NCADD
NATIONAL COUNCIL ON ALCOHOLISM AND DRUG DEPENDENCE, INC.

SPOTLIGHT: Houston Affiliate Offers Family-Focused Treatment Approach

---

*Abi Williams, Ph.D., LCSW, CSAT, CMAT, CGP*The Center for Recovering Families (CRF) at The Council on Alcohol and Drugs Houston is a unique treatment program for individuals and their families battling addiction, alcoholism, and other mental health issues.

Through "small by design" intensive and supportive outpatient treatment groups, multi-family groups, relapse prevention, and experiential therapies, CRF works closely with clients to explore early life experiences, feelings, trauma, and an array of process addictions and co-occurring disorders.

The goal of using a family approach to treatment is for all individuals involved to address the multiple layers of the addiction experience in order to achieve an enhanced quality of life, addiction-free.
Abi Williams, Ph.D., LCSW, CSAT, CMAT, CGP helped to develop the Center for Recovering Families program along with her late mother, CRF founder Mary Bell. She spent 20 years with the program while also receiving certifications in Sex Addiction Therapy and Multiple Addiction Therapy, and training in eating disorders, process addictions, codependency, and group psychotherapy. Through this additional training, Dr. Williams was able to add therapy groups around co-occurring disorders and process addictions into the CRF model.

This model of treatment has proven to be very effective, as there are statistical improvements to an individual's long-term outcomes when co-occurring disorders are treated in addition to the substance use, and when family is involved in treatment.

Families can help their loved one change their patterns of substance use. Studies show that individuals are more likely to continue treatment, prevent relapse and maintain recovery when they have the support of their significant others.[i ii ii]

"Our programs touch people in recovery at all stages of their lives," Dr. Williams observes. "Many

people who've gone through our program and become sober keep coming back to CRF to address other issues that surface and to enhance their recovery."

The next phase of Center for Recovering Families is the expansion outside of Houston.

Following the merger of The Council on Alcohol and Drugs Houston and Austin Recovery a year ago, there are now plans to open up two CRF facilities in Austin, Texas.
The first program will launch on the University of Texas at Austin campus in February as a resource for students struggling with addiction and their families. The second will launch this spring in north-central Austin.

As Dr. Williams now resides in central Texas, the agency plans to utilize her expertise with the program, family work and co-occurring disorders as it prepares for the launch of Center for Recovering Families - Austin.
For more information, visit www.council-houston.org, www.austinrecovery.org, or contact Ramona Cruz-Peters, Senior Director of Marketing & Communications at rcruzpeters@council-houston.org.

Location:303 Jackson Hill Street, Houston, Texas 77007

Mailing: P.O. Box 2768, Houston, Texas 77252-2768

Contact Numbers: (713) 942-4100 or (877) 777-8829

[i]Copello, A. & Orford, J. (2002). Addiction and the family: Is it time for services to take notice of the evidence? Addictions, 97, 1361-1363.
[ii]Gruber, K. & Taylor, M.F. (2008). A family perspective of substance abuse: implication from the literature. Journal of Social Work Practice in the Addictions, 6(1-2), 1-29.
[iii]Landau, J. & Garrett, J. (2008). Invitational intervention: the ARISE model for engaging reluctant substance abusers in treatment.