

New Found Life



New Found Life

Recovery...It's a Beautiful Thing!

2017

Commitment to Quality and Safety:

New Found Life Receives Joint Commission Accreditation

The big news at New Found Life this year is our Behavioral Health Accreditation from the Joint Commission! New Found Life earned The Joint Commission's Gold Seal of Approval this past July by demonstrating clinical excellence and compliance with performance standards. We underwent a demanding evaluation which required a collaborative effort. "It took a true team effort to attain this achievement, and we have an amazing group of people committed to making sure our clients have high-quality care and an overall great experience with New Found Life," said Ed Spatola, co-owner at New Found Life.

Established in 1969, The Joint Commission's Behavioral Health Care Accreditation Program currently accredits more than 2,250 organizations for a three-year period. Accredited organizations provide treatment and services

within a variety of settings across the care continuum for individuals who have mental health, addiction, eating disorder, intellectual/developmental disability, and/or child-welfare related needs. "Joint Commission accreditation provides behavioral health care organizations with the processes needed to improve in a variety of areas related to the care of individuals and their families," said Julia Finken, RN, BSN, MBA, CSSBB, CPHQ, executive director, Behavioral Health Care Accreditation Program, The Joint Commission. "We commend New Found Life for its efforts to elevate the standard of care it provides and to instill confidence in the community it serves."

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- ◆ Primary Care
- ◆ Extended Care
- ◆ Continuing Care
- ◆ Outpatient

Second, Third, and Fourth Chances...

By Britten Devereux, Chief Clinical Officer at D'Amore Healthcare

My conversations with Ed Spatola and Brooke began in July 2012. A short time after, I entered detox at Pat Moore Foundation and joined a small, solid recovery community at New Found Life. Although I was focused on what I believed I was going to be losing, these years later I know that was fear leading. Fear probably had the loudest voice for my first 9 months of sobriety. But, I was able to face it with help. NFL taught me about contrary action, taking care of my body and in my short time there I understood reasons to trust authority.

My chaotic life got real simple at NFL and those building blocks have remained. My sobriety

date is August 2, 2012, so I am just a little over 5 years sober and I love my life. I LOVE MY LIFE. I breathe deeply. I am not afraid of the mirror and I don't need to alter my mood or my mind today because feelings or events don't define me.

The days and nights preceding my intake at NFL were painful, dark. Detox was painful. I feared that the rest of sobriety would feel like this. Turns out what I heard at NFL and in the rooms of Alcoholics Anonymous is correct: take the action, don't overthink it. Recovery can be painful at times, but it's nothing like my 19 days of detox, that pain is seared in my memory. I believe pain has

been one of my greatest teachers. Pain taught me to look for a different way to live. NFL gave me the tools and structure I needed.

The day I left NFL, I went to 3 meetings, I remember being scared and feeling small. But, I found a sober living, maintained my meeting schedule, continued working with a sponsor, worked and rested. I learned fast that I needed to be consistent and be connected. I spent time with sober women and little by little we conquered fear together. (And we still do) After 11 months of sobriety, I decided to return to graduate school. Although I had been working on my



MBA before NFL, I decided to set that aside and dig into the clinical realm. In 2015, I finished my Master's in Counseling (focus, Addiction Science) and shortly after completed my Licensed Advanced Drug and Alcohol credential, then my Master Addiction Counselor credential.

Precious second, third, fourth, fifth, sixth, seventh chances! Over the last few

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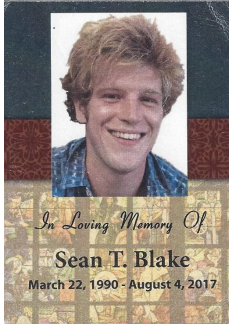
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*Lets pray for the
loved ones we lost in 2017*

- Former employee **Johnny P.'s** mom passed away in March
- **Alumni Sean B.** passed away in August.



- **Alumni Jen M.'s** Father passed away in June.
- Longtime friend and colleague of NFL, John Southworth passed away in November.



Alumni Laura G. and Roy G. with their baby girl, **Ella**.



Alumni, Jason D. and wife, Taylor.

Employee and Alumni Updates

Welcome to the world, alumni babies! **Alumni, Ali C.** welcomed a baby boy in April ... **Alumni, Laura and Roy G.** welcomed a baby girl, and **Alumni Paula and James E.** are expecting a baby boy in February and **Alumni Andrew R.** and his wife Autumn are expecting a baby boy next year!

