

The Advocate



THE RIGHT START..

Farley's Comprehensive Evaluation Services



People suffering from addiction often do not understand what's wrong. They mask, deny and suppress their misery and despair. Yet, it's not uncommon for those around the addict to eventually sense a serious problem. Perhaps you've noticed subtle (or not so subtle) changes in somebody who works for you. Something has changed and isn't quite right. Perhaps they're less punctual, reliable or productive. There may be troubles at home that you sense or are aware of. Could addiction be underlying or complicating all of this? Maybe they get back from lunch smelling of alcohol, or shaking with bloodshot eyes. Things are missing from the office, or work performance is poor. If it's a loved one, you might have noticed some of the obvious signs such as mood swings, edginess, uncontrollable anger, loss of interest in family and friends, and job-threatening problems at work. Is it time for an answer?

Whether you are an employer, licensing board, physician, pastor, a spouse, sibling or close friend, there may come a time when you're on the fence deliberating "What to do?" "Who should I call?" or "Do I make that phone call today?" From a hospital review committee, or fire department following safety protocol, to a loved one or minister seeking professional direction, The Farley Center at Williamsburg Place is an outstanding resource for Comprehensive Evaluation Services to determine whether an individual is suffering from an addictive disorder.

"There are many challenges that make seeking help and obtaining addiction treatment extremely difficult, so at Farley, we want to remove some of these barriers by offering comprehensive evaluation services," said Melissa Lee Warner, M.D., Medical Director. "We realize that for individuals confronting addiction, as well as for concerned parties, making the first call is a huge step, especially if there are impending career, legal, family, or financial issues at hand."

Mission & Purpose

At The Farley Center at Williamsburg Place, our mission is to

provide the best possible care to our patients and their families, and this starts with our first-rate, highly intensive Comprehensive Evaluation Services. With nearly 20 years of outstanding addiction treatment service and completion of over 40 evaluations per year, Farley is recognized as one of only a few addiction treatment centers in the country providing intensive addiction evaluation services.

Farley's Comprehensive Evaluation Services provide a medically-based, multi-disciplinary evaluation designed to identify addictive and psychiatric disorders. It offers the individuals and/or referring agencies recommendations for addiction and other treatments for the appropriate level of care, and, if requested, to evaluate if the individual is able to return to work at this time.

Evaluation Components

At The Farley Center at Williamsburg Place, we understand that addiction is a primary, progressive, chronic disease that affects the individual physically, mentally, emotionally, and spiritually. Thus, Farley's Comprehensive Evaluation Services includes five critical components including an Addiction Assessment, Psychiatric Evaluation, Psychological Assessment and Neuropsychological

(Continued on page 2)

2009 to 2010: Challenge or Opportunity?

By Stephanie Loeb, Executive Director



There is no reason to repeat the events of hardship and loss that 2009 brought to each of us. It has been a time where most have certainly felt powerless. Fortunately for "us" - those who

live a program of recovery, powerless was nothing new. As some have learned this year and from what we have come to know, times of unquestioned "powerlessness" reveals that point where one comes to depend completely upon one's higher power... or not.

I was asked to provide you all with an overview of the past year: what worked, what didn't, and what lies ahead...

We have had some hard times; but nothing like the first two quarters of 2009. The nation was struggling under the recession and war. For our suffering families they were faced with not only the nightmare of addiction, but downsizing, loss of jobs, restrictions on borrowing money, frozen credit, the list goes on and on.

Also, we witnessed other treatment programs making incredible cuts to their program, staff layoffs, two-for-one deals, and a lot of reaction was taking place in order to

(Continued on page 5)



MARK YOUR CALENDARS!!!

Spring 2010 Alumni Weekend

April 23 & 24, 2010

Fall 2010 Alumni Weekend

October 22 & 23, 2010

WINTER 2010



CES Components & Evaluation Team

Addiction Assessment- A comprehensive “rule-in/rule-out” medically-based addiction evaluation is provided by Melissa Lee Warner, M.D., Farley’s Medical Director.

Psychiatric Evaluation- An extensive psychiatric evaluation is completed, with particular attention to mood disorders and personality issues and their relationship, if any, to substance use.

