

Choices

Summer and Fall 2013

Special points of interest:

- BHS All Staff Meeting on August 23rd 3pm-5pm
- Back to School Gear Up at Chick-fil-A on August 24th 12pm-3pm
- Orientation Training on August 28th 8am-5pm

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Newsletter Articles Contributed By:
Elaine Breathwaite, Ron Murrel, Shae Pepper and LaTonya Williams

Newsletter Edited By: Elaine Breathwaite and Shae Pepper

Portsmouth Behavioral Healthcare Services
600 Dinwiddie St. Suites 200-300
Portsmouth, VA 23704
757-393-8618



DBHS- The Lives We Touch

Substance abuse has a major impact on individuals, families, and communities. The effects of substance abuse are cumulative, significantly contributing to costly social, physical, mental, and public health problems. Assisting those to reduce substance abuse will help to protect the health, safety, and quality of life for all. Through the Outpatient Treatment Program will be aiming to educate our clients in healthy choices that will promote less recidivism in relapse programs. Through outpatient groups, therapy, Women’s Intensive Outpatient Program (WIOOP), and the Reflection House clients are learning how to live life in recovery through clean and healthy activities. Living a healthy lifestyle means living a way of life where you make healthy choices that contributes to your health and wellness. It's about practicing good eating habits to maintain a healthy weight and to prevent infections and diseases. It is also about practicing healthy habits such as exercising, walking, meditating, and avoiding harmful old habits. It also comprises of having the right and positive attitude about life and living, loving your work or whatever you do and being in a healthy relationship.

Thus far this summer we have been fortunate enough through donation to take clients to the Universal Soul Circus, Virginia Beach Aquarium, The Norfolk ZOO and Nauticus. This was a real eye opener for many of our clients that shared this was their first time ever leaving outside the city limits of Portsmouth, VA. One client cried because she never in her life experienced the Aquarium or stepped foot in the city of Virginia Beach. Another client stated she was disgusted with her choices in life because she now realizes it was so much she could have experienced with her children only if she was “clean”. “I cannot change my past. However, today and tomorrow bring me opportunities to make new choices. Thank you for showing us the importance of living”. Through small steps and interventions we at DBHS are making an impact in our clients’ lives.



Original artwork by a WIOOP participant during the 'Nature for Nurture' group this summer.

Drug Treatment Court



The Drug Court staff and consumers recognized National Drug Court Month (May) by participating in the following activities: a mile walk around the city, bowling, canned food drive for the Oasis Social Ministry, and our annual cookout for the participants, staff and stakeholders. In attendance, Mayor Kenneth Wright, Vice Mayor Paige Cherry, Commonwealth Attorney Earle Mobley, Chief of Police Ed Hargis, BHS Director Bill Park, Assistant Director Elaine Breathwaite, Program Administrator Carl Edmonds, Clinical Supervisor LaTonya Williams, Pretrial Director Amanda Wimberley, The Honorable Roxie Holder and our very own The Honorable Johnny E. Morrison. Numerous family members of the Drug Court consumers also were in attendance.

Drug Court continues to progress very well. We currently have 15 participants, 8 are gainfully employed, 7 of the 8 have opened checking and/ or savings accounts, and 11 total are current with their legal and treatment fees. The Drug Court staff continue to implement structure, accountability, and responsibility in assisting our consumers in becoming productive citizens in Portsmouth.

Local Youth Volunteer in Portsmouth

The Portsmouth Coalition for Youth's (PCY) Youth Advisory Board (YAB) has been volunteering in their local community throughout the spring and will continue into the summer and fall. The YAB have helped tidy Hoffler Creek (pictured below), painted the home (the YAB focused on the shed) of an elderly Portsmouth resident with a team from QVC during Paint Your Heart Out (in partnership with the Rotary Club and Pretty Up Portsmouth-pictured below) and volunteered in the children's area at the Umoja Festival by wearing the 'Cookie Mouse' costume. In July they volunteered for the Food Bank of Southeastern Virginia (pictured below) and in August they will be at the Norfolk Botanical Gardens. In the fall they plan to volunteer at the Portsmouth Humane Society and return to Hoffler Creek.



