

# 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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## September is Recovery Month



**Recovery Month** promotes the societal benefits of treatment for substance use and mental disorders, celebrates people in recovery, lauds the contributions of treatment providers, and promotes the message that recovery in all its forms is possible. *Recovery Month* spreads the positive message that behavioral health is essential to overall health, that prevention works,

treatment is effective and people can and do recover. To Celebrate Recovery month, Inspirations for Youth and Families participated in the Recovery Festival in Palm Beach County on Sat. Sep. 17th. Inspirations was represented by Clinical Director, Dr. Hughes who reported that over 700 people from the tri-county area attended the Festival.

## Education Services Resumed

The education services of Inspirations Teen Rehab commenced on September 6, 2011. We are excited to announce that the fee for the service has been reduced to better serve our clients. Our focus is on assisting in the continuing education of the adolescents that enter our facility and to ensure that: those students who have fallen behind academically progress thru completion of their work assignments from their school of origin; those students pursuing a GED work through an established GED program in preparation for the GED exam; and those students who are academically on point or excelling academically, remain so.

We oversee the completion of school assignments with each teenager and provide time in the daily schedule for studies. Individual Tutoring is available.

Our state of the art computer lab allows student's access to "Florida Virtual" and other online distance learning programs for grade forgiveness and credit acceleration. The Department of Education requires all dependent adolescents receive educational opportunity. To ensure that your adolescent is participating in our education component, please contact our accounting department at Ext. 109.



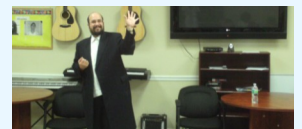
Fall Starts September 23rd.  
Get Ready for Lots of Sober Fun Fall Activities

## SEPTEMBER ACTIVITIES

- Gold Coast Roller Rink, Ft. Lauderdale, FL- 'Fun in Recovery', 2 hours of roller skating for the female teens.
- AMF Bowling, Davie, FL- 'Team Building', 4 man teams compete for bragging rights; male adolescents participate.
- Glacier Ice Skating, Deerfield Beach, FL- physical dexterity, balance, creativity for females.
- Mother's Against Drunk Driving (MADD), Ft. Lauderdale, FL- female teens hear testimony by parents who's children either received a DUI or who's families were directly affected by a drunk driver. Teens view videos of DUI auto crashes and Emergency Medical Services at the scene of DUI accidents.
- Jail Prevention Visit
- Motivational Speech by Rabbi Joseph Grossman of NY



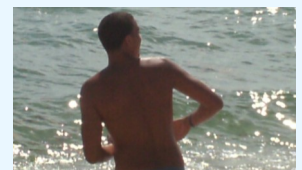
Teens at MADD Meeting



Motivational Speaker



Beach Outing for Girls



Beach Outing for Boys

*There's no Substitute for Learning, Experiencing, and Having Fun in Recovery*



**Art Therapy with Raquel Farrell-Kirk**

Inspirations' Teens creating hand made pillows during an art therapy session. Working on this project requires the clients to delay gratification and develop frustration tolerance as they work through the steps of selecting fabric, planning and cutting, and finally sewing and stuffing. In addition, the pillow provides a comforting object to aid in the adjustment to being away from home and personalizing their environment at the residential treatment setting.

**THE PEOPLE WHO MADE SEPTEMBER NEWS**



**Nathan Fears, M.A. CAC III**, Inspirations for Youth and Families COO, highly qualified and regarded professional with over 27 years of experience in psychiatric and chemical dependency care, conducted two successful interventions in September. Nathan is known for his involvement in developing, implementing and maintaining adolescent and adult programs for the most reputable health care organizations in the country. Nathan is certified educator and lecturer of the adolescent addiction/treatment process. He is certified as a rational emotive therapy educator and a member of ATSA (Association for Treatment of Sexual Aggressors). He has co-authored books regarding adolescents and behavior; edited a Fox Television Movie; written several magazines; newspaper articles; provided training, lectures, seminars, forums and groups throughout the United States.

Our warmest welcome to new Therapists **Robert Sanchez** and **Abbey Knox** , Primary Educator **Nina Tracy** and HR Director, **Linda B. Diaz**.

**From Top, Left to Right:**

**Nathan Fears, Dr. Hughes, Rose Lyons, Sean Kweskin, Paul Sohr, Abbey Knox, Nina Tracy, Linda B. Diaz**

Helping Inspirations Celebrate September's National Recovery Month, **Dr. Hughes** represented Inspirations at the 5th Annual "Harvesting The Voices of Recovery on Sep. 17th in Palm Beach County and co-hosted the Reality Talk Radio Show (radio station 610AM or WIOD 100.3 FM) on Sep. 18th on the topic Teens in Trouble.

**Rose Lyons** was promoted to Assistant Clinical Director.

**Sean Kweskin** facilitated group on teenage aggression and violence.

**Paul Sohr** conducted groups on Dialectical Behavior Therapy.

**Thank you everyone. Job Well Done!**

