

New Dawn Recovery Centers—Our First Edition!

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Our Newest Addition: the New Dawn Newsletter

This is a new era for New Dawn, and everyone in the company is super excited! 'New' is the motto for the New Dawn family, and we are all eager to start the upcoming year with new outlooks.

To begin with, we have new staff members from doctors to counselors to administrative staff, who have been wonderful additions to our family.

We have also begun a new voyage in community outreach with the very first Parent Educational Seminar. On October 27, 2007, Christy Crandell, a well known Sacramento native and author of ***Lost & Found: A Mother and Son Find Victory Over Teen Drug Addiction***, joined forces with New Dawn Recovery Centers to help bring awareness to parents of the Sacramento community. It was held at our

adolescent facilities, and boy what a turnout! We will be holding a new seminar every few months, so stay tuned to what we will be doing next!

In addition to our new community outreach mission, we have begun



Our Motto: Be Free!

an internal campaign to make New Dawn even more, well, new! We have added acupuncture and equine therapy to our Sacramento facilities' curriculum to help our clients with the 360-degree healing process we like to enforce. Furthermore, our

Outreach staff is modernizing New Dawn with an upgraded website, and MySpace pages for each of our programs!

New Dawn is involving itself in as much community activity as possible, and we are excited to have had our Eating Disorders Facility in Sausalito be a part of the annual Health Etc. Fair located in the Bay Area, where a full agenda of health issues was explored through speeches, seminars, & interactive exhibits. This year's keynote speaker was Dr. Oz, a cardiothoracic surgeon who is continuously featured on Oprah and the Regis & Kelly Show. You can see additional information on events such as this on page 5.

So, now that you've had a little introduction to our New Dawn Newsletter, please read on & enjoy!

The Importance of Emotional Expression—Erin Elfant-Rea, Ph.D.

In the face of powerful life experiences that evoke fear, worry, grief, anger, and/or sadness, we often rush to soothe these emotions by severely limiting their expression. We might tell our friend as her eyes well with tears over her recent break-up to “be strong” and that “it will all be okay”. Our parents may have told us to “just relax” as we shook with fear over pending surgery on a broken leg. Following a year of tireless, unrecognized, hard work, we might notice our own inner voice telling us to “get over it” after being passed over for promotion.

In my work as a psychotherapist, I am very interested in how our bodies respond when we deny the expression of strong feelings. For example, many of my patients have conflicts in the realm of experiencing and displaying anger. Most can put words to why anger goes unexpressed... because of fears of being judged or abandoned, but few are aware of what happens to their bodies as they try to bury their rage. Through examination, they may come to realize that acute physical symptoms (e.g., a migraine, cold, back spasm, loss of appetite) can follow an incident of stifled emotions. And when a style of repressing their feelings develops, they may come to see how their overall health becomes negatively impacted.

It has long been recognized that inhibiting the expression of emotions has a negative impact on both physical and psychological health. Studies have shown that emotional repression is linked to higher reports of medical problems such as chronic pain and immune dysfunction, and psychiatric problems such as eating disorders and somatoform disorders. As a patient of mine once wrote in her journal, “wishing away my hostility and resentment didn’t make them disappear, they just found alternate ways to communicate via my bulimia”.

So we must find ways to express our emotions constructively. We all know that spilling our guts to the wrong people or screaming at everyone who makes us mad are destructive outlets for our feelings. It is a personal journey to find healthy avenues for emotional expression, as each of us responds uniquely when we directly communicate our innermost feelings.

To assist you on this journey, allow yourself to sit quietly and write non-stop about your feelings following an experience of a difficult or stressful event. After completing this exercise, ask yourself if you were inhibited in any way while writing. Did you notice yourself making dismissive statements like “you’re never happy with anything” or “why are you always

complaining”? Observe how your body feels. Is your jaw still clenched, your hands still balled into fists, your stomach still upset, your heart still pounding? Or do you feel numb to your feelings, despite knowing that you just experienced a major stressor? Use the result of this writing exercise to give you information about how you tend to handle your emotions.

