

Stepping It Up

By: Jessica Pugh

Upcoming Events!

February Potluck

This month's potluck will be on the 26th in the large group room from 12-1pm. The secretaries will be providing various soups and salads for all to enjoy!

Congratulations to TLC's Featured Employee:
Jaime Vitko

Check out the board outside of the break room to find out more about Jaime!

WELCOME TO TLC!

Brooke Shaffer-Detox

Marc Schminkey- Residential Counselor

Ron Shipley – Maintenance

Dress Code Policy

Be sure to read and sign the dress code policy by the end of the day

Looking for Volunteer hours?

Somerset County Drug-Free Communities is looking for volunteers to help with the Daily American 10k~5K race. If you would like to volunteer prior to the event or on the day of, June 11th, please let Jen Weigle from the SCA know at weiglej@co.somerset.pa.us

Next Staff Meeting

March 9, 2016 at 1:30

DO YOU KNOW.. How many acres does TLC sit on?

*Submit your answer to [Jess](#) by phone ext. 259, email or in person. First one with the answer receives a prize!

**YOU DON'T
NEED A
REASON TO
HELP
PEOPLE.**



12 Steps Recovery Program

The 12 Step Recovery Program is a **free treatment program** for people suffering from alcohol abuse and addiction. The only requirement is for the individual to have a **desire to stop drinking**. Participants follow a set of recovery steps to achieve and maintain abstinence from alcohol. The program uses a spiritual approach that includes a belief in a higher power, which allows members to define their own higher power. The 12 Steps include: **(1)** We admitted we were powerless over alcohol - that our lives had become unmanageable. **(2)** Came to believe that a power greater than ourselves could restore us to sanity. **(3)** Made a decision to turn our will and our lives over to the care of God as we understood Him. **(4)** Made a searching and fearless moral inventory of ourselves. **(5)** Admitted to God, to ourselves, and to another human being the exact nature of our wrongs. **(6)** Were entirely ready to have God remove all these defects of character. **(7)** Humbly asked Him to remove our shortcomings. **(8)** Made a list of all persons we had harmed, and became willing to make amends to them all. **(9)** Made direct amends to such people wherever possible, except when to do so would injure them or others. **(10)** Continued to take personal inventory and when we were wrong promptly admitted it. **(11)** Sought through prayer and meditation to improve our conscious contact with God, as we understood Him, praying only for knowledge of His will for us and the power to carry that out. **(12)** Having had a spiritual awakening as the result of these Steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs. The **benefits** of participating in this program is that you decide if you have an addiction or not, you are not judged, you believe recovery is possible, you are reminded of the consequences of using and it provides a source of hope, strengths, safety and guidance.

Employee of the Month

Cindy Delaini – Cindy has really shown great leadership ability since coming back to work. She jumped into a full case load upon returning to work, she stepped in to cover treatment groups and help out when a co-worker had to be off work, she sits in group discussions and gives feedback to other counselors and she has been covering admissions when needed. Thank you for your hard work and dedication Cindy.



Nicole Reese – Nicole has grown and is showing great leadership skills. She has helped to stabilize the partial group in Johnstown while a co-worker is off work. She has been keeping her supervisor informed of patient progress and updating as needed and she has been assisting in the day to day operations of the Johnstown Office. Thanks you Nicole for your continued effort and hard work.