


The Inspiring TIMES


December 2023


A Monthly Newsletter from





Did you know that picking up a paintbrush or sketching can be an incredible form of therapy for those on the path to recovery from drug and alcohol addiction? Here's why:

 **Self-Expression:** Art offers a unique channel for expressing emotions, thoughts, and experiences that might be challenging to verbalize. It allows individuals to explore and convey their feelings without judgment or pressure.

 **Mindfulness & Focus:** Engaging in art requires concentration and focus, which can act as a mindful practice. It helps individuals stay present in the moment, fostering a sense of calm and reducing stress.

 **Boosts Confidence:** As individuals create and see their work evolve, it boosts their self-esteem and confidence. Seeing tangible progress can be a powerful motivator during the recovery journey.

 **Community & Support:** Art can be a communal activity, fostering a sense of belonging and support among peers in rehab. Collaborative art projects create a space for connection and understanding.

 **Healthy Coping Mechanism:** Rather than turning to substances, art becomes a healthy outlet for managing stress and coping with difficult emotions, providing a positive alternative to negative coping strategies.

Recovery is a unique journey for each person, and art serves as a versatile tool in the rehabilitation process, promoting healing and self-discovery.

WE FALL FOR RECOVERY



Beautiful hand decorated wreaths made in one of our groups. Participants used assorted art materials, and also found natural objects as they walked the grounds.

Whats New?

EVERYTHING!

Last month, staff and clients spent time cleaning out and refreshing our garden bed. This created a perfect spot for our Halloween pumpkins!

The sense of responsibility that comes with caring for outdoor spaces cultivates discipline, patience, and a newfound appreciation for the beauty of the natural world, contributing to a holistic approach to recovery. Outdoor projects provide an avenue for self-reflection, a chance to build new, healthy habits, and an opportunity to rebuild a sense of community and belonging, crucial elements in the recovery process.



Engaging in outdoor projects can be a powerful aid in the journey of drug and alcohol recovery. The natural environment offers a serene and therapeutic setting that promotes physical activity, fresh air, and a sense of connection to the world outside oneself. Working on outdoor projects, such as gardening, hiking, or conservation efforts, fosters a sense of purpose and accomplishment. It encourages individuals to focus their energy on positive, constructive tasks, redirecting their attention away from past habits.

Thank you to staff Heather Cogswell for sharing her work on Empathy!

Trust & Empathy

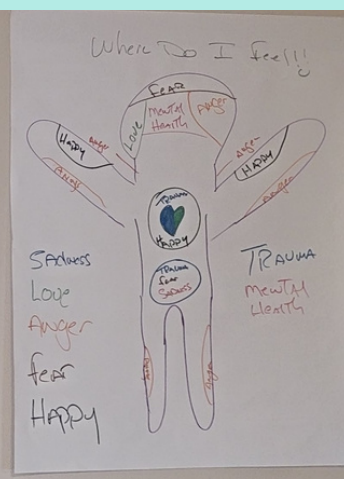
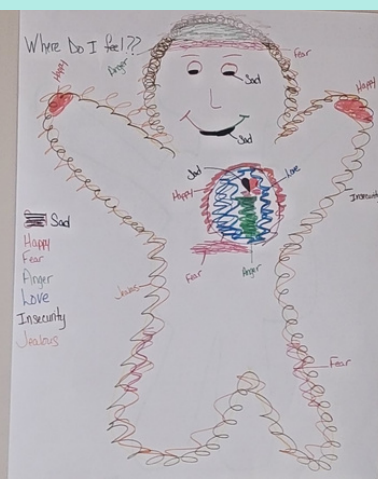
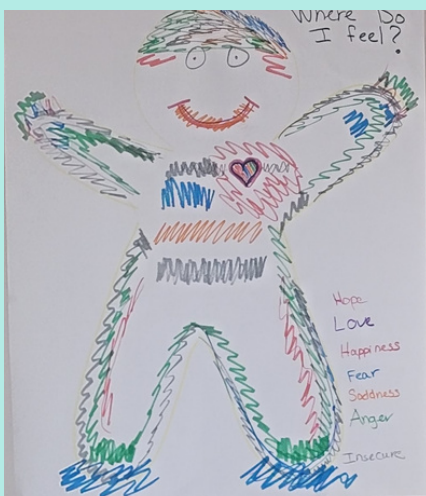
- Building empathy and trust are two things that can aid in removing obstacles. This promotes candid communication.
- It's critical to treat patients with respect and sincere concern while interacting with them. When you listen intently without interjecting, the patient feels validated and heard. Paraphrasing is one reflective listening strategy that can show empathy.
- It's critical to remain impartial while acknowledging the difficulties they can encounter. Refrain from speaking stigmatizing or assuming anything about their actions. Instead, concentrate on learning about each person's unique needs, feelings, and experiences.
- It takes consistency in both words and deeds to establish trust. Be truthful with your patients while abiding by the law's restrictions on confidentiality. Assure them that the information about them will be kept c
- Furthermore important to building trust is empathy. Be empathetic toward them by acknowledging their sentiments of guilt or shame while preventing negative actions. Realize that healing is a difficult process that calls for assistance rather than punishment.

