



Retreat

Premier Addiction Treatment Centers

QUARTERLY NEWSLETTER



2017 IN REVIEW: WINTER

A Note from our CEO:

Governor Tom Wolf made the opioid crisis a Statewide Disaster Declaration of Emergency, which is a positive move forward in driving more awareness for an epidemic we need to fight fiercely.

I'm supportive of having this discussion pushed to the forefront. At the same time, it is just as important to make sure we address all the right issues. Increasing access to care is great...but what we need the most is to keep patients in treatment and aftercare services.

Over the next 90 days, the declaration waives some regulations to give people faster access to treatment—from reducing time in the intake process to waiving the face-to-face regulation. In theory, this will help more people get help; but these are not typical challenges for patients in medically-accredited facilities that have on-staff physicians on site.

Our primary focus needs to be on high-quality patient care and keeping patients in treatment for the length of time they need to fully recover. There is a disconnect between getting the access and keeping their access. Rather than temporarily relaxing guidelines, I think we'd make bigger strides by opening discussions on reforming insurance coverage for those who need treatment, extended care or aftercare to prevent relapse.

Quality treatment centers employ physicians and nurses who provide our patients with comprehensive medical services. Therapists impart recovery tools patients and their loved ones need to fight addiction once they are discharged from treatment. But they also need time to learn how to use these tools well.

Just like learning to manage other chronic diseases, patients have a higher success rate and can prevent re-admission when they have affordable access and education to maintain their new lifestyle.

Pennsylvania has sadly reached the 4th highest overdose rate in the nation. In just 10 years (2005-2015), the numbers have doubled. This isn't a trend we can reverse overnight, but we can make big strides together in being advocates for change.



Peter Schorr
President & CEO

A large, stylized handwritten signature of Peter Schorr in black ink.

Peter Schorr
President/CEO



Chrissy Gariano, MA
Chief Clinical Officer

Chrissy's Corner:

Drama-focused therapy is one of the holistic options available to patients at Retreat LC. It combines tools from mental health therapy, theater, and improvisation to help recovering addicts and alcoholics find inner strength and self-esteem. When they find these things, they also find hope.

Unlike traditional "talk therapy", drama-focused therapy gets people up on their feet and facing the things that scare them the most. They work through all kinds of situations from how to turn down a dealer who shows up at work to what to say to a loved one after years of lying.

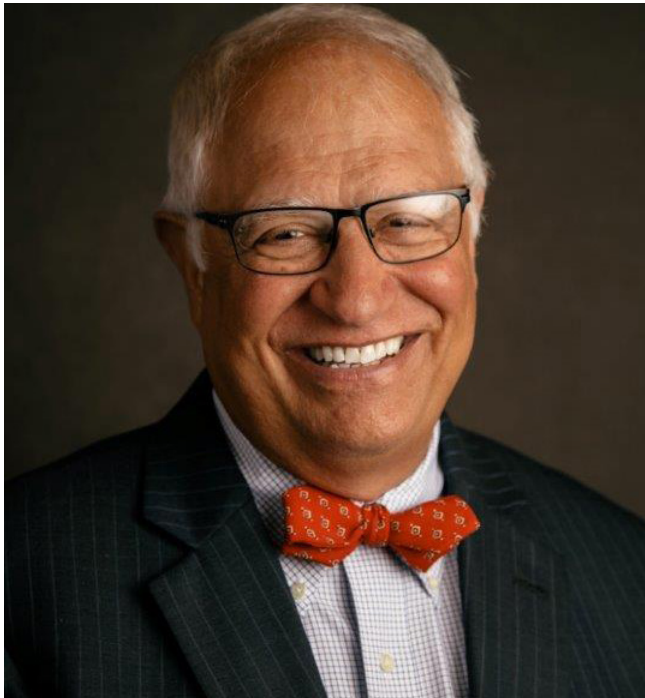
Through role-playing, they learn they can handle their problems rather than hide from them. In the wrap-up to a session, everyone has time to share their experiences with each other. They discuss how to face their fears. They learn how to ask for help. They learn how to build relationships. And they learn they can do all of this without alcohol or drugs.

Retreat is constantly finding innovative new ways to help those suffering with the disease of addiction. In developing programs like drama-focused therapy, Retreat leads the way in providing the very best tools and training to help those in recovery get their lives back one day at a time.



Kate Ramsey, MS, MHC
Drama Therapy Specialist

Kate Ramsey oversees the drama-focused therapy program available to all Retreat patients in Lancaster County. Before coming to Retreat, Kate worked for 9 years as a housemother at Milton Hershey School with middle school girls. For almost 20 years prior to that, she worked professionally as a director, actor, drama instructor, and choreographer in NYC and the East Coast.



