

# THE CAZENOVIA Compass

building futures



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## Turning Point House: Restorative Rehabilitation

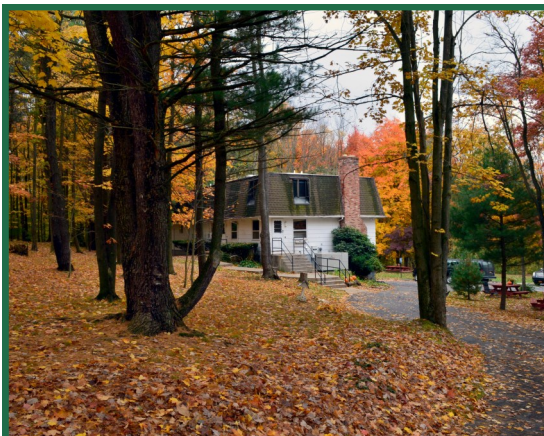
In a peaceful, rural setting in Eden, NY, Turning Point House (TPH) offers Cazenovia Recovery Systems' most intensive rehabilitation program.

Men age 18 and older who have substance-related disorders and who previously have not been successful in achieving long-term recovery enter TPH's residential treatment program for approximately six months.

What awaits is a phased program that is structured to allow them to move through the treatment experience at their own individualized pace, supported by a 24-7 professional staff that is dedicated to helping them achieve recovery.

TPH residents explore the sources of personal issues and focus on areas such as anger management, Post Traumatic Stress Disorder (PTSD), coping skills, and interpersonal relationships. They learn methods for dealing with their life experiences without relying on substance use. Self-help organizations including Alcoholics Anonymous and Narcotics Anonymous hold meetings there.

Raymond Woodin, TPH counselor associate, points out that when it opened in 1990, TPH was the first long-term care rehabilitation facility in New York State. Nearly 25 years later, TPH still



Turning Point House in the fall

receives referrals from across the state because there are few similar programs.



Nick and Michael, two residents at TPH

Michelle Harvey, TPH case manager, believes that the rural setting is a huge asset. "Residents often use the trails in the woods as a way to exercise and to focus on upcoming activities throughout the day," she said.

Within the first two weeks of his arrival, resident Michael reported that the TPH program "opened me up to problems that I hadn't confronted in the past." He explained, "I was isolated and now I feel like talking." Top "likes" about TPH for Michael are the wooded location and "the downtime that teaches you how to heal yourself."

Nick has been a resident for three months. Before he came to TPH, he said, "I was a 'chronic relapser' who would go through 28-day programs with little long-term success." TPH, he said, is helping him get connected to the opportunity to complete his bachelor's degree. His top "likes" are: "the people, the scenery, and sober supporters."

A distinctive part of the TPH program is encouraging community involvement. Residents have volunteered to help numerous worthy

*(continued on page 2)*

## Staff Spotlight

### Let's Welcome:

**Admin:** Karleata Jones  
(Accounts Payable Clerk &  
Custodial Assistant)

**Ivy House:** Tammy  
Montanari, CASAC  
(Counselor Associate) &  
Dexter Warren (Residence  
Monitor)

**Turning Point House (TPH):**  
Deborah Dryden (RN)

### Promotions & Transfers:

Erika Caldarella, CASAC, is now the Senior Counselor at Supportive Living.

### Cazenovia Creators:

Debbie Franz, for suggesting that the agency participate in the "In My Own Words..." video campaign for Recovery Month and for helping our residents connect with the Medical Answering Services Transportation Program.

Jessica Teresi, for coming up with an innovative resident incentive program.

Our next drawing to win a gift card for being nominated as a Cazenovia Creator or Catcher will be held in December.

(continued from page 1):

causes, most recently the Multiple Sclerosis Walk fundraiser in Buffalo and the Eden Methodist Church's rummage sale.

Michael and Nick plan to stay with Cazenovia Recovery after completing the TPH program. Both are considering Supportive Living. Michael also is thinking about a Cazenovia Recovery Community Residence or more independent Supportive Housing apartment.

## Vocational Graduation & Job Club

On Monday, October 27, a graduation ceremony was held at our Administrative Office to honor 12 residents who graduated from Vocational Group. Their efforts in learning how to become employable have allowed them to move on to Job Club, the next step in employment preparation. There, they will exchange ideas and job leads while learning how to network. Food was served, prizes (including two iPads) were awarded, and staff members throughout the agency congratulated the residents. Deborah Watkins, senior vocational specialist, called it "a proud moment for everyone."

## Supportive Living Halloween Decorations

We love to acknowledge the positive accomplishments of our residents, especially those who go above and beyond in their recovery. Recently, some residents in our Supportive Living program did an incredible job decorating the outside of their apartment for Halloween. As you can see in the picture to the right, they really got into the spirit of the holiday. If you're a Supportive Living resident, keep an eye out for upcoming issues of the Cazenovia Compass because we will announce details on a decorations contest for the winter holiday season.

## Cazenovia Recovery Poetry Collection

In an effort to continue the creativity and artistry that the Recovery Day Art Show promoted throughout the agency, we will be creating a Poetry Collection. Both staff and residents of Cazenovia Recovery Systems are encouraged to apply. All submissions should be recovery-oriented with appropriate language, as the agency will feature select submissions in a printed black and white collection. The deadline to submit is Friday, November 21. Hard copies and electronic copies will both be accepted, though submissions as Microsoft Word files will be preferred. Please send all submissions to Joshua Kellick (JKellick@cazenoviarecovery.org) at the Administrative Office. To submit a hard copy, use the address on the bottom of this page and add "Attention: Joshua Kellick."

## New Transportation Services

Cazenovia Recovery encourages our residents to become as independent as possible on their road to recovery. This month, we encouraged residents to apply for the Medical Answering Services Transportation Program, which provides transportation funding to individuals receiving qualifying medical services. We are glad to see that 13 residents of Cazenovia Manor and 3 of Ivy House are now being helped by the service. Debbie Franz, clinical services assistant, says the application "is really an easy process."



Some of the Turning Point House staff



Vocational Group Graduates



Decorations at our residents' apartment

## Residents of the Month

Cazenovia Recovery congratulates the following residents for their improvement in all life areas:

- Jennifer D. – SHP
- Teric J. – SL2

Keep up the great work everyone! You can help recognize more hard-working residents by emailing Ed at [ecichon@cazenoviarecovery.org](mailto:ecichon@cazenoviarecovery.org).