How can we help

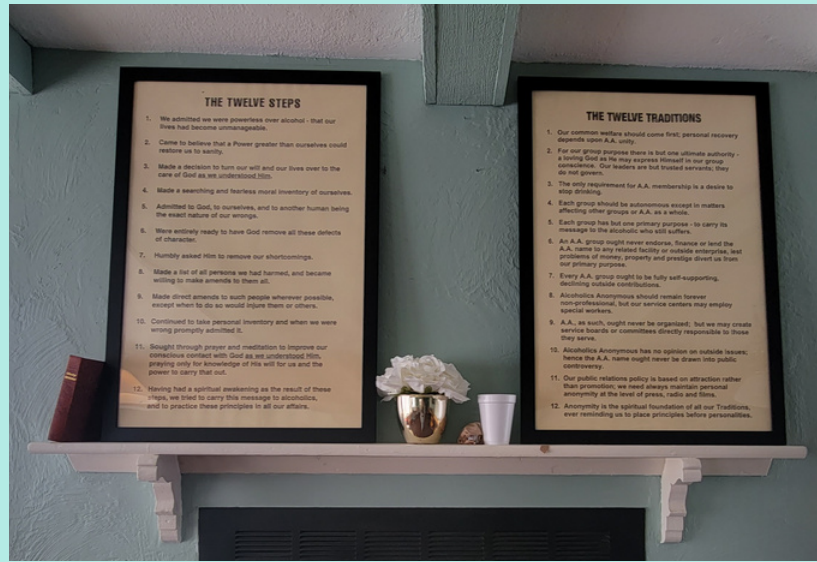
- For both patients and healthcare professionals, discussing substance use disorders (SUD) can be awkward and stigmatizing. Normalizing these discussions is essential, though. We can lessen stigma and encourage patients to seek treatment by making the discussion about SUD more commonplace.
- Using inclusive language is one way to normalize the discussion. Patients should not be referred to as "addicts" because this term carries negative connotations and reinforces stereotypes. Rather, speak to them as individuals, emphasizing their humanity over their circumstance.
- Realizing that SUDs are a widespread health problem affecting people from all walks of life is another way to normalize the conversation. By admitting this, we can reassure patients that they are not alone in their struggles and that asking for assistance is a courageous first step on the road to recovery.
- Creating an environment where patients feel at ease talking about their substance use without worrying about criticism or retaliation is another way to normalize the conversation. In order to support patients instead of criticizing them, healthcare professionals must actively listen to their concerns with empathy and compassion.
- It's crucial to pay attention to your body language when discussing substance use disorder (SUD) with patients. There's a lot that nonverbal cues can convey. They have the potential to help or hurt the therapeutic atmosphere you're attempting to establish.
- Observe the way you express yourself. Having a neutral expression shows transparency. But frowning your brows or frowning could unintentionally convey a negative message. When appropriate, smile sincere; this can help patients feel more comfortable. Maintaining proper eye contact should come first. This demonstrates your awareness and presence.
- Posture is important as well! While sitting comfortably, try not to cross your arms or slouch. These stances could suggest defensiveness or indifference. A slight forward slant indicates that you are participating actively in the discussion. Within reason, think about mirroring the patient's body language. It can help to build rapport and a sense of connection to subtly match their gestures and movements.



Projects in Progress and snapshots from around the campus!



Photos from a visit to Mountains Edge Recovery



Self Care reminder and a smile from Liz & Jimmy



We Are Now Accepting

Pennsylvania Medicaid Program



Bulletin Board

Any of the following picking up dust at home? Give them new life here in our rec room!

