

UPCOMING EVENTS

March Potluck

March potluck will be held Tuesday, March 17th. Prevention, Outpatient, Nursing and Maintenance will be providing picnic food to staff between 12 and 1pm in the large group room.

Did you sign up for the Daily American Race?

Deadline to register is May 9th! Don't forget that Somerset County Drug-Free Communities is one of the beneficiaries to this race! Employees can participate for FREE!

Adventure Camp

Summer Camp will be June 20-24th. It is for any Somerset County teen entering 7th-12th grade. See prevention for more information!

Next Staff Meeting

March 11, 2016 at 1:30 pm

**DO YOU KNOW..**

What percent of alcohol consumed by individuals under 21 is in the form of binge drinking?

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

**TRAIN YOUR MIND TO SEE THE GOOD IN EVERY SITUATION.**

# Stepping It Up

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BY: JESSICA PUGH

## Mindful Yoga for Wellness

Commission on Hope will be teaching yoga to Twin Lakes Center inpatient residents. The vision of Commission of Hope is to provide necessary skills and support so that each participant can take responsibility for their future as they reconnect with their family and community. Volunteers who believe in the benefit of building each other up are trained to teach yoga sessions. Commission of Hope revealed three concurrent evidence based practices that proved successful in reduction of recidivism:

- Individual Coaching
- Family Strengthening
- Mindfulness/Yoga Practices

Yoga is being applied here as a mental health intervention that can provide participants with life skills that can be a support in recovery from addictions and reclaiming one's life. This can also be a complement to other services such as 12 step recovery, counseling, connecting to a faith community and other necessary supports. In the yoga philosophy, there are two roots of suffering. The first is attachment to pleasure which can manifest in clinging, grasping, greed and cravings. The second is aversion to feeling which can manifest in denial, shame, blame, resentment and numbing. We can see the relationship between trauma, addiction and these states of being, all of which are part of the normal human experience, but those

living in the cycles of addiction and unprocessed trauma live with the volume full blast in these states. We learn through the tools of yoga and 12 step work that our thoughts, words and actions can be transformed. We cannot think our way into another way of being but we can act with awareness consciously choosing skillful action and change the way we think.



## Employee of the Month



**Paul Moreau**— Paul shows excellent communication within all department of TLC. Paul has shown having consistent responses to patients and staff. Paul is also willing to pitch in and help in any area or situation that arises. He has great customer service when representing TLC. Thank you Paul for your dedication to Twin Lakes Center.

**Paula Wagner**— Paula is great at being patient focused with her groups and individuals in outpatient. Paula has effective communication with the multiple outpatient offices she works out of. Paula has also helped with instructing AHSS on some weekends. Thank you Paula for your hard work at Twin Lakes Center.