



TeenRecoverySolutions

MISSION ACADEMY • MISSION PEER GROUP

NEWSLETTER

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FROM THE EXECUTIVE DIRECTOR:

SPRING 2013



Why a name change? Simply to better explain our mission which is the same: to provide long-term solutions to teens and families struggling with chemical abuse or addiction. Teen Recovery Solutions clearly identifies what we do and the clients we serve. We were at a crossroads and we had to either make the change or decide to leave it the same forever. It was a very difficult decision to make. However, the overriding factor was how to connect easily with others needing our services so the change was made. The response has been very positive, as we have begun the New Year 2013 with a new name, Teen Recovery Solutions. Under this umbrella, we have our two programs for teens and families, Mission Academy and Mission Peer Group. Mission Academy is a fully accredited recovery high school serving teens in grades 9 through 12. Our mission is to empower teens to achieve success in a recovery-based learning environment. Mission Peer Group, an alternative peer group, is our new initiative this year and extends our services to afterschool and weekend activities with a strong parent component. Our mission is to empower teens to achieve success in a recovery-based social environment. Together, these two programs offer an incredibly strong recovery opportunity for any teen seeking a recovery life style.



PLEASE GET INVOLVED IN OUR NUMBER 1 HEALTH ISSUE IN OKLAHOMA.

Go to our website at

www.teenrecoveryolutions.org

or simply cut out and mail the enclosed information card.

If you would like to visit with us about presentations to businesses, schools, churches regarding teen alcohol/drug abuse and addiction, please contact

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In the Fall, our Evening of Courage and Inspiration hosted our guest speaker, Celtic NBA player, Chris Herren who shared his powerful story of addiction and recovery to our many friends and supporters. As an athlete, his story is a story of many who experience shattered dreams of their professional and personal life due to the ravages of drugs and alcohol. His message of Hope through a Power greater than himself gave pause to the miracle of recovery. We are working hard on our Evening of Courage and Inspiration for 2013. Be watching for something in the news soon.

Deeply grateful, we thank each of you for your generous support and continuous encouragement. Without your help, we simply couldn't do this job as we receive no state or federal funding and rely solely upon private support. We believe in teens and families and this worthy mission to reclaim our most precious resource – youth!



Chris Herren- 2012 Evening of Courage & Inspiration Event Speaker





WHAT IS A RECOVERY COACH?

Recovery coaches are essential to our Mission Peer Group. They lend credibility because they themselves are young people in recovery and are actively working a recovery program. They plan and attend all of the social functions with the teens afterschool and on weekends. They go on the retreats with the students as well.

Kayley, one of our Recovery Coaches says, "I think it basic human nature to feel like you don't have what it takes to make the real difference someone else needs in their life. At least that's the nature of my thought process. When I was hired at Teen Recovery Solutions I knew from the beginning that the kids would do as much for my sobriety as I could do for them and that has proven to be true. I've been given the opportunity to work with really great kids who are close to my age. My ideas of what love and tolerance really mean grow immensely on a daily basis. I am continually blown away by the other staff members as they help guide and direct me in learning how to handle situations. Just to have the ability to give to others what was so freely given to me is a blessing.



2013 Spring Retreat at Carlsbad Caverns

Aaron, another Recovery Coach says, "Being a Recovery Coach for me has been a great experience so far. There is meaning in it because of my past. I was a student here at the school when I was 14 so I have experienced most of what the kids here are going through. As I am here now, I am given many gifts. I get to know the truth of how I really was then. I can share with the students my past in hope that they may not have to do what I did. I had people in my life that did what I am doing now. So I am giving back what was given to me. We have a lot of fun here. That is the main focus for coaches is to show these teens how to have sober fun. My hope is for teens at Mission Academy to really grab hold of recovery, graduate, and create wonderful lives. We are planting the seeds of recovery for every teen here that there is always hope. This program is necessary. Simply, we show teens and families a better way to live."



2012 Fall Retreat at Broken Bow

HEALTHY TIPS – RELATIONSHIPS!

WHAT'S THE RISK?

Especially if you are in an abusive relationship, drugs and alcohol can make an unhealthy situation worse. Your abusive partner may get you drunk or high to take advantage of you. When you are under the influence of drugs or alcohol, you're more vulnerable to:

- Being sexually assaulted.
- Having unsafe or unprotected sex.
- Getting a sexually transmitted disease.
- Getting pregnant.
- Addiction.

IT'S NOT MY FAULT!

It's common for abusive partners to blame drugs or alcohol for their unhealthy behavior. Frequently, they do not accept responsibility for their actions or address the real reasons for the abuse. Drugs and alcohol do affect a person's judgment and behavior, but they are not a reason for violent behavior. Watch out for these common excuses:

- "I didn't mean what I said. I was drunk."
- "I would never hit you sober."
- "Drinking turns me into a different person. That's not who I really am."

