Seaside Hangs TOGETHER

Seaside’s current guests, alumni and staff gathered together in Townhome Two on April 25 for an informal conversation about re-entering the world after treatment. It was an incredibly special and honest conversation about recovery and what to expect. We talked about a variety of issues, including: support, remaining in recovery, relapse, staying connected with Seaside and the people with whom we went through treatment. Frankly, I was a little nervous because this was the first time we’ve ever brought alumni and current guests together to talk about early recovery, but a Higher Power took over and good things happened.

More magic happened the following evening when we all got together at the Chesterfield Hotel in Palm Beach for our Spring Reunion. We were a little short of the 500 people whom Monica was expecting; but those of us who were there really enjoyed the event that she put together. Vince DePasquale’s talk set the spiritual tone for the evening and we all had a very nice time. It’s only on these occasions that staff, alumni and current guests have a chance to reunite. We were all very appreciative of the thoughts and words expressed about Seaside by Bob M. and Scott P.

I was very glad to see former Director Blayre Farkas there because she has been so much a part of the Seaside journey, as has Alan Stevens, CEO of Behavioral Health of the Palm Beaches. I really don’t know if there are words to express what it is like to share an evening with all of the people who were there. For those of you who couldn’t join us, we really hope that you can next time.

Seaside people hang together in other ways as well. Anyone who knows me is aware that I don’t think that we do recovery alone. I am a big proponent of 12-step recovery because of all the support that is available. Along the same lines, I have never been involved with a group of people who connect and support each other like Seaside people do. When I contact alumni, I am amazed at how many other alumni they are in touch with. This is a tremendous source of support and it is truly a spiritual connection. I assure you, these connections have saved lives.

Stay Connected!
Michael Weiner, Ph.D., CAP
The Behavioral Hope Foundation is an organization created by Behavioral Health of the Palm Beaches to offer hope, guidance and support to individuals, families and communities who have been impacted by drug and alcohol abuse. We strive to accomplish this through treatment, education and various prevention efforts. The Behavioral Hope Foundation also facilitates cutting-edge research toward the continued improvement and innovation of patient care in an effort to ensure treatment outcomes. We are exceedingly proud of our ability to connect patients with life-changing treatment resources. Our continued success is largely contingent upon the generosity of our donors.

If you would like to take an active role in the continued advancement of addiction treatment, please visit our website: behavioralhope.org to learn how to support the Foundation.

Your support is always greatly appreciated.
The following is an excerpt from a blog post on Williamwhitepapers.com published on March 14, 2014. To see the full post, visit: http://www.williamwhitepapers.com/blog/2014/03/recovery-checkups.html.

The American Society of Addiction Medicine (ASAM) recently released Standards of Care: For the Addiction Specialist Physician, which outline the responsibilities of addiction medicine specialists in the areas of assessment and diagnosis, withdrawal management, treatment planning, treatment management, care transitions and care coordination, and continuing care management. There is one sentence in the Standards that deserves particular acknowledgement: “Recovery check-ups by addiction specialist physicians, just as those by primary care physicians or other providers, may promote sustained recovery and prevent relapse.”

Considerable resources have been devoted in recent decades to enhance the role of physicians in caring for patients with alcohol and other drug problems. Nearly all of these efforts have focused on front-end interventions: screening, brief intervention and linkage of patients to addiction treatment. The new ASAM Standards extend these functions to embrace the physician’s role in long-term addiction recovery management. The “recovery check-up” language marks an important milestone in the history of addiction medicine and the history of ASAM. Projects are underway in Philadelphia, Pennsylvania and Ann Arbor, Michigan to develop recovery check-up protocol for primary care physicians. Those projects mark the next step in integrating addiction treatment and primary medicine and the next step in extending acute care models of addiction treatment to models of sustained recovery management.

