



A New Program Director for Visions Place

Briana Petersdorf, CASAC, is the new program director at Visions Place, our agency's residential facility for homeless men and women seeking treatment for co-occurring mental health and substance abuse disorders.



Briana Petersdorf, CASAC,
Program Director at Visions Place

Located in a distinctive building at 923 Sycamore Street in Buffalo, Visions Place has 24 individual rooms for residents and pleasant shared community spaces, including kitchen and dining areas, an exercise room and comfortable living rooms. In that safe environment, Cazenovia's dedicated professional staff works tirelessly around the clock to help residents find the motivation and skills to pursue behavioral changes that will lead to recovery.

Customized treatment plans involve individual and group therapy sessions for residents, who



Visions Place

move through the treatment experience at an individualized pace. Psychiatry, on-site counseling, and linkage to medical services are key components. Residents have opportunities to identify and express their challenges, traumas and emotions through the healthy behaviors that they are learning. The average length of stay is one year.

Briana, who has been with Cazenovia since 2008, started as a case manager. She is determined to make the Visions Place experience even more positive, restorative and inspiring. She wants residents to accept their stay as "a time for reflection as well as an opportunity to create and set new life plans." She said that her purpose, above all, is that Visions Place residents "accomplish the goals that they set for themselves, whether long- or short-term."

Two current Visions Place participants who were interviewed recently agreed that the program has helped them to acquire a more positive outlook on life. Tom said that he greatly appreciates having

his own room, access to group therapy, and "great counselors." Phil is thankful that he is on track to "follow my dream" to finish a college degree in literature and creative writing. "Visions Place has been an awesome experience," Phil said.



Visions Place resident Phil

Staff Spotlight

Let's Congratulate:

Kaitlin Amitrano, Case Manager at Supportive Living, for obtaining her CASAC-T certification!

Bonnie LaForme, Counselor Associate from New Beginnings, for obtaining her CASAC certification!

Let's Welcome:

Admin: Ed M. Cichon (Special Projects Coordinator), Martie Kaeding (Personnel Manager), & Paul Swanson (Resources Coordinator)

Cazenovia Manor: Quinclon Davis (Counselor Associate)

Housing: Shaun Garvey (Housing Specialist)

Ivy House: Edward V. Cichon (Residence Monitor), Lasheri Mayes (Program Secretary), Kevin Patterson (Residence Monitor), & Brianna Triplett (Case Manager)

Maintenance: Lester Callahan (Facility Assistant), & Jevon Love (Maintenance Assistant)

New Beginnings: Paulette Turner (Case Manager)

Turning Point House: Matthew Rzepka (Van Driver), & Michelle Harvey (Case Manager)

Visions Place: Venus Wiggins (Counselor), Lisa Johnston (Asst. Program Director), & John Molnar (Residence Monitor)

Alternative and Holistic Therapies by Scotty Burt

Relapse Prevention Specialist Scotty Burt, CASAC, part of Cazenovia Recovery Systems' Housing Programs team, recently hosted a drumming circle for individuals in his Relapse Prevention Group. This is an alternative therapy within an already broad range of treatments available throughout the agency.

Seated in a circle, participants have a spontaneous and upbeat experience of creating harmony, rhythm, and music on drums and percussion instruments. People open up and "speak" with their hands. The residents who participated loved the experience and will continue to participate in drum circles about every six weeks. Scotty will be starting a monthly drum circle and its first meeting will be on Tuesday, May 13 at 2PM. Participants are planning to perform at Recovery Day on September 13, as well.

Scotty has a holistic approach to healing, believing in "healing from the inside out," he said. He will look for more opportunities to introduce activities that stress mindfulness, such as meditation. He values music, sound, art, and equestrian therapy as healing options. He is a Reiki master and teacher.

Also certified in cinema therapy, Scotty will begin presenting "Tuesday Afternoon at the Movies," at 1:30PM on May 13 at Cazenovia Recovery's Administrative Office, and will schedule subsequent movies on the second Tuesday of each month. Therapeutic themes will be featured and residents will be encouraged to discuss how the movies relate to their recovery.

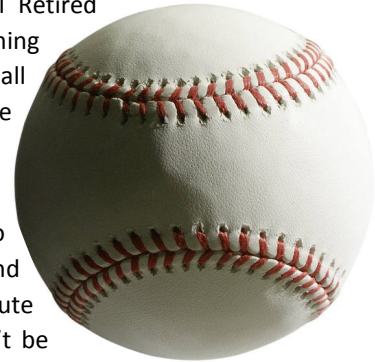


An assortment of Scotty's drums

Our Official Retired Umpire

Congratulations to George Amos on his new position: Cazenovia Recovery Systems' Official Retired Umpire! George Amos, our Resources Coordinator, will be retiring from his position in the beginning of May. He enjoys umpiring in his free time and often served as the umpire during agency softball games. Cazenovia Recovery would like to thank George for his years of dedicated service with the agency, and Linda DelleDonne, our Financial Director, would especially like to thank him for being such a kindhearted person and for always being a great help. We wish him all the best.

Please join us in honoring George during a tribute to him on Wednesday, April 30 from 3PM to 5PM in the Administrative Office Training Room. Fruit, cheese, and crackers will be served and accolades will begin at 3:30PM. Anyone who would like to make a comment during the tribute program should contact Al Halley at ahalley@cazenoviarecovery.org. George, the agency won't be the same without you and your jokes. Enjoy your new life filled with leisure and what will surely be lots and lots of baseball.



Congratulations to Jean Cox For Naming Our Newsletter

Our agency newsletter will now be named "The Cazenovia Compass" and the winning submission was created by Jean Cox from Casa Di Vita. Thank you to everyone who submitted ideas, and a special thanks to Jean. Enjoy the gift card to Wegmans!

Community Event Reminders

- **Hands Across Buffalo on Saturday, May 17:** Participants should meet on the Delaware to Linwood Block of West Ferry by 10:30AM. Parking may be available at the American Red Cross and shuttles will be available from 9:45 – 10:15AM to take participants to our assigned block. Parking is limited, so try to carpool or use public transportation. The Human Chain will take place at 11AM, and workshops and performances will take place at various locations on East and West Ferry from 11:30AM – 2:30PM. For more information, contact Cierra Smalls at (716) 852-4331, ext. 326.
- **Compeer Road 2 Recovery Race on Friday, June 27:** at 6:30PM. Afterwards, there will be music, food, and beverages. A dunk tank featuring special villains will be featured, along with activities for kids. Registration is currently \$25 per runner and \$20 per walker. Prizes will be awarded for best times and best superhero costumes, as well. To register, visit www.compeerbuffalo.org and use the team name "Cazenovia."

Residents of the Month

Cazenovia Recovery Systems would like to congratulate the following residents who are working diligently towards improvement in all life areas:

- Victoria G. from Supported Housing
- Tanya D. from Supportive Living (2)
- Constance E. from Supportive Living (3)
- Phil S. from Supportive Living (3)

Keep up the great work!