

The Advocate



RECREATION & LEISURE

A New Freedom... A New Happiness

Whether you're new to recovery or an old-timer, "The Promises" from the Big Book of Alcoholics Anonymous are something special that many of us hold on to... "a new freedom and a new happiness." Along with staying clean and sober, working the steps, connecting with your sponsor, studying your faith and spirituality, participating in AA, NA or Caduceus, and meeting personal and professional responsibilities, there's so much more to this journey of recovery.

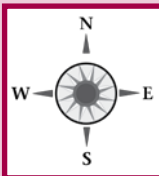
"To continue grow, develop and thrive in recovery, active participation in recreational and leisure activities is vital for recovering addicts," said Joan Farr, Certified Therapeutic Recreational Specialist. "Yes, our lives are incredibly busy, often very stressful and time's a treasure, but if recreation, relaxation and hobbies are neglected or overlooked, then quality of life in recovery truly suffers."

In recovery, people need a variety of positive resources and diverse coping skills to live day by day, and to manage the dynamics of living a drug-free lifestyle. It's essential to explore and commit to recreation and leisure time activities, and to, eventually, develop a healthy sense of adventure.

Leisure skills and recreational interests may be slow to develop, often due to the guilt and remorse associated with recovery, and the anxiety and fear of difficult environments. Honor this, consider where you're at in recovery. Set small objectives, be open to suggestions and ask for help. Also, be aware of physical challenges and the transition time needed for your body to heal. If medical issues keep you from moving ahead, seek advice from your physician.

"Keep in mind that sharing recreational and leisure activities is a great way to enrich homegroup fellowship, and to get to know other people in the recovering community," noted Farr. "The continual support and amazing passion of your friends in recovery is invaluable, together, evolve your leisure and recreational skills, not to mention have a great time just having fun!"

Whether you enjoy fly fishing on the weekends, playing vintage records with your homegroup, trying new recipes with friends, playing tennis after meetings, or walking your dog at night, take that first step, and liven-up your walk in recovery... Celebrate the freedom, and enjoy the happiness found in recovery! 🍷



FARLEY'S ADVENTURE PROGRAM: At Farley, we understand that recreation and leisure time is often a distant concept for addicts, and that direction and support is needed to move ahead in recovery. This is why our *Adventure Program*, led by Joan Farr, CTRS, is a crucial part of the comprehensive treatment program. Farley's Adventure Program prioritizes:

Utilizing Structured Services: Providing structured adventure-based recreation and leisure group therapy services, active educational classes and other special events, helping patients to explore making the most of their lives in recovery.

Stimulating Therapeutic Activities: Developing recovery skills through experiential activities, from trust circles, where members surrender into the support (arms) of fellow patients, to mindful nature walks focusing on the sunlight peaking behind a tree, the sounds of nature, or, maybe, ducks flying in unison, to fun-filled, dynamic games creating laughter and joy in the moment.

Building Recovery Skills: Facilitating team building, group cohesion, and trust in others, to evolving self-awareness, confidence, healthy risk-taking, and supporting emotions such as fear, fatigue and guilt, and compassion, spirit and acceptance. 🍷

The Gift of Time

By Stephanie Loeb, Executive Director



Addiction is a terrible thing. It damages our self-esteem. It leads us to a life of secrets and lonely isolation. But the first thing that addiction takes from us is time. Under

the influence, we have simply run out of time. Addicts have lost the time to think, to plan, and, most importantly, to enjoy life.

The first thing that recovery gives back to a person committed to a recovering lifestyle is time. What are we to do with all this free time? Enjoying life is a difficult thing for newly recovering people. Our whole life in addiction was goal-oriented behavior, with the goal being oblivion followed by self-destruction. However, at the time, we thought we were just getting high, and then just trying not to get sick. So often in my life in addiction I had to rush to get my needs met.

I remember being newly recovering. I was working with my psychiatrist. He asked me what did I do for fun? It was as though he was talking a foreign language. It had been a long time since fun was part of my life. So, he paused and asked what did I use to do for fun? Somewhat embarrassed I shared with him as a teenager I liked to perform in plays. He smiled and said have you thought about community theater? I shook my head and thought he was crazy.

As I look back at my early recovery, I know that I was blessed with willingness. Through life experiences and the desire to stay clean, I had learned and implemented the skill of taking suggestions and doing what I was told.