Dr. Troncale

Trauma and Addiction:

There are many people who come to us for treatment who, on the surface, suffer with drug or alcohol addiction. On checking beneath that surface, however, lies complex trauma.

Trauma can happen at many stages of life. We have people who suffered physical or sexual abuse as children. There are those who came from violent or disrupted families with divorce or other types of instability. We have individuals who came from stable backgrounds but were date-raped in high school or in the military in combat situations.

Regardless of the source of their trauma, individuals internalize it deep in their psyches. Trauma leads to guilt and shame (even though the trauma victim had nothing to do with the trauma other than being in the wrong place at the wrong time.) The guilt and shame leads to self-invalidation. This leads to feelings of loneliness, worthlessness, anger, isolation or anxiety. The person then turns to various escape mechanisms which may include drugs and alcohol, but may also include perfectionism or catastrophic thinking. All these behaviors and escape mechanisms lead to suffering. The cycle of re-traumatization then continues.

Our job at Retreat is to move people from self-invalidation to validation and self-compassion. Exposure therapy can then be utilized to help people learn to accept feelings rather than escape those feelings. We attempt to move people toward their values, so that in living a values-driven life they may then be freed from forces that would normally move them toward escape. A values-driven life that will lead to sobriety and happiness is the goal.

FALL FEST 2017

Retreat at Lancaster County



Retreat at Lancaster County Anniversary Picnic: August 12, 2017



Retreat's Annual Company Picnic is always lots of fun!



Haunted Hotel 2017

Retreat at Palm Beach



Costume Contest: October 2017

Retreat at Palm Beach



Central Palm Beach Chamber of Commerce Holiday Parade: December 2017: Wellington, FL

This parade has always been a fun and creative experience for Retreat Staffers. This year's theme was the "World of Make Believe" and Retreaters did just that: We had the golden ticket with a Willy Wonka themed float and costumes!





Retreat at Palm Beach Holiday Party: Winter 2017

Retreat holds a holiday party & dinner every year for our dedicated staff. Employees enjoy a night of amazing food, great conversation and fun activities. Our culinary staff prepares everything from scratch for this extravagant event.



Anniversary Staff Pictures: August 15, 2017



Through the Decades Anniversary Edition: August 16, 2017

Retreat Productions summer performance for the patients, starting at the 50's and moving closer towards present time. This was a lot of fun and many laughs were heard throughout the night.



Ephrata Parade September 27, 2017

Retreat won 1st Place for most beautiful commercial/business float!



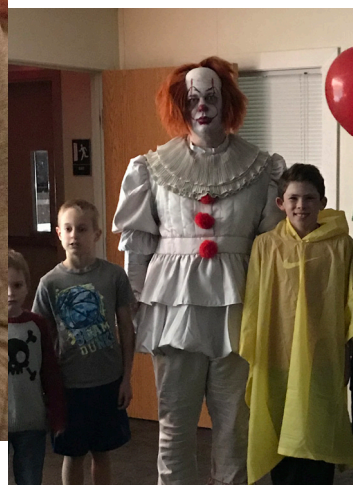
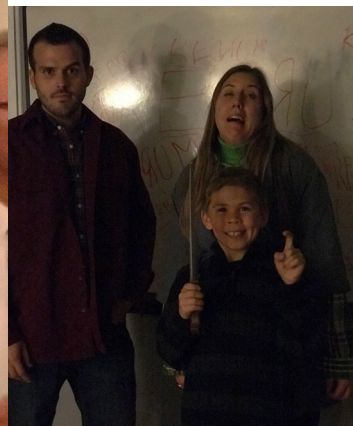
DASPOP Dinner: October 26, 2017

Retreat is honored to be part of this wonderful group that encourages treatment of those struggling with addiction.



Haunted Hill / Trail of Terror October 30, 2017

Retreat Productions goes above and beyond a few times a year for the patients. It is a small way for employees to have a little fun with those who are at our inpatient facility. This year the Trail of Terror was added just to keep the patients on their toes.



Employee Halloween Costume Winners: October 31, 2017

Most Creative:



Lindsey Richards

Most Fantastic:



Racine Johns

Most Accurate:



Valarie Bielicki



Jack Sodak



Kristen Benner



Karen Rivera

Most Collaborative:



Nursing Department

PA Employee Holiday Party: December 14, 2017

A wonderful way to spent time with those we work with during the holiday season. Thank you Peter for another great year and the encouraging words you always have for your employees.



Peter & The Retreaters:

December 15, 2017

Peter & The Retreaters preformed a wonderful concert for the patients. Toward the end of the show there was an amazing moment where a few patients even got up and sang along with them. There were a few who were so touched to see this interaction that tears welled up in their eyes.



