



# Institute for Health and Recovery

349 Broadway, Cambridge, MA 02139 | Phone: (617) 661-3991 | Fax: (617) 661-7277

## FAMILY RECOVERY PROJECT

The Family Recovery Project (FRP) provides individuals and families with intensive home-based substance abuse, mental health and trauma treatment with the goal of connecting people with community-based supports and ongoing care. The project's overarching goal is to strengthen and stabilize families and to ensure access to recovery and treatment supports, child development, parenting services, trauma treatment, and social supports. Project staff remain engaged with families for up to eight months, depending on individual needs.

FRP serves families who are impacted by parental substance use, are not actively engaged in treatment AND who have children at imminent risk of placement, or children who are in out-of-home placement with the goal of reunification. FRP provides in-home services through a Family Recovery Specialist assigned to each family. Services are designed to remove barriers to ongoing treatment, and may include:

- Assertive outreach through phone calls, letters, home visits, and scheduled meetings with the Department of Children and Families (DCF),
- Assessment and treatment planning,
- Intensive case management,
- Home-based, trauma-responsive treatment for families - including adults, adolescents, and children - utilizing Motivational Interviewing/Motivational Enhancement Therapy; CBT; Seeking Safety; Nurturing Program for Families in Substance Abuse Treatment and Recovery; Attachment, Self-Regulation, and Competency (ARC); and Child Parent Psychotherapy (CPP),
- Psycho-educational services for families (substance use, trauma, mental health),
- Transportation to initial treatment program and other critical appointments,
- Referrals to community-based services and supports.
  - Primary care
  - Mental health and co-occurring disorders treatment
  - Parenting education and support
  - Domestic violence services
  - Trauma-specific treatment
  - Children's services (EI, child care, pediatric care, mental health, school, substance abuse, self-help programs)

FRP maintains ongoing communication with DCF professionals. The Family Recovery Project is funded by the US Administration for Children and Families, Children's Bureau, in collaboration with the Massachusetts Bureau of Substance Abuse Services and the Massachusetts Department of Children and Families.

For more information, please contact Terri Bogage, LICSW, Director of Family & Children's Services at IHR, at 617-661-3991 or [terribogage@healthrecovery.org](mailto:terribogage@healthrecovery.org).

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## PARENTING CURRICULUM AND TRAINING

IHR's Parenting Program works to—

- Integrate relational and family issues into substance use disorders treatment across systems
- Serve as a resource to the MA substance use disorder treatment system regarding child and family development issues
- Develop and provide trainings for national, state, regional and community programs on issues of families, children, substance use and co-occurring disorders and trauma

IHR's Parenting Program provides clinical consultation and support to individual providers at publicly funded programs throughout the state and works to develop systems which both acknowledge that substance abuse is a family disease and support family recovery. The Parenting Program is supported by funds from the Massachusetts Department of Public Health/Bureau of Substance Abuse Services and various private training and consultation contracts.

After working for several years to integrate substance use disorders treatment and family issues, IHR developed a group-based parenting curriculum, *The Nurturing Program for Families in Substance Abuse Treatment and Recovery*. This program, originally published in 1995 by Family Development Resources, is designed to nurture the parent, to nurture the parent-child relationship and to promote development of parents' self-awareness, competence and skill. A second edition of the curriculum, published in 2006, was updated to include more information about trauma and men-

tal illness, in addition to substance use disorders. It is designed for families affected by these issues and specifically addresses the impact of these experiences on parents and children. A third edition of the curriculum, integrating sessions designed specifically for men and fathers, was published in 2012.

The *Nurturing Program* is cited on SAMSHA's National Registry of Evidence-based Programs and Practices (NREPP), a searchable online registry of mental health and substance use disorder interventions that have been reviewed and rated as being effective in both prevention and treatment. For more information, please visit the website: [www.nrepp.samhsa.gov](http://www.nrepp.samhsa.gov).

The Parenting Team also developed a curriculum for parents of adolescents with substance use problems. *Parent Time* is designed to enhance parents' ability to help their children, whether the children are in treatment, have completed treatment, or are still actively using alcohol or other drugs. This eight-session curriculum includes information about substance use disorders and treatment, adolescent development, relapse, resources for parents and guidance for parents in caring for themselves and supporting their teen. It also includes modules and activities aimed at strengthening relationships.