Psychological Assessment and Neuropsychological Screening- An in-depth psychological evaluation is provided including face-to-face comprehensive psychological assessments, psychological testing and methodical psychosocial evaluations. Farley consults with Terrence A. Tierney, Ph.D., a highly respected clinical psychologist, to provide these services.

Family Evaluation- The family evaluation is completed by one of Farley’s in-house licensed therapists, and includes a detailed assessment of the individual’s original family of origin, current family system and other family entities, as needed. Significant others and family of choice systems are also a part of the family evaluation.

Physiological Exam- A comprehensive physical examination and medical history is provided, along with a clinical laboratory profile, including urine drug screening, blood panels, etc. 🌿

A central part of Farley’s comprehensive evaluation services are in-depth background contacts, which are conducted as a part of all five evaluation components.

For more information about the Comprehensive Evaluation Services provided at The Farley Center at Williamsburg Place, please contact the Admissions Office at (800) 582-6066 to speak with a member of our professional treatment team, or go to www.farleycenter.com.

Comprehensive Evaluation Services

(Continued from front cover)

Screening, Family Evaluation, and Physiological Exam.

“Moreover, a central element of Farley’s evaluation services includes background contacts, which are conducted as a part of all five evaluation components,” noted Warner. “While this takes a great deal of time, expertise and commitment, we are looking to gather as much relevant information on what people around the individual have observed in order to have the broadest possible picture of what the person and those around them have been struggling with.”

Warner adds that discretion, compassion, and, of course, confidentiality are essential elements of the evaluation. With great care and respect, we ask the client to give permission to contact significant persons and to obtain background details so that the evaluation team can gather pertinent information. This could include contacts in the workplace, healthcare professionals, family members, and other necessary parties, as well as collateral documentation such as medical records, legal documents, licensure reports, and criminal records.

Evaluation Settings

To meet the individual needs of our clients, Farley offers two comprehensive evaluation settings. Our ambulatory setting is an outpatient option, where clients from outside the area are offered accommodations with local hotels at reduced rates. Over a course of four days, usually Monday through Thursday or Tuesday through Friday, the outpatient client comes on-site to The Farley Center for the evaluations, interviews and final results.

Clients needing closer observation have the option to be admitted to Farley as a patient for evaluation and diagnosis, and the assessment is completed in a medically-supervised setting. This option is often used when referred by a Licensing Board or State Physicians Health Program, and especially if there is cause for concern related to withdrawal symptoms. The inpatient setting has many added benefits; patients are integrated into the milieu by day-to-day treatment and education groups, introduction to the twelve-steps and have

the opportunity to meet with peers already in treatment.

Results & Recommendations

On the final day, the evaluation team meets with the client and presents the results of the evaluation. At this time, a diagnosis is rendered and recommendations for the appropriate treatment and level of care are made for those individuals needing treatment. Referrals for other medical, psychiatric or mental health needs are also made.

“Since addiction is a brain disease causing the addict to have limited ability to perceive needs, make clear decisions, and denial is commonplace, this critical wrap-



“There are many challenges that make seeking help and obtaining addiction treatment extremely difficult, so at Farley, we want to

remove some of these barriers by offering comprehensive evaluation services. We realize that for individuals confronting addiction, as well as for concerned parties, making the first call is a huge step, especially if there are impending career, legal, family, and financial issues at hand.”

**Melissa Lee Warner, M.D.
Medical Director**

up session is very intense, often deeply emotional, and, for most, there are many difficult decisions to make,” described Warner. For such reasons, this meeting can last over two hours, as the evaluation team and client review and discuss the results, and sort out the best possible treatment, level of care, facility, and assist with other referrals, as needed.

Throughout the evaluation and during the final meeting, a number of fundamental addiction treatment principles are reinforced, emphasizing that the individual and family are not alone, treatment works, the recovering community is a constant resource to successful recovery and the Farley professional team truly cares... with the greatest of hope, faith and years of witness to new beginnings in recovery. 🌿

AT THE CENTER...

Farley Provides Mandala Therapy



Oil pastels, colored pencils, or charcoals are laid out on the table to sketch, spread, or blend... to create a mandala. Simply put, a mandala is a pictorial drawing centered within a circle. Classic mandalas are often geometric and exist across cultures and traditions. The mandala image is not about artistic talent or creative aptitude, it's about expression, experience and exploration in recovery.

