



## Turning Point's Yoga Sessions

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Residents of Turning Point House (TPH) are enjoying the physical and mental wellness benefits of yoga thanks to Gabriella Pelosi, senior counselor at the program.



Ashley and Gabriella

Based in rural Eden, NY, TPH was founded in 1990 and offers intensive residential rehabilitation to men who were not able to achieve long-term recovery from substance use in previous attempts.

Gabriella introduced yoga instructor Ashley Feneziani to the men at TPH. Ashley is a volunteer with Yogis in Service, a not-for-profit that seeks to bring yoga and mindfulness exercises to underserved communities. Ashley proved to be a perfect match for TPH residents open to enhancing their therapy program.

Ashley initially conducted a six-week summer project. Groups of eight participated in the weekly sessions. At the

project's conclusion, Ashley told Gabriella that she wanted to continue volunteering to teach yoga at TPH, where she describes the men as "very appreciative" of her efforts.

"Yoga is a proven intervention that has been successful for men who have experienced trauma or have been incarcerated," Gabriella said. "It's a trauma-informed practice that helps them get in touch with their minds and bodies. It helps change their inner dialogues in an empowering way."



TPH residents and staff in side angle pose

While it is unique to have all-male sessions, Ashley believes that the physical challenge of yoga exercises appeals to men. "If I can show them that they can get through difficult poses, maybe that will generate more positive self-talk. Maybe they'll be able to remind themselves that they can get through something simple, like waiting in line at the grocery store. I always tell them: 'What you will do on the yoga mat, you will

*continued on page 2*

## Staffing Info

### Let's Welcome:

Joseph Lidge, cleaner at Admin

Christine Boyce, property manager at Admin

Jillian Oehler, facilities coordinator at Admin

Theresa Cushman, program secretary at Madonna House

Ellen Lester, program secretary at Sundram Manor

Kaneesha Tillmon, residence monitor at Unity House

### Cazenovia Creators & Catchers:

Barbara Bowman, Chrissy Calixte, Robert Davis, John Deabold, Michelle Harvey, Latera Hodges, Jess Huss, Patricia Izzo, Anita Jenison, Dominique Lane, Harry Lonnen, Diane Lowe, Benjamin Moser, Tonja Newkirk, Gabriella Pelosi, Betty Quiros, Marilyn Smith, Doug Werth, Ricardo Wright

Remember to nominate your fellow coworkers before our next drawing in December!

*continued from page 1*

do off the mat.’”

In turn, TPH residents had very positive things to say about the program. After their session, residents explained how adding yoga to their treatment program benefits them. “It’s a stress-reliever and boosts my body,” said one participant. Another noted that “it helps to clear your mind.”

Ashley’s and Gabriella’s hopes for creating positive internal dialogues are already bearing fruit. One resident remarked that “yoga helps you feel good about yourself.” Similarly, another participant said that the sessions “make me feel like I’ve accomplished something.”



TPH residents and staff in meditation

## DASNY Grant Boosts IT

Earlier this year, Cazenovia Recovery was awarded \$492,249 from the Dormitory Authority of the State of New York for IT infrastructure capacity development. This funding will be absolutely critical in our transition to Medicaid. Plans include upgrades to our large data management system and enhancing our services to better meet the demands of the current opioid epidemic. These funds will also help us update our technology infrastructure, connect with residents’ medical data, and better track outcomes.



Dave Hoke, our IT coordinator

## StoryGrowing WNY

Our agency was recently accepted into StoryGrowing WNY, which is based on the teachings of Andy Goodman of The Goodman Center. StoryGrowingWNY is funded by the Health Foundation for Western & Central New York and the John R. Oishei Foundation. The initiative is a nine-month training program that will help Cazenovia Recovery “harness the power of storytelling and nurture growth through effective branding and communications.” Our team has already created a marketing plan that will be used throughout 2018 and beyond.



## TIC Language at Somerset House

Staff members at Somerset House have placed a focus on language within their program to ensure they’re creating a trauma-informed environment. From signs located throughout the building to shifting language in treatment, staff at Somerset are very aware that words have power. “We ask our residents open-ended questions,” said Erin DeWolfe, site supervisor. “We also have them list their own pros and cons. This way, they’re able to solve their own issues with support from us.” The staff at Somerset House acknowledge that this is truly an empowering way to provide care.

