www.nar-anon.org/find-a-meeting

Families Anonymous: <https://www.familiesanonymous.org/>

4. Other helpful information: The following is a list of resources you may use to further assist you in understanding what you and your loved one are going through.

Wellbriety Movement includes traditional Native American Healing:

www.wellbriety.com

Celebrate Recovery integrates a Christianity with the recovery process:

www.celebraterecovery.com

Substance Abuse and Mental Health Services Administration: www.samhsa.gov

National Institute of Health: www.nih.gov

Drug Free World: www.drugfreeworld.org

Additional information for Family Members:

1. Phone calls/Phone Privileges: No Phone calls may be made during the first two days of treatment. On the third day patients may make phone calls. Outgoing calls may be made by the patient during the hours of 11:30am-10:30pm; aside from group times when phones are turned off. No phone calls are allowed after 10:30pm. A violation of phone privileges may result in loss of those privileges.
2. There will be NO incoming calls transferred directly to the patient. This is to assist in protecting patient confidentiality. Family members are able to leave messages anytime. Emergency messages will be relayed to the patient immediately.
3. Family members may contact the RN on duty or the patient's counselor should there be any questions or concerns.
4. If you are contacted by the patient requesting you to assist them in leaving treatment please notify staff as soon as possible.
5. Visitation is from 2:00p,-4:00pm on Sundays, after Family Support group, which starts at 1:00pm. Immediate family only and limited to 2 visitors at a time. Visitors must be approved by patient's primary counselor and on the visitation list. Visiting is open once the patient has been at Keystone for 3 weeks.
6. Any items brought in for the patient must be checked in with staff prior to being given to the patient.
7. Mailing address is: Patient's Name, PO Box 159, Canton, SD 57013.
8. Packages may be sent to: Patient's Name, 1010 E 2nd St. Canton, SD, 57013

Please complete the enclosed *Family Questionnaire* and return it at your earliest convenience.

If you have any questions regarding any of this information or your loved one's treatment, please feel free to contact Keystone Treatment Center at any time.

Keystone Treatment Center
1-800-992-1921 (Mon-Fri, 8:00am-5:00pm)
605-987-5659 (After 5:00pm and Weekends)