



# Great Changes and Graduations

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Graduation Day represents achievement and hope for a bright future.

That's exactly what residents now experience after a successful stay at Cazenovia Recovery Systems' Casa Di Vita, a community residence for women in recovery.

The celebratory event, held at the facility on Buffalo's West Side, is the idea of Site Supervisor Lisa Johnston. Since she assumed this position in June, Lisa has implemented several endeavors in collaboration with the staff and residents.



Mary Reid, Kelly H., and Lisa Johnston

The most recent informal graduation ceremony, honoring resident Kelly's accomplishments, was shared with fellow residents, who offered congratulations and encouragement. Highlights were a shared meal and "Ave Maria" sung by a talented resident who is a trained opera singer.

Kelly credits the five-month program she completed for "helping on a daily basis, helping me learn about myself, and helping with mindfulness." She expressed special thanks to Counselor Associate Mary Reid. "I couldn't have done this without the staff here," Kelly said. "I've done a complete 180."



Casa Di Vita in the autumn

Kelly's immediate plan is to spend time with her children. She is interested in pursuing a nursing career. "My disease tried to steal my soul, but I won't let it," she said. "I'm a fighter."

Lisa, who has been with Cazenovia Recovery since 2014, has a master's degree in education counseling from St. Bonaventure University. She is dedicated to working with her staff to provide quality individualized care. Foremost is ensuring the safety of the women who live there. Overall, she has

### Let's Congratulate:

Latasha Baker-Chappell is now a Counselor Associate at Cazenovia Manor.

Kimberly Hayward is now a Case Manager at Casa Di Vita.

### Cazenovia Creators & Catchers:

Paulette Turner was nominated by Briana Petersdorf for training Casa Di Vita on medication policies and following up with thorough medical care for residents.

Quinclon Davis was nominated by Ed Cichon for promoting awareness of domestic violence through the agency-wide "Wear Purple" day.

Debbie Franz was nominated by Angela Angora for assisting with intakes and screenings at the Veterans Administration Drug Court.

Be sure to nominate your fellow staff members by sending submissions to Ed Cichon. The next drawing will be held in December.

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inspired residents to become much more involved in daily activities and in offering enhancements to the program.

Among the initiatives she has implemented are strengthening the residents' governing council to underscore a team focus, and starting a weekly session that runs for one month for new residents adjusting to life at Casa Di Vita.

There is a place designated for arts and crafts and a redesigned fitness area that will have space for yoga and Pilates. A new suggestion box is a reminder of Lisa's philosophy of collaboration. Based on resident and staff requests, a salad bar soon will be added to the dining room.



Casa Di Vita's new dining room arrangement

## Cazenovia Recovery's Health Fair

As part of the Wellness Committee's campaign to increase healthy outcomes among agency employees, Cazenovia Recovery held its first Health Fair at the Marcy Casino in Delaware Park this month. Vendors and organizations in attendance were Blue Cross Blue Shield, Walsh Duffield, New York State Parks, Walmart Vision Center, Kissing Bridge, and other tables dedicated to holistic health and wellness. Fifteen-minute massages were provided by Buffalo Mobile Massage and were a huge hit. Employees who attended the event left feeling relaxed and destressed.



Health Fair at Delaware Park's Marcy Casino

## Domestic Violence Awareness Month

October is Domestic Violence Awareness Month. Quinclon Davis, Counselor Associate at Supportive Living, knows how important it is to ensure community education and awareness about this critical issue. To recognize Quinclon's passion, the agency encouraged employees to wear purple on Wednesday, October 21. Quinclon and Bonnie Goodrich, Case Manager, made purple ribbons that were sent to programs throughout the agency. Quinclon is quite proud of the employee participation and their "support and passion."



Quinclon Davis, far left, and other Supportive Living staff wear purple

## Collaboration and Mutuality

Trauma-informed care views everyone involved in the organization as equally important, as everyone has a role to play in a trauma-informed approach. Healing happens in relationships and in the meaningful sharing of power and decision-making. As an expert stated: "one does not have to be a therapist to be therapeutic" (SAMHSA, 2014). Trauma-informed care recognizes the importance of partnering and the leveling of power differences between staff and clients. It is also important to level power differences among organizational staff from clerical and housekeeping personnel to administrators (SAMHSA, 2014).

