

Success Story from a Chief Clinical Officer

As Chief Clinical Officer at BriteLife Recovery, one of my first programmatic goals was to bring BALM 12-Principles support groups to the family members and loved ones of the clients we serve. In a previous role at another treatment organization, I was introduced to BALM through one of the group facilitators/coaches and over a several years period, my clinical team worked closely with this coach and other BALM coaches as they provided family recovery services in conjunction with the care we delivered. At BriteLife, I saw an opportunity to partner even more closely with BALM by training our staff to facilitate 12-Principles groups directly.

The benefit for staff and family members was immediate and is ongoing. The knowledge and skills staff learned through the rigorous training and certification process complemented and enhanced the family therapy and family support services we were already providing. And it was a unique opportunity for me offer a professional growth opportunity not only to clinicians, but other members of the staff interested in providing these services. Our BALM facilitators include clinical, outreach, leadership, and administrative staff, all with a passion for helping family members and loved ones find and focus on their own recovery journeys.

We offer 3 BALM groups weekly that can be accessed immediately by family members, even prior to their loved one's admission, and even if their loved one chooses not to stay in treatment. After completing the 12-Principles, family members can drop into any of the Principles groups they feel they need a refresher or a deeper focus on, or they can choose to participate in our ongoing weekly BALM Family Support Group. While we provide short-term (typically about 30 days) of treatment to our clients, family members and loved ones can remain a part of these groups for as long as they'd like to.

Since implementing the BALM groups last Fall, feedback from our families has been consistently positive. Our facilitators have been described as sincere, caring, and knowledgeable - qualities reinforced and promoted through their training process. Comments expressing gratitude, describing the BALM groups as "incredibly helpful," "transformative," "extremely eye opening," and "life changing" make it clear that integrating BALM into our programming is empowering family members at a time when they likely feel adrift or even out of control. One family member shared, "it [the BALM] has literally given me my life back."

I am grateful the BALM exists and that we've been able to use this transformational tool to provide a valuable resource to the family members and loved ones of our clients. I feel confidently that our partnership with BALM will continue to strengthen and grow as these groups are becoming part of the fabric of the multi-faceted and dynamic treatment interventions we deliver at BriteLife Recovery.



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