Facing addiction is a tremendous challenge and takes incredible courage. Given this inevitable, but natural struggle, it is valuable to integrate experiential therapy into addiction treatment programming. Along with Equine-Therapy, Mindful Movement, the Bonny Music Method, and other experiential therapies, The Farley Center at Williamsburg Place incorporates Mandala Therapy as a valuable part of the comprehensive addiction treatment program.

"At Farley, we are fortunate to have several licensed therapists trained in Mandala Therapy," said Eleanor J. Woollard, L.P.C., Associate Executive Director of Clinical Operations. "We believe that Mandala Therapy is a dynamic therapeutic tool with many treatment benefits."

Carl G. Jung, father of modern psychology, described the mandala as "the centre of personality... to which everything is related, by which everything is arranged and which is, itself, a source of energy." Jung believed that mandalas are a passageway to the Self, and that visually seeing the center, or source of being, is a transforming, healing experience.

By the very nature of Mandala Therapy, it is deeply symbolic, expressive and therapeutic. The shapes, lines and colors in relationship to the entire mandala embody emotions, experiences and energies. It also provides a direct experience to help explore, express and confront addiction issues such as denial, isolation and fear, and, with time, begins to change to awareness, connection and faith.

"Mandala Therapy is also a beneficial tool for patients who are resistant to traditional talk therapy because it is generally more comfortable and less invasive for most individuals," noted Woollard. "One of the mandala assignments I prefer is the 'inside-outside portrait,' where the patient draws how they

view themselves on the inside compared to how they feel the rest of the world sees them."

At the beginning of treatment, the patient's mandala may start with blurred shapes, images of obstacles and other symbols of a "chaotic" Self. As the individual becomes more aware of the disease, of the changes being made, and starts to envision recovery, the patient can "see" the progress and the growing clarity of one's Self in the subsequent drawings.

Woollard adds that mandala art, especially when compared at different

As a part of the experiential therapies offered at Farley, Mandala Therapy serves as a constructive tool to help the patient explore, experience and develop an improved self-awareness, as well as to begin to understand the healing process as a spiritual journey in recovery.

periods of time, becomes a reflective tool for the individual and the therapy group as a whole. This helps to strengthen self-awareness, confront problems and foster a healthier sense of Self in early recovery.

Lastly, the use of Mandala Therapy in addiction treatment allows the therapist to integrate the spiritual nature of the Twelve-Step principles through a non-linear methodology. For many recovering addicts, the use of mandala art helps to open the door to a better understanding of one's Higher Power, and, thus, moves forward with the spiritual journey. 🌸

What is the MARI®?:

The Mandala Assessment Research Instrument (MARI®):

MARI® is a comprehensive psychological assessment system that utilizes mandalas, as symbols, as well as colors and stages of development. The relationship between these different variables creates a "snapshot" of the Self as experienced in the present moment.

It is an integrative approach based on the concepts of C.G. Jung, mandalas, archetypes and evolutionary biology and psychology. It yields information that spans the spectrum of psychology, from the traditional to the transpersonal, and reveals an accurate visual representation of the psyche, and suggests paths for further integration of self-awareness. 🌸

The Mandala Assessment Research Instrument is used by three of the MARI® trained Licensed Professional Counselors at The Farley Center at Williamsburg Place. (Source: For information about the Mandala Assessment Research Instrument visit www.maricreativeresources.com.)



Eleanor Woollard, L.P.C., C.S.A.C., is the Associate Executive Director of Clinical Operations at The Farley Center at Williamsburg Place. Woollard holds a Masters degree in Psychology and received her Educational Specialist degree in Counseling, both from West Georgia College.



December 11-12, 2009- Our Winter 2009 Professional Referral Weekend: Michael Dinneen, Scott Alberti, Debra Marks, Anne Felton, Hannah Lloyd, Arnie Zepel and Jilda Johnson showing their mandala art work.

Thank You for Visiting Farley...

