

New Dawn's Chemical Dependency Recovery Newsletter

Volume 1, Issue 2

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Welcome to New Dawn's first newsletter devoted entirely to the chemical dependency recovery community. New Dawn first started this new adventure by forming one newsletter that offered articles on a variety of health issues. We soon realized the importance of having a newsletter devoted entirely to the substance abuse community. So, here we are!

Besides putting together this newsletter, New Dawn has been busy with a variety of events, including the sponsorship of the EAP Summit conference put on by Treatment Solutions Network. We sent three of our employees to represent New Dawn and partake in the educational seminars. The highlight of the conference was the donation of \$5,500 to the Washoe County Safe and

Drug Free Schools Program made possible by all of the sponsors. There will be three more conferences held around the US (locations TBD); for more information, please see www.treatmentsolutionsnetwork.com



New Dawn's Motto: Be Free!

Over the next few months, we will be involved in the CA Adolescent Health Conference in Los Angeles and the Art of Recovery Expo in Phoenix, Arizona. You can find more information on events like these on page 8.

We are also proud to announce that on July 1st, 2008 New Dawn broadened its adolescent outpatient services with the addition of the Day Treatment chemical dependency program. It is currently the only free-standing adolescent program in all of Northern California offering six hours of structured treatment per day. Program components include individual therapy, group education and processing, life coaching, weekly equine-assisted therapy, and family counseling to name only a few. For more information on this new program, please do not hesitate to contact us!

Now that you've had a little New Dawn update, we hope you enjoy our newsletter!



Parent Alert by Christy Crandell

Many parents believe it will never happen to their child but addiction can happen to anyone at anytime. We all want to believe that things haven't changed that much since we were growing up but the reality is they have. Today, our schools have drug detection dogs, school resource officers and on some campuses, metal detectors. Ultimately, It is the responsibility of us as parents to make sure our kids are safe and drug free.

Addiction has no boundaries – not race, not sex, not socioeconomic status. Drug addiction is a brain disease not a character flaw. Many believe drug addiction is a voluntary behavior, and while it may start out that way, continued use of addictive drugs changes your brain in ways that result in compulsive and even uncontrollable drug use.

I found out about addiction the hard way. I was a stay at home mom with two boys. My husband coached our son's sporting teams and I was fortunate to be involved in their lives by working at their school, having their friends to our home regularly and watching them grow up every day. I took my job as a mom very seriously.

My oldest son, Ryan, is serving a 13-year prison term for crimes he committed while under the influence of drugs, specifically cough medicine and marijuana. He was three weeks

past his 18th birthday. How could this happen to a family like ours? For more information, you can read my book, *"Lost & Found: A Mother and Son Find Victory Over Teen Drug Addiction"* available on my website

stopteendrugaddiction.com.

Basically, I was ignorant of teen culture today and what addiction looks like. Throw in some denial and there you have it – I missed the all the warning signs.



"My oldest son, Ryan, is serving a 13-year prison term for crimes he committed while under the influence of drugs... He was three weeks past his 18th birthday."

Some of the warning signs can be changes in school performance (falling grades, skipping school, tardiness), changes in peer groups, breaking rules at home or school, extreme mood swings,

depression, irritability, anger, withdrawal from family, lack of motivation or interest in things other teens enjoy, changes in sleeping or eating habits and cigarette smoking.

Many of these signs can be confused with adolescent angst, which is why if I had to do it all over again, I would begin random drug testing as soon as my children entered middle school. Drug testing gives your teen a chance to prove they are trustworthy. Kids who have nothing to hide – hide nothing. Unfortunately, drug and alcohol use is one of the things teens lie about. Because adolescent brains and bodies are not fully developed, substance abuse can progress very rapidly. Early detection is your best chance at successful intervention.

The most powerful reason to implement a random drug testing policy in your home is that it gives your teen an acceptable excuse to use with their peers **when** the opportunity to use drugs or alcohol is presented. Note, I did not say **if**. The words "my parents test me" are powerful in getting your teen's peers to back off or providing your teen with an excuse to say no.

To begin, talk with your teens. Tell them how much you love them and that you will do anything it takes to keep them safe, including drug testing. Make sure your teens knows you have a zero tolerance for

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Parent Alert by Christy Crandell (Continued)

drug or alcohol use and what the consequences would be. A refusal to take a drug test equals a positive result. A positive test should always result in an assessment by a drug treatment counselor.

The most important thing is for you to take action on your child's behalf the first time that you suspect drug or alcohol use. Don't make excuses or accept theirs. Your teen's future lies in your actions. Many parents are ashamed or feel they've somehow failed when they find out their son or daughter is using drugs or alcohol. Don't be paralyzed by your own feelings of inadequacy. Instead of feeling bad, do all that you can now to fix the situation.