It's important to remember that when your partner is intoxicated or under the influence of drugs, their actions still reflect their personality. If your partner is violent when they are drunk or high, it's probably just a matter of time until they are abusive when they're sober.

Knowing the warning signs of an unhealthy or abusive relationship will help you distinguish between healthy and unhealthy behaviors.



ALTERNATIVE PEER GROUP: THE PERFECT COMPLIMENT

August 2012 marked the beginning of the Alternative Peer Group (APG) for Teen Recovery Solutions. While Mission Academy has been providing teens with a safe and sober environment to obtain a quality high school education for the last 7 years, something had been missing to help expand the teens' progress beyond the classroom. The implementation of the Alternative Peer Group appears to be the solution. The Alternative Peer Group provides teens and families the needed support to heal from substance abuse, addictions, and other destructive behaviors, and begin their journey of recovery. The Alternative Peer Group at Teen Recovery Solutions is meeting the needs of teens and families struggling to manage substance abuse, addiction issues, and other high-risk behaviors.

Families and teens are feeling, trusting, and talking. Their relationships are being born again.

Our program's design is based upon one of the most successful models already in existence: the Twelve Steps. The Twelve Steps have been slightly modified and adapted for teenagers, and can be utilized for a variety of high risk behaviors.

The Alternative Peer Group model operates primarily through positive peer group influence. Teen Recovery Solutions' staff creates a positive peer group that engages in prosocial, healthy activities. The staff and clients communicate that it is cool to be clean and sober and engage in healthy behaviors. This is accomplished through positive role-modeling by staff who demonstrate various forms of recovery, and who demonstrate values such as self-esteem, love and acceptance of others, trust and support of one another, and honesty. Abstinence from harmful behaviors, "one day at a time," is the key to our success.

Teens participate in life skills/recovery groups, multi-family group, 12-step meetings, sponsorship, and individual and family therapy in addition to organized pro-social functions on

weekends. Teens can also join their peers and youth staff after school every day in our recreation room where they can play video games, work on homework, receive tutoring, and play pool, ping pong, foosball or air hockey. We encourage families to get to know each other well in order to create a community they can trust. The idea is to totally immerse the teen in a healthy, supportive environment during their recovery.

Teen Recovery Solutions' Alternative Peer Group also facilitates wilderness retreats quarterly to help teens develop self-confidence and problem-solving skills. Last Fall the teens enjoyed time in southeastern Oklahoma at Broken Bow. The teens participated in hiking, camping, horseback-riding, and campfire recovery meetings. In March 2013, the Mission Peer Group will back pack through the Arkansas Mountains.

The combination of Mission Academy with the Alternative Peer Group creates the ideal setting for the teens to experience lasting success with their recovery. Families and teens at Teen Recovery Solutions are recovering today thanks to the many supporters, staff, board members, and the teens and their families.



2013 Spring Retreat - Oklahoma TRS teens joined 35 teens in recovery from Houston's Teen and Family to backpack through the Guadalupe Mountains. New friends were made as they grow in recovery together!

ONE STORY AT A TIME IS HOW WE SPELL SUCCESS.

Mission Academy, a fully accredited recovery high school, is now in its 7th year. We are one of 34 recovery high schools in the United States and are members of the Association of Recovery Schools. Our mission is to empower teens to achieve success in a recovery based learning environment. This means simply that teens complete their high school graduation requirements while also focusing on the critical steps of recovery from alcohol and/or drug abuse or addiction. The following story is an example of one teen's journey.

I never realized just how little serenity I had until I truly worked this program. I came in to Mission Academy half way through the year as a sophomore. I wasn't sure about recovery; I had been in meetings but never really worked the program. I was hoping I'd get what I needed from meetings, but that didn't work. As 2012 came around, I had worked hard and was now a senior. I began to really understand more about recovery. I was at first hesitant on coming to the after school program, but I grew to like it. To me recovery isn't just about sobriety, it's about growing in every way, learning about yourself, and having serenity and spirituality like you never have had before.

I didn't know a thing about what recovery, serenity, or even true friendship was until I came to this school. I now have some time sober. I have been working the steps, reading the literature, and praying consistently. In the Big Book of alcoholic anonymous there's a section called the ninth step promises. The first of which is, "We are going to know a new freedom and new happiness." This promise has been fulfilled already to me. Mission Academy and the after school teen recovery solutions have taught me things about this program. I have learned a lot and I say with all honesty that I would not have gotten as far, and definitely not have close to as much serenity without it.



Service Learning at CHK Gardens



TeenRecoverySolutions

MISSION ACADEMY • MISSION PEER GROUP

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FOR TEENS IN OKLAHOMA AND THE UNITED STATES

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*For more information about wellness presentations regarding teen and family issues or the programs and services we provide, please contact **843-2402** or **843-9100**. Tours of Mission Academy and Mission Peer Group are available.*