

THE RECOVERY CENTER OF BATON ROUGE

Fall 2018 Newsletter

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- Introducing our new Medical Director
- Tips to help clients in recovery stay sober through the Holidays
- How to help clients with addiction issues who are reluctant to enter a treatment program get help.



Robert Case Harvey, MD

We are excited to announce that Dr. Harvey joined our team as Medical Director in July of this year. Dr. Robert Case Harvey is a Diplomate of the American Board of Psychiatry and Neurology. A graduate of Tulane University School of Medicine, Dr. Harvey brings a strong passion for working with professionals in safety-sensitive careers. He has a private practice at the Cataldie Clinic in Baton Rouge, and is also an Attending Psychiatrist at Our Lady of the Lake Regional Medical Center. He is recognized for his expertise in assessing and treating professionals. Dr. Harvey is a past recipient of the Outstanding Clinical Faculty Award for the Louisiana State University Residency Program



The Recovery Center of Baton Rouge, LLC provides outpatient treatment services to adults experiencing substance use problems and co-occurring disorders.

Highlights of our program include:

Separate men's and women's Intensive outpatient programs.

We provide separate aftercare groups for men and women.

We specialize in treating professionals.

We offer traditional 12-step recovery, Faith-based recovery, and CBT/ psychotherapy-based approaches to treatment.

How to help clients who are reluctant to enter treatment.

- Apply the medical model of intervention. Start with the less restrictive intervention (i.e., outpatient therapy, education, family therapy, 12-step involvement, etc.). If symptoms persist or worsen, increase the level of care (This should only be used in situations where the risks posed by the client not immediately entering treatment have been evaluated by the therapist and client).
- Involve the family and loved ones in the treatment process (If allowed by the client).
- Clear and straight talk with the client about his or her relationship with alcohol and drugs.
- Be creative. One size, type, modality, and length of treatment is not best for all clients.
- Bring another therapist on board to work with the family and collaborate in the treatment process.
- Refer the client to an Addictionologist for further evaluation recommendations, and collaboration.

Tips for staying sober through the Holiday Season

The long-awaited change of seasons is finally here. As temperatures begin to cool, sober people find themselves facing a multitude of high-risk situations.

Parties and gatherings surrounding the fall semester, football and tailgating, Halloween, Thanksgiving, Hanukkah, Christmas, and New Years can bring up a complicated set of emotions. Staying sober during the holidays means implementing the appropriate coping skills and recovery tools to manage your addiction recovery.

Dealing with excitement and joy can bring about cravings and using thoughts just like depression and anxiety.

First, it's important to not lose perspective. Certain events are high risk regardless of the motivation behind them. This is not to say that all parties and gatherings are off limits, but even the most benign family function can lead to cravings. It is the sober person's responsibility to have a plan in place to address temptations should they arise. Having access to transportation to leaving the party, calling or texting a sponsor or sober friend before, during, or after the event, bring a sober support companion with you, and avoid people who will encourage drinking or using.

Second, sobriety requires sacrifice. One of the most difficult challenges for newly sober people is the idea of delayed gratification. If a person can put off their "wants" and focus closely on their "needs" the chances of making an impulsive decision decrease dramatically. If a person can recognize that it is okay to not accept every invitation or go to every event, they can improve their chance at long term sobriety. A person can sacrifice these things now to ensure that they can enjoy them in the future.

Third, develop self-awareness. If you have grief or trauma as a part of your history, holidays can bring up a unique set of difficulties. Certain family members or friends or being involved in holiday events can bring up anxiety, fear, malaise, depression, anger, or any other negative emotion. If you can recognize this as a typical response to the season, then it may be beneficial to take a preventive approach by ramping up 12 step involvement, engaging in activities that will encourage spiritual growth, communicate with members of your recovery network, exercising, healthy eating, journaling, and individual therapy.

It's always important to pause and take stock of just how far you have come. Having broken free from the bondage of addiction allowed you to have a new lease on life. The effort, concentration, and work that you put in to the "getting sober" process is monumental and it's this effort that allows you to enjoy the things life can offer. Protect what you've worked so hard for by being mindful of what it took to get you here.

- From the desk of Greg Tiritilli, RAC



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Registered Nurse**

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Group Therapist**

**David Laxton, LPC
Group Therapist**

Recovery-focused Bible -Study

Rudy Troyer, LCSW offers a Bible Study every Monday at 4 pm at The Recovery Center. If you have a client who is interested in Faith-Based recovery, they are welcome to attend. There is no charge to attend the Bible Study.