

**Lynn, what lead you to the counseling field?** I always knew I wanted to be in a profession of helping others. I truly chose the counseling field because I wanted to assist others in helping themselves by achieving personal growth through self awareness and exercising self empowerment.

**Lynn, which recovery skills do our patients learn from the 12 step groups while in treatment that they can take to the** Number one is honesty (admitting to self and others he/she has an addiction); Insight into the negative consequences of addiction; the impact of addiction on self, family and others; Understanding of past coping skills and development of new coping skills; Knowledge of relapse warning signs and prevention planning and the development of a strong support system and recovery network.

**Lynn, which patient strengths do you feel help lead to long-term recovery?** Some patient strengths I feel are important to lead a patient into long-term recovery are: Honesty with self and others; Self awareness of addictive patterns and behaviors; Willingness to ask for help; Development of positive coping skills; Positive self-worth and positive thinking; Effective communication skills; Strong recovery plan and network and always a strong family/friends support system.

**Lynn, how do you spend your available free-time and take care of your well-being to maintain your personal balance and emotional health?** My free-time is spent enjoying my spouse and family. I have a very strong support system of friends and family. I enjoy a number of hobbies and recreational activities such as reading, relaxing in my hot tub, swimming in my pool, gardening, playing the guitar, listening to music and cooking. I take care of my well-being with positive thinking, extra-curricular activities, and most of all laughter.

## Editorial

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If you or someone you love needs treatment please call us for information at 1 8007593206

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# Lakeview Connection



Joanne Telmosse  
Director of Operations



### Inside this issue:

- Letter from our Director
- Featured Employee 1
- From the desk of the Doctor 2
- Patient Corner 2
- Special Events 3
- Human Resources 3
- Editorial 4

## Welcoming Letter from our Director

It is my pleasure to introduce the new Lakeview Health Systems newsletter. We have worked hard as a team to produce and distribute this first edition of *Lakeview Connection*. The goal of this newsletter is to keep our staff, alumni, and other individuals who are interested in our program informed about our treatment facility and events. We also hope to provide our readers with interesting and helpful recovery-related articles and materials.



Lakeview Health Facility  
Jacksonville, FL

With the initiation of this, I would like to share some personal thoughts about Lakeview Health Systems. Our company has been in business for almost 4 years. We have witnessed a tremendous amount of growth which has been made possible as a result of the hard work of each member of our treatment team. We all take great pride in the importance of our work and realize that all of our daily activities have a meaningful impact on our patients and the world around us. Addiction is a complex physical and mental disease that affects our society as a whole, and its repercussions go far beyond the patient in treatment. Our treatment goal is to help the individual regain control of what has been lost, and to help the individual implement the behavioral tools learned in our program to live a healthy and rewarding life. Our greatest joy is in sharing the success of recovery with the patient and his or her family and friends.

Our goal is to provide jobs and benefits to our employees. We plan to expand our business, applying the same philosophy and code of ethics. As you may know, we have purchased additional buildings and hired more staff to expand our treatment facilities. The future looks bright as long as we continue to keep up the hard work and positives attitude. We must always remember that we exist for our patients and their families. Our profound hope is that our treatment program will continue to make recovery from addiction a reality for as many people as possible.

I hope you enjoy the first edition of *Lakeview Connection*. I would like to take this opportunity to thank all our staff for their hard work and dedication and to urge our patients to keep in touch with us by reading our newsletter. I thank you for believing in us, our program and most of all, yourselves.

## Featured Employee

Lynn Powell has been working in the counseling field for 22 years and Health Counseling from Nova Southeastern University. She became Licensed Professional Counselor in October, 2004. She has been working as Clinical Director in October, 2004.



Lynn Powell  
Clinical Director

(Continues on Page 4)

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As I move into each New Year, I enjoy reflecting on the year gone by. One of my most professionally stimu-  
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ber in Toronto, CA. It was impressive to see physicians from such varied backgrounds come together to fur-  
ther their knowledge of addiction medicine in order to better understand and serve the substance dependent  
population. We are entering an exciting time in the field of addiction medicine. I believe that because of our  
increased understanding of the medical basis of addiction, the medical community is more interested than ever  
in understanding substance-related disorders.

For as long as mankind has recorded data, there has existed alcohol. For as long as alcohol has existed, it has  
been abused. The medical community is just beginning to learn the scientific principles behind what Alco-  
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tal obsession and a physical ailment. Though the terminology is different today, the meaning is the same.

Michael Provines  
Director of Clinical & Medical Services

It is becoming apparent that the neurobiological pathways involved in addiction are similar for many abused substances and behaviors. Further,  
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ences the development of drug dependence and other addictions. Now that we have elucidated many of the genetic, anatomic, and physiologic  
mechanisms that lead to addiction, we will be able to develop novel ways to treat the disease. For example, there is currently a cocaine vaccine  
trial underway in human subjects. Also, acamprosate (compral) was approved by the Federal Drug Administration in 2004 for alcohol cravings;  
and, Suboxone has been gaining popularity for the use in opiate dependent individuals.

Our chemically dependent patients deserve to be treated with dignity and respect, just as a patient suffering from another chronic disease. Often-  
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adhere to our treatment recommendations. However, as the diabetic patient begins to learn more about his/her disease, they become more compli-  
ant. Our patients, too, increase their compliancy as the insight into his/her disease improves. Remember, what is often seen as behavior and acting-  
out, oftentimes has biologic origins. Though, our patients and the diabetic patient must ultimately take responsibility for their disease if they are to  
get well. As we move forward in the New Year, I ask each of you to remember the disease concept of addiction as you are recovering or as you  
are treating those who are recovering.

## DuHjYbhnj'7cfbYf'-Testimonial

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On that note I will end this little letter. I will try and write about  
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cickp\w  
God Bless

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J.M Kansas

# Recent Events : Christmas Party / New Apartment Buildings

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New Apartments Bedroom

Christmas Party Board of Directors Speech

New Apartments

Apartments Kitchen & Dining

Christmas Party Award Ceremony

Buffet

Christmas Party Buffet

## STAFF BIRTHDAYS

Alicia	Osorio	8-Feb	Michael	Wilhite	7-Feb
Anne	Harris	23-Jan	Priscilla	Copp	12-Mar
Barbara	Taylor	13-Feb	Tura	Cole	30-Jan
Belinda	Hanan	18-Jan	Xavier	Dempsey	4-Feb
Carla	Irlle	2-Feb			
Cathy	Amegah	22-Mar			
Dale	Simmons	3-Jan			
Daryl	Matthews	6-Jan			
David	Lebeau	27-Mar			
Debbie	Richard	10-Jan	Cathy	Amegah	22-Mar
Deborah	Powell	3-Feb	Dale	Simmons	10-Mar
Gail	Smart	8-Feb	Denise	Lynn	22-Mar
Glenda	Rudolph-Grant	12-Jan	John	Hale	17-Feb
Joseph	Roy	14-Feb	Joseph	Johnson	27-Feb
Lorraine	Taylor	13-Feb	Michael	Cochran	4-Feb
Lisa	Vanetti	13-Feb	Priscilla	Copp	12-Jan
Marichal	Seymore	27-Feb	Rebecca	Michaels	10-Feb
Michael	Walker	21-Feb			

## ANNUAL ANNIVERSARIES

## BULLETIN BOARD

- X Ann Harris from Housekeeper to Housekeeping Supervisor
- X Rachael Stalcup-Burris from MHT to Case Manager
- X Lynn Powell from PHP supervisor to Clinical Director
- X Upcoming Joint Commission Survey in April, 05
- X Opening of new apartments
- X Upcoming renovation of main facility

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