

Heartsounds

A Recovery Circles Foundation Newsletter

September, 2008

Recovery Circles Foundation
Creating Partnerships
for Recovery

From the President and CEO • **Kathy Ford**



Kathy Ford

Recovery Circles Foundation was founded on the belief that recovery support services are an integral component of recovery-oriented systems of care. Recovery is cited within *Transforming Mental Health Care in America, Federal Action Agenda: First Steps*, as the "single most important goal" for the mental health service delivery system.

There is evidence that substance abuse treatment is shifting from an acute care model of treatment to a chronic care approach known as recovery-oriented systems of care. However, the continuing discrimination and stigma associated with mental illness along with managed care programs and new technologies can make it difficult to provide quality mental health care. More than ever, it is important to establish partnerships to work toward finding effective ways of supporting individuals in recovery.

And so, in keeping with National Alcohol and Drug Addiction Recovery Month, we want to express our gratitude for the partnerships we have formed with treatment centers across the U.S. Through our alliances with these centers we continue to learn how we can best serve the population we have targeted: the underserved. Our partners provide us with important information on best practices and ways to ensure success in the treatment of addiction and other mental health issues. Recovery is our focus. And with the help of our partners, friends and associates we will continue to find ways to channel our resources to individuals in recovery.



"Just celebrated one year of sobriety. Happy, joyous and free."

-From therapist's report

This September Marks the 19th National Alcohol and Drug Addiction Recovery Month

During the month of September the nation celebrates people in long-term recovery from substance use disorders and their families, and honors the treatment and recovery support providers who dedicate their life's work to saving others from this deadly disease.

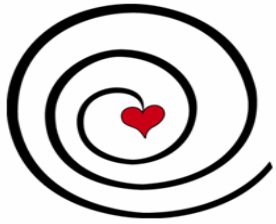
National Alcohol and Drug Addiction Recovery Month is supported by the Substance Abuse and Mental Health Services Administration (SAMHSA) of the U.S. Department of Health and Human Services. The 2008 National Alcohol and Drug Addiction Recovery Month theme is *"Join the Voices for Recovery: Real People, Real Recovery"*.

Refer to the following site for a list of community events in Illinois during Recovery Month:

recoverymonth.gov/2008/events/eventlist.aspx?ID+18

The following is a link to information about the Recovery Walk on September 13th in Chicago sponsored by Congressman Danny Davis:

iadda.org/pdfdocs/WalkforRecovery%20flyer.pdf



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To learn more about Recovery
Circles Foundation, visit our website
www.rcirclesfoundation.org

Partner Profile ♦ Melody House/The Meadows - www.mellodyhouse.org

The Meadows, located in Wickenburg, Arizona, is a multi-disorder inpatient facility specializing in the treatment of a broad range of addictions. Treatment focuses on drug and alcohol addiction, compulsive behaviors, anxiety disorders and mood disorders.

Mellody House represents the fulfillment of a longstanding goal of The Meadows to create an on-campus extended-care facility to provide ongoing care with a focus on trauma resolution. Mellody House offers supplementary treatment and care for clients who desire to augment and safeguard their recovery. Like The Meadows, Mellody House is based in 12-Step Traditions and healing. Clients at Mellody House are drawn largely from those who received primary treatment at The Meadows, but Mellody House also welcomes clients from other facilities that share The Meadows' focus on the origins and impact of childhood and adult trauma.

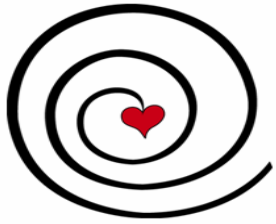
At Mellody House, patients benefit from individually tailored treatment plans. These plans address the effects of trauma on the emotions, body and mind. Treatment includes both individual and group therapy and focuses on Pia Mellody's Core Issues Work and relational healing. Other treatment modalities may include a family program, Eye Movement Desensitization and Reprocessing (EMDR), body-centered treatment, relapse prevention, Somatic Healing®, experiential work, Dialectical Behavior Therapy (DBT) and therapeutic workshops.

Mellody House is designed to treat the effects of trauma and create the self-affirming stability required for patients to thrive in healthy relationships. This is the strongest safeguard against relapse and a guide for creating respect and deepening intimacy. Mellody House strives to provide an opportunity for continued healing and spiritual awakening.



“(Patient) continues to work as a finishing carpenter and recently performed his music at our Saturday Night RIGHT TURN LIVE! Clean and Sober series. We are very fortunate to have the support of Recovery Circles Foundation. Your support has transformed the life of this person.”

-From therapist's report



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Guest Editorial ♦ Claudia Black, Ph.D. – claudiablack.com

Putting the Past Behind

Why do I have to talk about my past? What does that have to do with anything today? I don't want to blame my parents. I am, after all, an adult today.