If you find yourself struggling to access the full spectrum of your emotions, I recommend the aid of a psychotherapist to assist you on your journey to greater health. Know that it is possible to reach deep into yourself and be liberated from emotional pains that may now seem unmanageable or unreachable. Be gentle with yourself and ask for professional help along the way. Every person’s healing is different, with unexpected discoveries and joyous openings of inner peace.

Erin is Clinical Director for New Dawn’s Eating Disorders Recovery Center in Sausalito, CA. You can reach her at Erin@NewDawnRecovery.com



“It is a personal journey to find healthy avenues for emotional expression, as each of us responds uniquely when we directly communicate our innermost feelings”

New Beginnings with a New Year—Heather Duzan CPCC

Yay! – the New Year is here. We breathe a sigh of relief because the *day* many of us have been looking forward to has finally arrived...January 1. This is the day we implement those personal resolutions. We have geared up, the gym bag is packed, the remaining cigarettes smoked, a “be nice” sticker on the dashboard of the car - January 1 is a threshold for us.

Whether carrying your bride through a doorway or discovering the edge of a black hole in space, a threshold symbolizes a shift in perspective. In this case, we want to believe that change will happen with a new start - the *beginning* of a new year - out with the old, in with the new. It stirs in us to “resolve” to get a grip on a habit or accomplish an ever-elusive goal and we hope the magic will work this time. Common resolutions include getting out of debt, adopting healthy habits, enjoying life more

My friend Brad, faithful fitness enthusiast, hits the gym regularly except for the first two weeks in January when there is not an available treadmill to be found. After two weeks, he knows he can resume his workout routine in peace and quiet and the comfort of adequate space and access to his favorite weight pile. The health rush is over, that is until next January.

We are frustrated at our inability to change thinking or habits that are not in line with our ever-evolving values and principles. We want to change, but cannot. We have all been there – hence the resolutions. Since we know the old model of transformation is not all that successful, let’s try something new.

Grab a cup of coffee, sit down with paper and pen and take an inventory of personal assets. Since we are painfully aware of personal liabilities, the focus will be on *what is going well*. So let’s ask five basic questions:

1. What was going on a year ago? What were my struggles and challenges? In what ways did I overcome obstacles, face the truth, and pursue change? How is my life different because I persevered?
2. What character traits have developed (even just

a little) in me? In what ways did courage, integrity, compassion, unconditional love show up in me? How did my spiritual life grow and in what ways did faith empower me to live free of worry and fear?

3. How have my strengths impacted my sphere of influence? What are the great things about me that make life good for others? (Consider these: I am patient, or I am encouraging, or I am funny, kind, or dependable or I get things done...)
4. In what circumstances did I respond from a more positive, hopeful, constructive perspective and in what ways did the outcome shape my sense of worth, power and wholeness?

And these final inquiries—

5. How will I utilize the developed strengths, growing character, and accomplishments of 2007 to propel me forward? What are my next steps to achieving my dreams and goals for 2008?

Being happy, joyous and free can be as simple as shifting a perspective. Even in the midst of great personal trial, it is helpful to consider other ways of looking at a situation. This is a skill of coaching. Sometimes we only see from a single viewpoint and exploring other perspectives can actually change the way we feel. From there, we can design a course of action to move forward with confidence, courage and hope.

My dream for all of us this year is that we resist rigid thresholds and instead craft a life path rich in patience, wisdom and joy. May we answer the yearning within to find prosperity, success and power - with respect and appreciation for who we are becoming.

Be as great as you are! Heather

Heather Duzan is a Certified Professional Co-Active Coach and a Personal Motive Trainer with Hartman Communications. For more information, visit Heather’s website at LifeInRecovery.us or contact Heather directly at (916) 985-8778.



Heather Duzan coaches groups, families and individuals as they embrace a new life paradigm called Recovery. Heather facilitates groups with New Dawn’s programs to encourage and empower individuals in their quest to overcome addiction.