Journals
Notebooks
Art supplies
Game consoles
Books & Magazines
Musical Instruments



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

**MAKE IT A
PLAY DATE**
PRESCHOOL PLAYDATE
At Bradford County YMCA
Every Thursday at 10:30 AM



Back
September 7th!

This program is an hour and a half of playtime for pre-school age children. It provides an opportunity for informal play. A parent/guardian must attend the program with the child.

Early Intervention providers will also be on hand each week to facilitate age appropriate activities and encourage parent/child social interaction. Supporting Area Families Everyday will be offering fun and interactive crafts monthly to encourage imagination. Spread the word to family and friends, we would love to have you join us! Preschool Playdate is open to everyone in the community, YMCA membership is not required.

Bring your friends or meet new ones during Preschool Playdate!

WHEN: Every Thursday
TIME: 10:30 am - 12 pm
COST: FREE TO ALL!



BRADFORD COUNTY YMCA
9 COLLEVE AVENUE
TOWANDA PA 18848
(570)-268-9622

GIVE A LITTLE LOVE

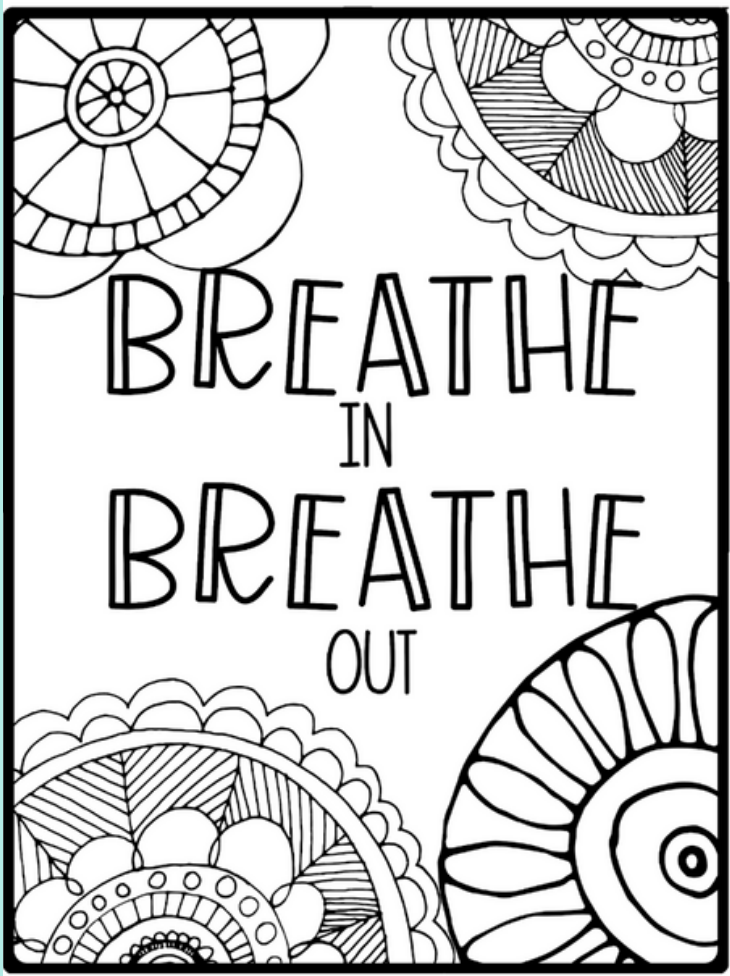


Donate to Our Free Clothing Closet and Give Someone a Fresh Start!

Sometimes it's nice to have something that's purely yours, with no memories attached. Help us provide that feeling to others by donating.

We're seeking like new or gently used (no stains or tears) pants, shoes, coats, and anything else you'd like to give. Let's breathe new life into your pre-loved items.





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.



SAMHSA's mission is to reduce the impact of substance abuse and mental illness on America's communities. 1-877-SAMHSA-7 (1-877-726-4727) • 1-800-487-4889 (TDD) • www.samhsa.gov

Mindful Reflection: Share your rose, thorn, and bud



Rose

A highlight, a success, or something positive that happened.

- What was a highlight today?
- How have you been successful?
- What are you most proud of?



Thorn

A challenge you experienced, or something you can use more support with.

- What was most stressful?
- Identify causes of difficulty.
- What made it hard to be successful?



Bud

New ideas or something you're looking forward to knowing or understanding more.

- What are you looking forward to?
- Describe opportunities for learning that excite you.
- What needs growth and nurturing?