Treatment for an addict or

alcoholic does not have to be voluntary to work. We often hear that addicts need to hit "bottom" before treatment can be effective.

"Don't be paralyzed by your own feelings of inadequacy. Instead of feeling bad, do all that you can now to fix the situation."

Parents can help raise that "bottom" by enforcing severe consequences for drug and alcohol use including mandatory

treatment with a drug treatment professional. Parents and school administrators can be a driving force in getting teens into treatment before situations become dire.

Please let my family tragedy open your eyes. I know that parents are often frightened when they hear about the realities of addiction, but the best defense is education. Arm yourself with all the information you can and then have a candid conversation with your teen. Research shows that parents who talk about the dangers of drugs and alcohol with their kids have kids that are half less likely to use drugs or alcohol. Do it today – the health and safety of your child depends on it.



Christy Crandell is a Parent, Anti-Drug Advocate, Author of *Lost & Found: a Mother and Son Find Victory over Teen Drug Addiction*, Founder of **StopTeenDrugAddiction.com**, Parent Outreach Coordinator for the Rocklin Unified School District and National Spokesperson for FiveMoms.com.

FOR MORE INFORMATION, HELPFUL RESOURCES & CONTACT INFORMATION PLEASE VISIT

www.stopteendrugaddiction.com

The Perils of Addiction Transfer by Sheryl Kolvet

We all have issues. Sad as that is, it's true. Some stem from unhappy childhood memories while others are more current: living in an unhappy marriage or struggling in a job we hate. How we react to these events and emotions is critical to creating and maintaining a healthy life. The key is to be aware of our behavior and recognize when we are reacting in a self-destructive way.

Life is painful. If you react to an argument with your spouse by eating a mountain of ice cream, you need to look at that. If you have a bad day at work then spend the next several hours getting drunk, you need to look at that. These trends are important. They show how you deal with unpleasant things in your life. If you deal with conflict or pain by escaping to the casino or to a pill bottle, you must look at that.

I used to eat too much. After thirty years of overeating (in reaction to emotions brought on by life) I found myself 100 pounds overweight. After trying every diet known to man, I opted for gastric bypass

surgery. There was a bunch of emotional introspection to be accomplished and I thought I had done a pretty good job of figuring things out before, during and after my surgery. Four years later, I had developed a drinking problem. Since I no longer comforted myself with food, I replaced my escape mechanism with alcohol.

AA is full of people who have multiple addictions; gambling, sex, food, alcohol, porn, you name it. So there is, I've found out since, a vast number of bariatric patients who now have a drinking problem. It really does make sense. Our food coping mechanism was replaced with the next best thing. Cocaine, pain pills, any drug or destructive behavior can be substituted for any other.

Now, it really doesn't make a difference if the emotion we're treating is positive or negative. How often has a celebration of good news given us the "green light" to indulge in excess? Very often, someone will order champagne or sinful desserts to mark the occasion. The event is light-hearted and relaxed and everybody over does it. But

if you find yourself looking for any excuse to celebrate, like "it's Monday", then there's a problem. Perhaps you're looking to relive the good feelings that you've had on special occasions because maybe you're not feeling quite so good at the moment.

Maybe your fiancé called off the wedding. Maybe you didn't get the job you wanted. Maybe you just got off the phone with your nagging mother. Do you head for the fridge? Do you pop some pills? Do you pour a stiff drink or open a bag of chips? It gets to be a problem when our ability to cope with life's frustrations requires a self destructive response.

Realizing that you have to act upon these emotional triggers and fill the void, do not do so with food, drugs or alcohol, but with something that is a positive reinforcement. Go to a meeting, ride a bike, chop wood, go to a movie, read a book, watch football, listen to music, go to church, call a friend, paint a picture, write a song, even get your hair cut! Just do something that will make you feel good

"How often has a celebration of good news given us the 'green light' to indulge in excess?"



After working thirty years in the electronics industry, Sheryl quit to pursue more artistic passions. She spends her time writing, painting and traveling with her husband Steve in their forty foot motorhome.

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The Perils of Addiction Transfer by Sheryl Kolvet (continued)

about yourself; and, feel victorious about identifying these feelings and changing how you react to them!

If you've conquered an addiction or eating disorder, Bravo! Just be careful. If the emotions or memories of difficult times still haunt you, you are ripe for adopting a new addiction or relapsing from the old one. If you haven't resolved those old issues, they are still yearning to be dealt with. Go to the source of your problem; figure out why you do what you do. Only then will you be prepared for and in control of situations that used to throw you off.

