

Along The Path

Vol. 3, No. 1

www.centrahealth.com

Greetings...

Our spring issue of Along The Path focuses on recovery through spirituality and the important process of reconnection. Hans Paulsen, a counselor with our men's program, explores relationships and their



Brent McCraw

importance in erasing the shame and isolation that accompanies addiction. We congratulate Hans on recently earning his master's degree in counseling

from Liberty University.

A wonderful opportunity to celebrate recovery and to reconnect with one another is our annual Alumni Summer Festival. Please mark your calendars for Saturday, June 25, for an afternoon of celebration. Turn to the back page for festival details.

Pathways is having a very good year in 2005. Changes in our business model in 2004 have made a difference, and we appreciate the support of our alumni. We especially thank you for your support of the Scholarship Fund at Pathways, which will fund care for patients without the ability to pay for treatment. Please consider a gift to support this fund. Details are on the back page.

I hope to hear from you, and I wish you peace.

Brent A. McCraw

Brent A. McCraw M.Ed.

Reconnection to relationships

Spirituality in recovery

By Hans Paulsen, M.A., C.S.A.C., Counselor
Pathways Treatment Center

Addiction is a lonely place. Those who suffer from chemical dependency find themselves isolated and living with a profound sense of hopelessness. Their addiction-associated behavior has most likely damaged or destroyed meaningful relationships through lost jobs, broken promises, lack of self-esteem as well as financial or legal crises. Feeling ashamed, alcoholics and addicts hide.

Shame has been a killer of alcoholics and addicts. Disconnected from others and a higher power, they struggle alone, denying their problem, denying their needs.

It is not until they "hit bottom" and recognize their brokenness that many seek help. Twelve-step recovery programs emphasize this brokenness and recognition of need as being central to recovery.

Reconnection to relationships comes about through spirituality. Recovery is the process of reconnection, and spirituality is all about relationships with others, with self and a higher power.

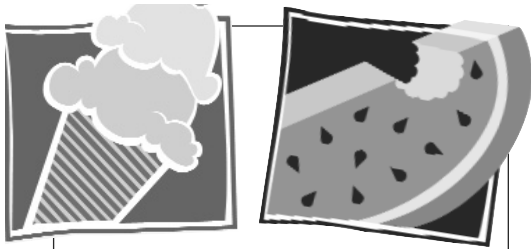
The first step to reconnection is in treatment and in meetings, where people are helping others like themselves. There, instead of finding repulsion for their behaviors, addicts find acceptance and comfort in the knowledge that others have acted similarly. Accustomed to alienating themselves from even their closest relationships, many are relieved and even overjoyed

Continued on the back



Hans Paulsen

Hans Paulsen, M.A., C.S.A.C., is a counselor in the men's program at Pathways Treatment Center. He holds a master's degree in professional counseling from Liberty University and a bachelor of science in social work from Longwood. He is a certified substance abuse counselor.



Mark your calendars!

The Alumni Summer Festival

*Saturday, June 25
Virginia Baptist Hospital*

- 1:45 p.m. . Registration
Daytime Center/
Barker Cowling
Second Floor
- 2:00 Speakers
- 3:00 Fellowship and
games
- 4:30 Adjourn

Join us for an afternoon of celebration. We anticipate good food, music, games and lots of fun. We'll move outside if the sun is shining. RSVP by June 22 at (434) 947-4455.

Along The Path

Vol. 3, No. 1

June 2005

Produced by Centra Health's Mental Health Services and Communications/Marketing Department.

For more information about the Mental Health Services division, please call (434) 947-4447.

For referrals or admissions, call Pathways Treatment Center at (434) 947-4455 or toll-free, (866) 749-4455.

Centra Health
Virginia Baptist Hospital
Pathways Treatment Center

Spirituality in recovery

Continued from the front

to hear "no matter what you've done or where you've been, we accept you," and "keep coming back, we need you."

Step 5 in the 12-step program defines this reconnection. It is the great shame buster when a recovering addict can say, "We admitted to ourselves, to a higher power and to another human being the exact nature of our wrongs." And accept ourselves as work in progress.

Meetings and treatment also offer hope. Recovering alcoholics and addicts see that others who have struggled are becoming well, and positive things are happening in their lives. Meetings are reminders of the need to continue to follow the new lifestyle. There is great significance in being accepted into a fellowship, talk about struggles, admitting faults and being okay with not being perfect.

Along the road to recovery, people have the opportunity to make many close friendships. Sponsors become teachers and mentors who love them until they learn to love themselves. Peers share, experience and grow together. Many recovering alcoholics and addicts go on to sponsor newcomers, showing them the light of a new way of life.

Spirituality is life. The spiritual death that comes with addiction is separation from relationships with a higher power, oneself and others. Despite the pain of living with addiction for years, many in recovery are grateful for the experiences that opened them to new relationships and a new life. In Step 12, we carry the message, give to others and meet their needs. As we grow in strength, faith and love, there is no more fulfilling purpose than to share with others what our god of understanding has done for us.

How to give to the Scholarship Fund at Pathways

The Scholarship Fund at Pathways, which will fund care for patients without the ability to pay for treatment, is managed by Centra Health Foundation.

Outright gifts of cash, real estate, appreciated securities, or given in honor or memory of a loved one are welcome. Donors also may establish a deferred gift through the Centra Health Foundation's planned giving program. Planned giving options include charitable gift annuities, charitable remainder trusts, charitable lead trusts, a gift by bequest, gift of life insurance or life estate gift.

Gifts are 100 percent tax deductible, and donors may be recognized for their gifts or remain anonymous.

Cash gifts to the Scholarship Fund at Pathways should be mailed to Brent McCraw, director, Pathways Treatment Center, 3300 Rivermont Ave., Lynchburg, VA 24503.

For more information about other forms of gift-giving, please call McCraw, (434) 947-4455, or Kathryn M. Pumphrey, executive vice president, Centra Health Foundation, (434) 947-4791.