

The Seabrook House Quarterly Newsletter

HELPING FAMILIES FIND THE COURAGE TO RECOVER

Seabrook House Announces the Implementation of the Recovery Enhancement Program

Seabrook House announces the implementation of the Recovery Enhancement Program. This program offers 12 months of recovery assistance and aftercare monitoring following the four weeks of rehabilitation.

Seabrook House, in collaboration with Southworth Associates of Boise, Idaho, developed a program designed specifically for Seabrook House patients. The Recovery Enhancement Program monitors the treatment facility's recommended aftercare program, and can often incorporate recommendations by the client's family. The aftercare program consists of urinalysis testing, 12-Step meetings, aftercare/outpatient services and individual therapy.

Originally offered to licensed professionals only - MDs, nurses, pilots, pharmacists - Seabrook House and Southworth Associates are making it possible for everyone to get the extended care that they need in order to maintain sobriety and achieve specific life goals. People will be offered the same sophisticated testing that is offered to professionals, which will test for all substances, not just the known drug of choice. A huge break through with monitoring is the introduction of the EtG test - Ethyl Glucuronide test - which detects alcohol consumption up to 80 hours from the last time of use. The program relieves families of the burden of ensuring that their loved one is following the treatment program's recommendations.

"Seabrook House is on the cutting edge with offering this level of treatment to our patients. It helps family members concentrate on their own healing, shifting the recovery compliance responsibility to professionals, where it belongs" said Lynne Sennett, MPH, BSN, RN, Vice President of Treatment Services at Seabrook House.

Private pay patients who commit to a course of four weeks of rehabilitation at Seabrook House will be eligible to sign up for the program, costing \$1,200 for 12 months of monitoring.

Christopher Stogdill, of Southworth Associates, stated "The goal of Southworth Associates' involvement is to have the patient enrolled before the completion of their four week rehabilitation, so that a seamless transition from rehab and into the program will occur without interruption".

This program continues to demonstrate Seabrook's belief that continued care after rehabilitation is critical for a full recovery.

For more information on the Recovering Enhancement Program, please call the Admissions Department at 800.761.7575 and for more information on Southworth Associates visit www.southworthassociates.net.

Living Proof – An Alumni's Story by Kathy G.

Today is October 5, 2008 and I am 175 days sober! It's a wonderful feeling. I thought that I couldn't go without a day of drinking and here I am, sober and feeling amazing.

I owe my sobriety to all of the folks at Seabrook House. The program taught me all about this progressive and life-threatening disease that is treatable if I work the program - which I have been doing since the day I left Seabrook House!

I had never been to a rehabilitation program before but I have read about them in books and magazines. I thought I could "beat" this disease by myself but deep down I knew I needed help. I arrived with my family in April, 2008 and I was very scared because I didn't know what to expect. I was told during the intake that I would be there for 28 days. The people I met at Seabrook House, from the Patient Care Consultants to Management, were so friendly and compassionate that I felt a little more comfortable after my family left.

I was not a very spiritual person when I arrived at Seabrook, but through meetings with "Spiritual Mike" Michael Russell, M. Div., I discovered that I was open and willing to listen and learn. I also learned that those I respected and those who have a message would help me on my journey. I also realized that I needed take responsibility for myself and leave the rest up to my Higher Power.

The program was very structured and I met some great patients who turned out to be close friends even after I left Seabrook. I was open to everything they had to offer, such as yoga, group therapy, Equine Therapy, massage therapy, drums, EMDR (eye movement desensitization and reprocessing) and so many other positive programs to participate in.

My days were filled with learning about myself after 40+ years of not knowing myself as I should have. The peace and serenity of the surroundings and appreciating everything Seabrook had to offer was a wonderful experience. They taught me about needing to change my behavior - which is a MUST in

recovery. Also, honesty is a major part of recovery and I was not very honest with myself, my friends and my family over the years.

Since the day I left Seabrook House, I've been going to A.A. meetings daily and if I miss a day due to schedule conflicts, I feel as though I didn't take my "vitamins" for the day. I did the 90/90 which Seabrook suggested and it really got me into the habit of going to meetings. I go to so many different types of meetings too! There are many meetings that I attend such as reflection, step, discussion, beginner, speaker, living sober and so many more. There are 109 meetings within five miles of my house so there is always a meeting to go to when I need to share my thoughts with fellow members who can understand me and can help me if I need some guidance. My home group meeting is right in my town so when the weather is nice, I like to walk there.

Speaking with other people in the program who have the same type of experiences makes it easier for me and I am much more comfortable with who I am. I have met so many new people in the program and I thank my Higher Power every day because I'm so grateful for this program. My new friends from the program are so much fun to hang out with. We go for manicures, pedicures, go to the movies, go out to dinner and we laugh so much which I missed for so long because I wasn't in touch with my feelings or emotions.

I have a sponsor who I met at one of my meetings when I first got out of Seabrook House and we connected right away. She has 20 years of sobriety and with her experience, strength and hope that she has shared with me, I cannot thank her enough. I call my sponsor every night and discuss my day with her and how I'm dealing with all that life is throwing my way. I go to her house or she comes to my house where we work together on the steps and this is very important for my sobriety.

I have so much energy now; I'm like the "energizer bunny"! My attitude and outlook on life is changing for the better and I owe it all to Seabrook House!

Announcing Monthly Alumni Events

Mark your calendars for January 25th, 2009! Seabrook House is proud to announce the new Monthly Alumni Event! These monthly events will take the place of the Quarterly Alumni Picnic.

Alumni monthly events will be held on the last Sunday of every month, from 11:30am-4:00pm. The alumni will enjoy lunch with current Seabrook House patients, followed by the community's AA/NA meeting in the Lecture Hall. After the meeting, alumni will be allowed to join the patients in smaller groups to share their stories of recovery.

Alumni must be sober for 90 days in order to attend!