

MOVING FORWARD...

Addiction, Recovery & Sexual Minorities

It takes tremendous courage to seek addiction treatment, and this courage demands high quality services. For lesbian, gay, bisexual, and transgender (LGBT) persons, as well as asexual, questioning, all sexual minorities, the right to quality treatment in an accepting, affirming environment is necessary to meet treatment and recovery needs.

"Admitting addiction can often be devastating," said Dr. Penelope P. Ziegler, Medical Director Emeritus of Williamsburg Place and the William J. Farley Center. "For members of the LGBT communities, there are many complexities which can make seeking treatment and moving forward in recovery an incredible challenge."

From homophobia to tolerance, and even with genuine acceptance, the complicated issues of LGBT addiction are often not carefully evaluated or knowledgeable addressed when treating individuals who are a part of a sexual minority. Whether encouraging a loved one, making a professional healthcare referral or as a member of an addiction treatment team, it is vital to become more aware, better informed and directly responsive to the needs of sexual minorities.

The intricacy of enabling systems, estrangement from family members, separation from some religious groups, denying one's overall healthcare needs, all or in part, play a powerful role in the difficult challenges faced by sexual minorities dealing with addiction and recovery. "This is just a snapshot of the complexity of LGBT recovery issues, yet it speaks to the clear need to develop and provide progressive, gay-affirmative services," added Ziegler.

For sexual minorities, it is extremely valuable for each individual seeking addiction treatment to have the opportunity to go through a referral, intervention and/or assessment process that serves to connect that individual with a treatment

center that can best meet patients "where they're at" related to sexual orientation. "The goal is to help the individual move to a healthier, stronger place in early recovery, including sexuality, especially as it impacts addiction and recovery," noted Ziegler.

The overall philosophy of the treatment center is key to LGBT treatment and recovery. To meet the diverse needs of LGBT communities, it is necessary for the addiction treatment center to provide specialized services to meet the concerns



In moving forward, when confronting the challenges faced by sexual minorities dealing with addiction, the progression doesn't stop at a position of tolerance or neutrality, but advances with the extraordinary capacity to care, to serve, to accept... and to open the window to celebration.

and needs of this population. "This requires proactive direction, connection to community resources, comprehensive services, and a compassionate, well-trained staff," Ziegler added.

Whether providing treatment services to a mixed population (straight and LGBT) or solely to the LGBT communities, addiction treatment and recovery services require great responsibility. This is not just a matter of providing comprehensive, high-quality addiction treatment, but also securing LGBT-specific services. For one example, consider admissions services: Does the treatment center have an intake and assessment process that might "overlook" an individual's sexual orientation by assuming all persons seeking admission are heterosexual?

(Continued on page 2)

Share in the Dream

From Stephanie Loeb, Executive Director



*We can break the cycle,
we can break the chain.
We can start all over in
the new beginning. We
can learn, we can teach.
We can share the myths,
the dream, the prayer...*

and change our lives and paths.

~ "New Beginning," Tracy Chapman

It's a New Year, a New Beginning... and everyday, I'm either gently reminded or totally blown away by the cycle of change in our lives, new paths to follow, painful challenges to face, incredibly beautiful times, and, once again, I'm reminded of the need for reflection. As the New Year begins, I'm wholeheartedly reminded of the tremendous growth and advancement at Williamsburg Place and The Farley Center in 2008, and, moreover, the need to express my deepest appreciation.

Every member of our treatment team and staff is deeply devoted to strengthening our comprehensive treatment services and the Center as a whole. In addition to our amazing employees, I want to recognize the truly "good" work of our alumni, and our many Friends of Farley.

Just consider a short sampling of recent "New Beginnings:"

- Alumni Meetings Advance, Family Activities Expand
- Best Practices in Addiction Treatment Podcasts
- Farley's Professional Lecture Series

(Continued on page 3)



MARK YOUR CALENDARS!!!

