



CENTER FOR BEHAVIORAL HEALTH

RECOVERY FOCUS

Addressing the aftercare needs of
The Seminole Tribe of Florida

NOVEMBER

2015



7TH ANNUAL SEMINOLES IN RECOVERY TRAIL FISH FRY

On Saturday, October 10th, 2015 the 7th Annual Seminoles in Recovery Trail Fish Fry was held at Tigers Village on the Miccosukee Reservation in Ochopee, FL. Participants in attendance took part in an afternoon of food, fun and sobriety. Alcoholics Anonymous and Narcotics Anonymous meetings were held with recovery testimonials from Lila O. and Kevin H. Everyone had a great time eating, fellowshiping and sharing their personal recovery stories. If you did not make it to the Fish Fry we hope to see you at our next Seminoles In Recovery event: The 10th Annual Seminoles In Recovery Gratitude Dinner that will be held on December 8th, 2015 at the John Boy Auditorium in Clewiston, FL.



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6TH ANNUAL SEMINOLES IN RECOVERY



On Saturday, September 19th, 2015 the 6th Annual Seminoles in Recovery 5K Run & Walk was held at T.Y. Park in Hollywood, FL. Tribal & non-tribal members participated in this event in order to support the upcoming 8th Annual Florida Native American Recovery Convention that will be held in Clewiston, FL on March 3rd-6th 2016. Congratulations to all of the winners and a big thanks to all of our participants.



ABOUT RELAPSE...

You are not alone, and you're not a failure. Be proud that you've tried. Just because you've slipped, doesn't mean you can't recover. Keep trying and don't give up. Find out how to learn from your relapse to succeed the next time!

12 STEPS OF RECOVERY

1. We admitted we were powerless over alcohol – that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God as we understood Him.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed, and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God, as we understood Him, praying only for knowledge of His will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.

THE IMPORTANCE OF AFTERCARE FOLLOWING DRUG REHAB



Making it through drug rehab treatment is a major accomplishment. Nevertheless, despite hard-won gains, there is still more ground to be conquered even after completing the program. It really doesn't matter if the person in recovery has been using one or several substances, whether or not alcohol was involved or even if their addiction was more under the heading of disordered behaviors, everyone who is working toward recovery from addiction benefits from a transitional period between completing rehab and re-entering life.

Aftercare is designed to provide that transition which helps clients to bridge what came before and what lies ahead. Aftercare provides a continuation of counseling and support once the drug rehab program has been successfully completed. Many aftercare programs insist that clients be sober for a period of time before entering into aftercare services, but other aftercare programs may be extensions of in-patient drug rehab programs. The important point is that there is an ongoing recovery process that takes place in a person's life. Certainly there are benchmarks, but the client must avoid the idea that he/she has been

totally cured as a result of completing drug rehab treatment. Aftercare provides services which will make transitioning into a new life with new habits and new ways of thinking more successful with less risk of relapse.

Aftercare services may include individual counseling, group meetings, ongoing addiction education, social activities and even occasional recreational outings. The aftercare may be short-term or available as long as the client needs. Some of these aftercare programs include alumni who share success stories and even sponsor alumni group meetings or special events. Aftercare offers regular support while the person is re-entering daily life, provides opportunities to concentrate on skills to prevent relapse, helps with relational skills, provides tools for managing stress, anxiety and/or anger and helps to recognize & address personal triggers.

Aftercare is a key component in living a successful life of recovery and sobriety. It is the bridge which helps clients keep hold of the things they've learned and gained as they embark upon a new way of living.

Article taken from <https://www.bhpalmbeach.com/blog/day-oneimportance-aftercare-addiction-treatment>

UPCOMING EVENTS IN AFTERCARE 2015-2016

November 12th-15th 2015
22nd Annual Cherokee AA
Convention Cherokee, NC

December 8th, 2015
11th Annual Gratitude Dinner
John Boy Auditorium
Clewiston, FL

January 9th, 2016
9th Annual Hollywood Fish Fry
Markham Park Sunrise, FL

February 2016 TBA
Ft. Pierce Reservation Community
Cookout for Recovery Ft. Pierce, FL

March 3rd-6th, 2016
8th Annual Florida Native American
Recovery Convention at John Boy
Auditorium Clewiston, FL

April 2016
9th Annual Brighton Block Party
Brighton Reservation Sober House
Okeechobee, FL

May 2016
8th Annual Celebration of Recovery
Big Cypress Sober House
Ochopee, FL

July 2016
6th Annual Seminoles In Recovery
Firecracker Golf Classic
Clewiston Golf & Country Club

RECOVERY MEETINGS, WHEN & WHERE:

BIG CYPRESS:

- Thursday 4:00 pm
Aftercare Group at Sober House
- Thursday Seminoles In Recovery Meeting 7:30 pm at Sober House

HOLLYWOOD:

- Monday 4:00 pm
Aftercare Group at Sober House
- Tuesday 12:00 pm
Women's Group at the
Hollywood Sober House
- Wednesday 8:00 pm
AA Meeting at the Tribal
Administration Building
- Friday 7:00 pm NA
Meeting at Seminoles Estates

BRIGHTON:

- Tuesday 4:00 pm
Aftercare Group at Sober House
- Tuesday 7:30 pm
*Seminoles In Recovery Meeting
Sober House
- Thursday 12 noon
Lunch Brunch Meeting AA
- Thursday *Seminoles Living
Clean* Meeting 7:00 pm NA

FT. PIERCE:

- Thursday 12:00 pm
Talking Feather Meeting AA
Chupco's Landing
Community Center

TAMPA:

- Wednesday 1:30 pm
Aftercare Group at FSD Office

Alcoholics Anonymous:

MIAMI-DADE:

24 HR. Hot-line | 305-461-2425

BROWARD COUNTY:

954-462-0265

LEE COUNTY:

24 HR. Hot-line | 239-275-5111

NAPLES AREA:

239-262-6535

PALM BEACH COUNTY:

561-655-5700

FORT PIERCE:

772-873-9299

OKEECHOBEE:

772-873-9299

TAMPA:

813-933-9123

ST.

PETERSBURG:

727-530-0415

Cocaine Anonymous:

Dade, Broward and
Palm Beach Counties
954-779-7272

Narcotics Anonymous:

South Florida
866-288-6262

Gamblers Anonymous:

South Florida
800-891-1740

Co-Dependents Anonymous:

South Florida
888-444-2359



CENTER FOR BEHAVIORAL HEALTH

Aftercare/Prevention Counselors:

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