

FALL 2011

## Welcome to the first issue of the *Ongoing Connections* from *Healthcare Connection of Tampa*.

It's our new newsletter. We've put ***Ongoing Connections*** together to help keep you informed on what is happening at **HCC Of Tampa**, as well as what is new and proving to be successful in addictions recovery.

In this first issue you'll find a brief overview of what has been happening with us. We'll introduce you to new members of our team as well as tell you a bit about our new eating disorders program.

First we have a new look... a new brochure and a brand new website.

We've been making some changes at **HCC of Tampa** that we'd love to share with you, and with anyone you might know who could benefit from our programs.

We recently created a number of new informational pieces about our programs including a new brochure and an all-new website.

We'd love you take a few minutes to visit our new website. On it you'll find great information about our various programs as well as information about members of our staff (everybody supplied their own information). You'll get a chance to see what they wanted to share with you about themselves, as well as info on upcoming events. You can visit the site at **HCCofTampa.com**.



After you visit, send us an email at **mbodnar@hccoftampa.com** and let us know what you think. And if you know anyone who might benefit from our programs we'd be happy to send you a copy of our brochure as well as information on any of our specific programs to share with them. Again, email us or call us at **(800) 444-4434**.

## *Introducing Jill Burchenal, MA, a new face in our expanding Women's program*

We are very proud of the successes we see everyday in all of our programs. But we are especially proud of what we are accomplishing in our Women's program. Being gender specific, the program offers women a "safe" environment to work through their issues. And with every success we are seeing the program continue to grow.

Part of that growth includes the addition of new staff members, which is why we are pleased to be able to bring Jill Burchenal to our Women's program.

Jill began her career in addiction counseling in Florida in the mid 80's. She later received her LPC in Texas and is currently pursuing her LMHC and CAP in Florida.

Jill practices from a Humanistic and Cognitive Behavioral approach and stresses the importance of understanding where her clients are in the recovery process. Her experience, understanding and ability to relate with individual clients give her a unique and powerful insight into their struggle. For more information on Jill, visit the staff page of our website.

### **And speaking of our expanding Women's program, we now treat eating disorders**

For many years we have treated eating disorders such as anorexia and bulimia for clients who have come to us with co-occurring disorders. The success we've had helping those clients has allowed us to expand our programs to include a program designed specifically for clients with eating disorders only.

Recently under the direction of our clinical director, Amanda DePippo, LMHC, CAP, who completed special training in treating a range of eating disorders, we've treated our first client in this new program. And the results were very positive. For more information on our eating disorders program or if you would like to refer someone to the program please **call us at (800) 444-4434**.



## *Help a friend help a loved one...or themselves.*

We often hear from former clients that, even though they have been through our program themselves, it is still difficult for them to help others understand what to look for in their loved ones to identify that there may be an addictions problem growing.

So over the next few issues of *Ongoing Connections* we are going to share some of the more common symptoms that indicate there may be a problem to be concerned about.

In this issue we are going to lay out the common things to look for to identify potential alcohol and drug abuse issues.

### *Signs of a potential alcoholic:*

- You or a loved one drinks alone or in secret
- Drinking is necessary for you or a loved one to function
- You or a loved one is unable to stop or decrease their drinking habit
- You or a loved one rages when questioned about drinking behavior
- You or a loved one becomes violent when drinking
- You or a loved one trembles in the morning
- You or a loved one gets anxious in social gathering if there is no alcohol
- You or a loved one has difficulty remembering what happened when they were drinking
- You or a loved one finds excuses to continue drinking – even when others have suggested you've had enough

### *Signs of a drug dependency:*

- You or a loved one takes substances in larger quantities than is therapeutically required
- You or a loved one have not been able to stop using a substance.
- You or a loved one spends a large portion of their time acquiring or using the drug
- You or a loved one spends a large portion of their time recovering from the effects of the drug.
- You or a loved one abandons occupational duties or social activities for the sake of drug use.
- You or a loved one requires an increased dosage to feel the effects of the drug

In our next issue we will cover some of the psychological aspects of what you might look for to identify a potential problem. In the meantime if you know someone who needs help recognizing a problem in a friend or a loved one, have them **give us a call at (800) 444-4434**. We would be more than happy to talk to them about whether what they are seeing is something to be concerned about.

### *Using psychodrama techniques to help clients find breakthroughs*

It is also our goal to use this forum to share information about some of the more successful therapies we use at **HCC of Tampa** to aid in recovery. In this issue we are going to talk a little about how we use psychodrama.

Psychodrama is a therapeutic method of psychotherapy where our clients act out scenes from their lives, dreams and fantasies in an effort to gain new insights and even practice new and more satisfying behaviors.

Our clients often tell us they really like the psychodrama experience because it allows them to explore life situations and conflicts with “action” methods rather than just talking about them.

Psychodrama has three phases. We start with a warm up that brings the client into the here and now and prepares him or her to look at their own personal issues.

The second phase is the action phase in which they act out their fantasies dreams and life situations.

The final phase in a psychodrama is sharing. All group members are invited to share their feelings and thoughts of how they identified with the drama.

Sharing is done from the "I" format with no judgment placed on the client who did the work. Sharing helps the client reconnect to the group and helps the group to gain insights into their own issues.

Sharing also connects the clients and helps them to identify with others in the group. The purpose of sharing is to increase the participants' ability to understand themselves and others and create an authentic connection between group members.

When the session is over the client who did the work is left to reflect on what has been revealed. Often they tell us that the sessions bring about a catharsis, allowing them to take an “18 inch journey” from their head to their heart, ending in a breakthrough that lets them move ahead with their recovery.

### *Looking forward to sharing more in upcoming issues.*

Well, that concludes our first issue of **Ongoing Connections**. We hope that we have given you some useful information about what is happening at **HCC of Tampa**, as well as things you can share with friends and loved ones who may need a program like ours for themselves or someone they care about.

Feel free to pass this newsletter along or to encourage someone in need to email us, or give us a call. We are here to help.



**Remember, we're here to help. For more information on our programs visit us at [www.HCCofTampa.com](http://www.HCCofTampa.com) or to get started call us at 1-800-444-4434 or email us at [mbodnar@hccoftampa.com](mailto:mbodnar@hccoftampa.com)**