Big Congratulations to **Alumni Eric M.** on graduating with a BS in Health Sciences from CSULB, being accepted to PA school and for proposing to fellow **Alumni, Abbey D.** this spring !

Alumni, Brad S. proposed to his girlfriend this October! Congratulations to them both.

Warm wishes for a speedy recovery for **Alumni Bill B.** who is fighting his battle with cancer.

Congratulations to **Alumni, Kaitlyn N.** who was accepted into UCI's Psychology Program.

Congratulations to **Alumni, Jeff A. and Erin H.** for receiving their Bachelors Degrees in Business Administration & Communications! And to **Employee Erin Fujii** who will be completing her MBA and to **Men's Program Administrator Michael N** who will be completing his Masters in Industrial Psychology!

Wishing good luck to **Employee Melissa G.** on her new endeavor at *Little Company of Mary* as their fundraising outreach coordinator, the NFL Family will miss you dearly.

Linda Pena, is now an LMFT, after receiving her license this year!

Congratulations to **Alumni, Shane N.** who is now a staff writer for the Daily Journal newspaper in Los Angeles!

Congratulations to **Alumni Dani B. and husband** for tying the knot in October. **Alumni Jason D.** was also married this past July as well as **Alumni Andrew R.** Congratulations to all the happy couples!

A big welcome to new NFL Staff and volunteers:

Eric Burdett
Christopher Cowan
Kelsey Gearhart
Angelica Andrade
Christine Rubien
Thomas Provencher
Leslie Foe

Ed and **Clinical Director, Dr. Tracie Temple** were featured on a flyer for upcoming marathons! Way to go!





The Gift of Sobriety

Sydelle Tabrizy, MD, MFT

Addiction can be seen as a disconnection from our highest self. What is necessary for true long term healing of the soul is connection to divinity known as a connection to our highest self. Disconnection from our

higher power leads to perfectionism, shame, anger and guilt. The relationship to self needs to shift from a relationship focused on substances (drugs, alcohol, food, sex, materialism, all the isms) to a relationship with our inner divinity. What led to that longing that the addict searches for in the substance (relief from emotional suffering), through the miracle of recovery, becomes the solution and source of endless comfort. How do we shift from a toxic mind full of false beliefs (I am worthless, unloveable, alone) to a mind and heart full of love? This Holiday season invest in the greatest of gifts to yourself and fellow man, a gift that continues giving and growing far beyond a gift card or shiny new toy. Make a commitment for the upcoming New Year and beyond! Commit to cultivating peace and serenity, by focusing on this important prescription, for healing through divine re-connection.

1. STAND firm in your sobriety
2. RENOUNCE gossip and vulgarity
3. DO good and kind acts for others
4. MAKE a 30-minute appointment daily with yourself for deep breathing, prayer and silence

Fear not dear friends, for if you put your soul in the hands of your higher power you will experience PEACE. This holiday season practice being fully present and "Remember that all stress is caused by wanting THIS moment to be something it is NOT. Inhale what is. I accept this moment for WHATEVER it has to show me".

Sydelle A. Tabrizy, M.S., LMFT and Siavash Tabrizy, M.S., Ph.D have over 30 years practicing the healing of trauma and addictions through holistic methods. Sydelle is a Therapist at New Found Life and also shares a practice with her husband in Long Beach, TLC Wellness Center For more information about her practice visit tlcwellness.com



Alumni, Rick D. (pictured with his son) was honored as "Man of the Year" by the *Ronald McDonald House Charity*.



Ed Storti and Jerry McDonald (pictured with Jerry Moe, founder of the world renowned children's program at the Betty Ford Center and Ed) both received *Lifetime Achievement Awards* for their pioneering efforts and contributions to the recovery community during the *Evolution of Addiction Treatment Conference*.

New Found Life provides a weekly **Family Education Group** held every **Saturday from 9:00 am to 10:30 am**. During this group family members and loved ones are given education and tools to set healthy boundaries, navigate triggers, identify specific family goals and objectives, etc.



This group is designed to be interactive so that family members can practice the skills they learned in the group and implement them with their loved ones. This is a great way for families to stay involved and continue their education into this family disease.

View our website for more information!

Reverend Leo Booth, received the *Joseph A. Galletta Spirit of Recovery Award* for his contributions to the recovery community this December!



"Dear Ed and NFL Staff,

I just want to express my heartfelt gratitude to you and anyone else who has helped make it possible for my son to extend his treatment. I can't tell you how much it means to me and my family.

From the time I was made aware of his need for help, I was guided to NFL. My faith that it is the best place for him to build a foundation for recovery has never wavered. I know he knows that too. Thank you so much for believing in him!!