The Parenting Team regularly consults with programs throughout the country regarding training design and technical assistance services.

For more information, please contact Dianna Christmas, MPH, Coordinator of Parent-Child Services, at [diannachristmas@healthrecovery.org](mailto:diannachristmas@healthrecovery.org), or Terri Bogage, LICSW, Director of Family & Children's Services at [terribogage@healthrecovery.org](mailto:terribogage@healthrecovery.org), or call (617) 661-3991.

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## IHR: Product Information

### SUBSTANCE USE

#### SU01 · A Guide to the Detoxification of Alcohol and Other Drug Dependent Pregnant Women [1995]

A guide which provides a collection of medical and treatment protocols from detoxification programs around the country with expertise in the care and treatment of pregnant women.

#### SU02 · Substance Abusing Women and the Courts: A Model for Judicial Training [1995]

A booklet which provides a model for training judges, attorneys and other court personnel in the issues faced by women with substance use disorders who are court-involved.

#### SU03 · Working With Alcohol And Other Drug Abusing Women and Their Families: A Handbook for Caregivers [1995]

A handbook which provides a wealth of basic information crucial to understanding issues of women and families affected by substance use disorders including definitions of commonly used medical, perinatal, treatment and child development terms; opportunities to explore staff attitudes; and tips for access to treatment resources.

#### SU04 · Starting Here, Starting Now: A Systems Model for Treating Alcohol and Drug Abusing Pregnant and Parenting Women [1995]

This guide to implementing a systems model for treatment includes information on internal staff trainings for programs and provides information on building systems collaboration for comprehensive programming at a state agency and policy level.

#### SU05 · Opening Doors: A Guide to Residential Substance Abuse Treatment for Pregnant and Parenting Women and Their Children [1995]

This manual provides a comprehensive guide for the provision of substance abuse treatment for women within a long-term residential setting. Protocols and forms used by experienced providers are included for reference.

#### SU06 · A Pre-Vocational Handbook for Women in Treatment [2002]

A curriculum to assist with the integration of work-related skills and tasks into substance abuse treatment as clients prepare for eventual economic self-sufficiency. It can be implemented by non-vocational specialists.

## **TRAUMA INTEGRATION & TREATMENT**

### **TR01 · WELL Project Training Curriculum for Providers: Developing Integrated Services for Women with Substance Abuse, Mental Illness and Trauma [2001]**

This manual contains the content and handouts for 11 training modules that can be used separately or in any combination to familiarize service providers with the needs and issues presented by women with co-occurring substance use and mental health disorders and trauma.

### **TR02 · WELL Recovery [2001]**

This manual is intended for consumers who wish to establish peer-run mutual help groups specifically for women in recovery from substance use disorders, mental illness and trauma.

### **TR04 · Proceedings: Offering Safe Choices: New England Conference on Integrating Services for Substance Abuse, Domestic Violence, and Mental Health [2005]**

This book provides information about the planning and implementation of a two-day regional conference, which took place in April of 2005. A summary of proceedings, the content of each presentation and additional documents contributed by presenters about providing integrated care to consumers of mental health, domestic violence and substance abuse services are also included.

### **TR05 · Why Trauma Matters: A Training Curriculum for Corrections Personnel Working with Female Offenders [2011]**

This curriculum is designed to assist correctional administrators in training staff who work with women offenders on the impact of trauma and how to create a trauma-informed environment. It is a four-hour training that can be delivered by a staff member or consultant who understands both trauma and correctional environments to groups of 20–30 staff members at a time. A CD with PowerPoint slides is included.

### **TR06 · Project WAVE: An Initiative to Embed Substance Use & Co-Occurring Disorder Services in Domestic Violence Settings**

Project Women Achieving Vital Empowerment (WAVE) was a Center for Substance Abuse Treatment grant to provide on-site integrated trauma-informed screening, outreach, engagement, assessment, education, intervention, referral and care coordination for substance use/co-occurring disorders to women seeking services from two domestic violence agencies in Massachusetts. This paper describes Project WAVE from its inception to lessons learned and suggestions for replication.

