



HOTEL CALIFORNIA
By the Sea

Family Program Welcome Packet

*Family Program Location:
230 East 17th Street
Suite 201
Costa Mesa, California
92627*

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Dear Families,

Here at Hotel California By the Sea, we strongly believe in family involvement to help both you and your loved one recover from the Family Disease of Addiction. Addiction is a disease that tears families apart and our hope is to help foster the repair of family relationships and end the vicious cycle of addiction. Our family program is formatted to provide support and education to those affected by this disease. We foster open communication in a therapeutic environment where our therapists, case managers, and medical team facilitate groups and individual sessions, where both you and your loved one participate in groups and individual sessions, providing education, individual and family activities.

We understand that you may have participated in other family programs, and many of you may feel burnt out from your attempts to help and support your loved one recover from the disease of addiction. Please don't stop the support now. Many of our clients have been through multiple treatments, and are feeling tired, hopeless, and helpless, but they keep fighting. Keep fighting with them. Our hope is that this is their last treatment and that the seemingly endless cycle stops here.

Please read through our Family Program informational packet and let your loved one's case manager know of any questions you may have and what dates you plan to attend. We sincerely appreciate your continued support and look forward to meeting and working with you and your loved one.

Sincerely,

Hotel California By The Sea

Hotel California Family Program

We understand how addiction affects the entire family and because of this and our commitment to provide the best care possible, we have created a specialized program just for the family members. Our family program is designed to help you find your path to healing and to help you reconnect with your loved one. Below is our list of Family Program dates for 2019.

- January (No Family Program)
- February 6th-8th
- March 6th-8th
- April 3rd- 5th
- May 1st- 3rd
- June 5th- 7th
- July 10th- 12th
- August 7th- 9th
- September 4th-6th
- October 2nd- 4th
- November 6th- 8th
- December 4th- 6th

RSVP Required

Please contact your loved one's Case Manager in order to reserve a spot or to ask any questions.

Location

The Family Program is located at 230 East 17th Street, Suite 201, Costa Mesa, California 92627. (Parking lot is behind the building)



Directions From John Wayne Airport

Get on I-405 North from North Airport Way and MacArthur Blvd

Take CA-55 South (Drive for 8-10 minutes)

Turn Left on to East 17th Street

Turn Left on Orange Avenue

Make a Right directly behind the 711

Continue till you see the 230 building on the right

Hotel California Family Program 2019 Schedule

Wednesday

8:30am- 9:00am: Breakfast

9:00am-10:00am: Opening Circle (Family Members only)

10:00am- 10:15am: Break

10:15am- 10:45am: Symptoms of Addiction (Family Members only)

10:45am-12:00pm: Disease Model of Addiction (Family Members only)

12:00pm-1:00pm: Lunch

1:00pm-2:00pm: Codependency Lecture (Family Members only)

2:00pm - 2:15pm: Break

2:15pm- 3:15pm: Al-Anon introduction (Family Members only)

3:15pm- 3:30pm: Break

3:30pm- 4:30pm: Al-Anon Panel (Family Members only)

Thursday

8:30am- 9:00am: Breakfast

9:00am-10:15am: Boundaries (Family Members only)

10:15am-10:30am: Break

10:30am-12:00pm: Powerlessness (Family Members only)

12:00pm-1:00pm: Lunch

1:00pm-5:00pm: Recovery Protection (Clients & Families)

Friday

8:30am- 9:00am: Breakfast

9:00am-12:00pm: Reverse Carefrontations (Clients and Families)

12:00pm- 1:00pm: Lunch or Treatment Team Session (Clients & Families)

1:00pm-2:00pm: Lunch or Treatment Team Session (Clients & Families)

2:00pm-2:30pm: Break

2:30pm-3:00pm: Closing Circle (Clients & Families)

Meet The Facilitators



Roman Sugden is a member of Hotel California By The Sea's Executive Team and client mentor. He is also captain of the Orca Too. His favorite part about Family Program is seeing the positive, healthy change in family dynamics. Roman was a child of the 60's and a street kid for 20 years until he found Alcoholics Anonymous. He understands first hand the positive change Alcoholics Anonymous can bring someone.



Bryan Bixler is the Program Director at Hotel California. He began his career as an academically successful scientist in the field of conservation ecology and sustainable development. Through his 15-year battle with and recovery from anorexia, he received an education far different from anything he had received at a university. His unexpected path brought lessons in compassion, humility, and a natural connection with others who struggled with the same darkness. Through this connection born of shared experience, his passion to work in the recovery field was born.



Nancy Setterquist comes to Hotel California By The Sea having worked in the field of addiction since 1990. Nancy got sober when she was 22 years old, and has a true passion for working with individuals suffering from drug and alcohol addictions. As an experienced case manager, utilization review specialist, interventionist, and program developer she has worked in a variety of addiction centers across the country, treating men and women in a variety of treatment settings.



Dave Ronquillo is the Client Advocate Supervisor. He has over 30 years in recovery. His passion is to assist families and their loved ones navigate the road to recovery. He believes in the 12 Step approach for solutions to many addiction issues. He looks forward to sharing his experience, strength, and hope with those seeking recovery.



Dr. Jerry Brown has worked in the chemical dependency field for 35 years and the counseling field for 47 years. He is a Licensed Marriage and Family Therapist and has a Doctorate in Clinical Psychology. Dr. Brown has appeared as an expert on INTERVENTION (A&E) and numerous radio programs.



The vital restoration possible for families like yours can begin or be fortified in the Recovery Protection and Reverse Carefrontations sessions facilitated by Scott and Jenny Graham of Carefrontations.

