

# INSPIRATIONS - NEWSLETTER

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

# INSPIRATIONS

TEEN ADDICTION TREATMENT CENTER AND ACADEMY



Volume III, Issue 5

May, 2010

inspirations

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## INSPIRATIONS NEWS

### CEO CORNER



**James Hughes**  
PhD., LMHC, CAP,  
CCJS

In the month of May Dr. Hughes attended conferences in Las Vegas, NV and Nova University in Fort Lauderdale, FL . He discussed the high success rate and patient enthusiasm at the treatment center. Dr. Hughes is developing preferred provider contracts with specialty insurance companies in order to expand the market for treatment services. The positive growth of the program has improved patient success.



### WHAT IS HAPPENING

Inspirations Teens on TV: May 5th Inspirations Teens, Clinical Director Gerardo Alvarez, and owner Karen Corcoran appeared on "TEEN TALK", for BECON TV, a local television show featuring services and happenings for teenagers. Look for the show on channel 19 beginning May 28th. Special Thanks to our teens who shared their experiences so that other teens might reach out for the help they need and seek assistance from their parents and the help of a teen rehab center.

### SPECIAL EVENTS

#### INSPIRATIONS ACTIVITIES INCLUDES:

Ice Skating - All Time Favorite by all Teens  
Beach Walks, Marlin Games, Dining Out as a Group  
Privileges, weekly visits to Fitness Center.

#### EVERGLADES EXPERIENCE WITH AIRBOAT RIDES

**IMAX DISCOVERY AND SCIENCE CENTER**, learning about marine life and ocean preservation.

**COURT PROCEEDINGS** – A Field Trip Observing a trial to learn the process of the legal system, in an effort to deter adolescent poor choices and impending legal consequences.

### RECREATION IN RECOVERY

Inspirations Teens enjoy attending live events while progressing through recovery steps. For example: in local resort in Fort Lauderdale has been contracted with the idea of integrating recovery & recreation. Patients apply recovery skills and techniques in actual daily settings.

## TOUCHING THE HEARTS OF INSPIRATIONS TEENS



**George Allen and Tiara Sky**  
Inspirations Music Therapists

"Music is a Mental Phenomenon that creates a common denominator for all. We believe ones self confidence and inner most self can be reached with music."

..... George and Tiara



## Prescription Medication



**Gerardo Alvarez**  
Clinical Director

After treating teenagers over the past two years at Inspirations I have realized that one of the most common drugs of abuse are prescription medications. The most common type of prescription medication is XANAX. The generic name for Xanax, is Alprazolam. Most teenagers report getting this type of medication from their friends home. This medication is prescribed for anxiety . Teenagers will mix this medication with alcohol. This interaction causes an intense high while depressing the teenagers central nervous system. In result, teenagers are heading to local emergency rooms and need treatment for detoxification for up to seven days.



### A LETTER TO OUR CONCERNED PARENTS

Fear for your teen’s safety and future, are common daily feelings experienced by parents. We understand your situation. Please allow us to introduce ourselves. We are Karen Corcoran-Walsh and Christopher Walsh, the owners of Inspirations for Youth and Families aka Inspirations Teen Rehab. We are also the parents of three children, two of whom just passed through their teenage years. Yes, we survived and you will too. We are also professionals in the mental health field.

We at Inspirations Teen Rehab want to empower you to make the decisions that you see fit to best protect and guide your teenager through this journey of teenage years, entering young adulthood. Behavior and drug use or drug abuse can lead to explosive and life changing experiences for a teen and family.

Choosing an appropriate residential facility is a difficult task. Keep in mind that **Inspirations Teen Rehab is a nurturing, educating, and therapeutic residential program.** We are not a locked-down psychiatric facility. We are not a juvenile offender program with boot-camp mentality. Inspirations Teen Rehab holds the belief that the teens attending Inspirations Teen Rehab are good teens, making poor choices at this time in their life. Teen drug use and teen drug abuse are an unfortunate issue for today’s teens, often a result of inappropriate coping skills, lack of accountability, and attempts to self-medicate. Inspirations will work with you and your teen to develop teenage coping and decision making skills, a program of accountability, and a daily life without the use of substances and impairment. Teens will re-learn the art and joy of living, being a part of a family and experiencing this limited time in adolescence.

*With Sincere Inspirations, Karen and Chris.*



**Serving Teens and Families Troubled  
by Alcohol and other Drug Use**

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