Employee Ugly Sweater Contest Winners:

December 20, 2017



Melissa Callahan



John Brown

"Miracle On State Street:" December 21, 2017

Retreat Productions had one last show for the patients to wrap up the year. Many employees participated to show them how much we care, even during the holiday. Mr. and Mrs. Clause even made an appearance! This night was magical and many found the hope they thought they never would again.



Out and About



Staff at our Self-Care Fair at
Retreat at Palm Beach



Veteran dedication & presentation



Retreat at Palm Beach 1st place kickball victory!



DDAP Rally



211 Luncheon



Women's Workshop in Lancaster, PA
Women's Forum September 28, 2017

Out and About



Dr. Kristi Dively, Retreat's OBGYN, made her way down to FL to speak to the community at Retreat at Palm Beach about Addiction & Pregnancy.



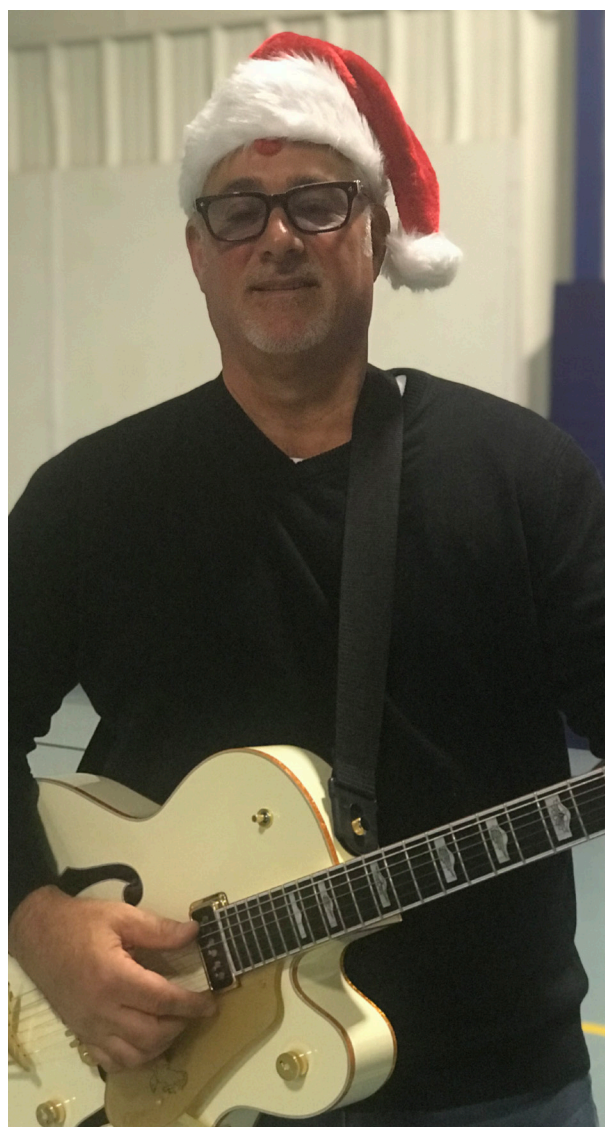
Moments of Change, October 1, 2017: Palm Beach, FL



Peter & The Retreaters perform at our Holiday Concert for patients and staff at Retreat at Lancaster County on December 15th



World Tourism, October 2nd 2017: Los Angeles, CA



Reading Fightin Phils Baseball Game

August 16, 2017
June 30, 2017





Retreat Premier Addiction Treatment Centers

The following criteria is used to select the Aspire nominations:

- RESPECT
- EMPATHY
- TEAMWORK
- ACCOUNTABILITY
- RELIABLE
- ENTHUSIASM
- TRUST



2017 Yearly Winners: Cynthia Broussard & Tyrone Pike



July: Sara Linderman & Tyrone Pike



August: Carmen Caballero & Chevon Carey



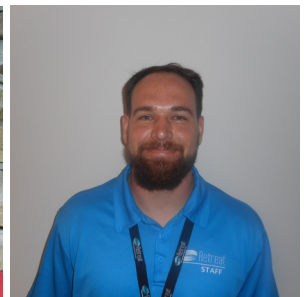
September Krisette Torres & Joseph Lonjose



October Michelle Translavina & Steve Blow



November: Nicole Lombardi & Raul Montalvo



December : Tyler Manion & James Bingham & Henry Descollins



Retreat

Premier Addiction Treatment Centers

Contact us today for more information:

855.859.8810

Or visit us online at:

www.RetreatAddictionCenters.com

Retreat Premier Addiction Treatment Centers offers addiction services from medically monitored detox to outpatient rehabilitation, providing a full continuum of care. We work with most commercial insurers, offer 24/7 admissions and complimentary transportation. We have locations in Lancaster County, PA and Palm Beach County, FL. At Retreat we pride ourselves in providing a compassionate and spiritual environment for those struggling with addiction in a secure and comfortable setting with dedicated and caring staff.
