



FAQs about Family Services

How is “Family” defined at De Paul?

“Family” is defined in many different ways. At De Paul, we accept that anyone who has significance in your life may be thought of as part of your family. Family therapy at DePaul Treatment Centers is designed to help by:

- (1) increasing understanding of how chemical dependency is impacting both the substance user and his/her concerned significant others and by
- (2) using strengths and resources to help all involved find and/or develop healthier, more satisfying ways to cope with the addictive behaviors of significant others.

Your therapist views the family as a whole as the client. You and your counselor will discuss specific goals in relation to how you can create balance between individual and family needs. This will include creating family guidelines as a ground floor, on which all family members can stand and understand what is expected of them.

How much will this cost? Is it covered by insurance?

The initial visit/consultation is \$35. The cost of any additional services (individual or group) will depend on your family income and circumstances (e.g., the number of people in your family). Our Client Services Specialist will help you determine the actual cost based on our sliding fee scale. Depending on household income, the cost for family sessions can range from \$35 to \$85 and the cost for groups can range from \$25 to \$45. Some insurance companies cover family therapy and our Client Service Specialist can help verify your coverage.

What will Family Services look like?

Our Family Services are individualized for each family or client needs. One family may need couple’s counseling; another family may need individual counseling and/or benefit from participating in education series or multi-family groups.

How soon can I be seen?

When you call to make the first appointment, we will strive to get you in as fast as possible. **Call 503-535-1151 and ask for our Lead Family Therapist to make an appointment.**

Who should come to counseling?

This will be discussed during the initial consultation.

Can I come to treatment without the person who is drinking/using?

Yes, most definitely. We can help you better understand the addiction your loved one is struggling with and provide you with some tips and skills for knowing how to respond and take care of yourself.

Does De Paul offer “Interventions”?

Yes, we refer clients to an Intervention Specialist in the Portland area that will be able to work with your family and coordinate care with De Paul.