“We want to believe that change will happen with a new start—the beginning of a new year—out with the old, in with the new”



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|-------------------------|------------------|
| 1 Learn Something New | 6 Eat Healthy |
| 2 Get Finances in order | 7 Quit Smoking |
| 3 Get Back in Shape | 8 Get Organized |
| 4 Help Others | 9 Reduce Stress |
| 5 Travel | 10 Get a New Job |



Number 5 of the Top 2008 New Years Resolutions: Travel

Sensory Processing Difficulties in Adults—Tara Delaney M.S., O.T.R

Have you ever had the feeling that your body is unsettled or 'not quite right' after a long car ride or when you are short on sleep for a number of days? Things that are normally fun or pleasurable, such as listening to music, suddenly make your skin crawl or seems to grab hold of your spine and give it a good shake. This feeling is similar to how children and adults with sensory processing difficulties experience the world every day.

Sensory Processing Disorder

Sensory processing or sensory integration refers to your nervous system's job of taking in all the information (stimuli) around us through our senses (movement, touch, smell, taste, visual, and hearing) and organizing all those bits of information and then attaching meaning to it and acting on the information accordingly. Sensory Processing Disorder (SPD) describes the difficulty that some people's nervous systems have processing and integrating sensory information. SPD is an umbrella term that includes variations in Sensory processing difficulties, which are Sensory Modulation Disorder, Sensory Discrimination Disorder, and Sensory-Based Motor Disorder.

I am often asked why most of us don't know any adults with SPD. You do, the truth is that adults who have difficulties processing different types of stimuli, such as noises, smells or touch try to avoid that type of stimuli or use different types of self regulation to cope with the insecurity they may feel when their nervous system can't integrate the sensory information around them in a more productive way. These forms of self-regulation can manifest as unhealthy behaviors such as over drinking, eating or even over exercising. However, there are healthy forms of self-regulation such as participating in therapy groups that allow you to express fears and work through them; activities such as yoga and karate can have an integrating effect on the nervous system. My favorite suggestion is to return to childhood activities that made you feel regulated, such as horseback riding, downhill sledding, swimming, hiking as well as making things with your hands. These activities provide the nervous system with deep pressure, vestibular (movement) input, tactile (touch), visual and auditory input. As adults, it is important to understand how our sensory nervous system's ability to integrate and process all of the sensory information that we are bombarded with every day impacts us.

Sensory Modulation Disorders

The type of Sensory Processing Disorder known as sensory modulation disorder has the most impact on adults. It can cause a person to have difficulty managing reactions to incoming stimuli in the many different environments that are necessary to live a full life. It has a direct impact on a person's social and emotional well-being. Sensory modulation is what allows us to adjust the incoming sensory input so that it is transformed into useable information without under/overwhelming us. It is the mechanism that allows us to block out extraneous noise, visual stimuli and pay attention to what is important.

Signs of Sensory Modulation Difficulties:

- Bothered by certain clothing materials, such as tags and seams
- Uncomfortable with the touch component of relationships, such as snuggling or massages
- Seems over or under reactive to pain
- Bothered by light touch and would prefer to be the "toucher" rather than the "touchee"
- Avoids touching anything that is messy like an art project or certain foods
- Has extremes in food tastes, either extremely bland or extremely spicy
- Tendencies toward eating disorder type behavior, or has sensitivities to eating
- Needs to sleep with multiple heavy blankets
- Avoids escalators
- Gags when exposed to certain smells such as perfume, food or body odors
- Extreme fear of heights
- Constantly fiddling with anything they can get their hands on even when they know it is socially appropriate
- Extreme motion sickness, cannot ride in the back seat of cars
- Chain smokes
- Avoids social situations with lots of people
- Overly distracted by noises others do not notice, such as computers or air conditioners
- Unusually uncomfortable when there is a change in acoustics, such as in old churches or auditoriums
- Turns to food, alcohol or drugs to modulate self

It is important for adults to understand their own sensory issues. They need to be aware when they are having abnormally intense sensory reactions to certain stimuli, what caused the reaction and ways to cope with the reaction. One of the most effective treatments for adults and children with sensory processing difficulties involves sensory integration therapy combined with traditional behavioral therapies.

For more information on Sensory Processing Disorder and Sensory Integration Treatment see the following websites:

www.babystepstherapy.com

www.spdnetwork.com



Tara Delaney M.S., O.T.R.