Only when you can clearly see how a situation affected you in the past can you predict how it will affect you in the future and you can be ready for it. If visiting your Dad always makes you want to drink, call him on the phone instead. If you have to use before seeing your Step Mother, opt out of the situa-

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tion. If it's not in your best interest, don't do it. If you find yourself upset by a situation you're not prepared for addiction transfer can happen in a split second. It's the "screw it" factor. You're in an awkward or uncomfortable place and even though you've quit using, you are offered something that can make you feel different than you feel now, and bam! You say "Screw it" to your willingness to deal with the situation as it is. It is cowardly and this is why willpower is not enough. You can only will yourself around for so long.

You have to know who you are and what causes you to want to use drugs or alcohol. You have to have a plan ready for the times you know you will be tempted. You have to know which life you are willing to work at (because they both take work); one of addiction, chaos and ugliness or one of clear-headed freedom, energy, hope and happiness. YOU deserve this.

A Note on Western Career College Dental Hygiene Clinic

The importance of dental screenings and fluoride treatments for dental problems caused by chemical dependency and eating disorders from must be stressed; Anorexia Nervosa and certain drug use often causes severe enamel erosion. Unfortunately, Medical and Dental insurance companies are still years behind recognizing the inter relationship between medical and Dental conditions. Medical insurance companies may deny coverage for this type of dental treatment even though it is a result of their medical condition. So it is great that WCC can offer patients primary dental care and education without insurance company involvement, in return our students will learn how to take care of patients with these needs!

They offer:

- Free** dental cleanings for all ages,
- Free** dental sealants for kids,
- Free** fluoride application,
- Free** dental screening by a dentist,
- Free** home care instruction, nutrition counseling, etc...
- Dental x-rays at minimal fees.

Western Career College Dental Hygiene Clinic is located at 8909 Folsom Blvd., One block east of Watt Avenue and directly across the street from the Manlove light rail station. It's only a few minutes from Watt Avenue, South Exit of highway 50. Phone # is 916-361-5168 (Tue-Fri).

Sober Living: The Bridge to Recovery by Bryan Johnson

Numerous studies have documented how characteristics of social environment are related to alcohol and drug use and the types of problems associated with alcohol and drug dependence. Studies have also shown that the characteristics of clients' living situations are factors associated with treatment outcome. Sober living environments provide individuals with an alcohol and drug free living environment who are attempting to maintain sobriety. They are used as aftercare residences for clients completing residential treatment, places for clients to live while attending outpatient treatment, or as referral sources for individuals in the criminal justice system.

Sober Living Environments, also commonly referred to as Recovery Homes, are designed to be transitional living for recovering addicts and alcoholics coming out of rehab program, prior to complete reintegration to society. Because of the very nature of drug and alcohol addiction, addicts lose touch with healthy behaviors and lack coping mechanisms necessary for everyday situations and stressors. The disease of addiction creates new and hazardous behavioral patterns

that eventually become the norm in an addicts' life. Drug and alcohol rehab programs begin the process of reprogramming the brain and the person to find the healthy lifestyle choices that will allow sobriety and continued recovery. This process is one that continues through the entirety of an addict's life, and it takes constant effort to continue along the path of recovery.

"Rehab programs begin the process of reprogramming the brain and the person to find the healthy lifestyle choices that will allow sobriety and continued recovery."

For many addicts and alcoholics, treatment programs last an average of 30 days. This is not enough time to completely readapt to society in a healthy manner. It is for this reason that sober living environments are important and serve as an invaluable tool in recovery

after treatment.

Sober living homes provide a sense of community. Through the many pressures sobriety provides, each resident can return "home" to a supportive group of people who understand the difficulty of maintaining this new lifestyle. The transition from a treatment facility to the real world can be jarring: recovering addicts leave a safe environment and go out to the same dangers that surrounded them prior to treatment, all the while trying to hold onto their newly learned coping mechanisms. Sober Living Environments provide a more seamless transition to the real world.

