

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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INSPIRATIONS HELD A 3-DAY CAMPING TRIP

INSPIRATIONS, held a 3 day camping trip to the Billy Safari Seminole Indian Campgrounds in the Everglades. Teens participated in camping, air boat rides, reptile shows, bonfires, barbequing, and observed alligator wrestling.

MARCH ACTIVITIES



- Ropes Course
- Camping at Everglades
- Saint Patrick's Day Picnic
- Boat Ride
- Reptile Show
- Bonfire Experience
- Canoeing
- Weekly AA and NA Meetings

INSPIRATIONS SPONSORED WRITERS IN TREATMENT FUNDRAISING EVENT IN BEVERLY HILLS, CA

Inspirations for Youth & Families and the owners Karen Walsh and Chris Walsh were one of the sponsors of this year's Writers in Treatment Festival of Laughs in Los Angeles, California.

Writers in Treatment (W.I.T.), a non-profit organization founded by Leonard Lee Buschel, Robert Downey Sr., Vernon Scott IV and Heidi Lloyd is an organization that helps writers addicted to alcohol and/or drugs to get effective treatment for their disease.

W.I.T. along with Inspirations presented its 2nd annual Festival of Laughs on March 8th at 7:30 PM at the Skirball Cultural Center in Los Angeles, CA.

At the Festival of Laughs, Writers in Treatment honored Lou Gossett Jr., actor and the author of "An Actor and a Gentleman", with the "Experience, Strength and Hope Award" for his artistic accomplishments, creative endeavors and carrying the message of recovery to a society struggling with addiction.

Inspirations also attended several events while in Beverly Hills, helping youth and families to gain strength and insight into the cycle of teen substance abuse and addiction.

Parents: What You Say - and What You Do - Matters to Your Kids

St. Patrick’s Day is not only a celebration of the patron saint of Ireland, but it has also become somewhat of an accepted national drinking holiday. So why not take a moment today to think about how our own behavior with alcohol impacts the impressionable, young teens in our lives?

Kids learn the most from their parents, who are the number one influence in the lives of their children — those kids who learn a lot about the risks of drugs at home are up to 50 percent less likely to use than those who do not get those critical health messages from their parents.

Parents please remember that it is not only what you say - but also what you do - that matters in the lives of your children. And it’s important to think about how your own drinking and your “model behavior” may have a direct impact on the choices your teens make for themselves about alcohol and or other drug use.

Sobering Facts:

- Did you know that one in five parents (21 percent) acknowledges that sometimes they drink too much alcohol in front of their children or teen? (*Partnership Attitude Tracking Study (PATS) study 2009, sponsored by MetLife Foundation.*)
- You might also be surprised to learn that only one-third (34 percent) of parents safeguard alcohol in their own homes, even though they have underage children living with them. (*PATS 2009, sponsored by MetLife Foundation.*)

Your child’s attitudes will be shaped by how you communicate about alcohol and drug use and the example you set for them in your own family. Please remember that keeping your alcohol safely locked away in your home - and telling the parents of your child’s friends to do the same — can help prevent your child from engaging in risky behavior.

Have a happy, healthy and a safe St. Patrick’s Day!

Source Courtesy of :
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Restoring Dreams, Saving Lives