



Beyond Addictions[®]

In-home Detoxification & Innovative Recovery Services

Inside Beyond Addictions



Dr. Marvin D. Seppala, Medical Director, CEO

Happy Holidays

The Holidays are a wonderful time to be in recovery and they can be a very difficult time. It's a time of great joy and a common time for problems and relapse. It's a time that a lot of people get sober, but also a time for partying and excess use of alcohol and drugs. This

newsletter has articles that will help you enjoy the Holidays with tips for a sober and joyous Holiday Season, advice for families, and recovery events occurring in the Portland area over the Holidays.

The first time people in recovery go through the Holidays can be trouble. The Holidays are known for mixed emotions under the best of circumstances. For those in early recovery these emotions often include a generous helping of shame and guilt. Memories of celebrations gone awry and the damage that occurred during active use of drugs and alcohol can undermine the best of intentions. Some people have memories of horrifying experiences from their own childhood that can limit any attempts to get into the spirit of the Holidays. It can be a very lonely time, even among friends and family. Some people have burned all those bridges and may no longer have anyone to rejoice with. It's dangerous to spend the Holidays alone. It's important to increase recovery activities and learn how to celebrate in recovery.

The Holidays offer many opportunities to get outside of ourselves and focus on service and expression of love. Most cultures emphasize giving this time of year, and how better than to give of ourselves? There are ample opportunities for service within 12 Step programs, and plenty of other people who could benefit from your friendship. Many organizations need volunteers over the Holidays. Giving to others will always take the focus off our own problems.

The end of the year is a time for reflection and gratitude. It's an important time to gauge one's growth, and to honor the changes that have occurred. Take a good look at how far you've come, and how you've changed. Determine what changes you want to bring with you into the New Year and those you still need to work on. It is also a good time to put the year behind and move on. Examine your hopes and dreams for the New Year as you acknowledge the lessons of the old year. Make a list of those things you are grateful for that occurred in 2007. Tell someone else about your gratitude list. Contact those people that played a role in your recovery during the past year and thank them. Gather together with family and friends and celebrate what was right and good in 2007. We have a lot to celebrate!

Announcements

Relapse Prevention Workshop Update

The Relapse Prevention Workshop is a 4-week track, at a cost of \$275 for all four sessions. The first of four sessions will start on **Tuesday, January 8, 2008, 6:00pm-7:30om**; the last session will be on January 29, 2008. The subsequent 4-week track will start February 5, 2008.

This upcoming track will be the third track that has been offered. It continues to grow each time it is offered.

The workshops will be facilitated by **Clark Caswell, BA, CADC II**, Beyond Addictions' Recovery Services Coordinator.

The Relapse Prevention Workshop allows participants to thoroughly examine personal relapse symptoms and develop tools to address these symptoms before a return to use occurs. Participants will learn craving management techniques and practice these in the workshops. The workshops will be experiential as well as informational.

If you would like to attend the workshops, or for additional information, please call Clark at 503.644.8700.

Recovery Holiday Events



For information on recovery events occurring in the Portland area over the holidays, please visit the Beyond Addictions website, www.beyondaddictions.com and click on the resources page.

12 Tips on having a Sober and Joyous Holiday Season

Holiday parties without liquid spirits may still seem a bleak outlook to those new to recovery. But many have enjoyed the happiest holidays of their lives sober. Here are some tips for having an all-round ball without a drop of alcohol.

1. Line up extra recovery activities for the holiday season. Arrange to take newcomers to meetings, answer the phones at a clubhouse or central office, speak, help with dishes, or visit the alcoholic ward at a hospital.
2. Be host to non-drinking friends.
3. Keep a telephone list of recovery peers with you all the time. If a drinking urge or panic comes—postpone everything else until you've called a friend.
4. Find out about the special holiday parties, meetings, or other celebrations given by groups in your area, and go.
5. Skip any drinking occasion you are nervous about.
6. If you have to go to a drinking party and can't take a supportive friend with you, keep some candy handy.
7. Don't think you have to stay late. Plan in advance an "important date" you have to keep.
8. Worship in your own way.
9. Don't sit around brooding.
10. Don't start now getting worked up about all those holiday temptations. Remember— "one day at a time."
11. Enjoy the true beauty of holiday love and joy.
12. Help someone in need.

Tips for Families during the Holidays

The Holidays can be a stressful time for family members dealing with addiction. Many families have had some of their most difficult times during the holiday season with memories of broken promises and out of control events. Often families just wish they could speed through the weeks between Thanksgiving and New Years Eve....and maybe as far out as The Super Bowl!

One important aspect is to define and practice new rituals as a family. Establishing new rituals will take some thought and creativity. Some families change the location of places they have had holiday celebrations in the past. Do not have alcohol or drugs in your home creating opportunities for awareness and discussion of how ingrained the use of alcohol and drugs may be in your family rituals. Some families add new rituals such as reading meditations together as a family or having all members prepare the meal together. Simple ideas include toasting with juice instead of wine (be careful not to "play drinking") and/or writing a family gratitude list. Learning to feel safe and enjoy each other again takes time; be patient with yourself and others.

1. Pay attention to HALT signs (Hungry, Angry, Lonely & Tired).
2. Seek support from Al Anon or other community support systems.
3. Go to parties late and leave early.
4. Have a special word between you and your loved one indicating the need to leave a situation, no questions asked. You may just need a time out or you may need to leave entirely.
5. Discuss and plan with your loved one what the plans are so everyone has buy-in.
6. Respond rather than react and always remember to breathe. Try to find the fun in the holidays this year!!

Beyond Addictions Services:

- Psychotherapy
- Psychiatric or Psychological Evals
- Group Therapy
- In-home/
In-hotel/
In-office detox
- Individual Counseling
- Nicotine Cessation
- Pain Management
- Family Services
- Family Therapy
- Family Group
- Continuing Care
- Body Image
- DUII