The philosophy of recovery in Sober Living Environments is a social model approach, which emphasizes shared, democratic self-governance, peer support, and attendance at self-help groups such as Alcoholics Anonymous or Narcotics Anonymous meetings. Sober Living Environments have served a variety of functions within alcohol and drug services systems. For example, they have been used as:

- transitional placements for clients completing residential treatment

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Bryan Johnson received his BA from DePaul University Chicago, Illinois in Clinical and Community Psychology. During tenure with DePaul University, he participated in researching sober living environments (specifically Oxford House) with grant funding provided to the "Center of Community Research" via NIDA/NIH directed by Dr. Leonard Jason. As a result of his extensive research, Bryan has published articles and archived literature reviews on sober living environments. He is co-founder of "Fresh Start Sober Living" Chicago, Illinois that has blossomed into a cluster of homes. He recently opened two additional sober living environments in Peoria, Illinois "Bridge Back Sober Living" to service treatment centers and their participants in an ongoing

effort to promote and instill "Bridging and Transitioning" theory. Bryan also attended St. Augustine College, Chicago, Illinois in addiction theory and counseling. He is a certified addictions counselor and practiced for a large non-for-profit agency in Chicago specifically working with families in acute crisis. Bryan has expanded upon his practice and facilitates interventions for treatment centers located throughout the country. "A special word of thanks to Catina for allowing me time to make all this come to fruition." Bryan can be contacted bryanjohnson39@gmail.com or by calling 309-229-4783. Intervention web-site www.bridgingback.com

Sober Living: The Bridge to Recovery by Bryan Johnson (Continued)

- clean and sober places for clients to reside while they participate in outpatient or day treatment services
- a transitional facility for individuals with alcohol and drug problems who are leaving incarceration in the criminal justice system

A Bridging and Transitioning Approach to Sustained Recovery

In light of the positive effects that recovery communities seem to have on treatment outcomes, sustainable recovery may depend largely on our ability to actively link clients to indigenous systems of support, beginning at the point of discharge from primary treatment. This is the idea behind the "bridging and transitioning" model of recovery management. The "bridging and transitioning" approach provides acute detoxification and stabilization, but these services are

nested within a larger and more sustained continuum of pre-treatment, in-treatment, and post-treatment recovery support services. "Bridging and transitioning" extends the duration of post-treatment support services, intensifies these services during windows of initial and subsequent vulnerability, and moves the focus of recovery support from the treatment environment to the natural environment of the client. From a clinical perspective, the process of bridging and transitioning involves sustained and assertive monitoring and feedback; peer-delivered recovery education and coaching; ongoing linkage to indigenous systems of support; enrichment of the post-treatment recovery environment (family, social network, school/workplace, and community); and, when necessary, early re-intervention to minimize the harm from relapse and to re-initiate the recovery process.

From the client's perspective, "bridging and transitioning" serves to increase awareness of the sobriety benefits associated with continuing care, and facilitates linkage to communities of recovery following discharge from primary treatment.

The active linkage process that is central to "bridging and transitioning" is designed to maximize the chances that a given client will get "hooked in" to community-based continuing care.

One reason Sober Living Environments succeed for victims of drug addiction, chronic illness, and mental illness is that they all suffer from one overwhelming debility -- hopelessness. These communities instill hope, the most powerful medicine there is for these conditions. Treatment hand in hand with Sober Living is truly innovative and can help provide hope in places previously thought doubtful.

"bridging and transitioning serves to increase awareness of the sobriety benefits associated with continuing care, and facilitates linkage to communities of recovery following discharge from primary treatment."

Sober Living Centers in California

Serene Center, Inc.
1215 East 4th Street
Long Beach, CA 90802-7518
Tel 562.366.3557

Shaggy House Sober Living
Dana Point, CA
Tel 949.388.0112

Casa Solana
(Sober living for women)
Grover Beach, CA 93433
Tel 805.481.8555

Day By Day Residential
(Sober living for men)
156 N. 5th Street
San Jose, CA 95112
408.293.4275

Eddie Rodchester Anderson Recovery
3553 S. Western Ave.
Los Angeles, CA 90018
323.766.1119

First Step Home
1035 Haight Street
San Francisco, CA 94117
415.863.3661

Bridge Sober Living Homes
P.O. Box 1487
Studio City, CA 91614
Tel 818.223.9400

Pure Love Clean & Sober Living
P.O. Box 1030
934 Main St.
Richmond, CA 94804
Tel 877.354.6083

AMJ Manor
24480 Marilyn St.
Moreno Valley, CA 92553
Tel 951.243.5537



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

For questions about New Dawn's Adolescent Chemical Dependency Programs in Sacramento, please call (916) 723—4335

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

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

Spread the word & get involved!

With our New Dawn Newsletter circulating 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 include 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.

A noteworthy event...

CASA —and the country— are gearing up to celebrate our Eighth Annual *Family Day – A Day to Eat Dinner with Your Children™* on Monday, September 22, 2008. Community groups, elected officials, states, counties and cities, landmarks, corporations and families across the country are spreading the message that Dinner Makes a Difference!

A poem from one of our adolescent clients...

Be real about yourself cuz you can
recover your health for being true to
the end no drugs will ever repent
just feel it deep inside and ride
till the end of time no doubt
in your mind stay true to you
never forget it.

By: So-True