

The Inspiring TIMES

November 2023

A Monthly Newsletter from



State Representative Tina Pickett visited us for the second time! Our official ribbon cutting was held October 13th. We are grateful for the support of the Greater Valley Chamber of Commerce.

Whats New?

NEW

EVERYTHING!

October brought a mass of opportunities for us to start building relationships in the community. We sponsored and attended the Pennsylvania Association of Treatment Court Professionals annual statewide event in State College, which was a great experience. We also sponsored the Annual Catholic Charities Gala fundraiser event in Elmira as well as attending multiple Recovery Month events in Bradford and Towanda. Most recently, we handed out candy and got to meet many great folks during the Trunk Or Treat event at Williams Subaru of Sayre.



It has been a pleasure to feel so welcomed and supported by all of you as we build our vision to Inspire Recovery right here in our own communities.



The Page

At time of discharge, patients are asked to complete a Client Satisfaction Exit Survey. In this survey, they let us know who has had the biggest impact on them during their stay here at EMBH.

Great work to all of you!

Tracey Austin - BHT
Tiffany Johnson - BHT
Jimmy Lynch - Counselor



Speaking of MVPs...

WE ARE hiring!

TEXT 1681023 TO 415-851-3180
LOCAL & REWARDING WORK
WITH BENEFITS!

Recovery



THOUGHTS

Ending the stigma around substance use disorder is of paramount importance for several compelling reasons. First and foremost, stigma serves as a significant barrier to individuals seeking help for their addiction. When society attaches judgment and shame to those struggling with substance use, it discourages them from openly discussing their problems and seeking the necessary treatment and support. This can perpetuate a cycle of addiction, as individuals may be reluctant to acknowledge their issues, delaying the crucial step of getting help.

Stigmatization also exacerbates the isolation and alienation experienced by those with substance use disorders. This isolation often worsens their condition, leading to further drug or alcohol abuse as a coping mechanism. By removing the stigma, we create an environment where individuals feel more comfortable sharing their experiences, connecting with others who have similar struggles, and receiving the support they need. This social support is essential in the recovery process, as it can motivate individuals to stay on the path to sobriety and maintain healthier lives.

Additionally, ending the stigma is vital for public health and safety. When people with substance use disorders are stigmatized, it hinders effective public health initiatives and harm reduction efforts. By recognizing addiction as a health issue rather than a moral failing, society can develop more effective policies and treatment strategies, ultimately reducing the impact of addiction on communities and families.

Remember, **substance use disorder can affect anyone**, regardless of their background or circumstances. By ending the stigma, we promote empathy and understanding, which can lead to more compassionate responses to addiction, reducing discrimination and fostering an environment in which individuals can recover and reintegrate into society successfully. Ending the stigma around substance use disorder is crucial for improving the lives of those affected, promoting public health, and creating a more compassionate and understanding society where addiction is treated as the health issue that it is.

Thank you for helping us *Inspire Recovery*.

Growth Around CAMPUS



Our team is working diligently on making this campus more comfortable and functional for our staff and clients. As we breathe new life into this place, we are reminded that second chances can be the beginning of a brand new story. The rehabilitation of this campus into a place of safety, care, and growth is reflective of the individual work that is happening inside these buildings.

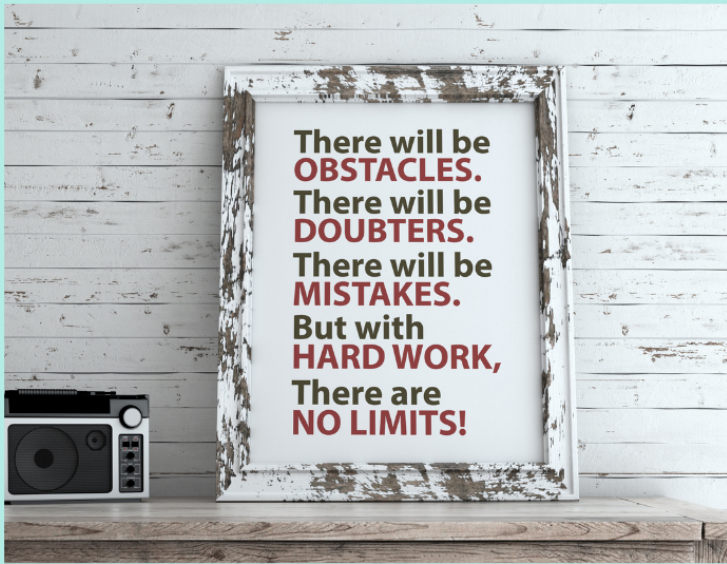


To the left, we have staff and clients taking advantage of nice weather and doing some gardening in the sunshine. Our CEO, Terry Drake, is on the far left.

