

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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Six tips for parents on how to begin a conversation about substance abuse in the family:

- 1.) Pick an easy, comfortable time to chat with your kids. Maybe a picnic in the park or a meal at their favorite restaurant is a good backdrop.
- 2.) Though it is a big deal, don't make it so in the conversation. Parents should be able to tell the truth in a way that children are able to understand and prepare themselves for the changes that will happen in the family. For many kids, routine helps them feel safe. So if life becomes unpredictable, they will need help adjusting to the changes.
- 3.) Ask the kids if they are worried or concerned about what's going on within the family. If they don't come forth, leave it. Simply say that if they are confused, scared or upset about anything that they see or hear you are there for them anytime.
- 4.) The children should be told that regardless of what's happening with their sibling that he/she loves them and again, they are not responsible.
- 5.) If the children are aware that there is something wrong with their brother or sister, it is open, honest and healthy to tell them that he/she is sick at the moment and that Mom and Dad are doing everything they can to help him/her get well.
- 6.) Please consider **AlAteen** (<http://www.al-anon.alateen.org/for-alateen>) - a group of teens sharing their confusion, anger, etc... with each other regarding substance abuse issues with other teenagers. Private counseling is always an option as well.



JULY ACTIVITIES

BOYS:

- Batting Cages at CB Smith
- Bowling at Manor Bowling Lanes
- Paddle Boarding Lessons
- Martial Arts Lessons

GIRLS:

- Dave & Buster's
- Glacier Ice Skating
- Manicure & Pedicure Outing
- HIP HOP Dance Lessons
- Plant Nursery
- Movies
- Outside Dining

BOYS AND GIRLS:

- Rapids Water Park, Riviera Beach, Team Building Exercises, Workout Sessions at the Gym

JULY HAPPENINGS



WELCOME BACK TO DR. JAMES HUGHES

Dr. James Hughes has returned to Inspirations for Youth and Families as our Clinical Director. The time away from Inspirations was spent fighting the drug war on the Mexican border. His experience and knowledge of the casualties of drug abuse will be shared with our staff and clients as we pursue our efforts in the prevention and treatment of drug addiction.



FAREWELL FOR NOW- JULIE DUMBROFF

Inspirations for Youth & Families bids a fond farewell to **Julie Dumbroff** as she returns to the University of Florida in pursuit of her Jurist Doctorate Degree. Julie's passion for knowledge was demonstrated through her superior performance as Inspirations' academic leader, tutor, and role model for higher education.

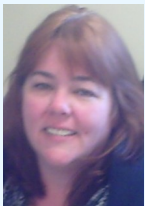
Julie also dedicated her time as a community liaison between the juvenile legal system and our law enforcement professionals.

Special thanks is given to Julie for her participation with the Broward Sheriff's Office and DUI prevention effort in which she facilitated the BSO and their DUI team's demonstration and education on the consequences and casualties of driving impaired. The DUI Bat Mobile and a recent DUI Crash Car provided our team with a real life detection of the lethal consequences of driving under the influence.

Another thanks goes to Julie for her appearance as a host on the **Reality Talk Radio Show** sponsored and produced by Inspirations for Youth and Families.

WELCOME TO THE WOMEN IN DISTRESS OF BROWARD COUNTY

The staff of Women in Distress of Broward County and the Inspirations' staff are working with teens on a weekly basis to stop domestic and relational violence and promote tolerance and respect for individuals and their families. We are grateful for their efforts and their much needed community service.



CONGRATULATIONS TO ROSE LYONS— EMPLOYEE OF THE MONTH

Inspirations for Youth & Families congratulates **Rose Lyons** as the employee of the month. Rose Lyons has demonstrated outstanding service and dedication to the families and children of Inspirations. Her dedication to the growth and recovery of teens in crisis is witnessed daily through her therapeutic and social work skills.

We also congratulate Rose for her dedication to our anti-bullying program, as we continue our efforts to eradicate this unhealthy behavior, often found among our nation's adolescent population.

SPECIAL THANKS TO THE BROWARD COUNTY SHERIFF'S OFFICE

Inspirations would like to extend its special thanks to the **Broward Sheriff's Office, Sergeant Garcia and Officer Franca**, once again, for their continued community service at Inspirations Treatment Center.



Restoring Dreams, Saving Lives