Imagine a day when everyone entering recovery will have an addiction-trained primary care physician and an addiction medicine specialist as sustained resources through the long-term recovery process. On that day, we will have finally escaped acute care models of medical intervention that have treated addiction like it was a broken arm or a bacterial infection. On that day, addiction recovery and addiction medicine will have come of age in America. Full and sustained recovery should be an expectation of everyone with an alcohol or other drug problem as should the expectation of sustained support of recovery from one’s personal physician. ASAM’s Standards and the recovery check-up projects in Philadelphia and Ann Arbor suggest that such a day may be on the horizon.
Self-esteem & Self-Confidence

Self-esteem can be defined as how we see or value ourselves. It is the way we feel about our worth or worthiness. It is whether we feel we are good, not so good or even bad. Self-esteem is born out of the early experiences we have in life. It is greatly influenced by the way we have been treated by our family and friends throughout our formative years. If we have been taught to value ourselves by being treated with respect and kindness as we develop from childhood, we have a good chance of developing good self-esteem.

Self-confidence has to do with the way we feel about our abilities to accomplish tasks or engage with others. Your level of self-confidence may vary from situation to situation. Self-confidence is developed from accomplishing tasks, overcoming obstacles and achieving goals.

A person can have low self-esteem and still feel confident in his abilities to achieve specific goals. Conversely, a person with high self-esteem may lack self-confidence. However, having good self-esteem strongly contributes to your self-confidence thus enabling you to feel that you can achieve success.

There are some fundamental building blocks to developing self-confidence. Some believe that thinking positive thoughts and reciting affirmations can do it. Although that strategy may help, nothing is as useful as gaining competence and mastery in the service of achieving goals.

How to Build Your Self-Confidence

TAKE A STEP BACK:
Take the time to really consider what is going on in your life, professionally, emotionally, financially and personally. Evaluate these areas carefully. Being thoughtful and accurately assessing your situation can help reduce the tendency to become anxious and hasty in decision making. Self-confidence is built by carefully assessing and understanding your environment.

EVALUATE YOUR STRENGTHS AND WEAKNESSES:
You might be a very creative person who knows how to engage and influence people. On the other hand you may also be impulsive, causing you to make hasty and regrettable decisions. Understanding your strengths and weaknesses should inform the way you approach a challenge thus creating a better opportunity for success leading to an increase in your self-confidence.

LOOK FOR OPPORTUNITIES:
To quote Winston Churchill: “The pessimist sees difficulty in every opportunity. The optimist sees the opportunity in every difficulty.” There is always something opportune that appears for someone whose mind is open, regardless of circumstance. Keep your mind open and your creative instincts will lead you to opportunity.
ASSOCIATE WITH POSITIVE MINDED PEOPLE:
We have all experienced being in the company of a whiner or a person with a negative mindset. This can be poisonous to a healthy attitude and undermine self-confidence building. There are obvious benefits to mixing with people who have good attitudes about themselves, are self-confident and upbeat.

TAKE GOOD CARE OF YOURSELF:
This seems so obvious but you may have a tendency to neglect your health. Keep your vices to a minimum: eat well, exercise more often (unless you are already overdoing it), listen to good music, read good books and look for inspiration wherever you can find it.

TOLERATE LESS:
In the best of times you may not even notice the messy desk, disorganized file cabinet or your tendency to become distracted with minutia. You may have always been available to those who called upon you for help but now you need to help yourself. When you are feeling less confident, your surroundings become even more important. It will help you to be less tolerant of clutter, more aware of your time and better focused on how to be more productive. The more productive you become the more self-confidence you are likely to have.

MAKE TIME TO HELP OTHERS:
This may seem like a contradiction of the previous point but it is not. If there is any way you can contribute to the enhancement of another person’s life set aside the time to do so. It is a positive experience to help another person, particularly when you don’t feel like you have to but when you really want to. Not only will you be feeling good about yourself (building self-esteem) but you will also raise your self-confidence by helping someone achieve their goals.

REFLECT ON AND RECOGNIZE YOUR ACHIEVEMENTS:
When you suffer a loss of confidence you may tend to forget your good attributes and successes. Reflect on and list all the successes and achievements you have attained in your lifetime. Include the personal as well as the professional.

PUT WORRY ASIDE:
Don’t agonize or fret about things. Excessive worry can undermine your resolve and cause unnecessary anguish and loss of self-confidence. It stifles creativity and drains energy. You may not find the solutions to your problems right away but worrying about them all the time won’t help.

TRUST YOURSELF:
Confidence begets confidence. If you believe in yourself and your abilities and have recognized previous accomplishments, you will find your self-confidence improving. This is not about fooling yourself into believing something that isn’t true but more about believing in you. Self-doubt can contaminate self-confidence.