Many blessings to you and all you do."

-Sincerely, Nicole E.



Alumni, Andrew R. & Autumn celebrate their marriage



Employee, Kelsea G. excited about receiving her GED this year!



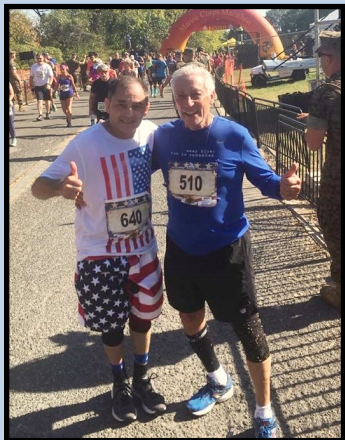
NFL Alumni, Mike S., Andrea R., Jeff A., Devin W., and Lisa R. enjoy a Kings game with their families



Alumni Abbey D. shows off her engagement ring with fiancé **Alumni, Eric M.**



Alumni, Dani B. and husband attend a Packers game in their new home state.



Ed Spatola and his son Eddie, completed the Marine Corps Marathon this past October!



Expectant parents, **Alumni, Paula & James E.** have fun at the beach!

Celebrating 25 Years of Service!

Whether you are an alumni or not, when you think of New Found Life one phrase may come to mind "It's a beautiful thing." Well, it truly is "a beautiful thing" as New Found Life prepares to celebrate its 25th anniversary of helping people to recover from addiction to drugs and alcohol. There have been many changes to New Found Life since it first opened in 1993, but our philosophy is one thing that has always remained the same. We are a family run and operated facility and we like our residents to feel like they are members of this family while a resident, and long after their discharge. We like to remain in contact with our alumni and follow up on their successes. What we are really celebrating is not 25 years of being in business, but all those people who have come into our family and who have helped make New Found Life what it is today. We are celebrating recovery, and that truly is "a beautiful thing."

New Found Life



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NORTHBOUND TREATMENT SERVICES
&
NEW FOUND LIFE
PRESENT

THE STORTI MODEL™

**A MOTIVATIONAL & INSPIRATIONAL
INTERVENTION WORKSHOP**

WHAT: An intimate seminar on Ed Storti's Intervention Model
WHEN: Saturday, November 11th, 2017 8:00 am to 5:00 pm
WHERE: The Fred Behr Center
1040 W 17th Street, Costa Mesa, CA 92627
FEES: \$500 online registration (Registration closes Nov.9)
Breakfast and Lunch will be provided.

Call 562-434-4060 for more information
Email: info@newfoundlife.com

7 CES PROVIDED!

LIMITED SEATING AVAILABLE

REGISTER TODAY at NEWFOUNDLIFE.COM/STORTIMODEL

In the Storti Model™ the power of the Intervention lies in its appeal to the heart of the patient, not the mind. This step-by-step is motivational in nature, not clinical, and elaborates on the patient's positive character traits. The Storti Model™ is an accelerated mode of Intervention—the time table from the assessment of the loved one, to preparation, to intervention can be as rapid as possible, ensuring a greater level of participation by families and friends to create a motivating, positive spiritual chemistry.

The Storti Model™ is useful in clinical interventions when a client needs a higher level of care or is attempting to leave treatment. The Storti Model™ is not leverage based. This means that you don't convey harsh consequences to the patient. The intervention provides instead a gift of life—a rebirth. Under the Storti Model™, the intervention is presented with dignity and respect.

Sign up for this one-day seminar to learn the main points of this model (The Conversation, the 150 Rule, and the Checklist for Success, and more), and experience interactive role-playing of different intervention scenarios. This is a wonderful opportunity for the first-time prospect to gain an understanding of, and learn to utilize, a method of intervention that has been highly successful for over four decades.

Over the past year New Found Life has partnered with **Ed Storti** and various treatment centers to host **The Storti Model: A Motivational & Inspirational Workshop**

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The Joint Commission Gold Seal of Approval provides many things for everyone at New Found Life. For management, it provides a framework for structure, a model on which to base our policies and procedures, a source for implementing new standards of service, a way to judge overall performance and learn where we can improve. For the clinical team, it provides an objective for clinical excellence and standards which clinicians can use to ensure our clients are receiving what they need to maintain successful sobriety. Clinicians will use the standards to ensure all information is being properly documented. For our admissions team, this accreditation will provide more coverage for possible clients. Some insurance plans will allow out of network benefits for Joint Commission approved facilities. We will be able to help more people who otherwise would have to be referred to another program.

