

Along The Path

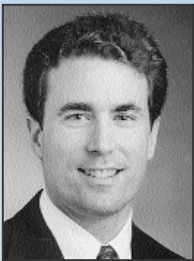
Vol. 1, No. 1

www.centrahealth.com

Greetings...

Please allow me to introduce you to the inaugural issue of *Along the Path*.

Along the Path is a newsletter for friends of Pathways, alumni of Pathways Treatment Center and our Family Program.



Brent McCraw

We remain grateful to our friends and wish to continue our relationship with you as you travel further along the path of recovery. We

believe an ongoing relationship with alumni has the potential to benefit both alumni and our treatment center.

The purpose of *Along the Path* is to keep the lines of communication open. Please let us hear from you. We'd love to know how you are doing and how we can assist your ongoing recovery efforts. We also hope you will share this newsletter with other Pathways' alumni.

This issue includes an article about balance and recovery from Melisa Stone, L.P.C., announcements about a new staff position and our first summer event for alumni. Please mark your calendars.

Peace,



Brent A. McCraw, M.Ed.
Director

Sustain your recovery:

Maintain a natural balance

By Melisa Stone, M.Ed., L.P.C.

Family Counselor, Pathways Treatment Center

Chemical dependency creates chaos and imbalance. I've found the people who sustain recovery are the ones who restore balance to their lives. The balance I am referring to is natural balance. Addressing the following areas can help establish and maintain a natural balance in your life:



Sleep and wakefulness

For many people in early recovery, the body is learning to sleep without chemicals. For the body to adjust, you need a structured sleep pattern, proper diet, no caffeine or other stimulating chemicals and the right type and timing of exercise.

Movement and rest

Research shows exercise has numerous health benefits and increases the overall feeling of well-being. The type of activity doesn't matter. It is important to find an activity you enjoy and will participate in at least three to four times a week.

Relationships and being alone

Chemical dependency is an isolating disease. Recovery requires you to break this pattern of isolation, connect with others and rebuild relationships. This is one of the reasons AA/NA have been so successful in helping people stay clean and sober.

It is also important to have time alone. Solitude allows you the opportunity to reflect on who you are, what you want, and what you need to do to get there.

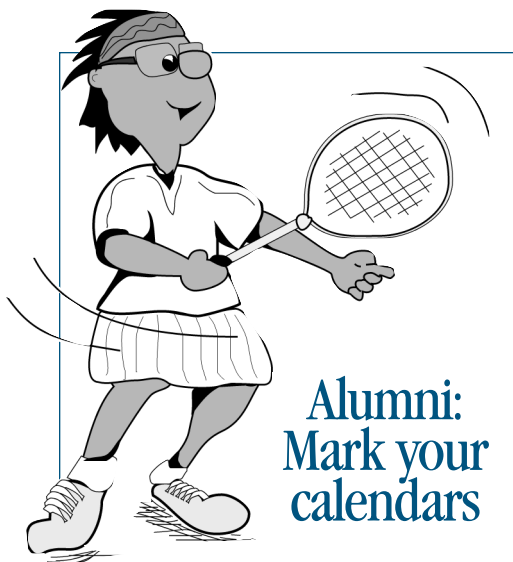
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Melisa Stone

Melisa M. Stone, M.Ed., L.P.C., is a family counselor at Pathways Treatment Center, where she conducts the Family Education Program and Family Continuing Care group. She also is a counselor for Pathways for Women.

Stone holds a bachelor of science degree in therapeutic recreation from Virginia Commonwealth University and a master's of education in agency counseling from Lynchburg College.



Alumni: Mark your calendars

Watermelon-ice cream social for alumni

Saturday, August 9
Virginia Baptist Hospital

- 1:45 p.m. . Registration
Daytime Center/
Barker Cowling
Second Floor
- 2 Speaker
- 2:45 Fellowship and
games on the lawn
- 4:30 Adjourn

Join us for an afternoon of celebration and fun. We anticipate good food, music, horseshoes, badminton, frisbee golf and lots of fun. We'll move inside in the event of rain. RSVP by Aug. 1 at (434) 947-4455.

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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.

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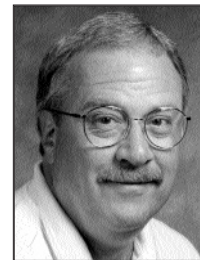
Gordon named admissions counselor

William H. Gordon, M.Ed., CSAC, has been promoted to admissions counselor of Pathways Treatment Center. Gordon has served as a primary counselor at Pathways since 1990 in addition to various clinical, administrative and sales positions throughout his career.

As admissions coordinator, Gordon will improve access to care for patients, family members and referral sources.

He earned his bachelor of science at Virginia Polytechnic Institute and his master of education in Counseling at Lynchburg College. He is a certified substance abuse counselor via Virginia Department of Health Professions.

For admissions information, Gordon may be reached at Pathways Treatment Center, Virginia Baptist Hospital, 3300 Rivermont Avenue, Lynchburg, VA 24503, telephone (434) 947-4455, or toll-free, (866) 749-4455.



William Gordon

Maintain a natural balance

Continued from the front

Emotion and intellect

In recovery, the balance of feeling, thinking and acting is crucial. Rather than reacting in old ways: Stop, think and then follow a course of action. This not only keeps you from having to say "I'm sorry" for the millionth time, but it helps you follow a course that is good for yourself.

Appetites and abstinence

We have a variety of appetites for food, thirst, sex and success. We may look to some of these things to help us cope. However, that sets up a pattern of not dealing with our feelings again. In recovery, it is not realistic to believe that there will not be thoughts of using or even desires to use. However, it is crucial that you realize you can abstain and do not have to act on that appetite.

Past and present

Living in the present fosters spontaneity, creativity and action but can lead to impulsiveness. Therefore, it is important to balance living in the present with thinking of about your past. Remembering the past can help you plan and prevent repeating mistakes.

Belief and doubt

Mankind has used spirituality and/or religion for thousands of years to quiet worry and doubt. The 12-Step Recovery programs are based on the belief that there is a power greater than ourselves that can restore us to sanity. This belief can provide a sense of peace and serenity to your life which cannot co-exist with anxiety, worry and doubt.

I hope by using these seven rules for creating balance, you find a natural pathway to sustained recovery, and that peace and serenity will be with you.

Based on information from *Counselor-The Magazine for Addiction Professionals, Seven Rules for Creating Balance in Life*, by Paul Sorgi, MD.