Spring 2009 Alumni Weekend

April 17 & 18, 2009

Speaker: Nancy Lohr Johnston, LPC

**Presenting: Codependency:
Meaning, Language & Dynamics**

**For information, visit Alumni Central
at www.williamsburgplace.com**

WINTER 2009



In the Spirit of Renewal

WP/TFC Now Offers Renewal Program

We must always change, renew, rejuvenate ourselves; otherwise we harden.

~ Johann von Goethe

Alumni & Staff Join in the Spirit of Renewal

Is it time to renew, to rejuvenate, in recovery? Here are some thoughts on renewal and program information provided by Douglas M. Gross, Ph.D., Coordinator of the Renewal Program, Williamsburg Place & The Farley Center. Thank you Doug!

Renewal: Philosophy & Purpose

While recovery is truly a daily commitment, it's important to take time to "get away," to retreat, to reflect on recovery. There's great value in being a part of a recovery retreat, to recharge, to recommit to sobriety and recovery.

Well-being: Goals & Objectives

From quiet, personal meditation to supportive, affirmative group activities, the WP/TFC Renewal Program provides a mix of both individual and group experiences. Sharing the renewal process with others in recovery strengthens the overall experience. The "whole body" of renewal is explored and celebrated including one's physical, mental and spiritual well-being.

Revitalization: Values & Benefits

The Renewal Program helps us keep recovery a priority in our busy lives. It restores and revitalizes our commitment to recovery by centering us in the present, helping us to reflect on the past, and encouraging us to envision a happy and useful future in recovery. Moreover, we find tremendous solace and strength in sharing the renewal experience with each other in the recovery community. 🌱

WP/TFC Spring Renewal Program ~ April 17 & 18, 2009:
For more information, please call Gina Thorne at 877-389-4968.



The Royal College of Dental Surgeons & Ontario Dental Association Visit WP/TFC

If you would like to tour Williamsburg Place & The Farley Center, contact Gina Thorne to plan a site visit, at (877) 389-4968.

Fall/Winter 2008 Site Visits & Tours

Williamsburg Place & The Farley Center thank the following associations and individuals for visiting our facility:

- David Clark, Michael Gardner, Sunita Joshi, Larry Levin, Linda Samek, and Frank Stetchey, Royal College of Dental Surgeons & Ontario Dental Association, Ontario, Canada
- Pat Connors, Seabrook House, Philadelphia, Pennsylvania
- Dan Lynch, Interventionist, Boston, Massachusetts
- Mike Walton, Reach EAP, Workplace Solutions, Roanoke, Virginia 🌱

Carry the Message: *If you are interested in becoming a mentor to one of our patients or a recent graduate of Williamsburg Place & The William J. Farley Center, please call Gina Thorne at (877) 389-4968 for more information. "Carry the Message" ~ Step 12... You Can Make a Difference!*

Sexual Minorities

(Continued from front cover)

Now, think big picture: Are there treatment modalities in place that focus on both medical and psychiatric comorbidity, codependence and enabling systems, family of choice and family of origin services, LGBT sponsorship channels and twelve-step groups, community aftercare and support programming... specifically-designed to address the complex recovery needs of sexual minorities?

Serving comprehensive addiction and recovery needs of individuals within the LGBT community also requires an exceptional treatment team and staff. From new employee orientation to in-service training, treatment professionals and all staff members need the tools, the knowledge and the compassion to work with sexual minorities.

"This type of ongoing training needs to offer open, process-focused experiences, versus solely lectures," said Ziegler. "Employees should feel encouraged to talk about LGBT issues, patients' individual needs and to explore their own mindset about sexual minorities."

In moving forward, when confronting the challenges faced by sexual minorities dealing with addiction, the progression doesn't stop at a position of tolerance or neutrality, but advances with the extraordinary capacity to care, to accept, to serve... and to open the window to celebration. 🌱

For more information regarding LGBT addiction issues and treatment, go to www.williamsburgplace.com for our **Best Practices in Addiction Treatment** podcast "Recovery and Sexual Minorities."

