



Families in Recovery

Strengthening Connections One Day at a Time

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Program Objectives

SESSION #1 Strengths & Needs

To explore and understand the strengths and needs of the individual and the family unit.

SESSION #2 Serenity & Courage

To explore and understand how to apply principles of acceptance, empowerment, and accountability to parenting in early recovery.

SESSION #3 The Stages of Change

To assess self and family needs and identify level of readiness for participation in change and growth process.

Program Objectives

SESSION #4 The Bigger Picture: How Family History Influences Parenting & Communication Style

To reflectively approach and understand the ways in which role modeling, culture, and family dynamics influence parenting style and communication.

SESSION #5 Discipline & Development

To explore perceptions of discipline without shame or stigma, and to promote healthy and effective methods of discipline; to understand developmental stages.

Program Objectives

SESSION #6 Healthy Self & Family Wellness

To learn, practice, and develop effective coping skills to reinforce and promote balance between recovery and family wellness.

SESSION # 7 Bridging the Gap: From Here to Home

To support individuals in developing a blueprint for family wellness.

PROGRAM HIGHLIGHTS

- ▶ Theoretically integrative framework with a holistic strengths and needs based approach
- ▶ Promotes self-efficacy, resilience, and empowerment
- ▶ Inclusive, culturally sensitive, and supports a variety of approaches to recovery-wellness
- ▶ Support and education for parents on how to manage emotions and develop sustaining and healthy relationships
- ▶ Trauma informed, family and person-centered, easy to individualize
- ▶ Promotes holistic wellness of parents, caregivers, and children
- ▶ Encourages and identifies the importance of developing social connections, and increasing knowledge of parenting and child development



Stakeholder Roles & Agreements



Why Groups?

1

Universality

- Existential Factors
- Social Microsystem
- Reduction of Isolation
- Instillation of Hope

2

Growth

- Develop Social Skills
- Broaden Knowledge
- Demonstrate Emotional Regulation

3

Support

- Challenge and Confront
- Witness the Success of Others
- Feedback and Validation

The Strengthening Families Protective Factors

1

Parental Resilience
(Be strong, not stressed)

2

Social Connections
(Get and give support)

3

**Knowledge of Parenting
and Child Development**
(Learn more so you can parent better)

4

**Concrete Support in
Times of Need**
(Get help when you need it)

5

**The Social-Emotional
Competence of Children**
(Help your child manage feelings
and relationships)



Trauma Informed Approach

According to SAMHSA's concept of trauma-informed approach:

“A program, organization, or system that is trauma-informed

- 1.) **Realizes** the widespread impact of trauma and understands potential paths for recovery;
- 2.) **Recognizes** the signs and symptoms of trauma in clients, families, staff, and others involved with the system.
- 3.) **Responds** by fully integrating knowledge about trauma into policies, procedures, and practices; and
- 4.) Seeks to actively **resist re-traumatization.**”

Voices & Face – Parents in Recovery



<https://vimeo.com/317815204>

Data Collection

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TO GET STARTED, CONTACT

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