

INSPIRATIONS - NEWSLETTER

A monthly newsletter for friends, clients, donors and staff of Inspirations

INSPIRATIONS

TEEN SUBSTANCE ABUSE TREATMENT CENTER AND ACADEMY



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inspirations

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Karen Corcoran Walsh, Christopher Walsh (owners of Inspirations for Youth and Families, and Mark Stein in their August appearance on Reality Talk Radio Show, the weekly radio show that deals with REAL LIFE issues and facts in a fun-filled and ZANY way. Catch the show at WIOD - 100.3 FM, 610 AM every Sunday from 4:00 pm - 6:00 pm. To listen to past shows visit: <http://www.realitytalkradioshow.com>



It's Back to School at Inspirations Teen Rehab Instructional Sessions Has Resumed on Aug. 22

AUGUST ACTIVITIES

BOYS:

- Broward County Detention Center
- Boomers, Go Carts
- Bowling
- Dining Out for Levels 4,5
- Weekly Gym Sessions
- Martial Arts

GIRLS:

- Broward County Detention Center
- Galaxy Ice Skating
- Bowling
- Dining Out for Levels 4,5
- Weekly Gym Sessions
- Movies
- Outside Dining

BOYS AND GIRLS:

- Celebrating Recovery—Meeting and Dinner in Boca Raton Resort



Inspirations Teen's
Design Recovery Art Work
with Art Therapist
Raquel Vasquez

Dear Parents,

As you have come to know, coping with a family member's addiction problem can bring out many questions and challenges. As a parent, it's not unusual to want to do everything you can to make sure your child is successful in his/her efforts to address the addiction problem. It's also important to recognize that your loved one (LO) has to do this work for himself/herself. As a family, you can be supportive and encouraging, but your LO will ultimately be responsible for his or her own actions and behavior.

Many families with an addiction problem walk on eggshells, always trying to make sure the person's needs with addiction are met. In the meantime, other family members' needs fall by the wayside, causing resentment, sadness, anger, and low self-esteem. It would be useful for family members to talk about family dynamics and their worries and fears with other families in similar situation. In fact, there are organizations for just this purpose.

For Drugs – NA – Narcotics Anonymous

<http://www.na.org>

NA is a nonprofit fellowship or society of men and women for whom drugs had become a major problem. NA recovering addicts meet regularly to help each other stay clean. The Twelve Steps of NA are the basis of their recovery program. People have all sorts of reasons for attending NA meetings, but the reason for each meeting is to give NA members a place to share recovery with other addicts.

Nar- Anon – For Family and Friends of people with Narcotics Addiction Problems

<http://www.nar-anon.org>

For Alcoholiscs – AA – Alcoholics Anonymous

<http://www.aa.org/subpage.cfm?page=234> (young people and AA)

Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism.

AL-Anon - For family and Friends of people with Drinking Problems

<http://www.al-anon.alateen.org/for-alateen>

Al-Anon is a non-denominational organization providing support to the families and friends of people with drinking problems, through self-help groups modeled after AA and the 12-step program.

All meetings and inquiries are confidential. You can look at their respective website for more information and/or call their hot-line number, for meetings in your area.

It's important that you and each of your family members have the opportunity to be part of a support group to explore questions and feelings around your loved one's addiction, and share his/her hope for recovery. The groups mentioned above are a good place to start. You can also find assistance through local community centers, YMCA groups, a church or synagogue, or the help of a professional local counselor.

Your loved one has likely been through a lot and has worked hard already to seek the help and support he/she needs. Now you and your family can help him/her, as well as yourselves, by getting some assistance, too.

Wishing our Teens and Families a Successful Recovery.



Restoring Dreams, Saving Lives