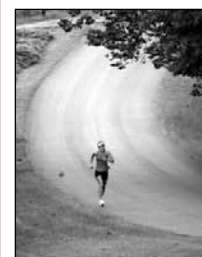


Image Courtesy of The Roanoke Times

A Faith-Based Pace

Pam Rickard, alumna of Williamsburg Place, shares her struggles with alcoholism and life in recovery in a

recent article by *The Roanoke Times*. A participant in the New York City Marathon, Rickard's inspirational story is also featured in *A Race Like No Other*, about the 2007 NYC Marathon, (HarperCollins 2008), by Liz Robbins, *New York Times* Sportswriter.

Read more about Rickard's story by visiting www.williamsburgplace.com. 🌱

Farley Professional Lecture Series 2009

Please join us for the
2009 Farley Professional Series
Williamsburg Place & The Farley Center
 Friday's 9:00 a.m. - 12:00 p.m.
 Williamsburg, Virginia

January 23 ~ *Gambling Treatment: When Luck Runs Out*

Presenter: Dr. Sandy Rasmussen

February 27 ~ *Nicotine Sobriety*

Presenter: Dr. Libby Stuyt,
 Colorado P.H.P.

March 27 ~ *Eating Disorders*

Presenter: Tenny McCarthy,
 Shades of Hope

April 17 & 18* ~ *Codependency: Meaning, Language & Dynamics*

Presenter: Nancy Johnston

*WP/TFC's Spring Alumni Weekend

If you are interested in attending, call (877) 389-4968.

Learning Sobriety Together..



Involving Partners & Families in Recovery ~ Fall 2008 Alumni Weekend, October 17-19, 2008

Williamsburg Place and The Farley Center's Fall 2008 Alumni Weekend was an inspirational and rewarding event. Over 150 alumni and patients participated, as well as addiction treatment professionals and associates from across the nation.

Along with the Alumni Dinner and AA Meeting, Reunion Small Groups, and a variety of fellowship activities, the theme of *Relationships & Recovery* was explored and celebrated. Dr. William Fals-Stewart delivered an exceptional presentation on "Learning Sobriety Together: Involving Partners and Families in Recovery," and a special workshop for family and friends, both addressing difficult recovery issues with humorous tales, the latest research and guidance for moving along in recovery together. 🍷



Above: Alumni Come Together for Fellowship
Left: William Fals-Stewart, Ph.D., Guest Speaker, with Stephanie Loeb, Executive Director

New Podcast Series:

Best Practices in Addiction Treatment



Williamsburg Place & The Farley Center now offer a web-based *Best Practices in Addiction Treatment* podcast series providing education and information on the best

approaches to addressing addiction issues. The series is facilitated by Dr. Omar S. Manejwala, Associate Medical Director. The podcasts currently include:

Recovery and Sexual Minorities~

Featuring Penelope Ziegler, M.D.

Trauma and Recovery

Featuring Susan Glover, L.P.C.

Trust and Groups

Featuring Justin Mangold, L.P.C.

The Role of Healthy Eating

Featuring Valerie Huckstep, R.D. and Christine McElroy, R.D.

Treatment of the Addicted Nurse

Featuring Stephanie Loeb, R.N., Executive Director.

The Role of the Addiction Specialist

Featuring George Hall, M.D., S.A.A.S.P. 🍷

To access the podcast series, go to: www.williamsburgplace.com, or visit iTunes and search for the *Best Practices in Addiction Treatment*.

The Dream

(Continued from front cover)

- Nicotine Sobriety Groups Expand
- Alumni Advisory Board Launched
- Additional Friends of Farley Chapter Groups
- First Year in the Villages of Williamsburg Place
- The Williamsburg Pavilion, a state-of-the-art psychiatric facility, approved for groundbreaking.

