



ASSISTANCE IN RECOVERY

Improving lives together

Family Coaching

Family Coaching is a 90-day to 1 year program designed to provide the family of an individual struggling with behavioral health issues with an independent clinician to advocate for their needs. Family Coaching is designed to alleviate the stress, fear and challenges families suffer when trying to help one of their own recover.

Who is the Family Coaching program designed for?

- Family Coaching is appropriate for:
- Any family struggling with boundaries and attachment.
- Both individuals within families and for entire family systems of a recovering individual. i.e. spouse, sibling, children.
- The limit is 4 family members total per call, none of whom may be the identified individual.

Why is Family Coaching beneficial?

AiR Coaching provides:

- Highly specialized feedback from the behavioral health specific multidisciplinary team.
- National behavioral health referral network.
- Personalized long term case management.

What is the cost of Family Coaching?

- 90 day block is \$1,200
- 1 year is \$4,000



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Who delivers Family Coaching services?

All members of the Recovery Management Services team (RMS) are licensed clinicians, PsyD, LADC or MSW.

What are the deliverables of Family Coaching?

- Introductory packet
 - Mailed out at time of engagement
 - Packet contains an assessment(s) for participants.
- 1 hour introductory conference call
 - Introduce the program and go over the assessment(s).
- 13 weekly calls (90 day program) or 52 weekly calls (year program)
 - Half hour in length
 - Check ins
 - Review of recent behaviors
 - Healthy boundary adherence
 - Goal setting and assignments for next call
 - Crisis Management
- Assignments
 - Weekly assignments
 - Resources, journaling and directives
- Quarterly (every 90 days) written progress summaries
- Final conference call and closing report