### **TR07 · Developing Trauma Informed Organizations: A Tool Kit [Second edition, 2012]**

The Tool Kit is designed to help organizations improve the quality of services offered by integrating an understanding of the impact of trauma and violence into the organization's policies, procedures, and interactions with those being served. It includes the principles for trauma-informed treatment, a self-assessment for provider organizations, an organizational assessment and instructions for using the assessments to provide trauma-informed, integrated care. The second edition includes guides and instruments designed to educate supervisors regarding how to conduct supervision in a trauma-informed matter and how to elicit staff competencies in terms of trauma-informed care.

## **TOBACCO**

### **TB01 · Making Connections: A Guide for Working with Women's Organizations on Tobacco Issues [2002]**

This guide includes a discussion on how tobacco control and cessation programs can assist women and girls' organizations in addressing tobacco issues. Case examples, focus group results, and strategies learned in working with women's organizations are also provided.

### **TB02 · Integrating Tobacco Education and Treatment into Substance Use Treatment**

This manual is designed to help programs and providers become familiar with the rationale, strategies and opportunities for addressing and treating nicotine dependence within substance use treatment, and provide assistance for organizational movement forward on the Stages of Change. It is our hope that it will contribute to more discussion and greater awareness, and that the included resources and materials will be helpful to substance use treatment providers as they integrate tobacco issues into substance use treatment work. Our manual has been a joint endeavor between the Massachusetts Department of Public Health Bureau of Substance Abuse Services, the Institute for Health and Recovery and the Center for Tobacco Treatment Research and Training, Division of Preventive and Behavioral Medicine, University of Massachusetts Medical School.

## **PARENTING & CHILDREN**

### **PC01 · Can I Bring the Kids? A Guide to the Development of Child Care for Outpatient Substance Abuse Treatment Settings [1995]**

This guide includes a discussion of the issues inherent in treating caretaking parents at outpatient substance use disorder facilities. Also provided are tips for the development of onsite childcare based on the Massachusetts experience.

### **PC02 · Fostering Effective Parenting Skills & Healthy Child Development within Residential Substance Abuse Treatment Settings [1995]**

This report presents findings on the impact of implementing a parenting component in two urban residential treatment programs in Massachusetts for 170 pregnant and parenting 3chemically-dependent women. The report stems from a four year Center for Substance Abuse Treatment Demonstration Project for the Coalition on Addiction, Pregnancy and Parenting which has since been renamed the Institute for Health and Recovery.

### **PC03 · Engagement Tips for Working with Families with Substance Use Disorders [2007]**

These TIPS are a series of suggestions for increasing child safety, well-being and permanency by working with parents who are having problems with alcohol and/or other drugs, including general information about substance use disorders, how to approach and engage a parent who may have substance abuse problems and relevant cultural considerations. An attached directory contains information about many resources throughout Massachusetts for individuals and families affected by substance use and co-occurring disorders as well as trauma.

**PC04 · Nurturing Program for Families in Substance Abuse Treatment & Recovery [Third edition, 2011]**

The third edition of the Nurturing Program for Families in Substance Abuse Treatment and Recovery includes three new segments specifically designed for men and fathers. It also incorporates a framework for understanding parent and child behavior in the context of substance use, disruptions to attachment and child development. It is a psycho-educational, 20 session, group-based parenting curriculum and specifically addresses the impact of these experiences on parents and children. The curriculum is included on SAMHSA'S National Registry of Evidence-based Programs and Practices (NREPP). For more information visit:

<http://www.nrepp.samhsa.gov/>

**PC05 · Nurturing Program for Families in Substance Abuse Treatment & Recovery [Second edition, 2006]**

The second edition of the original Nurturing Program (originally developed and published in 1996) and includes the integration of information on trauma and mental illness, as well as substance abuse. It is a psycho-educational, seventeen-session, group-based parenting curriculum, and specifically addresses the impact of these experiences on parents and children. The curriculum is included on SAMHSA'S National Registry of Evidence-based Programs and Practices (NREPP). For more information visit: <http://www.nrepp.samhsa.gov/>

**PC06 · Nurturing Program for Families in Substance Abuse Treatment & Recovery: Guide for Individual Use [2012]**

This guide may be used either to complement the work done in Nurturing Program For Families In Substance Abuse Treatment And Recovery groups or as stand-alone activities or points of entry for working with individuals and their families. It includes modifications to the curriculum for use in individual and family sessions, and will complement existing home visiting and case management programs.