Carefrontations, since 1988, was built and continues to be a multifaceted intensive service to Unlock Hope and Change, be it at the point of entry into treatment, midway through treatment or upon the exit from treatment. Most known for their intervention and transport services around the world, they are a solid bridge compelling the ones we love, through the doors of treatment. Thankfully, your loved one is already in the care of Hotel California by the Sea. Scott and Jenny

Graham's purpose for their time with you is designed to impart lasting strategies to break the cycles of relapsing, and to build the resolve and action plan for making recovery sustainable.

From 1988-2005 Scott worked in the treatment field as he and Jenny built their intervention practice. As an adjunct college level instructor, he taught drug and alcohol counselor certification course work. Scott worked as a counselor in both inpatient and outpatient treatment as well as in private practice. He also worked as a program director in chemical dependency treatment and as a social service director.

Both Scott and Jenny have worked in the public-school system as intervention specialist counselors and as trainers for "Living Works" and "The Recovery Foundation", training thousands in the areas of suicide prevention, chemical dependency, intervention, family systems and community mobilization. In addition, they work directly with and receive referrals from outpatient and inpatient programs, hospitals, public school systems, churches, county and state agencies, tribal governments, therapists, and private as well as public organizations throughout the country.

Prior to Scott's work in this field, he was an undercover vice/narcotics deputy in the West Hollywood area for the Los Angeles County Sheriff's Department. He ultimately lost his career because of his addiction. During that time, his assignment on the Sunset strip of West Hollywood was the highest crime rated area per capita in all of Los Angeles County. That experience, without a doubt, has added a unique perspective to the varied dynamics encountered in their recovery sessions, keynote presentations and radio spots. Their upcoming book is titled, "Undercover Addiction Arrested". You can visit their website www.carefrontations.com to review their short 1 to 2 minute videos.

Recommended Hotels**Balboa Bay Club**

221 West Coast Highway, Newport Beach, CA 92663 888-445-7153

(Mention “Hotel California By The Sea” when making a reservation in order to receive company rate.)

Holiday Inn Express

2300 W. Coast Highway, Newport Beach, CA 92663 949-229-1919

Newport Beach Marriott

900 Newport Center Drive, Newport Beach, CA 92660 949-640-4000

Ramada

1680 Superior Ave, Costa Mesa, CA 92627 949-645-2221

Recommended Airports**John Wayne Airport (SNA)**

Santa Ana, CA (9 miles away)

Long Beach Airport (LGB)

Long Beach, CA (26 miles away)

Los Angeles International (LAX)

Los Angeles, CA (45 miles away)

Suggested Reading

- **Codependent's Guide to the Twelve Steps**, Melody Beattie
- **Codependent No More**, Melody Beattie
- **Detachment and Enabling**, Rebecca D. Chaitin
- **Facing Codependence**, Pia Mellody
- **Militant Parenting--A Guide for Parents With Problem Kids**, 2nd Edition, Dr. Jerry Brown.
- **The Language of Letting Go**, Melody Beattie
- **Unwelcome Inheritance**, Lisa Woititz, Ed.D.

Dietary Questionnaire

****Please fill out and email back to your loved one's Case Manager****

- **Do you have any food allergies?**

- **Do you have any unique dietary needs or preferences (i.e. vegetarian, lactose intolerance)?**

- **Is there any additional information that you feel our food services department needs to be aware of for our breakfast?**

Name: _____

Testimonials

“Recovery and treatment can be scary, especially if it’s the first time it comes into one’s family. Hotel California helped alleviate many fears. The Family Program is key!” -Family Member of Client

“Family week at Hotel California gave me and my family an opportunity to bond and express our feelings, which is something we rarely like to do. In addition, it strengthened my relationship with my family as well as my peers who I went through the family week with.” -Previous Client

“So much more hope, and yet realistic. Their message was the best!” -Family Member of Client

“Warm, loving environment with awesome staff!” -Family Member of Client

“I had no idea what to expect when I checked my brother into Hotel California. I can say that every aspect of this place far exceeded anything I could have imagined.” -Family Member of Client

“Facing addiction with a loved one can be exhausting, especially finding the right treatment facility that provides good quality care. We found that one gem at Hotel California. The quality of care is genuine- from intake to the Family Program. The honesty, integrity, and quality of professionals on staff are individually unique and first class. They go above and beyond. Hotel California is definitely the “light” that a substance abuser needs.” -Family Member of Client

Frequently Asked Questions

1. I have a few questions about the program. Who may I ask?
If you have any questions, please contact your loved one's Case Manager.
2. When will I get to see my loved one?
Thursday at 1pm, loved ones will join the Family Program groups.
3. May I socialize with my loved one after Family Program?
Yes, but only after Friday, as long as it is approved by your loved one's Case Manager and Therapist. There are no passes granted the Wednesday and Thursday after Family Program. Even if approved, it is subject to change.
4. Will I get to meet with my loved one's Case Manager and Therapist?
Yes! On Friday, you will have an individual meeting with your loved one's treatment team.
5. Do I need to attend all 3 days?
Yes. The program is set up so each group builds on one another. We require that if you attend, it be for the full 3 days.
6. What if I have a food allergy?
Please, let your loved one's Case Manager know of any food restrictions.
7. Can siblings attend?
Yes, if they are 16 years and older.
8. May I have an overnight with my loved one?
Overnights are not approved during the 3 days of Family Program. If you would like to request an overnight with your loved one for the weekend following Family Program, it must be approved by your loved one's Case Manager and Therapist. Even if approved, it is subject to change.