

Twin Lakes Center News

A newsletter of Twin Lakes Center for drug and alcohol rehabilitation

January 2010

Change, Growth, Success by David Knisely

I can't believe we are already sending out our third newsletter. Our first newsletter focused on change, our second focused on Growth and our third newsletter is focusing on Success.

I have been attending healthfairs to educate our clients and to network with other facilities. I have been reaching out to the community educating businesses on addiction and the services Twin Lakes Center has to offer. Knowledge is power and what better way to educate our community members than through this forum that Twin Lakes Center has made available to employers within our communities. I also have become a member of EAP and continue to participate in monthly meetings with VBH. T



Twin Lakes Center continues to educate our clients on continued treatment options upon discharge by having halfway houses visit Twin Lakes Center and provide presentations on the services they offer our patients.



Justin...Where has the time gone?

Justin Morris started his career with Twin Lakes Center as a counselor on the adolescent unit before moving to the female unit as a counselor. Justin recently was promoted to the position of Lead Counselor in outpatient. Justin has a variety of roles including direct staff supervision in all three of our outpatient offices. Justin addresses patient issues within the outpatient offices and shares his experience and ideas with staff to enrich treatment activities and groups. Justin continues to provide residential services as well with a female caseload and displaying leadership with the unit. Congratulations Justin!

Johnstown Sets the Standard

Johnstown, Johnstown, Johnstown. Well our Johnstown office continues to display their awesome team work and organization. Brenda continues to schedule patients in every available spot and maintain order within the office. Becky Edwards has maintained a "show rate" of at least 5 clinic hours each day for the past year as well as running group sessions. Arvid and Sheena have been participating in COD trainings for the past several months to gain further insight into mental health issues and how mental health issues and addiction are related. Justin provides supervision to the staff and maintains communication with Brooke, Kim, and Bree to support healthy and effective communication from our Johnstown office to the main office.



Speaking of Success!

We want to take this opportunity to congratulate Brooke on her promotion as well. Brooke has been promoted to the position of Assistant Director of Twin Lakes Center. Brooke's new position continues to allow her to share her ideas and vision with the entire staff instead of primarily just with outpatient. Brooke has been working closely with Bree to continue to provide top quality treatment for our residential patients, as well as supervising Justin in his new role as Lead Outpatient Counselor. Brooke also has an active role in prevention and supervises the position of Resource Development Specialist.



It is time for us to stand and cheer for the doer, the achiever, the one who recognizes the challenge and does something about it.

Vince Lombardi

When One Chapter Ends, Another Begins

We have also had an opportunity to welcome back a former staff member to our "family". Patrick Esposito left Twin Lakes Center several months ago and has returned to our Somerset office in December. Patrick will be providing treatment in our outpatient department. Patrick started his career with Twin Lakes Center several years ago as an adult tech before moving to an adult counselor position. We are excited to have Patrick utilize his counseling skills in our outpatient department as part of his growth as a counselor. Welcome back Patrick!



Residential Unit Successful Gender Specific Program

The residential unit's main goal since last August has been to continue to make our program gender specific. The residential unit has done this successfully by making lectures and treatment activities gender specific. We also hold the patients accountable for their behavior when they are required to participate in any lecture where the two units may have to be together. The counselors work on a daily basis to provide treatment plans that are gender specific and treatment activities such as step study are focused on how the step applies to each gender. Since the units have been separated the clients appear more focused and less distracted. They are identifying the importance of relating to members of the same gender and expressing how in the past they had little peers of the same gender, especially our female population. Wendy has been doing a great job providing a strong female point of view as the female counselor. Nate and Erin continue to hold the males accountable and responsible for their behaviors. We also want to welcome Denese to our treatment family. Denese is our new tech in both units. The residential unit has been implementing contingency management programs since the implementation of the level system last year. Patients are encouraged to progress to different levels as part of their growth and success and also to participate in the rewards that each level has implemented. Contingency management reinforcements in the residential unit include going off-grounds for activities. The patient's also have the opportunity to utilize the recreational building which included exercise equipment, a Playstation, workout videos, boardgames and the patient library.



Bedford Excels at Group Success!

The Bedford office continues to run I.O.P. and legal group. Justin has been monitoring the Bedford offices success in maintaining higher number of participants in both. The counselors have set the standards and boundaries to encourage the patients getting the most from their treatment experience. This was evident when I facilitated I.O.P group several weeks ago. The patients maintained a positive attitude and their investment in treatment was evident through their active participation. Denise continues to offer a friendly greeting to everyone who enters the office and will soon prepare to participate in our Outreach program after the first of the year.



Red Ribbon Successfully Reaches our Community!

Ronna and Jen have been busy since our last newsletter, especially preparing for Red Ribbon Week. Our Red Ribbon Rally was on October 8, 2009 at the Somerset County Courthouse with our Kick-Off event at Bastian Farm on October 17, 2009. Each school district "Planted the Promise" by planting tulips at businesses within their community that will then bloom during alcohol awareness month to remind everyone to live a drug and alcohol free lifestyle. Patients at Twin Lakes Center planted tulips on-grounds in participating with Red Ribbon week activities and to plant their promise for a drug free future.



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Nursing and Maintenance:

Eyes and Ears of Twin Lakes

Our nursing staff and maintenance staff have multiple roles, not only in the job duties that they are required to perform, but also due to the fact they



are the eyes and ears of our units when the counselors are not directly on the unit.

Sometimes, the patients utilize nursing and maintenance to help gain another perspective on a group or an individual session they just completed with their counselor and to process those sessions. Nursing and maintenance also have been participating in COD trainings to gain further insight into mental health related issues. The Detox Staff is welcoming a new family member, Jaci started earlier this month.

Successful Communication

This section is for our secretaries and fiscal department who have been successful in communicating with all other departments.

Kim, Brooke, Gail and Connie Jo meet on a

monthly basis to discuss the "state of the union" and to provide appropriate communication to our referrals and insurance companies.

Ginny and Beth continue to review our charts and complete filing, while also answering phones and relaying messages to the patients among their other tasks. I also wanted to give a special Thank You to Ginny for all her help with our second Bake Sale that benefited the patients and our recreational area.



Kim Slack-Director
Kathy Norris-Director of Nursing
Bree Yoder-Director of Residential Services
David Knisely-Resource Development Specialist
Brooke McKenzie- Assistant Director