Most important, accreditation ensures our clients are receiving the best possible care at New Found Life and that we are truly fulfilling our mission: to provide effective drug and alcohol treatment services for men and women and to demonstrate an alternative way of living where one can embrace life without dependency on alcohol or drugs. In 2017 we achieved our accreditation and in 2018 we are celebrating 25 years of service to the community. We are grateful and blessed to be able to provide care for this past 25 years and are more motivated than ever to continue offering our



Employee Spotlight: Jacqueline Provencher, Therapist/Case Manager

Jackie Provencher has been a member of the New found Life family for over five years. Jackie has shown her adaptability in her roles as recovery coach, Case Manager, Therapist and group facilitator in the residential program as well as the Family program. She is a dedicated and loyal employee and a team worker. Her ready smile and willingness

to lend a hand is always appreciated. Jackie never turns down a request from her coworkers and is generous with her time and her experience. We are grateful to have her as part of the New found Life family.



**NFL Alumni
and Employee
Erin F. (center)**
celebrating
three years with
other NFL
alumni!

“Dear Ed and NFL Staff,

I just want to express my heartfelt gratitude to you and anyone else who has helped make it possible for my son to extend his treatment. I can't tell you how much it means to me and my family.

From the time I was made aware of his need for help, I was guided to NFL. My faith that it is the best place for him to build a foundation for recovery has never wavered. I know he knows that too. Thank you so much for believing in him!!

Many blessings to you and all you do.”

-Sincerely, Nicole E.



“Instead of continuing to try to patch up an old family photo in a broken frame created by the “ism” we can invest in a series of snapshots that allow for a myriad of choices for our family photo in a new frame created by recovery. A frame that while durable allows for pictures to be updated as members grow and change”

-and excerpt from their new book
**Enable-IsM Bridging the
Recovery Gap Between the
Family and the Addict by Bill &
Linda Woodbury.** For more information please visit
www.enableism.com

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all of my internal messages had to be challenged. Challenging anything takes courage. I have a lot more courage sober than I did with opiates, benzo's, Adderall, alcohol, or cocaine. Courage for me has to repeat. I don't learn things immediately, so I have to develop muscle memory, by doing it over and over and letting myself feel the trepidation, uneasiness, "smallness," excitement, hope, etc. I give myself permission to feel over and over and by doing so, feelings are not my king, God takes that place. I am only 34 years old and I look at my life today and wonder what terrible or terrific things God has in store. Based on my life to date, I don't expect much to be cut and dry. But, God, AA, NFL, Pat Moore Foundation, my church, and my companions give me the wisdom and patience I need to show up, love myself and love others.

Thankful Regards,

Britten Devereux



Congratulations to **Alumni, Matt L.** for being voted in as Regional Commissioner for the AYSO (American Youth Soccer Association)!

"Hi, I'm doing well in my recovery. One thing I've had the honor of doing is volunteering for The American Red Cross. I recently spent 2 weeks deployed as an RN in Texas, after Hurricane Harvey. Last year I spent a month in Florida after a hurricane and got a letter from the governor thanking me for my service! Imagine helping others and giving up your time, instead of serving your addiction. One day at a time!" -Patrice J

"Dear Ed & Team NFL,

We wish to "thank you" for providing the weekend program opportunity to visit our daughter and learn more about the NFL experience. Everything was very well planned, the speakers outstanding, the staff friendly and inspiring, and it was a wonderful experience. Thanks for taking such care with our daughter and providing her with the tools, the time, and the support to enable full recovery leading to a life she so deserves. We are most appreciative..."

-Polly & Scott M.



Alumni, Brad S. and fiancé pose for pictures after popping the question



Left: **Alumni Tessa N.'s** son Micah sharing secrets with Santa our annual holiday party. Below: NFL Alumni celebrate with Santa too!



Alumni, Devin W takes 1st place in the SoCal Trials Competition in San Diego



Men's Program Director, Michael N, recently traveled to Thailand and attended meeting at the Chiang Mai fellowship,



New Found Life proudly supports Meals on Wheels of Long Beach. Many of our residents and alumni volunteer regularly as part of their service work— and continue to do so after treatment! For more information on the worthwhile organization, please visit mealsonwheelsoflongbeach.org!

"I was so very pleased with the level of care provided to my daughter from NFL. I was so nervous dropping her off there, but I knew that she needed inpatient care. My daughter is two years sober and our family is no longer suffering from her addiction. I thank God and NFL!"

- NFL Parent