

Charlie's Place

Alumni Newsletter

Finally getting settled in....

In an effort to keep in better touch with our alumni community we will be producing this newsletter quarterly. You are all invited to send us feedback you may have on how we could improve it or suggestions on content you would like to see. Comments may be sent to alumni@cbadrc.org

Now that we have been in the new facility for a full half year, we can finally say we are settling in nicely. Moving this entire facility, staff and clients was no easy feat, and we found that the new building came with it's own unique problems to be solved. Thankfully we are Blessed to have such wonderful staff that we have most of the "bugs" worked out and a good plan to have the rest of the adjustments made by the end of our first year here.

One of the nicest things I've noticed is how well the clients are doing in the "new" Charlie's Place. It's nice to have a new building, with more room and

nicer surroundings, but if the quality of the treatment is not there then no one benefits. When I talk to clients who are leaving I get a consistent message that a change has taken place, in their behavior, in their thinking, and in their hearts.

Even though I'm relieved that the staff and operations of the facility have adjusted to all the changes, I am most grateful to see the positive impact it has had on our clients and the benefit they are getting. After all, our primary purpose here is to help clients and make sure they get what they need from their treatment experience at Charlie's Place. *-Larry C.*



Clients seem to really enjoy the spacious courtyard and spend much of their free time just relaxing outside or playing volleyball.

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News you can use....



Charlie's Place 5th Annual Golf Tournament Fundraiser will be held at Rockport Country Club on June 4th. Contact Amy Granberry at 361-826-5364 or e-mail to agranberry@cbadrc.org to find out how you can help or just to get more information.

A bit more....

- ⇒ If anyone is interested in chairing the monthly birthday night meeting please contact Walter at wroberts@cbadrc.org or Debbie at dtownzen@cbadrc.org
- ⇒ Anyone who would like to help plan and/or help with a spring alumni fundraiser should let us know at alumni@cbadrc.org
- ⇒ Help us recruit all your friends who went through Charlie's Place to be in the alumni. All that is required is that you were once a client (discharge status not an issue after 90 days).
- ⇒ Look us up on facebook and become a fan!!! Tell your friends!!! There is a fan link on our website www.charliesplaceonline.com
- ⇒ We will be adding a jobs posting and online application to our website very soon!!!

Norman's Corner

I have been asked to write a short column in our newsletter. I have been given the latitude to write this column on topics that would be of interest to our alumni.

I thought about this and have decided to write about my findings from talking to clients and former clients regarding what was something, a phrase, comment, or suggestion which was given to them in treatment that they have taken on their recovery journey and it has proven useful to them in maintaining recovery for a length of time.

I know from past experiences of being a former client that we are bombarded with a great deal of information in a short period of time. It seems to me that the things that are well worded and to the point usually work out the best for us when we put them into ac-

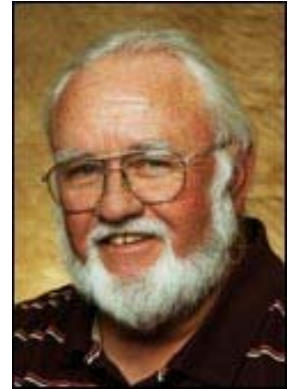
tion.

I will begin with sharing with my readers a phrase that was given to me by a family counselor we had at Charlie's in 1997 when I was a client. One day she said to me that it would be very important to "Remain Consistent in My New Behavior". I took this little phrase and it became my mantra. I would even put it at the bottom of all my huggies in the acronym RCIMNB. I have found this to be a very powerful suggestion and I truly believe that my recovery became important to me on that day. It has remained important to this day because I have and continue to "Remain Consistent in My New Behavior".

I know that there are many more sayings, clichés, axioms, etc out there and that many of our past clients have used one or

more of them to help them in their recovery journey. Please let me know if you want to share them with our cherished readers. I can be e-mailed at nspells@cbadrc.org. Please share what has worked for you with others, that way you can keep it longer. I have thought about how to end my messages to you, my cherished readers. It seems that all who write these columns have some way to tie them up and send them on their way. These become personal and endearing to the writer and his cherished readers. So, having said that, this is how I will close my messages each time. Please feel free to join me in Norman's Corner, for I will always be there in yours.

-Norman S.



Norman has been with Charlie's Place since 1997 and his 12-step groups are well known for breaking down the steps and explaining them to the newcomer.