Above: BHS Prevention Specialist and PCY Chair, Shae Pepper and members of the YAB with Portsmouth Commissioner of the Revenue and Rotary Site Coordinator for the YAB's site, Mr. Frankie Edmonson.
Below: The finished YAB project, the backyard shed.



Youth Summit

Church and Community in Action (CCIA) in partnership with Portsmouth Behavioral Healthcare Services (BHS), Portsmouth Coalition for Youth (PCY) and the PCY's Youth Advisory Board (YAB) are hosting a Youth Outreach Summit at the Virginia Sports Hall of Fame focused on helping youth reach out to their friends and reach up to achieve their goals through exploration of topics to prevent school dropout and youth unemployment. This promises to be a free, fun, interactive and enjoyable all day event- like a lock-in only during the day!

Through youth participation and the unity of several community leaders CCIA, BHS, the PCY and the YAB intend to inform young people about current and arising matters in their lives. Session topics include but are not limited to preventing school dropout through bullying, teen pregnancy and substance use prevention and to preventing youth unemployment through volunteering, employment, vocational and educational experiences.

We greatly appreciate your support in our efforts. Your cooperation is what makes it possible for us to better serve our youth in the community. We look forward to your participation.

Additionally, if you provide positive youth activities, youth services, school dropout and youth unemployment prevention we love to discuss exhibitor or speaking opportunities with you.

Please contact the Prevention Team at 757-393-8618 (Extensions 311 or 341) for more information.



Getting Healthy with the Mayor



During their Wellness Class, the ladies of the Women's Intensive Outpatient Program (WIOP) took a walk with the Honorable Mayor Kenneth Wright in August. The Mayor is on a mission to get healthy and he wants the city to join him through his initiative Get Healthy, Portsmouth! According to the Healthy Portsmouth Coalition Website "If you live, work, play or worship in Portsmouth, we want you to join in the Mayor's Healthy Initiative to be active, eat healthy and shed the pounds!" The goal is to lose 500,000 city-wide by April 2014.

To find out more about Get Healthy, Portsmouth and join the Mayor on his journey go to www.healthyportsmouthva.org/getinvolved

Recognize HIV Symptoms

The majority of people infected by HIV develop a flu-like illness within a month or two after the virus enters the body. There are some people who do not develop symptoms after getting infected with HIV. However, some people have a flu-like illness within several days to a week after exposure to the virus. As early as 2-4 weeks after exposure to HIV (but up to three months later) people can experience an acute illness, often described as the worst flu ever. HIV infection is a condition that gradually destroys the immune system while making it hard to fight off infection. HIV symptoms are individualized.



Staff Retirements

Congratulations to William Park, Doris Peterkin and Peggy Hill on their retirements. Best wishes for the future!

Are You Ready? Hurricane Season is Here!

It is expected that we will have eleven or more hurricanes this season. The impact of any on Portsmouth is not known. So we need to get ready.

- Prepare a list of all medications and your doctors numbers.
- Make sure you have family and friends phone numbers near.
- Keep your phone charged.
- Keep emergency supplies on hand:
 - ⇒ 3-5 days of non-perishable food
 - ⇒ first aid kit
 - ⇒ battery operated radio and flashlight
 - ⇒ sleeping bags/blankets
 - ⇒ water (large containers)
 - ⇒ baby wipes
- Know your evacuation route
- Keep ID and personal information in a box take your medication with you
- Listen to the radio and TV for updates and opening of shelters.
- Have all emergency numbers accessible.
- Opening and closing of City offices will be made available on local TV and radio channels.



Do not panic! The City Police and Fire Department are prepared and trained and will be there to assist the citizens of Portsmouth as needed.

Staff Updates, Resources and Trainings

Welcome to the BHS Family
Med Management - Diane Bush LPN
Clinical Therapist II - Dr. David Weaver
Clinician Asst. - Shannon Robinson

A fond farewell to Guadalupe Chiguina who is moving to Guam to spend time with her family.