The Farley Center at Williamsburg Place wishes to thank our professional associates for visiting us in 2009. It was a pleasure to meet and work with each of you. You are an incredibly valuable part of our treatment community, and, especially in the lives our of patients and their families as they begin recovery... We look forward to working with you in this New Year. 🌸

If you or your organization would like to make a site visit to The Farley Center at Williamsburg Place this year, contact Gina Thorne at (877) 389-4968.



Pam Rickard Joins the Farley Team as Alumni Coordinator

Pamela Rickard has recently joined the Farley team in the newly created position of Alumni Coordinator. Many of you might recognize Pam, as she's an alumna of The Farley Center, enjoys attending our special events, and is a nationally recognized advocate for addiction treatment and recovery. Rickard's inspirational story, as a recovering alcoholic and avid marathon runner, has been covered on the Women's Sports Foundation website, in the Journey recovery magazine, in A Race Like No Other, by Liz Robbins, New York Times sportswriter, and many other publications. Welcome Pam! And, thank you for sharing a part of your story...

What brought you to The Farley Center as a patient?

If you met me in 2003, you may have described me as an energetic, talented, blessed mother of three beautiful daughters, and wife of an adoring husband. The truth was, I was a fearful, arrogant, drowning alcoholic, trying desperately to keep the 'real me' hidden. As alcohol slowly took the place of God - and everything else - in my life, I began spiraling out of control. Ultimately, I received three DUIs within 18 months. The "house of cards" finally collapsed, and I entered treatment at The Farley Center at Williamsburg Place on April 17, 2006.

What are some of your memories about Farley?

First, let me tell you the bad news about The Farley Center: There is no silver bullet there. There is no book of answers, no magic pills or pixie dust. I was unquestionably certain that I was a "special case," but I could not convince anyone at Farley of that obvious fact. Now, the good news about Farley: There is no silver bullet there. There is no book of answers, no magic pills or pixie dust. And, while I was unquestionably certain that I was a "special case," thank God I could not convince anyone at Farley of that "obvious" fact.

What did you "find" in treatment at The Farley Center?

At first, I found a tiny bit of footing, which eventually grew into a full-blown foundation, on which I built my new life in recovery. For this addict, that bit of footing began with two simple words. At one point early on in my stay, I was told that the definition of humility was "following directions."

That was a turning point for me. As far back as my conscious mind can recall I have always found it better to do it my way. The world, and how I ordered my life, often rewarded that philosophy, until the consequences of my addiction brought me to my knees. Almost exclusively, from that moment on, I tested every thought and action against that definition. And I soon began to trust, and follow directions, concerning the other things I learned while at Farley.

You're back at Farley... What are you first looking forward to as the Alumni Coordinator?

Many remarkable things have happened during my almost 4 years of sobriety: some thrilling and wonderful, some sad and challenging. So, naturally, I am beyond grateful to begin developing my role with Farley. Initially, I am especially looking forward to spending some significant time on-site meeting staff members, learning their roles and developing relationships.

In fact, building relationships is what I am most looking forward to overall. It is what I believe will be at the core of our success as Farley adds this new position. Maintaining and enhancing healthy relationships within the recovering community, as well as a connection to Farley, continue to be instrumental in my new life.

As I experienced personally, the foundation and tools I gained at Farley saved my life and were priceless gifts, but the work really began after I was discharged. It is a blessing to be able to contribute to helping others find that same path. I am back at Farley by the grace of God. Literally. And, it's with that faith that I hope to give back as much as I have received. 🌸

WELCOME

We wish to welcome the following new employees of The Farley Center at Williamsburg Place

- Tracey Bennefield, Unit Technician
- Carol Dobosy, Registered Nurse
- Susan Ferrandino, Registered Nurse
- LaTasha James, Unit Technician
- Lara Kain, Physician's Assistant
- Dolly Li, Registered Nurse
- Warren Logan, Cook
- Josefina Obregon, Registered Nurse
- Kendall Plageman, Case Manager
- Carolyn Radcliffe, Unit Technician
- Pam Rickard, Alumni Coordinator
- Elvis Sierra, Physician's Assistant
- Narita Snead, Nurse Practitioner
- Kurtis Swanson, Unit Technician 🌸

Cheers to Our 2009 Employee of the Year

Congratulations to Tracy Wilson, Licensed Professional Counselor.