Is the founder and Executive Director of BabySteps, a pediatric therapy and educational services company serving the Sacramento area. Tara is an international speaker who regularly conducts seminars addressing subjects such as: sensory integration, child development, Autism, attention deficit hyperactivity disorder (ADHD), behavioral issues and social intelligence. She specializes in sensory processing disorder (specifically as it effects behavior) and issues relating to autism. Tara is the author of the forthcoming book, scheduled for release July 2008, the Sensory Processing Answer Book. (www.BabyStepsTherapy.com)



Upcoming Events & To Do's

- The Teamsters' Assistance Program (TAP) holds Sobriety Birthday Celebrations each THIRD Saturday of every month at the Oakland TAP office (300 Pendleton Way) from 11:30-3:00. Bring your family to celebrate recovery and enjoy keynote speakers and a potluck BBQ lunch. For more information on the Sobriety Birthday Celebrations or other TAP services, please call (510) 562-3600.
 - Do you enjoy gardening? Get involved by volunteering in your city's gardens. For example, the Citrus Heights City Hall has more than 500 varieties of roses and more than 1,000 plants. For more information on volunteering at the Citrus Heights City Hall, please email Chris Myers at CMyers@CitrusHeights.net.
- For more interesting volunteer activities in your area of the USA, visit volunteer-match.org.

- February 24—March 1 is National Eating Disorders Awareness week. The key message this year is: "Be comfortable in your genes. Wear jeans that fit the TRUE you." This week highlights the fact that body size and shape are strongly influenced by biological factors such as genetics, while also calling attention to some of the new discoveries surrounding the role of genetics in the development of eating disorders. Too often individuals struggle against their natural, genetically influenced size just to fit into that pair of "skinny jeans". Fighting your natural size and shape can lead to unhealthy practices, poor body image and sometimes eating disorders. While you can adopt a healthy lifestyle, you cannot change your



genes. The Great Jeans Give-away events empower individuals to donate old (or new) pairs of jeans that do not comfortably fit. For more information, please visit NationalEatingDisorders.org

- On the second Saturday of each month, galleries in Sacramento stay open for a Sacramento Art Walk late into the evening, allowing people to walk from gallery to gallery to experience and discover local art and artists. 6:00-9:00 pm Downtown Sacramento and Del Paso Boulevard are. Sacramento-Second-Saturday.org
- Eating Disorders Recovery Services and Petaluma Health Care District together with New Dawn presents a panel presentation: *A Palette of Recovery* on Saturday March 1st 2008 from 10:00 to 11:30 a.m. This free Eating Disorders Awareness Week community event features speakers Pam Carl-
- & Author of "Take Charge of Your Child's Eating Disorder," Ronnie Benjamin RD Eating Disorder Specialist, Roberta Vink MFT Substance Abuse Specialist, and more! From 1:00-2:30 pm, there will be a story told with a "Soul Collage." This shows a mother and daughters journey through recovery. This event will be held at the Petaluma Community Center (320 North
- The Bodies Revealed exhibition, which features actual human being specimens, allows access to knowledge usually reserved for medical professionals. Take the opportunity to peer inside yourself to better understand how your body works. 2040 Alta Arden. (916) 263-4379. Until 3/16/08 www.bodiesrevealed.com

Bold Cold Remedies

It's that time of the year: the cold season! Sniffling, coughs and wheezing are our new melodies and everyone is singing to the same tune. So, let us acknowledge some of the interesting (and eyebrow raising) theories that have surrounded the common cold.

In 1928, Richard Simmons, M.D. hypothesized that colds and flu virus enter through the ear canal; According to this doctor, keeping your fingers out of your ears will greatly reduce your chances of catching them. The medical community dismissed his findings.