Those are often the questions posed by people who are introduced to family of origin work. They are questions that come out of simple curiosity and questions based in defense. After all, acknowledging the reality of the past taps feelings that, for many of us, have been set aside for most of a lifetime.

The primary purpose in doing "family of origin" work is to put the pain of the past behind, to let go of any scripts and live life with present day choices. Without addressing the reality of our past we carry shame-based belief systems into every day life impacting esteem, relationships and decisions about how we live. The baggage of the past that is carried into the present continues to fuel addictions and depressive and anxiety disorders.

To address history and to break any denial system, we must first own the reality of our past. It is difficult to be honest about how we live life today when we continue to discount and minimize so much of the first twenty years of our lives. Recovery is not about selective honesty. We must identify and grieve losses, giving us the opportunity to also find meaning from our experiences. This is not meant to be a blaming process and will not be if we take the next three steps:

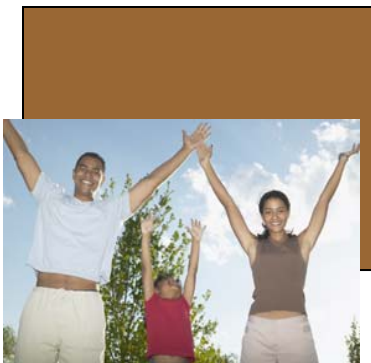
- Connect our past history to how we live our lives today;
- challenge our belief systems and take ownership of the beliefs we will choose to live by; and
- learn the skills we didn't have the opportunity to learn.

These are all a part of "family of origin" work which is a process of grief, cognitive, and behavior work. When we engage in this process, we begin to recognize and disable the painful defenses we employ and learn new behaviors that allow us greater self care and relational skills. But it is a process that is not done in isolation. It needs the witnessing, structure and direction that can be found in many self help programs and through professional services.

Dr. Black is a renowned addiction author, speaker and trainer internationally recognized for her pioneering and contemporary work with family systems and addictive disorders. She is a clinical consultant to The Meadows in Wickenburg, AZ and a member of Recovery Circles Foundation's Advisory Circle.

"The client reported that the extra week made possible by Recovery Circles Foundation afforded her the time to cement the work she did here; specifically plans for dealing with creating a relapse prevention plan."

- From therapist's report





Partner News

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Caron Treatment Centers creates innovative treatment program for young adult female addicts - The Young Adult Female Program, which opened in July at Caron Treatment Centers for 20 to 25-year old women, will tackle the obstacles of treating women in this age group by providing the young adult female patients at Caron with their own unique program. Separate from Caron's adult women's facility, it will also require their families to be an integral part of treatment and continuing care. For more information, visit their website at www.caron.org/press.

Cathedral Shelter's "Second Chance" thrift store undergoes major facelift - Cathedral Shelter's thrift store continues its efforts begun two years ago to make shopping at the store easier and more enjoyable. In December, Advance Specialty Design Class students at the Illinois Institute of Art completed and presented a renovation plan to spruce up the 10-year-old store. Shoppers will soon be able to enjoy an open floor plan, better lighting, and new dressing rooms. Proceeds from the store's sales help fund the programs and services of Cathedral Shelter of Chicago. Homeless individuals and families in crisis are eligible for thrift store vouchers which allow them to shop in the store for needed items at no cost.

REO Speedwagon's Kevin Cronin Wins Big For MusiCares - Singer Kevin Cronin recently took some time out of REO Speedwagon's rehearsal schedule to participate in FOX-TV's all-new, all-star show "Don't Forget The Lyrics!" During his segment, Cronin was competing for a chance to win \$1 million. Playing for MusiCares, he competed and won a contribution of \$350,000.

Watch Haymarket On Channel 21 - Thursdays 5:30 pm- 6:00 pm. Channel 21 is live TV and seen only within the city of Chicago. It allows for the viewing public to call in with questions or comments.

NAATP presents Hazelden with 2008 quality award - Hazelden has been honored by the National Association of Addiction Treatment Providers (NAATP) with the 2008 James W. West, M.D., Quality Improvement Award. Hazelden was one of five organizations recognized with the award at NAATP's recent national leadership conference in Indian Hills, Cal.

Nexus welcomes a new aftercare coordinator - Cheryl Johnson has worked for Nexus since 1999. Today Ms. Johnson is leading the Aftercare Program to new heights and expanding its services. The number of women participating in Aftercare is increasing and Ms. Johnson is working to create new events and activities designed to engage new clients and their families. Ms. Johnson had this to say about her new role, 'my main goal is to get these women excited about recovery and the possibilities that lie ahead in their new lives.'

"Staff members here at BHS regularly express their appreciation for the support you provide through grant funding. Thank you for your generosity!"

-Behavioral Health Services

