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*A
Safe Place
To Talk!*

Inside this issue:

Compassion & Brain Disease	1
Special Events Seminar/ Workshops Distance Learning	1
Compassion Continued	2
Private Practice Networking—New Format	2
Getting Help Mental Health & Substance Abuse	3



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Developing Compassion For Those With Brain Disease

As with most other chronic diseases, such as diabetes, asthma, or heart disease, treatment for mental illness and drug addiction there generally isn't a cure. However, they are treatable and can be successfully managed. Many individuals who are recovering are at risk for relapse for years and possibly for their whole lives. Research shows that combining addiction treatment medicines with behavioral therapy ensures the best chance of success for most patients. Treatment approaches tailored to each patient's need and any co-occurring medical, mental, and social problems can lead to continued recovery.

The one commonality with those experiencing brain disease is that their illness impacts their families and bleeds into the communities that we serve. Untreated and unsupported individuals find themselves in relapse leading to severe health, family, and legal problems.

Many feel the lack of self care and family dysfunction lead to multiple concerns for family, friends and community. But even families that are highly

educated struggle to support family members with brain disease.

The trauma that is experienced by families when family members relapse into hallucinations and delusions due to their illness or the addicted individual that can no longer manage severe cravings is very real. Many in recovery find a false sense of wellness with medication and stop taking it because they feel they are healed. Then, there are times when they go off medication because of peer pressure or just wanting desperately to be well or "normal" again. The sad reality is that the stigma of brain disease is such a great burden for some that they cannot stand being ostracized by society and bullied making their recovery more challenging everyday.

When I write an article primarily targeted to mental health and addiction professionals I feel like I'm preaching to the choir. But, in reality it's because I personally realize that I'm being challenged by those I work with to think outside the box. Looking beyond the office door I realize our patient's work goes beyond the time spent with us.

Helping to educate our community on their needs and advocating on their behalf provides hope. Hope for them and reassurance that our communities will be safe and healthy for everyone.

Please share a few tips with the families you work with or your community in an effort to eliminate the stigma of brain disease. Learning how to cultivate compassion is a great place to start.

Steps to cultivate compassion:

- ◆ Listen empathetically putting aside your own beliefs, biases, judgements allowing you to focus on what they are saying.
- ◆ Take care to respect differences of opinion and belief and do not view as a personal attack.
- ◆ Focus on similarities rather than differences.
- ◆ Make a commitment to doing at least one compassionate action each day. Eventually this becomes automatic as you see the benefits in your life.



Special Events/Seminars/Workshops/Distance Learning

<p>March 24, 2017</p> <p>Adventures in Recovery</p> <p>9:00 AM—3:30 PM</p> <p>\$100 Cash Price</p> <p><i>New Seminar Location</i></p> <p><i>Walli's Restaurant</i></p> <p><i>Burton Michigan 48509</i></p>	<p>HELP WANTED</p> <p>2 Part Time Positions</p> <p>Billing—With Experience</p> <p>&</p> <p>Independent Contact Associate Adolescent Addiction</p> <p>Please forward Resume empowercoach@ empowerment-pro.net</p>	<p>"Meet Me AT Walli's"</p> <p>Restaurant that is.</p> <p>Genesee County Network & Support Group</p> <p>See Page 2 for Details</p> <p>+++++</p> <p>Coming Soon</p> <p>Marijuana & Designer Drugs Spring 2017</p> <p>Watch empowerment-pro.net</p>
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**Mental Health
1 in 4 adults
live with a diagnosable
mental health
condition. Mental
health and substance
abuse conditions are
common and, they are
extremely treatable!**

Testimonial
I just love unsolicited reviews on my seminars like this one regarding our seminars.
Great symposium! Very timely and helpful in dealing with a constantly changing drug use environment. Mr. Ken Krygel, Drug Expert was particularly helpful as he informed us all of the newest and latest drugs being used on the street and how to detect the use of drugs in our clients. Outstanding presentation by Ken!
Ed Kainz, M.A., L.P.C., CAADC

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MHN
Military OneSource
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Various EAP's**

Changing Minds Community Outreach.....

- ◆ Use the principle of charity, always trying to interpret what the other person is saying in a positive light. This is particularly important with online communication to lessen misunderstandings.
- ◆ Develop compassion yourself. If your expectations for yourself are unobtainable it often means your inner dialogue can be overly self-critical which will hamper your judgement.
- ◆ Practice a technique such as Loving kindness Meditation and use it daily until it is a becomes a routine.
- ◆ Find ways to advocate for those in need which increases personal self worth and develops a foundation for growth and change.

Compassion fatigue is a concern for all mental health professionals and having an opportunity to educate your community often lifts this burdened as we enlist others to continue the support of those with brain injuries beyond the office.

As we enter the season of Thanksgiving I am thankful for the wonderful colleagues I have in the field. And, I'm thankful for the wonderful professionals in the Royal Oak and Grand Blanc Chambers of Commerce that support my work and encourage education on these sensitive topics.