To the right we have ongoing updates to the building that was previously a guard shack. This will be utilized as the Admissions office, for meetings when our clients are first checking in.

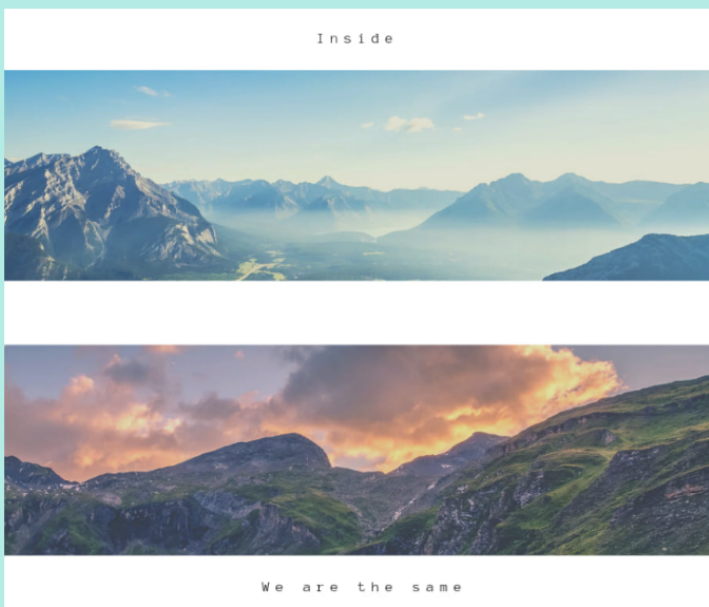


Inspiration STATION



"The feeling of having shared in a common peril is one element in the powerful cement which binds us." -
The Big Book

YOUR
POTENTIAL
IS ENDLESS



HELPING A LOVED ONE DEALING WITH MENTAL AND/OR SUBSTANCE USE DISORDERS

You may suspect or discover your loved one is dealing with a mental illness, drinking too much, or using drugs. As a family member, you can play a central role in getting them the help they need.

REMEMBER MENTAL AND SUBSTANCE USE DISORDERS ARE TREATABLE

People can, and do, recover. Family support can make all the difference. For more information, visit www.SAMHSA.gov/families.

TALK TO YOUR LOVED ONE

Express your concern and tell them that you're there to help. Create a judgement-free and loving environment to foster conversation and openness.

SEEK SUPPORT

If you or a loved one needs help, call **1-800-662-HELP (4357)** for free and confidential information and treatment referral.

BE OPEN

Discuss your family history of mental illness or drug and alcohol use, if relevant. It may help your loved one feel less alone.

SHOW COMPASSION

Be patient as you help your loved one locate resources and treatment services.

BE SURE TO CARE FOR YOURSELF TOO

Being a caregiver can be highly stressful and emotionally draining.

SUPPORTING A LOVED ONE DEALING WITH MENTAL AND/OR SUBSTANCE USE DISORDERS

STARTING THE CONVERSATION

When a family member is drinking too much, using drugs or struggling with a mental disorder, your support can be key to getting them the treatment they need. Starting the conversation is the first step to getting help.

How You Can Help

- 1 IDENTIFY AN APPROPRIATE TIME AND PLACE.** Consider a private setting with limited distractions, such as at home or on a walk.
- 2 EXPRESS CONCERNS AND BE DIRECT.** Ask how they are feeling and describe the reasons for your concern.
- 3 ACKNOWLEDGE THEIR FEELINGS AND LISTEN.** Listen openly, actively, and without judgement.
- 4 OFFER TO HELP.** Provide reassurance that mental and/or substance use disorders are treatable. Help them locate and connect to treatment services.
- 5 BE PATIENT.** Recognize that helping your loved one doesn't happen overnight. Continue reaching out with offers to listen and help.

What to Say

"I've been worried about you. Can we talk? If not, who are you comfortable talking to?"

"I see you're going through something. How can I best support you?"

"I care about you and am here to listen. Do you want to talk about what's been going on?"

"I've noticed you haven't seemed like yourself lately. How can I help?"

For more resources, visit
www.SAMHSA.gov/families.

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