Doing what you are told is a recovery skill, just like meetings, acceptance, using a sponsor, reading literature - the willingness to take suggestions and simply do what you are told is the thing that will make one well; willingness makes you well. So I took the suggestion. I went and auditioned for a small theater group. And guess what, I got

(Continued on page 3)

SUMMER 2009



Woollard Appointed Executive Director of Clinical Operations

Eleanor J. Woollard, M.A., Ed.S., has been appointed Associate Director of Clinical Operations, at The Farley Center at Williamsburg Place. Eleanor brings tremendous leadership, program development and comprehensive clinical services experience. She developed the Chemical Dependency Program for Rapha Hospital Systems and Codependency Program at Charter Peachford Hospital, as well as directed a five county Substance Abuse Program, all in Georgia.

Eleanor holds a Masters degree in Psychology and received her Educational Specialist degree in Counseling, both from West Georgia College, Carrollton, Georgia. She is a Licensed Professional Counselor and a Certified Substance Abuse Counselor. A lecturer on addiction, codependency and family issues in recovery, she was quoted in Newsweek regarding "Alcoholism and the Family."

WELCOME!

We wish to welcome the following new employees of Williamsburg Place & The William J. Farley Center

- Donnell Braxton, Case Manager
- Eunice Ellis, LPN
- Tiona Jones, Unit Technician
- Melissa Ross, Therapist
- Shannon Leary, Family Program Coordinator
- Shamekia Sigler, LPN
- Beverly Supler, LPC
- Lori Ward, LPN
- Tracy Westmoreland, LPN
- Arland Vannatta, Driver



Dr. Bob Herzog, N.Y. State Dental Association, with Melissa Lee Warner M.D., Medical Director, and Stephanie Loeb, Executive Director, The Farley Center at Williamsburg Place

If you or your organization would like to visit The Farley Center at Williamsburg Place, please contact Gina Thorne at (877) 389-4968.

Mentoring... Share in Recovery!: *If you are interested in becoming a mentor to one of our patients or a recent graduate of The Farley Center at Williamsburg Place, please contact Gina Thorne at (877) 389-4968 or gthorne@farleycenter.com for more information. Share in Recovery!...*

Diamond News



Barry Robinson Center Opens Adolescent Chemical Dependency and Co-Occurring Treatment Program

Diamond Healthcare Corporation and The Farley Center at Williamsburg Place both welcome and celebrate the opening of St. Brendan's Harbor Adolescent Chemical Dependency Program. This new program is a great resource to the community and region, helping to meet the tremendous need for residential treatment services for substance abusing adolescents.

This Spring, Barry Robinson Center, a Norfolk, Virginia behavioral healthcare organization serving youth and their families, launched the chemical treatment program at St. Brendan's Harbor to address the specialized treatment needs of adolescents with primary chemical dependency and substance abuse problems requiring a residential treatment setting, as well as youth presenting co-occurring substance abuse and psychiatric conditions. See enclosed flyer for more information.



www.diamondhealth.com
Diamond takes great pride as the owner of The Farley Center at Williamsburg Place

Spring/Summer 2009 Site Visits

The Farley Center at Williamsburg Place wishes to thank the following individuals, associations, treatment programs, and state boards for visiting our facility:

- Bob Herzog, NY State Dental Association, Albany, New York
- Dave Eichhorn, Bayer Intervention, Santa Monica, California
- Ginny Mills, Full Life Counseling, Winston-Salem, North Carolina
- Ira and Mary Davis, Missouri Dental Association, Jefferson City, Missouri
- Peter Cohen, DC Physician Health Program, Washington D.C.
- Treatment Staff from the Coleman Institute, Richmond Virginia



Strength & Inspiration Found in Community

Bright, breezy days welcomed alumni, friends and associates to the 2009 Spring Alumni Weekend. Along with the alumni dinner, open AA meetings, reunion groups, lunch under the big top, open mic celebrations, and presentations by Thayne Flora, Stephanie Loeb, and Nancy Johnston, the true beauty of the weekend was in the inspiration found in fellowship, continued learning in recovery, the grace of love, and the strength of community.

Nancy Johnston, L.P.C, delivered a valuable feature presentation and family workshop on *Codependency: Meaning, Language, Dynamics*, sharing a working model for understanding codependence, as well as conceptual tools for strengthening self-awareness in recovery.

To Our Friends of Farley...

We are looking forward to seeing you at our next Alumni Meeting, Professional Lecture Series, Chapter Group Meetings, and more. For upcoming events, keep checking www.farleycenter.com.

The Gift of Time

(Continued from front cover)

a part, a small supporting role as a religious zealot! Being a part of the play was exciting, despite pretty poor reviews.

