

INSPIRATIONS - NEWSLETTER

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

INSPIRATIONS

TEEN ADDICTION TREATMENT CENTER AND ACADEMY



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inspirations

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INSPIRATIONS NEWS

SPECIAL EVENTS



4TH OF JULY CELEBRATION
Happy Birthday America!
Inspirations' Teens Celebrated Independence Day with an all American BBQ party. With a menu of watermelon, corn on the cob, hamburgers, hot dogs, apple pie and ice cream the gathering was a huge success.



INSPIRATIONS JULY ACTIVITIES INCLUDES:

- Ice Skating and Bowling
- Movie and Fireworks Party on 4th of July
- IMAX Theater & Museum of Art
- Pier 66 Pool and Gym
- Deep Sea Fishing for Boys
- Beauty Salon for Girls

ART THERAPY



Art therapy sessions are structured around specific themes and art making experiences that have proved relevant to clients in recovery. However, clients are allowed to individualize their responses to these art projects to ensure that each project is an opportunity for valid self-expression.

CEO CORNER

James Hughes PhD., LMHC, CAP,
CCJS



Dr. Hughes presented in Boston, MA at the American Counselors Association on Adolescent Mental health and substance abuse during the 4th of July week. Signs and symptoms of teen addiction and creative intervention techniques. The large conference included over 1000 counselors in attendance who enjoyed the conference. Many visited the Inspirations booth and were given Inspirations pens and brochures.

The counselors ranged from Elementary to High school professionals. Inspirations was the only adolescent treatment center represented. The conference included teenage behaviors, academic underachievement, and learning disabilities. The conference was a success for Inspirations. High school prescription abuse, substance abuse and tobacco use has increased according to the presenters. More high school teens are being admitted into treatment than ever before. Most teens are in rehab over 45 days on the average the addiction professional report. More females have entered rehab in 2009 than in previous years reports the National Institute on Drug Abuse. Teen rehabs are treating you more effectively than ever before.

Video Game Addiction



Video game addiction is one of the fastest growing types of addiction. Playing your favorite games can seem like a harmless way to spend your free time, but this behavior can sometimes spiral into a serious video game addiction. Since the problem is a relatively new phenomenon, the exact cause of video game addiction is unknown. However, the treatment is the same as drug addiction and often requires a 28 day residential addiction treatment program. This addiction appears to be most common among younger male players. It is quickly becoming an addiction for younger females too. Adults are also included in the rising number reports of video game addiction.

DETOX – VIDEO GAME ADDICTION

As strange as it may seem, there is a Detox process for video game addiction. This behavior is a clinical impulse control disorder, identical to gambling addiction. The Detox process commonly occurs in a residential addiction treatment center. As in all addictions, the goal is to remove the source of the addiction. In drug rehab, when substance is the addiction, it is the alcohol or drug that is removed. When it is video game addiction, the video games and source of gaming is removed. As the removal of the source of addiction occurs, other psychological issues are examined in order that an individual treatment plan can be created and clinical therapeutic approaches can begin. Often, patients or clients are “self-medicating” or seeking a feel-good feeling in response to life stressors, anxiety, depression, trauma, or other catalysts for the need to feel good. The need to “feel good” increases and the source (video gaming) of the feeling becomes addictive, resulting in daily life responsibilities and relationships, suffering and eventually making daily life functions nearly impossible.

TREATMENT AND THERAPY – VIDEO GAME ADDICTION

People who are addicted to video games know that their behavior is causing strain on relationships, employment, and personal health, yet they feel powerless to change their behavior. Therapy is the most common course of treatment for video game addicts. It is also the course of treatment in the residential addiction treatment program. Although most clients in drug rehab are there for drug abuse or drug addiction, they often demonstrate other addictions and further, the addictive behaviors are identical to the traditional cycle of addiction. Since this addiction has only been in the spotlight for a short time, many mental health professionals are unaware of the extent of the problem. It is important to choose a treatment program that has integrated video game addiction and other addictions into the traditional substance addiction treatment, recognizing the association between the behaviors and addiction treatment. The therapeutic approach is the same Psychotherapy with a solution oriented approach to working with the client to resolve life problems. Therapy includes individual therapy, group therapy, and family therapy. Therapies might also include solution focused therapy, trauma therapy, EMDR, music therapy, art therapy, and other therapeutic approaches. Video game addiction treatment also includes groups on addiction education, coping skills, decision making skills, anger management, stress reduction, meditation, and yoga.



Restoring Dreams, Saving Lives

A PLACE FOR HEALING, A TIME FOR LEARNING, AN OPPORTUNITY TO CHANGE