Tracy is honored as the 2009 Employee of the Year for The Farley Center at Williamsburg Place. Thank you for your

incredible dedication and commitment to the service excellence. You are a true pleasure to work with... 🌸

Anthem

The Farley Center at Williamsburg Place is pleased to announce that we now accept Anthem Blue Cross/Blue Shield. We are excited about the opportunity to partner with Anthem Blue Cross/Blue Shield in continuing our mission to provide a superior continuum of care, in a safe and therapeutic environment, for those adults and their families who are experiencing alcohol and/or other mood altering chemicals problems. For more information, call (800) 582-6066 or visit www.farleycenter.com. 🌸

Challenge or Opportunity?

(Continued from front cover)

keep treatment accessible. Many programs that made the bold move several years ago to avoid using third party payors (insurance companies) may be experiencing some regret given what was facing individual families. Those organizations who were dependent upon donations and government grant funding were struggling to just make ends meet.

At Farley we were able to retain our experienced and seasoned staff, as well as add new staff members to our Nursing and Clinical Departments. We knew given the challenges ahead, we had to work smarter and not harder. So we were strategic in adding new case managers, being careful to provide necessary support to our staff.

By carefully increasing staff, we were

What lies ahead for 2010 is the advancement of a rich continuum of care... A state-of-the-art outcome study that will prove what we do works, a more intense focus on the family, a greater investment in our alumni with the hiring of Pam Rickard, Alumni Coordinator, and finally, in the not-so-distant future, the opening of the Williamsburg Pavilion which will set the stage for us as Centers of Excellence.

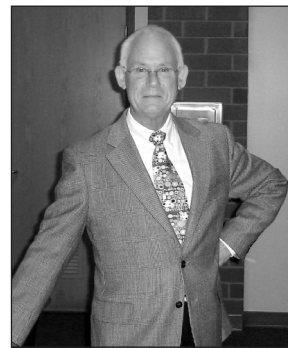
able to deepen and enrich our treatment program by adding mindful movement, equine therapy, music therapy, low ropes, and of course continuing our yoga experience. These therapeutic experiences allow our patients to identify with feelings that some find difficult to negotiate in a safe and non-threatening milieu.

In March 2009, we successfully received our Joint Commission Accreditation, once again demonstrating our ability to provide high quality treatment to patients and families. Come November 2009, we added to our managed care contracts the large family of Blue Cross/Blue Shield. This decision was in response to our philosophy to keep treatment accessible, bringing our contracts to eleven. Having limited ourselves to Mastercard/

Celebrating with a Good Laugh...



Top: Stand-Up Recovery Comic, Robert Lundholm, performing at the Kimball Theatre. The Farley Center at Williamsburg Place raised close to \$4,000.00 to support the National Association for Children of Alcoholics.



Above: Randy Adair, D.O., Ph.D., Guest Speaker, presented *Spirituality in Recovery* at the Fall Alumni Weekend.

Right: Stephanie Loeb, Executive Director, and friend sporting their "First Thought Wrong (on the front)... Perfectly Broken" t-shirts.

This quote is from one of Mark Lundholm's stories. While Mark is on the road, he writes recovery columns based on his experiences and musings. Check-out www.marklundholm.com.

The Farley Center at Williamsburg Place celebrated the Fall 2009 Alumni Weekend with laughter, spirit and a renewed commitment to recovery. The weekend began with the "Recovery Comedy Show" featuring Mark Lundholm, an international stand-up comic. Clean and sober since 1988, Mark Lundholm's "drank there, used that" style of humor was a big hit, with 300 people in attendance. Thank you to the Historic Triangle Substance Abuse Coalition for co-sponsoring this event with The Farley Center.

Saturday's alumni events were attended by over 150 alumni, patients and staff, as well as treatment associates from across the county. Along with the Fellowship Breakfast, an AA Meeting, the Twelve-Step Sponsor Appreciation Luncheon, and Recovery Walk, Dr. Randy Adair presented a deeply moving lecture on *Spirituality in Recovery*. It was wonderful to see all of you, and thanks for sharing a good laugh, and great time with us! 🍷



Visa, we increased access to credit made available through American Express and Discover.