But the reviews didn't matter. It was the first time in recovery that I made new friends outside of my twelve-step circle. I took the suggestion of my sponsor that all I needed to tell people was that I didn't drink. And my new friends thought my "not drinking" was cool! So I learned about appropriate self-disclosure and not shaming myself. I learned a lot that summer, but mostly that I could relax and take it easy, that life is worth living.

In recovery, I have performed in a play (just once, that was enough!), I have taken

Often when I think of my struggles with relaxation or leisure I refer to one of my favorite meditations from a book called Daily Affirmations for Adult Children of Alcoholics, by Rokelle Lerner:

I CAN ENJOY LEISURE WITHOUT GUILT AND ANXIETY

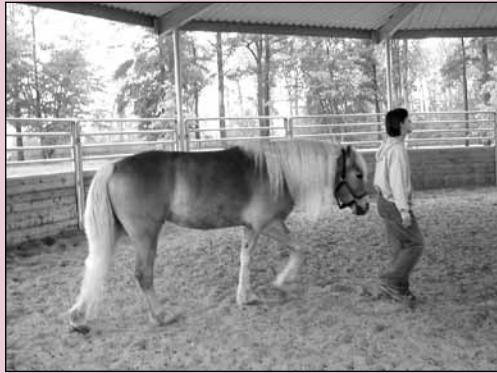
Today, I find myself grazing in the pasture called life. Just as a horse doesn't stand at the gate and make a plan before it roams and eats, neither do I feel as if I must constantly have a working plan before it roams and eats, neither do I feel as if I must constantly have a working plan to relax. It is possible for me to simply watch the grass grow.

I now let go of the belief that all my activities must be goal-oriented. It is not necessary to shame myself for not relaxing in the "right" way. This day I will give myself the opportunity to experiment with different ways of relaxing. I will give myself permission to decide what things I like to do, even if it means doing nothing!

piano lessons, I have traveled to places where I didn't know a soul but found meetings there, I have camped out under the stars, I have hiked mountain trails, I have run marathons, I have loved and been loved in return, and I have decorated my house and planted interesting gardens.

I have won, I have lost, I have succeeded and I have failed, I have been disappointed and brokenhearted, and still not found it necessary to pick up a drink or drug, and, by the way, I have had the extreme pleasure of doing absolutely nothing without guilt and without anxiety.

Relax and take it easy, and stop taking life so seriously!... Enjoy the ride, and help others to relax in recovery, too! 🍷



Beverly Supler, LPC, The Farley Center

Williamsburg area, groups of eight to ten patients participate in this therapy on a bi-weekly basis.

Equine therapy has many layers of metaphors, which can be explored in the context of recovery from substance abuse. Joan Farr, Activities Therapist at The Farley Center, states that, "This experience is experientially rich and relates to the twelve-steps, as well as to psychological issues which hinder recovery." After an initial processing period as a group, each patient is assigned a horse and has to learn how to lead and control the horse. The focus is less on riding the horse, and more on building a healthy relationship, a critical issue in recovery.

Each therapist and case manager at The Farley Center has participated in Equine Therapy training, and will be facilitating the process with the patients throughout their treatment. "Sometimes, the horse can represent the disease of addiction, and often the recovery process, or both," noted Farr. "For instance, you must hold the horse by the bridle and have to stay focused to lead the horse. If you lose focus, the horse will wander off. This metaphor is about recovery... you have to stay focused on recovery. However, once you're committed, the horse senses this and will follow you even if you are not holding the bridle."

Nancy Pascal, Director of Dream Catchers, adds, "Each horse has its own personality. One is narcissistic, one has an eating disorder, one is impulsive... they're all different, just like people." Horses are wonderful helpers to humans, especially for those suffering from addiction, as the therapeutic use of these sensitive, strong and intelligent animals encourages exploration of difficult issues such as fear, anxiety, isolation, and trust.

Facing the enormity of addiction (think of the sheer size of some of the horses), asking for help and guidance, facing working with a powerful creature, and developing both connectedness and personal commitment are all central components of Addiction Treatment and Equine Therapy. These experiences, these lessons carry over into the real world... offering a healing touch. 🍷

The Farley Center's delighted to be able to offer this to our patients. For details about Farley's Equine Therapy Services and Twelve-Step & Equine Therapy information, contact Gina Thorne at (877) 389-4968 or gthorne@farleycenter.com.

