



The road to recovery is paved with bumps & curves, but if we stay on track we'll get to our destination.

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The concept of FAMILY FIRST is a God-instilled vision to strengthen and keep families intact who have been affected by substance use, mental health, and other addictive disorders.

Everyone deserves to be a part of a family.



If you would like to share in this vision, please send a tax-deductible gift to our corporate office.

HFT is a 501(C)3 not-for-profit charitable organization.

Hope for Tomorrow's

“Recovery requires a mindful transformation that replaces a family's dysfunctional thoughts and behaviors with positive ones”



FAMILY FIRST PROGRAM

FAMILY FIRST is a residential program that provides comprehensive substance abuse and mental health treatment services to the entire family under **ONE ROOF**.

This innovative and unique program is a holistic approach to treating the substance abuser, along with the nuclear & extended family, and the employer/community.

“BUILDING LIVES, RESTORING HOPE, STRENGTHENING FAMILIES, & IMPROVING COMMUNITIES”

PROGRAM OBJECTIVES

The focus of FAMILY FIRST is to keep families intact while addressing critical issues contiguous to the family dynamics of substance use, mental health, and other addictive disorders. Addictions and mental health disorders are both a precursor to and a companion of divorce, crime, child neglect and abuse, domestic violence, homelessness, unemployment, poverty, and welfare.

By comprehensively addressing these social issues, while simultaneously engaging the addicted individual in a familial therapeutic environment, the family's prognosis for future avoidance of substance related problems is greatly enhanced.

PROGRAMMING FOR FAMILY FIRST WILL INCLUDE...

- Substance Abuse Treatment & Comprehensive Relapse Prevention
- Occupational Training
- Computer Skills Training
- Parenting Techniques
- Anger Management
- Family Counseling - with additional emphasis for children and adolescents
- Financial & Medication Management
- Literacy & Educational Training
- Establishing & Maintaining Appropriate Boundaries
- Spirituality & The Twelve Steps.

FAMILY THERAPY



TECHNIQUES UTILIZED

1. Family Floor Plans
2. Cognitive-Behavioral Reframing
3. Communication Skill-Building
4. Family Choreography
5. Family Council Meetings
6. Special Days— Special Outings
7. Placing the Client in Control of the System