"I know from past experiences of being a former client that we are bombarded with a great deal of information"

Crossing the Stage

A graduating client gives some perspective on leaving treatment

I've been here at Charlie's Place for a little over two months. It was a great experience! I came into Detox beat down by alcohol and drugs almost to the point of death. From the first moment I walked into this place I was treated like a person, I was treated with dignity and respect. Every person here was great and very helpful. I thank God for them. Every staff member

played a vital role in saving my life. I am a totally different person now. I have my self-esteem back, my confidence, and I learned to love myself again. Not only am I clean and sober, I'm also beginning to be a productive member of society. Leaving here I have the tools to use to continue on the right path. Because of Charlie's Place I have everything I should need. I

don't really know what else I can say. My words can't express how much this place has done for me. I thank everyone here at Charlie's, and I really appreciate the chance to get my life back. I will remember this experience for the rest of my life.

- Duane



The real work begins after you graduate.

New Programs

New grant funds additional services to our homeless clients.

Our new **S.O.S. Program** (Supportive Outreach Services) assists homeless individuals with providing substance abuse treatment services such as: detoxification, residential treatment and outpatient services. The SOS Program provides intensive case management services to our clients by providing the necessary linkage to various agencies in the community that can assist with the needs

of the client. Case management services include but are not limited to: medical care services, mental health evaluations, employment assistance and housing. The SOS Program is geared towards empowering our clients to live a productive life that promotes and encourages continued recovery. The SOS Program is funded by SAM-HSA- CSAT (Substance Abuse Mental Health Ad-

ministration, Center for Substance Abuse Treatment) and covers Nueces, Jim Wells, Kleberg, and San Patricio Counties. This additional funding allows Charlie's to employ special SOS case managers to work with clients for several months after leaving treatment to help them access needed services.

Marina G.

"services include but are not limited to: medical care services, mental health evaluations, employment assistance and housing."

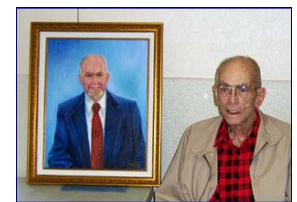
New Additions

Founders' Club opens in new facility

Bob Beck, the last of the original founders of Charlie's Place, passed away Feb. 22, 2008. But his widow, current Board member Dr. Shevaun Beck, had a vision to preserve the history of the founders. Charlie's Place Board of Directors donated space in the new building to

house an archive that is now open on a limited basis. Mrs. Beck has put a great deal of effort into this project, and some of the historical documents and recovery related materials include tapes of AA speaker meetings dating back into the 1950's. Already impressive, when fin-

ished this will be a must see for anyone who has an interest in the history of recovery in the Coastal Bend. We are very proud to house this collection in the new facility. For more information contact Shevaun Beck at sbeck956@gmail.com or you can leave her a message by calling the main desk at 826-5350.



Bob Beck was one of the original founders of Charlie's Place.

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Fax: 361-883-3402



Become a fan of Charlie's Place on **facebook**

Visit us online at www.charliesplaceonline.com/

How do I get someone into treatment?

Know someone who is the life of the party and it is going to be the death of them? Think Charlie's may be the answer? Well you are on the right track. First two things to do are find out if the person is willing, and make the phone call. When a potential client calls he/she will be asked some questions about use, age, medical, and insurance. Charlie's is non profit and we do not take insurance as payment. If the person meets criteria at this point we will schedule them for a screening with one of our counselors. Cost of treatment is \$1750 for Detox and

\$4500 for 30 day residential services. Do not get discouraged if there are no funds we do have some state funded beds. A person can try to qualify for state funding to cover the cost of the bed however; there is a wait list involved. Waiting times for state funding vary and can be anywhere from a week to a month depending on priority. For more information or to schedule a screening please feel free to call us at 361-826-5350 we will be more than happy to answer any additional questions.



Debbie J.

Do you know someone who needs help?



GET A FRIEND TO SIGN UP FOR ALUMNI

Join by e-mailing information to alumni@cbadrc.org

NAME _____

PHONE _____

ADDRESS _____

SOBRIETY DATE _____

E-MAIL _____

**MAIL TO: Charlie's Place Alumni Assoc.
P.O. Box 4996, Corpus Christi, TX 78469-4996**