A Healing Touch

Farley Center Adds Equine Therapy

The Farley Center at Williamsburg Place is excited to announce the addition of Equine Therapy to its experiential therapies. Held at the Dream Catchers Therapeutic Riding Studio in the

piano lessons, I have traveled to places where I didn't know a soul but found meetings there, I have camped out under the stars, I have hiked mountain trails, I have run marathons, I have loved and been loved in return, and I have decorated my house and planted interesting gardens.

I have won, I have lost, I have succeeded and I have failed, I have been disappointed and brokenhearted, and still not found it necessary to pick up a drink or drug, and, by the way, I have had the extreme pleasure of doing absolutely nothing without guilt and without anxiety.

Relax and take it easy, and stop taking life so seriously!... Enjoy the ride, and help others to relax in recovery, too! 🍷



Voices for Recovery: Time to Celebrate!

Starting September 1st, across the country, people in recovery are celebrating recovery and sharing their stories with others in an effort to educate the public. For information about National Alcohol & Drug Addiction Recovery Month, go to www.recoverymonth.gov. 🍷



Manejwala Awarded Diplomate Status

Congratulations to Dr. Omar S. Manejwala, Associate Medical Director, of The Farley Center at Williamsburg Place! Dr. Manejwala, a board-certified psychiatrist, was recently awarded diplomate status for the American Society of Addiction Medicine. 🍷

The Advocate

The Advocate is published for the alumni and associates of The Farley Center at Williamsburg Place. This newsletter promotes sharing knowledge, support and ideas. We welcome your comments and ideas for future newsletters. Please contact the Marketing Department, at (877) 389-4968, or send correspondence to:

*The Farley Center
at
Williamsburg Place*
5477 Moortown Road
Williamsburg, VA 23188

Management Team
Stephanie Loeb, B.S.N.
Executive Director
Melissa Lee Warner, M.D.
Medical Director
Omar S. Manejwala, M.D.
Associate Medical Director
Eleanor J. Woollard, L.P.C.
Associate Director of Clinical Services
Penelope P. Ziegler, M.D.
Medical Director - Emeritus
Gina de Peralta Thorne, M.S.
Director of Business Development

Websites

www.williamsburgplace.com
www.farleycenter.com

The material in *The Advocate* is not intended for diagnosing or treatment purposes. The articles and comments offer information only. Consult your physician for medical advice.



March 27, 2009 Eating Disorders Lecture: Cam Balcomb, Executive Director at Shades of Hope, Tennie McCarty, Founder and CEO of Shades of Hope, and the Staff of The Farley Center at Williamsburg Place

Professional contact hours are available for the Farley Lecture Professional Series. Certification provided by the Substance Abuse Certification Alliance of Virginia (SACAVA).

Refresh! Go to www...

Check out our newly designed website for the latest information on The Farley Center at Williamsburg Place!

www.farleycenter.com
www.williamsburgplace.com

Advancing Addiction Medicine Relations

Please join us for our Summer 2009 Professional Networking Events:

Farley Networking Luncheons

Northern Virginia ~ Alexandria, VA
July 23, 2009 • 11:30 - 1:00 pm
Sheraton Suites Old Town
801 N. Saint Alph Street, Alexandria VA
R.S.V.P. to Robin McCown at (678) 447-1595 or rmccown@farleyctr.com

Farley Professional Lecture Series

The Farley Center ~ Williamsburg, VA

July 24, 2009 • 9:00 - 12:00 pm

Accepting or Merely Tolerant:
Developing GLBT Sensitive Treatment
Presenter: Penelope Ziegler, M.D.

August 28, 2009 • 9:00 - 12:00 pm

Adult Children of Alcoholics

September 25, 2009 • 9:00 - 12:00 pm

Spirituality & Recovery

For details, updates and to register, contact Gina Thorne, at (877) 369-4968 or email at gthorne@farleycenter.com. Check online at www.farleycenter.com.



2009 ~ The Farley Center at Williamsburg Place is pleased to announce that it has, once again, been awarded certification by The Joint Commission (TFC). Congratulations to our staff on their commitment to providing the highest quality of patient care!

A History of Recovery... A Legacy of Quality



- IN THIS ISSUE...
- Recreation & Leisure
- Adventure Program
- Equine Therapy
- Voices for Recovery
- Upcoming Luncheons, Lectures & Meetings
- And, More...

5477 Moortown Road
Williamsburg, VA 23188



PRSR STD
US POSTAGE
PAID
WILLIAMSBURG, VA
PERMIT NO. 100