

Twin Lakes Center News

A newsletter of Twin Lakes Center for drug and alcohol rehabilitation

May 2010

Getting Connected...Our Website is Upgraded

Over the last year, Twin Lakes Center has been working on upgrading our website. Since it is one of the easiest and most effective ways to communicate with both referrals and patients, we wanted to make sure the website was easy to use and answered any questions a potential patient or referral source may have.

Different pictures of the facility give a feel for the peaceful nature of our location. Twin Lakes Center has several different levels of care and specializations which are highlighted on the website. The rules and expectations of the facility are included so prospective patients can preview them as well as a list of helpful hints including things to bring and what to leave at home when entering residential treatment. We are excited to launch this new site and continue to upgrade and add things, so any suggestions or feedback will be greatly appreciated!



Special Features

In addition to discussing the types of programs offered at Twin Lakes Center, the website also highlights other areas of interest. We have a very active Prevention department and the website promotes all of this community involvement. Each of our office locations are identified with a map provided so patients and referrals looking for care outside of our main location have quick access to other places we can be found. Also included is the email and contact information for the manager in charge of each type of treatment provided, so any issues and concerns can be automatically emailed and a response can be received quickly. If you have a question, just email one of the staff members listed and they will be glad to help you! There are links on our site to other sites that may be helpful in providing additional drug and alcohol information. You can find a link to this newsletter on the home page for quick reference and to stay updated on all the exciting things happening at Twin Lakes Center. There is also a list of career opportunities available, for anyone who is interested in joining our Twin Lakes family!



Guest book

One of the features we would like to highlight is the guest book page. Former patients are encouraged to go to the website and leave feedback on this page anonymously as encouragement to other addicts seeking treatment and to keep the staff informed of progress being made. It's always nice to hear good news from patients who have completed the program, and this page allows staff members to stay updated with some of the success stories. It also seems helpful to prospective patients and referral sources to have an idea of what people who have been here have to say about it. We want any patients coming to our facility to feel comfortable with the treatment provided and to know that it can work if you use the skills that are being provided to you. We welcome all feedback that can help us to make our treatment program the best that it can be, including any suggestions of things we can change or improve. The guest book is geared toward patients, but it's always nice to hear from family members and referral sources too!



Twin Lakes Center growing and changing!

We want to welcome several new staff members to Twin Lakes Center. Gail Babalonis joined the Johnstown location as a secretary, Jaci Dunmeyer joined our nursing staff and Dave Pletcher is our newest addition to the maintenance staff. Our counseling staff also grew, with Betsee Beunier joining the residential treatment team, Emily Snyder adding to the Somerset outpatient counseling staff, and Sharon McNamara as an outpatient counselor in the Bedford office.



In addition to our new staff members, several of our staff members have changed their positions. Brooke McKenzie was promoted to Assistant Executive Director while Breiann Yoder moved to the Director of Outpatient role. Justin Morris was promoted to Residential Program Supervisor and David Knisely was promoted to Outpatient Program Supervisor, in addition to his ongoing role as Resource Development Specialist. Laura Kalaha was promoted to an outpatient counselor position and joins the Bedford office in this capacity. We are excited for all our new additions and congratulate our promoted staff members on their continued dedication to Twin Lakes Center.

Alcohol Awareness Month!

April was Alcohol Awareness Month. This recognition began in 1987 by the National Council on Alcoholism and Drug Dependence. Its purpose is to make people more aware of the damaging effects of alcohol. This month also serves as encouragement for individuals struggling with alcohol dependence to seek treatment for their disease. According to the



National Institute of Alcohol Abuse and Alcoholism, "Nearly 14 million Americans – one in every 13 adults – abuse alcohol or are alcoholics. Fewer than 25 percent of those who need treatment get it in a given year." Twin Lakes Center is proud to support Alcohol Awareness Month and participate in community events to educate people on the dangers of alcoholism. One of the activities in which we participated was the "Plant the Promise" campaign. This campaign began in October with Red Ribbon Week. As part of the activities of Red Ribbon Week, students across our communities planted red tulips that would bloom in April as a reminder of the dangers of alcohol abuse. Patients at Twin Lakes Center participated by planting tulip bulbs in October, and our blooming tulips are a vivid reminder of the destruction alcohol abuse can create.

Something to Think About

*Know what's weird? Day by day,
nothing seems to change, but pretty
soon...everything's different.*

- From Calvin & Hobbes

*Real success is finding your lifework
in the work that you love.*

- David McCullough

*Tell me and I forget; show me
and I remember; involve me and
I understand.*

- Anonymous

*You can't expect people to look eye to
eye with you if you are looking down
on them.*

- Anonymous

*The secret of my success is a two word
answer: Know people.*

- Harvey S. Firestone



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