Recovery Advisory Board met at IHOP in August and set up several community service projects they will be doing through the fall.

Upcoming BHS Mandatory Training Dates

- ⇒ BMT- September 18th (New Staff), October 9th & 16th (Recertification)
- ⇒ CPR/AED- October 31st
- ⇒ First Aid- October 17th (Recertification)

Free Mammograms for your clients may be available please call 757-493-7969 for information

Check out this **Community Resources Site** www.abbalist.com

We would like to thank Dr. Curtis Bryan for over twenty years of service to our consumers. His compassion and care will be missed by all.

Voices of Gratitude from the Reflection and Recovery Houses



I've been living in the Reflection House for five months. I've been an addict for over fifteen years and have tried everything under the sun to get better. I even spent four years in prison, two and half of that were in therapeutic community. Got high three days after I got home. Nothing was working. When my therapist told me about the Reflection House I have a lot of thought to be

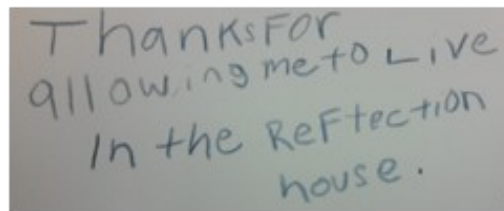
sure I was ready for such a life changing experience. I decided it was and moved in March 18, 2013. This was the best decision I've ever made. This experience has changed my life.

I wake up every morning excited about my life and what the day brings. I have discovered things about myself that I never knew was in me. With the help of the wonderful staff, I've been able to tap into all of it and apply it to my everyday living and with support tackle the character flaws I possess and work to overcome them.

The Reflection House is my home, not just a house I'm staying at. I take pride in this home and what it's helped me to achieve. I've been clean for five months and am relearning things that I overlooked when I was getting high. From the simplest things like cleaning the house to more complex things like resumes and searching for a job. Everyone is so supportive and encouraging. I've rediscovered my passion of art and cooking and discovered I have a pretty good green thumb and we planted our won garden. "I love that garden" I spend many evenings painting and decided to follow my passion for cooking and attend culinary school next spring. I could not have done all that without this program.

I'm excited about my future and try to live everyday to the fullest. I enjoy the little things in my life again. I feel great!! The Reflection House is not an overnight fix. It takes time, effort, determination and an open mind but everyone is supportive and it's so great to have the back up. Everyone believes in me which helps me believe in myself. I truly do believe that I can do anything I put my mind to. Thank you to this program for helping me change my life.

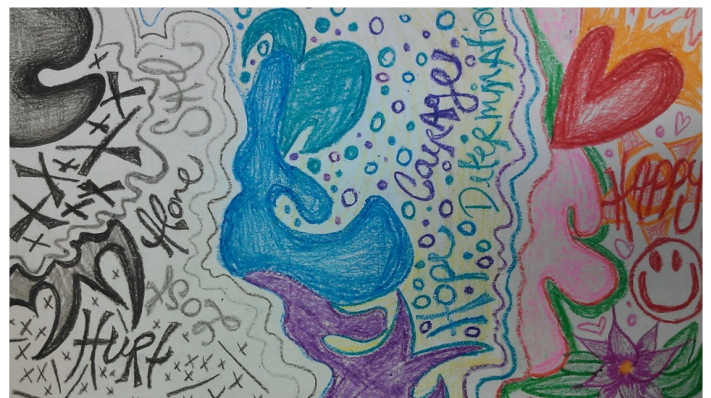
(Artwork on newsletter cover, above and to right are by the author.)



Reflection House Resident

I really appreciate you giving me a place to call home. You gave me so much more than a roof over my head. You gave me peace-of-mind. You helped restore my confidence. You gave me hope and that extra boost that I needed to continue to fight for my myself and my children. For this, I will always be grateful from the bottom of my heart, I want to say THANK YOU!!

-Reflection House Resident



How she views her past, present and future.