



Rimrock Virtual Family Week

Due to COVID-19, Rimrock's Family Week sessions are all offered virtually, through live, interactive sessions that will include lectures, group sessions and individual sessions with your loved one and his/her counselor.

Your participation is vital to the recovery and health of your entire family. This information is intended to help you plan for your stay and to fully participate in the program. You will be contacted prior to your loved one's family week to arrange participation and ensure you have the materials needed to have a successful week.

Please watch your email for additional information regarding signing into groups and lectures. If you do not have an email, please contact Brittany Rudio at 406.248.3175 Ext. 575.

Family Week begins on a Monday and ends on a Thursday. It is important that you attend the entire week as each session works together to provide you with the most comprehensive information possible.

Your loved one will work with their counselor to determine which family members attend Family Week. **Only those family members approved to come will be allowed to participate.**

1. Maintaining confidentiality is essential to the integrity of inpatient treatment. Personal anonymity is the right of each patient and family member. You will be asked to sign a confidentiality agreement with Rimrock prior to your participation in Family Week. In a virtual setting, it is important to be mindful of who is in the room with you even if they are not participating in Family Week. Please respect the confidentiality of the group members.
2. Some tips for participating in virtual meetings:
 - The online platform is sensitive to all noises in the room and will automatically switch to the person who is speaking or the dog that is barking behind you. Please choose a quiet location and mute your microphone if you are not speaking.

- You have the option of using a phone or your computer speakers for sound. If you do not own a device (computer/laptop/iPad/smartphone) with a camera, you may call in with your phone.
- Please wait till one person is done speaking before you begin.
- Please make sure your phone or laptop is plugged in so it maintains power.
- Please position your laptop/phone camera at eye level (place a book or box under your laptop to raise it if need be).
- Choose a room with a bright, indoor lighting in front of you (NOT directly above or behind you).
- Please avoid having a window behind you because it can cause a silhouette.
- If using a smartphone, please turn it sideways so the picture of you is horizontal instead of vertical.
- When speaking, try to hold relatively still and keep gestures to a minimum, as too much motion can interfere with your audio and cause the picture to freeze temporarily.

Some clients may attempt to discourage family from participating in Family Week. Should you be asked to avoid this week, please call us before changing plans. Family Week increases the patient's chance of a positive treatment outcome by more than 50%, which is why we are so insistent that you participate.

Family Week may well be one of your most worthwhile and life changing weeks, so please plan to join us. We look forward to seeing you.