BE A LOVING AND GRATEFUL PERSON:
Spend time with your family and friends. Be aware of life’s rewards and grateful for the ones you have. Learn to appreciate your good fortune and never give up hope as self-confidence needs hope to grow.

Dr. Stan Hyman
Andrea Karpel Named Seaside’s New Assistant Clinical Director

Andrea Karpel

As the new Assistant Clinical Director at Seaside Executive Treatment, Andrea Karpel brings over a decade of experience in substance abuse treatment and mental health diagnosis. Andrea holds a Master’s Degree in Social Work (MSW) and is licensed through the state of Florida (LCSW). She is also trained in EMDR, (Eye Movement Desensitization and Reprocessing), a specific evidence-based psychotherapy used to treat clients who have suffered trauma.

Andrea is passionate about providing hope and restoring health to people struggling with addictions and mental disorders. She suffered for many years as a direct result of her own addiction and knows first-hand how it can destroy lives. As a person in recovery, Andrea has made it her life’s mission to give back to people what was freely given to her. Her hope is to help people rebuild their lives one step at a time by providing the necessary education needed to maintain sobriety and to heal their relationships with self and others. She provides unconditional positive regard to everyone who takes the huge and sometimes scary step of admission into treatment. She brings a high level of dedication and professionalism to Seaside and she inspires those around her.

Andrea’s goal is to provide quality treatment to clients at Seaside and she has already made positive changes to the daily schedule in the service of this aim. As Assistant Clinical Director, Andrea will lead the clinical team in developing innovative treatment modalities in order for to make Seaside a leading, cutting-edge treatment facility. “I am honored and extremely grateful to have been given the opportunity to lead as Assistant Clinical Director at Seaside. I love what I do and am passionate about helping people recover. I am excited and look forward to the future growth and possibilities at Seaside Executive Treatment.”
How Financial Advisors Can Help Wealthy Substance Abuse Patients

The following is an excerpt from an article that recently appeared on Financial Advisor Magazine’s website written by Paul Hokemeyer. It discusses the special challenges faced by affluent substance abuse sufferers and the unique impact their financial advisors can have in helping them. To read the article in its entirety, go to http://fa-mag.com/news/advisor-intervention-16514.html.

Addiction impacts people on all economic levels, but for those with a high-net worth, the damage they cause can be particularly dramatic and irreparable. Financial advisors, however, are in a unique position to identify and support clients who are struggling with addictions because of the strong relationships they have with them. The ability to identify addiction early and to strategize clinically and culturally effective interventions for clients can mean the difference between recovery and ruin.

Advisors, for example, need to be aware that wealthy lifestyles typically make it easier to deny or hide a substance abuse disorder or an addiction. In fact, high-net worth individuals with a substance abuse problem frequently function at full capacity. They’re known as “high-functioning addicts.” Moreover, friends, relatives and business partners frequently do not realize that they may be enabling an addict’s self-destructive behavior by overlooking binge drinking, personality changes, recklessness or flat-out denial of a problem. In the past, people would have never imagined that a Fortune 500 executive could struggle with addiction. Addicts were thought of as people living on the fringes of society, barely getting by financially. But this stereotype, which still lives strong in the minds of some people, is wrong. Substance abuse can strike anywhere or anyone, regardless of wealth. This lack of consequences, coupled with a lack of accountability, enable high-net worth individuals to operate below the addictive disorder radar screen.

As a financial advisor, it’s important to be aware of warning signs and recognize how you can identify behavior in clients that indicates the possible presence of an addictive disorder. But also keep in mind that you are their financial advisor, not their doctor. Remember that substance abuse among high-net worth individuals is a complex problem that never occurs in a vacuum or discriminates across socioeconomic lines. It requires sophisticated and culturally sensitive solutions that involve a concrete plan. This plan should include a point of entry, a course of treatment that is attached to consequences for failure to comply and an awareness that recovery is for life, not just for a fiscal quarter.
From all of us at Seaside, we hope you enjoyed our newsletter. We are welcoming contributions to the next one. Contributions can be an article, letter, joke, or whatever you would like to share.

Please e-mail contributions to:

mweiner@seasidepalmbeach.com
mpape@seasidepalmbeach.com

More than anything, we wish you well in your continued recovery!