What an incredible year of change, of new beginnings! So, as we begin this New Year, I encourage you to continue to share in the dream... in changing our lives and paths, as recovery takes on new meanings, diverse challenges and wonderful opportunities. Share in the dream! 🍷



Louise Brittingham

Williamsburg Place & The Farley Center, provides much more than healthy nourishment for our patients and staff, she offers tremendous support and encouragement to all who pass through her Dining Hall. 🍷

15 Years!

Congratulations, Louise, on your Fifteen Year Anniversary with Williamsburg Place! Louise Brittingham, Food Service Coordinator for

WELCOME!

We wish to welcome the following new employees of Williamsburg Place & The William J. Farley Center

- Karen Dwyer, L.P.N.
- Douglas Gross, Clinical Psychologist
- Daniel Harmon, Business Development Coordinator
- Gary Loyd, Case Manager/ Counselor
- Robin McCown, National Professional Liaison
- Tanya Robinson, Unit Counselor
- John Scola, Physicians Assistant
- Kurt Smith, Counselor/ Case Manager
- Garry Spain, Driver
- Shante' Williams, L.P.N. 🍷

Celebrate Sobriety!

Alumni are invited to celebrate their sobriety anniversaries with family and friends during an in-house twelve-step meeting. Whether it's your first anniversary or fifteenth anniversary, this is a wonderful opportunity to celebrate sobriety and recovery! 🍷

If interested, please contact Gina Thorne at call (877) 389-4968 or e-mail us at marketing@farleycenter.com.

The Advocate

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

Williamsburg Place

The William J. Farley Center
5477 Mooretown Road
Williamsburg, VA 23188

Management Team

Stephanie Loeb, B.S.N.

Executive Director

Melissa Lee Warner, M.D.

Medical Director

Omar S. Manejwala, M.D.

Associate Medical Director

Penelope P. Ziegler, M.D.

Medical Director- Emeritus

Gina de Peralta Thorne, M.S., C.H.E.S.

Marketing Director

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.

Friends of Farley Chapters Grow



Fall 2008 Roanoke Area Chapter Meeting, Roanoker Restaurant, Roanoke, Virginia

"There exists among us a fellowship, a friendliness, and an understanding which is indescribably wonderful." ~ From the Big Book of Alcoholics Anonymous, First Edition.

At Williamsburg Place and The Farley Center, we deeply believe in the value of our alumni staying connected. If you are interested in our *Friends of Farley Chapter Groups* or helping start a new chapter, please give us a call.

Roanoke, VA Chapter Group

Next Meeting: January 14, 2009
Kirk Family YMCA, 6:00 p.m.

Tappahannock, VA Chapter Group

Next Meeting: January 29, 2009,
Lowery's Restaurant, 6:00 p.m.

Pittsburg, PA Chapter Group

Virginia Beach, VA Chapter Group

More Winter/Spring 2009 Chapter Meetings are in-the-works! Call Gina Thorne, at (877) 369-4968, for information and contact phone numbers. 🍷



WP/TFC's Spring 2009 Alumni Weekend

Save the Date: April 17 & 18, 2009

Nancy Lohr Johnston, L.P.C., author of Disentangle: When You've Lost Your Self in Someone Else, presenting: Codependency ~ Meaning, Language & Dynamics: What is it and what can we do about it?

Williamsburg Place
&
The William J. Farley Center
5477 Mooretown Road
Williamsburg, VA 23188

PRSRT STD
US POSTAGE
PAID
WILLIAMSBURG, VA
PERMIT NO. 249

IN THIS ISSUE...

- 🍷 **Addiction, Recovery & Sexual Minorities**
- 🍷 **The Spirit of Renewal Program**
- 🍷 **A Faith-Based Pace**
- 🍷 **New Podcast Series**
- 🍷 **Celebrate Sobriety**
- 🍷 **And, More...**