In 1938, German researchers had success using hydrogen peroxide in dealing with colds. In researching this remedy, I came across an abundance of cases where placing a few drops of 3% Hydrogen Peroxide (H2O2) into each ear found notable results in curing the flu & cold in the matter of hours! The consensus is that the H2O2 starts bubbling and in some cases, mild stinging occurs. Anyone willing to be a guinea pig? The general

community has their own ideas about what cures the common cold, ranging from eating orange peels, to adding seaweed to your diet, to using magnets! A few examples:

"Using the North Pole of a magnet can assist in getting over a cold. Albert Roy Davis discovered that North and South Pole are two different magnetic energies with opposite effects. The North pole can eliminate infections, whereas the South pole would worsen them. The magnet... should be placed over the infected site, anywhere from 30 minutes twice a day to 12 hours a day. The larger and more powerful the magnet is, the less time it needs to be applied." So, make sure to use to North side.

Or: "At the first sign of a cold soak 35 minutes in a warm bath with 2 cups of baking soda. It will raise your PH to very alkaline. If you already have a cold, use the whole box. Your cold should be gone by morning."

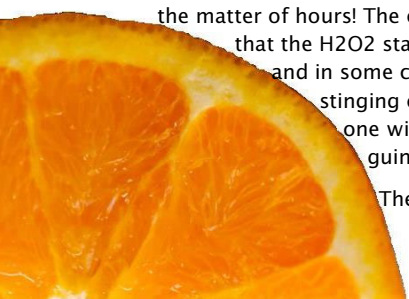
Even better: "My wife has me eat orange slices from her toes, seems to work for sore throat."

Speaking of orange slices, let's tackle the advocated ingestion of Vitamin C to prevent/cure the cold. Since 1970—with the publication of Linus

Pauling's book, *Vitamin C and the Common Cold*—people have been devouring bottles of the C tablets and chugging cartons of orange juice (or, like our foot friend, eating oranges from significant others' tootsies) at the first snuffle and sneeze. Pauling was awarded several Nobel Prizes for his studies on chemical bonds and crusade against aboveground nuclear testing; in essence, he is not the type of guy whose opinion is side-stepped. So when he claimed that Vitamin C supplementation would cut the number of colds in the world by 45%, people listened.

Even though his theories have lasted, Pauling's promotion of high vitamin C intake has made many scientists scratch their heads. What researchers have found is that vitamin C seems to be helpful for people who undergo large amounts of physical stress, smokers, or those who spend the majority of their time in cold climate.

Regardless of what homeopathic remedies might be sworn upon, the cold (a virus) can best be fought by our bodies. Promoting your immune system, and preventing your body from contracting the virus at all is the best effective solution. So! Moral of the story: stay healthy and take your vitamins!





For questions about New Dawn's Chemical Dependency Programs in Sacramento, please call (916) 723-1319.

For New Dawn's Eating Disorders Programs in Sausalito, please call (415) 331-1383

We have a new & improved website!
www.NewDawnRecovery.com

Be Free.

New Dawn is an established behavioral health company with a formula for success that has been perfected for over 20 years. Our organization was initially started as a transitional facility for women - a refuge for women in need of a second chance and a new start. Over time, our mission changed as demands for treatment grew, and as a result new programs for men, women, and adolescents were added, facilities were expanded, and outpatient programs were established. Our organization strives for continuing success in improving the lives of those who choose New Dawn as their temporary sanctuary.

Some Random Memorandums

Check out Michael Bungay Steiner's flash Movie

THE FIVE QUESTIONS
for a Life of Fun, Inspiration
AND Action



Have a look – it's really fun! Contact us and share what you think... what are your 5 ¼ big questions?

" Sometimes we forget to look around us, to see that there is more to this life than loss and hate. That there is beauty, laughter, and love; but most of all there is hope." Aaron Sweet

Submit your favorite quote for our next newsletter!

Spread the word & get involved!

With our New Dawn Newsletter coming into circulation within our community, we will be looking for interesting content to include in our future editions. Should you like to be involved, whether it is submitting an article or poem, highlighting an event, or writing a piece yourself, please do not hesitate to contact us!

We would also like to put together a calendar of events which could in-

clude birthday celebrations, community events, sobriety birthdays, and any other interesting happenings. We would like everyone to be able to join in the celebration of your accomplishments!

You can either email your content to Outreach@NewDawnRecovery.com, or call Ashley at (916) 983-9700 for mailing options.



New Dawn's new 'Be Free' photo