

# THE FLORIDA MESSENGER

Official newsletter of Phoenix House Florida



## *A Message from the CEO*

In this holiday season, I wish you and your families joy, warm memories and peace. At Phoenix House Florida, the holidays are a special time. Our staff and patients come together in celebration of another year of overcoming obstacles, learning new skills and broadening horizons. We host holiday parties in our outpatient programs while the residential programs plan for a joy-filled holiday spent at our home. A feeling of warmth, healing and holiday cheer fills the air at each location.

As 2019 draws to a close, I reflect over the 13 years since joining Phoenix House Florida, and can't help but feel surrounded by an abundance of blessings. Blessed by being given the opportunity to join a company that is like family, along with the opportunity to guide its growth. Blessed by being surrounded by so many passionate employees who go to work with dedication and compassion in their heart. And blessed by having the privilege to consider so many Phoenix House Florida community partners good friends. Our success, this year and always, is ultimately due to our partners and the trust placed in our services and in us.

We rely on our network of dedicated donors, partners, advocates, families and staff members to fuel our progress as an organization and ensure a happy new year for the people we serve. None of this would be possible without you, our community partners.

Thank you for your continued support of Phoenix House Florida. To you and yours, I wish Happy Holidays and a Happy New Year.

Maria Alvarez, President & CEO



### *In this month's issue:*

- HIGHLIGHTING THE WOMEN'S PROGRAM
- STAFF SPOTLIGHT
- HR CORNER
- OUTPATIENT IN THE HOLIDAYS



## *Program Spotlight*

### THE WOMEN'S RESIDENTIAL PROGRAM

**The Phoenix House Florida Women's Residential Program helps adult women with substance use and related mental health conditions find the inner strength to sustain recovery by utilizing trauma-informed, evidence-based practices that help women develop trust, self-esteem, and personal responsibility in a physically and psychologically safe environment.**

**Treatment length is tailored to meet the individual needs of each patient and our evidence-based and cognitive behavioral treatment approach delivers a superior level of care by focusing on each person's strengths. Patients engage in individual counseling, educational and clinical group sessions, daily exercise facilitated by a fitness specialist (when appropriate), life-skills training and other services as identified to ensure a sustained recovery.**

**Our grounds and facilities include a fitness center, a music room/recording studio, a swimming pool, tennis and volleyball courts, a fitness trail and workout equipment. Nestled in the scenic hills of Marion County, the peaceful, secluded campus combines vital counseling, educational, and recreational activities that challenge women to understand the nature of their substance use.**

**We are an in-network provider for most major insurance carriers. Our experienced staff is skilled at working with all types of insurance providers to help access the treatment needed.**

## Staff Spotlight

DREW MEHALL, RESIDENTIAL SUPERVISOR

Drew Mehall is a Clinical Supervisor at our Citra Residential facility and has been working in substance use and case management for the past six years. Drew holds a Master of Social Work degree from Saint Leo University and is also a Certified Master's Level Addiction Professional. Drew has also taken a lead role in supervising several social work interns. Drew is an up and coming leader in this industry and at Phoenix House Florida, he has the passion for the field and the clients we serve.

Drew grew up near Atlanta, Georgia but has been living in the central Florida area for the past 10 years. In his leisure time, Drew enjoys spending time outdoors, exploring Florida's nature, fishing, kayaking, and spending time with family and friends. "I love working at Phoenix House Florida because it provides me with the opportunity to work with people as they transform their lives. We have a caring and dedicated team, and it is a true honor to work alongside them with our clients. Working at Phoenix House Florida allows me to assist our clients in holistically meeting their needs daily," stated Drew.



"I became a counselor to have a positive, lasting impact on another person. And their recovery is a priceless reward ."

## HR Corner

BY ELIZABETH ROLON, HUMAN RESOURCE DIRECTOR

### ***We are hiring!***

- Mobile Assessor
- Community Relations / Fundraising Liaison
- Per Diem Counselor
- Clinical Technician Shift Lead
- Clinical Technician (several)
- Licensed Practical Nurse
- Registered Nurse

Please visit our website for more information on jobs:  
<https://bit.ly/2RrmHzx>

### ***Empowering Kids in our Community***

As part of E-Recycling November, Phoenix House Florida participated in a recycle drive with eSmart Recycling to dispose of unwanted and legacy technology in our office. We donated items such as laptops and cell phones to the cause that empowers kids in our community.

## *Brandon Outpatient During the Holidays*

### GRATITUDE IN THE HOLIDAYS



The holidays are a time of festivity and celebration; times when families come together, and friends make plans for the new year. However, the holidays can also be very stressful, making sobriety and the holidays difficult for many in recovery to navigate.

Throughout the month of November, group therapy sessions at our Brandon Outpatient focused on topics that are particularly relevant at this time of year. In the spirit of Thanksgiving, many groups processed gratitude and how their experience of gratitude has changed throughout addiction and recovery.

Our highly skilled and trained staff in Brandon work tirelessly to prepare our patients to navigate the challenges of maintaining sobriety throughout the holidays by discussing sober strategies to have in place such as going to a Twelve Step meeting before or after the event, attending the festivities with your sponsor or a sober friend, or making sure you can leave the gathering at any time and are not dependent on someone else for transportation.