



Family Department Community Programs

These programs are held periodically, typically in the evenings. Notices are printed in local newspapers and will be listed on our website as dates are scheduled:

- Understanding Addiction and Empowering the Family
- The Dangers of Enabling: How to Stop
- The Effects of Parental Incarceration on Children: Why You Should Bring Them to Visit
- 12-Step Support: Not Just for the Addicted

These programs are open to the public with adult family members, professionals and community members encouraged to attend.

Who We Are

About Us

Family specialists meet individually with residents to identify family needs to build communication skills and relationship skills. Staff members also conduct sessions with residents and family members to better understand how addiction effects the whole family, build communication skills, learn to set healthy boundaries, and work toward a smoother transition home.

Contact Us

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For more information, go to our website.



**The Family Programming
Department at West Central**
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**The Family
Programming
Department at
West Central**

*Building Stronger Family
Relationships*



What We Do

The family programming department presents programming and groups for residents, family members, and for residents and families together.

Healthy Relations Group

Residents attend a Healthy Relations group. In this group, they learn about listening and communication skills, setting healthy boundaries, and learn to use “I feel” statements.

They also learn about the characteristics of healthy families and healthy relationships. They learn how to resolve conflicts in a mutually agreeable manner, and participate in activities that reinforce the lesson of the day.

Parenting Group

Residents learn basic child development, effective discipline techniques, and how to build resilience in their children. Residents work on being able to explain their addiction to their children as well as identifying how their children are affected by their disease. They identify co-parenting skills with their children’s caretakers to best meet the children’s needs.

Anger Group

Selected residents learn a series of Anger Control Steps to reduce and control their anger before it becomes explosive. This is a cognitive behavioral program that helps the individual to recognize anger triggers and body signs. They learn to utilize calming techniques and self-talk, and to think through the possible consequences of reacting with anger, or reacting calmly. They also identify a social skill that they can use to replace an angry reaction, and to evaluate their progress.

“Thank you for everything! You have made such a positive impact on me.” – Former resident

Family Sessions

Family counseling is available for those who would like to work on building a better relationship with their loved ones. Individual family sessions are held to facilitate understanding of how addiction effects the whole family, to identify emotions, establish boundaries, work on communication skills and develop healthy relationships to return home.



Family Groups

Family groups, including the resident and adult family members, are held periodically. These groups focus on understanding addiction, communication, and relationship building skills.

Visitor Orientation

Our first connection with families often starts at your first visit to West Central. During this 45 minute session, you will learn more about West Central Community Correctional Facility, what your loved one learns during their time here, and some basic rules and regulations. You will receive a packet of information with instructions of how to proceed if you are eligible.