

The Pines at Willingway
Guidelines and Expectations for Parents/Legal Guardians

Thank you for the trust you have placed in The Pines at Willingway to provide treatment for your child. The decision to send a loved one to treatment is difficult and we take that decision very seriously. Our role is to provide a therapeutic program that provides the greatest chance of successful

Progress Updates:

- Please understand that your child is not the only patient in treatment. We certainly understand that you are worried and concerned about your child and their progress and want to know how they are doing and if they are ok. Our counselors will provide you with a weekly update via a phone call and we will call you if there are any incidents or information we feel you need to know in real time. The counselor will try to schedule this weekly call with you in advance.
- Our primary concern is for your child to be engaged in active treatment in individual and group therapies with our clinical staff. Every call from a parent is time our clinical staff is not available to provide treatment. Consider that some patients have two parents who are not together that require weekly updates. We believe that the priority should be spending time with your child providing therapeutic services. Every minute spent on the phone multiple times throughout the week is less therapeutic time for your child and the other patients on the unit. We hope you will understand this and respect this expectation and the reason.
- We have incredibly dedicated counselors who work long hours each day. However, our counselors also have families. ***Unless it is a scheduled call with you after hours, our clinical staff will not be available to call you after normal business hours unless they need to notify you of an incident or situation involving your child.***

Weekly Zoom Calls:

Your child's therapist will schedule a weekly "zoom" call with you and your child during normal business hours. This will be a thirty- minute face to face call for you to talk with your child and discuss any issues and their treatment. The therapist will be on this call as well. We realize your schedule may be difficult to arrange during the week, but remember your child is only here for 30-45 days and this will be 30 minutes. The therapist will work with you to schedule this call at a convenient time during normal business hours.

Family conflicts

- Some of our patients come from families with parents who are divorced and have stepparents. We will attempt to include both parents in these situations in treatment and updates. However, our contact needs to be with the parent. We do not have the ability to speak with 4 different parents for one child. If that happened, we would not have time to provide treatment to the patients but would be doing nothing but spending time on the phone with families. Therefore, please identify one primary contact for each side of the family who will be your primary point of contact during treatment.

- It is not uncommon for divorced parents to disagree or not be on the same page when it comes to what is best for their child. Please understand our primary concern is assisting your child in overcoming their addiction! The Pines at Willingway will not take sides and it is not our role to be pulled in the middle of the disagreement or conflict between parents.
- If there is a court order for custody or issues related to custody, The Pines at Willingway is required by law to follow court orders as they are written. For example, if both parents have joint legal custody but one parent has the final decision-making authority as specified in the court order, The Pines is legally required to honor the verbiage in the court order. The Pines staff will not make recommendations as to who is the better parent or become involved in conflicts between parents or involved in court related disputes.

Reporting concerns:

- It is not uncommon for patients to complain to their families about the program or to try to convince their family to pull them out. Willingway strives to provide a safe and structured program for all patients. We hope that you will talk with the counselor before jumping to conclusions that the information your child may be reporting is accurate. The patients with the greatest chance of continued success after discharge are those where families are willing to hold boundaries. Our clinical staff will work with you during treatment to help you develop a plan to hold your child accountable after discharge and hopefully continue the road to recovery.

We hope this provides some guidance on the rules and reasons for those rules. They are not designed to be punitive but are in place to ensure your child receives the best chance at achieving sobriety and to maintain order not just at The Pines but throughout the entire hospital. Part of our role is to teach your child the importance of following rules and new ways of dealing with issues. If parents are unwilling to follow rules or want exceptions to the rules, then it is difficult to reinforce the importance of adhering to the program with your child. They look to the adults in their lives as examples and if those adults believe rules do not apply to them, then it is difficult to help the youth in believing they have to follow rules and expectations – not just at Willingway but in life.

Options for Family Therapy:

In addition to your weekly Zoom meeting with your child and the Therapist, The Pines offers a free multi-family group every Thursday at 5:30 PM with Kevin Petersen from Petersen Family Counseling in Florida. Kevin is a well-known family therapist, and we strongly encourage you to participate in this Zoom group each week. A copy of his book will be provided to you during your child's treatment. Your therapist will be providing you with information about the Zoom link to this family therapy group.

Willingway and The Pines also provide free Continuing Care Groups in key locations as well as two Zoom options. These groups are facilitated by individuals who are experts in addiction and are designed for family members, friends or former patients/clients. A copy of the schedule for in-person meetings as well as the Zoom options is included in your admission's packet. Your therapist may also provide you with information about the meetings.

Another avenue for support for family members is to attend a local Alanon meeting in your area. These meetings provide invaluable support for family members who have a loved one struggling with addiction.



I HAVE READ THE PINES AT WILLINGWAY GUIDELINES AND EXPECTATIONS FOR TREATMENT AND UNDERSTAND THAT FAILURE TO COMPLY MAY RESULT IN EARLY DISCHARGE OF MY CHILD.

SIGNED:

RELATIONSHIP TO PATIENT:

DATE:

The designated person to contact for updates is

Relationship: _____

Email address: _____

Best number to reach: _____