

INSPIRATIONS - NEWSLETTER

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

INSPIRATIONS

TEEN ADDICTION TREATMENT CENTER AND ACADEMY



888-757-6237 • WWW.INSPIRATIONSTEENREHAB.COM & WWW.INSPIRATIONSYOUTH.COM

HAPPY HOLIDAYS



INSPIRATIONS' TEENS SPREADING CHEERS AT LOCAL NURSING HOME

December was another exciting month for our teens at Inspirations. Our teens took part of several extra recreational activities promoted specially for the holiday season. Having lots of sober fun was the highlight of the month. Amongst all the fun our teens got the time to spread a little holiday cheer by singing to the elders at our local community nursing home. Elders loved the singing and the company of while enjoying snacks served by our teens.



DECEMBER ACTIVITIES

- Dec. 2 - TY Park Barbeque
- Dec. 4 - Fitness Center and Movies
- Dec. 5 - Boomers Arcade & Go - Karts
- Dec. 9 - Hot Shots Paintball
- Dec. 11 - Fitness Center and Movies
- Dec. 12 - Gold Coast Roller Skating
- Dec. 16 - Quiet Waters Park Barbeque
- Dec. 18 - UM & UF College Basketball
- Dec. 19 - Fitness Center and Bowling
- Dec. 20 - Card Making and Cookie Baking
- Dec. 21 - Caroling at Local Nursing Home
- Dec. 22 - Church Service
- Dec. 23 - Caroling and Shopping
- Dec. 24 - Church Service, Party & Dinner
- Dec. 25 - Christmas Brunch, Movies & Lightshow
- Dec. 26 - Christmas Movies & Movies
- Dec. 30 - Life Skills Teen Cook-off
- Dec. 31 - New Years AA Meeting & Dance



TO PARENTS OF ADDICTED TEENS

The news that your child uses drugs and alcohol may make you feel “like being hit by a ton of bricks”. This is actually how many parents describe the news that a son or a daughter is abusing drugs and alcohol. We hope by now, if your child is attending our program that you have found some comfort from our staff and other families who have found themselves on this torturous journey.

We hope you understand that anger, resentment, guilt, and a sense of failure are all common reactions and you must avoid self-blame. Unfortunately, drug abuse occurs in families of all economic and social backgrounds, in happy and unhappy homes alike.

As parents you need to remind yourself of these three C's: that **“you didn't Cause, can't Control and can't Cure your child's problems.”** But you can and must take charge when you find your child involved with drugs and alcohol. The earlier you act upon your child's addiction problems the better off your child will be.



You have raised your child the best way you knew how. You must understand that at some point your child made decisions that set them down the wrong path. You can only support your child and provide him or her with opportunities to make new better decisions. This is a hard one. That is why at times police officers, probation officers, corrections officers, pastors, counselors, therapists can all do a better job than you can in showing your child the correct path. We know it is difficult because no one loves your child like you do, but you cannot do what professional who are working with teen addiction problems can do for your child, when it's needed.

During family therapy sessions we remind our parents to focus on what your child's dreams were, before the addiction. Remember the happy days. Try to be positive. That will help ease your pain and give you, parents and child a new starting point.

Although your teen will find difficult to get back to normal life and navigate through the peer pressure, media influence and academic stress most teens still remember their dreams. You must help them rebuild that dream or pursue a new one.

From all of us at Inspirations, we wish our teens and families a wonderful holiday season and may your child's dreams blossom in 2011.



Restoring Dreams, Saving Lives