



The Family Education and Skills Training Program at Ashley Outpatient Program

The weekly Family Education and Skills Training Group provides friends and family members of individuals suffering from addiction disorders with evidence-based information about the specific substances patients may be using, treatment alternatives, and about the recovery process. The program helps individuals develop the skills necessary to support and aid their loved one's recovery. The group is facilitated by a clinical social worker or licensed behavioral health provider. The sessions are interactive, allowing the therapist to address the most pressing issues related to addiction.

Curriculum:

- Session 1: Triggers and Cravings
- Session 2: Mindfulness
- Session 3: Road Map for Recovery
- Session 4: Avoiding Coping with Relapse
- Session 5: Families in Recovery
- Session 6: Living with an Addiction
- Session 7: Advanced Stage of Recovery
- Session 8: Medication-Assisted Treatment
- Session 9: Naloxone Certification and Training**

Information:

When: Fridays – 5:00pm to 6:30pm

Where: Ashley Outpatient Treatment Center
Upper Chesapeake Medical Center
Klein Ambulatory Care Center
520 Upper Chesapeake Drive, Suite 304
Bel Air, MD 21014

COST: \$50 per person or \$75 per couple

Register: Call 443.760.3456

*** This program will train and certify qualified individuals (e.g. family members, friends and associates of opioid users) most able to assist someone at risk of dying from an opioid overdose when emergency medical services are not immediately available. Successfully trained individuals will receive a certificate allowing them to obtain, and have filled, a prescription for naloxone (Narcan®) a lifesaving medication that can quickly restore breathing of a person who has overdosed on heroin or prescription opioid pain medications.