

## AN OCTOBER 2019 REVIEW



## Open House Fun

The Promises Five Palms open house was a huge success thanks to their dedicated staff, the Lucida team and the PBH Corporate marketing team. With over 70 attendees the event illustrated important program changes and attendees were invited to tour the facility grounds. The event also observed World Mental Health Day and each attendee was given a special cookie to honor everyone's personal mental health journey.

## The Ranch Tennessee Homecoming

The Ranch Tennessee had a wonderful weekend welcoming home their alumni family. Even with the chilly weather, the weekend was packed with fellowship and spiritual replenishment. Activities such as the medicine wheel, sweat lodge, and a Rock to Recovery show made this an incredible weekend.



## The Right Step Houston Relocation & Open House

Houston has relocated! To celebrate this exciting change, The Right Step Houston opened their doors to the public for a special "Trick-or-Treat" Open House. Executive Director DeLisa Russell gave opening remarks and delicious refreshments were served. Afterwards, TRS Houston team members led tours of the new facility grounds.



## Welcome to Hectic Holiday Season

### Overcoming Holiday Triggers

With Halloween behind us, that can only mean one thing: holiday season is officially in full swing. But many people feel weighted down at the holidays with stress, anxiety and depression – especially those in recovery. Here are three key strategies for making it through the festivities.

#### 1. Stay Grateful

Studies have shown that acts of gratitude aid in overcoming depression and stress. One major way to show your appreciation around the holidays is to volunteer your time. Whether it be at a homeless shelter, an animal shelter or even your local sobriety community, often these actions help in overcoming the winter blues. If you lack the time to volunteer, writing a simple thank you note is another great way to express your appreciation.

#### 2. Make A Plan

Because the holidays tend to follow certain traditions, you can usually prepare for what or who may be at a holiday gathering ahead of time. Before your crazy uncle pressures you into "just one drink" or your nosey cousin grills you on

your current mental state, create a list of set answers. Having set answers such as "No thanks, I want to enjoy this holiday sober" or "I'm doing really well but I'd prefer not to talk about that right now" are great to have on hand. Talking to your sponsor is also a good way to get some pre-holiday party advice. Another idea is to make a new tradition by hosting your own substance-free festivities.

#### 3. Stay Present in the Moment

Staying present in the moment can be hard but practicing mindfulness can help. By not focusing on the past or future, you can appreciate the here and now. Pre-holiday meditation, journaling or yoga are all great tools for being in the moment, acknowledging your thoughts and letting go. The holidays can be difficult but staying grateful, seeking support and staying present can all help with overcoming holiday anxieties. If you need more tips on navigating the holidays without alcohol (or other substances) check out November's "Article of the Month" down below.

## Featured Events

### Nov. 14th: Promises Behavioral Health Corporate Open House

We are proud to open the doors to our corporate office on November 14th from 1pm-4pm to welcome our neighbors and industry colleagues.

To show our gratitude to our community, we will provide a Thanksgiving buffet, office tours and a fun gratitude activity.

## Article of the Month

This month's article covers 14 useful ways for navigating the holidays without drinking. [https://www.huffpost.com/entry/navigating-the-holidays-when-youre-not-drinking\\_n\\_5bfc1152e4b03b230fa4e5ba](https://www.huffpost.com/entry/navigating-the-holidays-when-youre-not-drinking_n_5bfc1152e4b03b230fa4e5ba)

Do you have interesting facility news, employee highlights or exciting events? Please email [Chrissy.petrone@promises.com](mailto:Chrissy.petrone@promises.com) for more information on being a part of the monthly newsletter.

## The Spotlight



This month we want to spotlight Promises Behavioral Health's Rooted Alumni Program. This program offers social reconnections for all past clients of the Promises facilities. Just last month,

Rooted hosted their first alumni homecoming for The Ranch Tennessee but this is just the first of many events and exciting transformations that are coming to Promise's alumni community. "The Rooted community is about peer to peer connections," said Patrick Custer, National Alumni Director with Promises. "Our ultimate goal is to reconnect our past clients with those good feelings that come during treatment. In this way, we can reinvigorate their feelings of hope during their recovery journey." If you are looking to get involved with, The Rooted program, please reach out to any of the following

Alumni Coordinators:

Washburn House: Lee Scudo  
The Ranch PA: Amanda Graham  
Clarity Way: Jonathan Vanaskie  
The Ranch TN: Jaime Gibbons  
Promises Austin and The Right Step Hill Country: Scott Fields  
The Right Step Dallas: Dee Reyes  
The Right Step Houston: Reanna DeGeorge  
Lucida: Helana Cabral