Singly, the one thing that we witnessed having the biggest impact was our presence on the Internet. By expanding our presence and accessing expert help we have been able to make smart decisions based upon real time data.

What lies ahead for 2010 is the advancement of a rich continuum of care... A state-of-the-art outcome study that will prove what we do works, a more intense focus on the family, a greater investment in our alumni with the hiring of Pam Rickard, Alumni Coordinator, and finally, in the

not-too-distant future, the opening of the Williamsburg Pavilion which will set the stage for us as Centers of Excellence.

So, in answer to the question of what worked? It was without question the faith in the Farley Center staff. They are true professionals. Their commitment to their patients and the families, and to doing the Right thing, is beyond admirable. Yet, is this the only reason that we are successful, and remain successful? No, there's so much more. It is true quality, and remaining strong and confident in knowing what we do is more than a job, more than a career, but the exact thing that we were intended to do. 🍷

The Advocate

The Advocate is published for the alumni and associates of The Farley Center at Williamsburg Place. This newsletter promotes sharing knowledge, support and ideas. We welcome your comments and ideas for future newsletters. Please contact the Marketing Department, at (877) 389-4968, or send correspondence to:

The Farley Center at Williamsburg Place

5477 Mooretown Road
Williamsburg, VA 23188

Management Team

Stephanie Loeb, B.S.N.
Executive Director
Melissa Lee Warner, M.D.
Medical Director
Eleanor J. Woollard, L.P.C.
Associate Executive Director
of Clinical Operations
Penelope P. Ziegler, M.D.
Medical Director- Emeritus
Gina de Peralta Thorne, M.S.
Director of Business Development

Websites

www.williamsburgplace.com
www.farleycenter.com

The material in The Advocate is not intended for diagnosing or treatment purposes. The articles and comments offer information only. Consult your physician for medical advice.

2010 Farley Professional Lecture Series



November 20, 2009- Sex Addiction: Identifying It. Understanding It. Facing It... November's Professional Lecture was a huge success, with **65 People in Attendance: Dr. Jess Montgomery, Sante Center for Healing, Guest Speaker, pictured in the center, with Melissa Ross and Justin Mangold, Therapists, Williamsburg Place.**

*Please Join Us for the 2010
Farley Professional Lecture Series.
Fridays 9:00 a.m. - 12:00 p.m.
SACAVA professional contact hours are
available. For more information, call
Gina Thorne, at (877) 389-4968
or visit www.farleycenter.com*

**January 22 ~ Music & Imagery
in Healing and Wellness**

Presenter: Cara Marinucci, L.P.C.

**February 26 ~ Engaging the Troublesome
Teen: A Mentalization-Focused Approach**

Presenter: Efrain Bleiberg, M.D.
Menninger Clinic

March 26 ~ Eating Disorders

Presenting Organization:
Timberline Knolls

May 21 ~ Ethics Training

Presenter: G.H. Vaughn

**June 25 ~ Affective 1 Regulation:
Tools for Transforming Trauma**

Presenter: Jan Beauregard
Integrative Psychotherapy Group

July 23 ~ Enneagram

Presenter: Beverly Supler, L.P.C.

August 27 ~ Men's Issues

Presenter: Brent Bevelhymmer
Hanley Center

**September 24 ~ Experiential Work in
Treating Addictions**

Presenters: Susan Glover, L.P.C.
and Eleanor Woollard, L.P.C.

November 19 ~ Nutrition and Recovery

Presenters: Valerie Huckstep, R.D.
and Christine McElroy, R.D.

The Farley Center
at
Williamsburg Place

5477 Mooretown Road
Williamsburg, VA 23188

IN THIS ISSUE...

- 📖 Comprehensive Evaluation Services
- 📖 Challenge or Opportunity?
- 📖 Mandala Therapy
- 📖 Pam Rickard, Alumni Coordinator
- 📖 Anthem Blue Cross/Blue Shield
- 📖 Upcoming Lectures & Meetings
- 📖 And, more...



Mark Your Calendars for the 2010 Alumni Weekends:

April 23 & 24, 2010: Spring Alumni Weekend

October 22 & 23, 2010: Fall Alumni Weekend

Presorted
Standard
U.S. Postage
PAID
Williamsburg, VA
Permit No. 100

