

Family Week General Information

Location:

Family Week is held at Castlewood II: 1260 St. Paul Rd. Ballwin, MO 63021

When you arrive at Castlewood II, please enter at the main entrance. You will be greeted by staff. Please sign-in, fill out a name tag, pick up a copy of the schedule, and return your signed confidentiality agreement. Staff will gladly answer any questions about the day's events. They will also direct you to the kitchen where breakfast will be provided. Drinks will be available throughout the day, and lunch will be served to you.

Accommodations:

Please see the attached hotel information and please make your own arrangements for hotel and travel. You are responsible for getting to and from the hotel of your choice and to Castlewood Treatment Center.

Restroom Access:

Please understand that we limit restroom access for the safety of our clients. While you are participating in Family Week, only two lavatories are available at Castlewood II. We keep them locked to help our clients minimize their eating disordered behaviors. Staff will assist you to gain entrance at any time. We trust you will understand that the safety of our clients is foremost in our minds, and we hope you are not too inconvenienced by this policy.

Therapeutic Schedule:

Please see the attached schedule for times and locations of group family sessions. A detailed description of each group is provided below to help you know what to expect. In addition to the group sessions, most families will participate in individual family therapy. Individual sessions will be planned according to each family's therapeutic needs. A schedule of individual sessions will be available on the first day of family week. Should you have any problems with this schedule, please contact your family member's primary therapist.

Groups:

Multi-Family Group:

Comprised of clients and family members, multi-family group offers insights into eating disordered behaviors, family dynamics, and how coping with an eating disorder affects the individual and his/her relationships. Led by our most experienced clinical staff, clients and family members are asked to share their experiences of eating disorders. Clts reveal how they are affected, what the recovery process is like, and how others can support them. Similarly, family members reveal how they are affected by supporting a loved one struggling with disordered eating. Participants have the chance to ask questions

of clinical staff and others having similar experiences. This group sows seeds for on-going dialogue throughout Family Week programming.

The Process of Recovery:

Throughout family week we will have different staff and alumni speak about the recovery process. The purpose of these groups is to help family members comprehend the complicated nature of recovery and gain a deeper understanding of how to support their loved one. The staff and former clients will share their personal stories regarding how they came to be in recovery. Families will be given the opportunity to ask questions of the presenters.

Men's Group/Women's Group:

Based on gender, men and women split into two groups and meet separately from the clients. With guidance from staff, family members talk about family issues related to their gender role. Women, for example, discuss questions and concerns about motherhood, sisterhood, or being the wife of someone struggling with an eating disorder. Similarly, men discuss issues about fatherhood, brotherhood, or being the husband of someone struggling with an eating disorder.

Knee to Knee:

This group is an experiential group in which one family participates while the other families witness the family work. The client and chosen family members present letters of their appreciations, regrets, and resentments to each other. The goal of this group is to model the process of acknowledging past misunderstandings and making amends.

Medical Information:

During this group, Castlewood physicians and nursing staff present information related to the medical components of recovery. They talk about medical complications associated with eating disorders as well as various medications and medical management issues.

Anxiety Disorders:

In this group, our anxiety specialists share information about how Anxiety Disorders and Obsessive Compulsive Disorders affect recovery from an eating disorder. They provide information about how we treat these co-occurring disorders at Castlewood. Families have the opportunity to ask questions about how anxiety complicates the recovery process and how to help clients manage anxiety.

Recovery Process and the Food:

This group provides an opportunity for our nutritionists and dietitians to share advice related to the food. They share information about meal plans, balanced and healthy diets, and healthy exercise. Staff share examples of how to set healthy boundaries around food without becoming the "food police." Families are also given a chance to ask any question they have related to food, meal plans, exercise, or the weight restoration process.