**PC07 · The Nurturing Program for Families in Substance Abuse Treatment & Recovery/11 Week Adapted Edition [2002]**

An 11-week adapted version of the curriculum which focuses on concrete parenting skills as well as cultural considerations.

**PC08 · Informational DVD: The Nurturing Program for Families in Substance Abuse Treatment & Recovery [2002]**

A 15-minute video which provides a concise and informative description of the curriculum. The video can be used to provide an overview of the program to potential participants or facilitators.

**PC09 · Family Activities to Nurture Parents & Children [1996]**

This easy to read book describes playful, creative activities for parents and children to enjoy together. The activities are designed for children 2–12 years, and use inexpensive materials. A guide identifies activities' age range appeal, capacity to energize or calm and supervisory level needed.

**PC10 · Building Family Recovery [1999]**

A psycho-educational, group-based program for families, based on the Nurturing Program for Families in Substance Abuse Treatment & Recovery who have experienced separation and disruption as a result of parental substance abuse. This program is aimed at supporting families in getting to know one another again, in a new, sober lifestyle. Particular attention is paid to the needs of school age children.

#### PC11 · Parent Time: Supporting Yourself & Your Child [2009]

Parent Time is designed to enhance parents' ability to help their children, whether the children are in treatment, have completed treatment or are still actively using alcohol or other drugs. This 8-session curriculum includes information about substance use disorders and treatment, adolescent development, relapse, resources for parents and guidance for parents in caring for themselves and supporting their teen. It also includes modules and activities aimed at strengthening relationships.

#### PC12 · Alcohol Screening Assessment in Pregnancy: The ASAP Curriculum [2004]

A compilation of resources, research and training materials will give prenatal care practices tools for alcohol, tobacco, and other drug screening, and strategies for normalizing the conversation with pregnant women around substance use.

## WELLNESS

#### WE01 · Working Towards Wellness: A Skill-Building Curriculum for Young People [2011]

The purpose of this program is to help adolescents and young adults develop and build internal resources to navigate the journey to adulthood in a health way. This curriculum was designed to enhance the existing program available in substance use disorder treatment programs and adolescents and young adults with co-occurring issues. This curriculum is rooted in a holistic approach to overall well-being and compliments traditional treatment methods in addressing the challenges of maintain long-term recovery.

## HOW TO ORDER

All of our products are available for purchase online through our website. To order, please go to <http://www.healthrecovery.org/products>. All major credit cards are accepted. Products can also be ordered by mail using the attached Product Order Form.



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## IHR OVERVIEW

The Institute for Health and Recovery (IHR) is a state-wide non-profit organization with offices and services throughout Massachusetts. IHR provides counseling to individuals, youth and families struggling with addiction and mental health issues, many of whom have experienced violence. IHR provides trauma-informed:

- *Outpatient behavioral health treatment* in home and community settings for women, men, youth and families affected by substance use and mental health disorders
- Education and care coordination for *youth & young adults* in a variety of inpatient and outpatient locations including homes and schools
- *Access to residential substance use treatment* for families and adolescents
- *Prevention & Early Intervention* services, including school and community-based HIV and substance use education
- Case management for *HIV* positive individuals and families to support client health and recovery from substance use and mental health disorders
- Substance use and mental health disorder treatment and access to recovery services for individuals formerly involved with the *juvenile & criminal justice* systems.

IHR also provides training, consultation and technical assistance to state, local and national organizations and funders to improve the integration of best practices and policies into prevention and treatment programs for families, taking what we learn from our direct service programs and using it to enhance programming. IHR provides training and consultation on the following areas including strategies for integrating these topics into existing services:

- Gender responsive services
- Trauma & violence
- Family centered care
- Parenting & child development
- Tobacco addiction, education & cessation
- Fetal Alcohol Spectrum Disorders (FASD/FAS)
- SBIRT (Screening, Brief Intervention & Referral to Treatment)
- Motivational Interviewing
- Holistic approaches to recovery

For more information, please contact (617) 661-3991 or toll free at 1 (866) 705-2807. Visit our website, [www.healthrecovery.org](http://www.healthrecovery.org) to learn more.

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