

Two Courses of 10 classes are currently offered in the Des Moines area and are open to any Iowa resident working with an ATR Case Management Agency:

Wednesdays:

Day Class 12:30 to 2:30

Evening Class 6:00 to 8:00

Please call 515-255-9490 or email [info@familydirectionsiowa.org](mailto:info@familydirectionsiowa.org).

Access to Recovery Case Management Agencies in Polk County:

**Center for Behavioral Health Iowa**

515-244-9500

**Employee & Family Resources (EFR)**

515-288-9020

**House of Mercy**

515-643-6500

**MECCA—Des Moines**

515-262-0349

**United Community Services**

515-280-3860

**Urban Dreams**

515-288-4742



FAMILY DIRECTIONS OF IOWA

1211 Vine Street  
Suite 2140  
West Des Moines, IA 50265

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Fax: 515-279-5163  
E-mail: [info@familydirectionsiowa.org](mailto:info@familydirectionsiowa.org)

FAMILY DIRECTIONS OF IOWA

THE PARENTING  
WAY<sup>®</sup>  
FOR PARENTS IN RECOVERY



Promoting Strong and Healthy  
Families.

Tel: 515-255-9490

# THE PARENTING WAY<sup>©</sup> FOR PARENTS IN RECOVERY

Parenting skills and relationships improve as you apply better communication skills, heal from past wounds, manage your anger, and recover from addictive behaviors. Learn innovative skills for breaking the chains of addiction, which is a multi-faceted, multi-generational disease that deeply affects family relations. Improve parent-child relationships. Become active and supportive caregivers for your children. Learn about substance abuse recovery, basic parenting and relationship skills, emotional health, communication, dealing with anger, and conflict resolution skills.

Family support and parent education delivered through strong community partnerships helps parents in recovery gain new competencies, reconnect with their children, improve the health and well-being of their children, improve family functioning, and re-establish connections within their respective communities.

## HOW DO CLIENTS GET INVOLVED?

Admission into ATR-Iowa requires that clients are screened for eligibility, and have completed a substance abuse evaluation within the previous 12 months, or are willing to complete a substance abuser evaluation. A list of intake locations is available by calling 866-923-1085, or visiting [www.idph.state.ia.us/bh/substance\\_abuse.asp](http://www.idph.state.ia.us/bh/substance_abuse.asp). Once enrolled in the program, clients will work with an ATR provider of care coordination and, based on their needs and choices, be issued electronic vouchers to receive ATR covered services.

## PARENT EDUCATION CLASSES

### Session I: To Discipline Without Harm

Class 1: Agency Programs—Parents Anonymous, The Parenting Way, Parents as Teachers

Class 2: Discipline Without Harm

Class 3: Behavior Management Toolbox

Class 4: Assertive & Effective Discipline

### Session II: To Communicate & Problem Solve

Class 1: Basic Communication Tips

Class 2: Basic Problem Solving Tips

### Session III: To Nurture Ourselves & Our Children

Class 1: Identifying Your Stressors

Class 2: Identifying Your Strengths

Class 3: Unconditional Love & Bonding

### Session IV: To Ask for Help & Seek Support

Class 1: Children's Support Systems & Family Resources

## WHAT IS ACCESS TO RECOVERY (ATR)?

Access to Recovery is a Grantee-run voucher program for clinical substance abuse treatment and recovery support services built on the following three principles:

**Consumer Choice.** Achieving recovery can take many pathways: physical, mental, emotional, or spiritual. With a voucher, people in need of addiction treatment and recovery support will be able to choose the programs and providers that will help them most.

**Outcome Oriented.** Success will be measured by outcomes, principally abstinence from drugs and alcohol, and includes attainment of employment or enrollment in school, no involvement with the criminal justice system, stable housing, social support, access to care, and retention in services.

**Increased Capacity.** Access to Recovery increases the number and types of clinical treatment and recovery support service providers eligible to receive Federal funding and expands the array of services available including medical detoxification, inpatient and outpatient treatment modalities, residential services, peer support, relapse prevention, case management, and other recovery support services.

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