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## TURNING POINT LAUNCHES NEW PROGRAM FOR FAMILIES STRUGGLING WITH ADDICTION

### *Mountainside Health Foundation Recognizes Need, Provides Funding*

Turning Point, a local agency that provides treatment for adults suffering from alcohol and drug addiction, is launching a new program that will expand its services to assist the families of those battling addiction.

The program, called *Family Wellness Program: Preserving and Restoring Families Affected by Alcoholism and Drug Dependency*, will offer information about the disease of addiction, how it impacts families and how family members can get help. Professional counseling will be made available to family members who would benefit, and they will also receive referrals to support groups and other resources within the community.

Thanks to support from Mountainside Health Foundation, families who live in one of these towns can receive Family Wellness Program services ***at little or no charge***: Bloomfield, Caldwell, Cedar Grove, Glen Ridge, Little Falls, Montclair, North Caldwell, Roseland, Verona, and West Orange.

What makes the Family Wellness Program unique? Unlike most other addiction treatment programs, the family member who is battling addiction does *not* need to participate in counseling in order for their family to get the help they need to cope with the effects of addiction in their lives. The Family Wellness Program can help families understand this disease and how to deal with a member who is actively using or abusing a substance *whether or not that person has made the choice for sobriety*.

“The disease of addiction is a public health problem, just like other chronic diseases, and it’s much worse than most people think,” said Dr. Manuel Guantez, Turning Point’s Executive Director.

“Three out of four people know someone who has a problem with alcohol or drugs. But there is so much secrecy and shame involved that families avoid getting help until it’s too late. The effects on a family are devastating.”

To be most effective, addiction treatment must engage and educate the entire family and support system, whether or not the addicted person seeks treatment. “Without question, addiction will move from generation to generation unless something breaks the cycle,” Dr. Guantez stated. “That’s why we’ve been wanting to do a program like this for years, but it’s very difficult to find funding. We feel incredibly fortunate that Mountainside Health Foundation understands the need in our community and was willing to help us do something about it.”

Last fall, Mountainside Health Foundation announced that it would provide start-up funding for Turning Point’s Family Wellness Program. “We are pleased to partner with Turning Point to provide seed funding for this innovative project designed to address such a significant, previously unmet need,” said Pam Scott, Mountainside Health Foundation’s Chief Foundation Officer. “We believe that many local families will find support in this program that they have never been able to get before.”

For more information about Turning Point’s Family Wellness Program, call 973-239-9400 ext. 195 or email us at [family@tpnj.org](mailto:family@tpnj.org). Let us know if you’d like to receive a copy of our free flyer, “How Can I Recognize Signs of a Substance Abuse Problem in Someone I Care About?”

Turning Point, nationally recognized for its compassionate and effective treatment of alcoholism and drug dependency, has served more than 35,000 clients from Essex County and surrounding communities at its residential and outpatient treatment centers since 1975. Turning Point is accredited by the Commission on Accreditation of Rehabilitation Facilities (CARF) and adheres to the criteria set by the American Society of Addiction Medicine (ASAM). For more information about Turning Point and its services, go to [www.tpnj.org](http://www.tpnj.org) or call 973-239-9400, ext. 158.

The Mountainside Health Foundation seeks to create healthier communities by supporting and advancing good health, wellness education, and disease prevention and treatment. This program is one of a growing number of partnerships the Foundation has formed to respond to the health needs of the local community. Visit [www.mshfoundation.org](http://www.mshfoundation.org) to learn more.

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