

# 3 C's Family Recovery Program

## Compassion, Communication, Change

Founded in May of 2023, 3 C's Family Recovery Program focuses on Education and Group Support for those that have loved ones experiencing **Substance Use Disorder (SUD)**.

Formerly known as 3 C's - Connecting with Coffee and Cookies, we are now 3 C's **Compassion, Communication and Change**, or just 3 C's for short. This change was in effort to help our audience understand what our purpose is.

The mission of 3 C's is to meet face to face with those that need guidance and resources to process and cope with the challenges that come with having a loved one with SUD. Though in person support is the ultimate goal, we are still trying to grow and build more awareness for 3 C's. Therefore, we now offer weekly Facebook Live Videos to educate and inform people all about 3 C's and why SUD education is so important.

Overtime, engagement and interactions on our social page has increased each week. We feel strongly that we've created a place for people to feel safe enough to not only be open to learning but also to sharing their own experiences. Today the group is a cohesive support group looking out for each other and welcoming new participants. We hope to continue to grow and eventually have in person ongoing support!



### 3 C's Services

- SUD education about loved ones i.e.how it changes the brain, different substances, behaviors, recovery pathways etc
- Why families and loved ones need a recovery program
- Recovery pathways for loved ones and families
- Resources for loved ones and families
- Stages of Change for loved ones and families
- Roles of Family members in recovery
- Education, resources etc if other family members (i.e. grandparents ) become guardians of children of parents with SUD
- I also provide individual support to families as requested

### Tuesday Night Facebook Live

- Every Tuesday night from 6:30 pm - 7:15 PM
- Like and Follow the 3 C's Page to join the live broadcast
- An event invitation is sent out each Sunday or Monday with the time and topic
- Each week video is posted after the Live is over. It is set to be posted to be accessible forever



*Beckey*  
VANETTEN

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PROGRAM MANAGER

## ABOUT ME

My name is Beckey VanEtten and I am a *Certified Family Recovery Specialist (CFRS)* as well as a retired nurse of 43 years (retired 10 years).

With almost 30 years of substance use history in our family and being a dedicated nurse for over 40 years, I realized I could put our family's journey and lived experience to use by helping other families.

I was certified as a CFRS in March of 2023 and became a contracted provider for COCA that same month with the goal of creating and managing a Family Recovery Group, now known as *3 C's Family Recovery Program: Compassion, Communication and Change*.

Though we still hope to initiate in-person support, we are currently going strong bringing awareness to 3 C's via our Facebook Live program, allowing us to successfully create an active support group. I hope your loved ones will find our group beneficial and helpful and I look forward to guiding you through your recovery journey.

## Services Provided

- Education and family support weekly on Facebook Live
- Help finding appropriate resources and managing them
- One on one or family support by me as requested by a program, organization or a family member. Free of charge to families
- Sit on committees as asked to represent that families needs are being addressed