I look forward to working to-

gether spreading hope and compassion this holiday season.

**Reach For The Stars.....
In all that you do!!**



Psychotherapy and Other Supports

Psychotherapy

Appointments Are Confidential
Individual therapy helps you gain insight into the cause of your problems and seek positive alternatives. Couples counseling provides an area where two people can learn to communicate individual needs and negotiate a healthy partnership. Family counseling helps family members gain an understanding of disruptive problems. Improved communication skills

provide new ways to reach solutions that lead to greater family harmony. Therapeutic supports are available for adolescents and adults.

Oakland County Private Practice Network and Support (OCP PNS)

We are a vibrant group interested in supporting each other with group or one-on-one discussion directed to the various aspects of private practice.

We are looking for someone in the Royal Oak area that may be interested in taking over this outreach. Please contact BJ.

As of July 1, 2015 our format changed. We will no longer hold the 1 or 2 hour networking events on a regular basis. This outreach will change from time to time to meet the needs of our members and the community. Watch empowerment-pro.net for new dates on events.

Private Practice Start Up / New Networking Format / Seminars

Private Practice Start Up

Watch our website for details or call BJ at (810) 771-7732. Our "How To Start Your Own Private Practice" workshop is offered twice a year and includes a free copy of our book "Solo Private Practice." We currently offer an incubator program for those in early start up. One-on-one consultant services are also available on request.

"Meet Me AT Walli's" Restaurant that is. BJ is announcing a new networking opportunity in Genesee County called Genesee County Network & Support (GCNS). Our next meet-up will be Friday, November 18, 2016 from 6 to 8 pm. Please confirm with BJ (810) 771-7732.

Our new offerings include MCBAP certified seminars for substance abuse professionals, related and specific, along with on-site training. Please see our contact-us page at: empowerment-pro. Net

New Networking Format

As new programs are developed we will notify you.....

Seminar Announcements

Reach For The Stars!, provider #1190, a division of Empowerment Professionals PC, will no longer offer ASWB Workshops/ Seminars after June 1, 2016.

We are currently seeking presenters for 2017 seminars. Please send a request along with a resume to: practicepro@ empowerment-pro.net

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**Helping You Build A Solid
Foundation For Positive Change!**



Proud Member of The Dynamic
Royal Oak and Grand Blanc
Chambers of Commerce!

Tips To Avoid Road Rage

1) Make every attempt to get out of the way of an aggressive driver; 2) Do not challenge drivers by speeding up or trying to prevent them from getting in your lane; 3) Wear your seat belt; 4) Avoid eye contact it can trigger aggression; 5) Ignore obscene gestures and never respond in kind; 6) Use your horn sparingly this often triggers anger; 7) Lock your car doors - when in town keep the windows and sunroof only partially open; 8) Report aggressive drivers to the police; 9) If an aggressive driver gets in an accident, stop at a safe distance from the scene, wait for police, and report the driving behavior; 10) If you're pursued by an angry motorist, never go home - drive to a police station or another place where you can get help.

Substance Abuse Support Heroin Addiction

Places to turn to if you or someone you know needs help with a heroin addiction and treatment.

■ Southeast Michigan Community Alliance: (800) 686-6543 or SEM-CA.org.

■ In Oakland County, Prior Authorization and Central Evaluation: (248) 858-5200.

■ Drug Abuse Hotline Flint
(810) 515-7218

■ Narcotics Anonymous in Michigan:
call (877) 338-1188, www.michigan-na.org

Emergency Services

Common Ground Crisis Line
Oakland (248) 547-2260 / Genesee (800) 231-1127

Support

NAMI Metro
(248) 348-7197

FOCUS ON THE INDIVIDUAL, MIND, BODY, EMOTION, AND SPIRIT.

Each Client is Unique

Each client is unique, therefore a thorough evaluation is done to determine the type of therapy and supports that will best meet their needs. If Life Coaching is requested by the client, placement will be made after the appropriate assessment has been completed and it is deemed appropriate.

Our Mission

To assist clients in utilizing their skill to the height of their potential; by helping them determine what they want, what they are willing to do to achieve it, and help them to remain focused until goal is obtained.

Therapy and Support

Individual • Family • Couples
Clinical Counseling reflects classic systems approach, use of DSM-5, supportive short term therapy, motivational interviewing, integrative health and wellness approaches with appropriate intake and referral as needed.

Career Counseling And Consultation

For tenure and promotion - college/university tenure track, junior faculty and mid-career faculty (assistant/associate professor level) is available with Dr. Larry M. Gant Ph.D., LMSW.



Detroit Metro and beyond.....

We Accept Insurance
and Private Pay!

Our Staff!

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Clinical and Macro Practice
Therapy • Coaching • Seminars

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Clinical Associate

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**Monday to Friday 9:00 AM—5:00 PM
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By Appointment Only—Grand Blanc

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