

# THE BOTTOM LINE

TRUST THE PROCESS

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**- CHRIS'S CORNER -**

The newspaper article from the early 1980's pictured to the right may be tattered, torn, taped together and faded with age; but just like the man they wrote the article about: it has stood the tests of time.

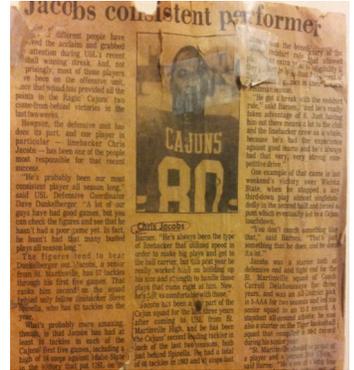
Chris Jacobs, Executive Director of Breakthrough Recovery Outreach (BRO) fights the Addiction of his clients just like he fought for Victory on the football field. With quick wit, determination and a spirit of excellence, Chris battles his way through the disease of Addiction one client at a time.

Breakthrough Recovery Outreach (BRO) was founded in 2005 and is a state licensed,

CARF accredited, ASAM Level III, quality substance abuse recovery program for men, women, young adults and adolescents.

At BRO, because they understand that each client is uniquely different in their addiction and their road to recovery . BRO tailors their recovery programs to the individual needs of each client.

Chris learned this philosophy from his days on the football field. Each game, each play was different and he had to be able to adapt his defensive strategies in order to be victorious.



Chris Jacobs article

Chris conquers the Addiction of his clients the same way, with a strong competitive drive and determination to win the battle no matter what!

Newsletter Designed by:  
*April M. LaLand*

SPECIAL POINTS OF INTEREST:

- Food Drive
- Drug-free schools
- Special Visitors
- Recovery Info
- Fun in Recovery
- Preparing Clients for the future

**- WHAT'S NEW AT BREAKTHROUGH! -**

Breakthrough Recovery Outreach hosted an AWESOME **FOOD DRIVE** from October 7th- November 7th 2013.

One of the core values at BRO is to strengthen the community in which it serves. BRO provides the highest standard of care to its' clients, as well as the surrounding community in need when possible. In doing so, they not only BREAKTHROUGH

Addiction but they BREAK-THROUGH hunger providing food to support hungry families in the community..

In a country known for its wealth and prosperity, 50 million Americans struggle to find their next meal. Statistically that's 1 in 6 people, 1 in 5 children; going to bed hungry each night.

Bro has made the commitment to

partnership with the churches and Ministries in the Tucker Community in order to increase access to food for hungry people, and empower them to help themselves...



**~ MEET OUR STAFF ~**

Breakthrough Recovery Outreach welcomed new staff member, **Ms. Wendy Brown** in September. Wendy has joined the BRO staff as a Wholistic Counselor and Outreach Coordinator.

Wendy is a Board certified Wholistic Health Counselor and registered Yoga Instructor with certification in Reflexology.

She has worked in the Wholistic and alternative Health field for more than a decade.

Wendy believes that recovery is a state of being where the Addict no longer looks outside themselves for fulfillment, taking each day as it comes without trying to control people, places or things.

She became a Yoga instructor and found herself completely

centered and effortlessly grounded wanting to share Holistic lifestyles with others.

Wendy now teaches the clients at BRO how to tap into their spirituality through Yoga and meditation, giving them another tool to use in their Recovery from drug addiction...



Wendy Brown; Wholistic Health Counselor BRO Outreach Coordinator

**~ BACK-TO-SCHOOL BREAKTHROUGH ~**



In keeping with its core values, BRO is committed to serving the Tucker community and with its annual Back-to-school drive, gave many

Tucker students a great start to a bright new school year.

BRO back-to-school drives not only supply the needs of the students, but educates them on the importance of remaining drug free. Here are some of their statements from the event:

**Boy, Age 14**

*"Bad things about drugs..."*

*"Smoking drugs is the worst thing ever because it kills you slowly, I know it can be addicting but you have to fight the addiction and stop smoking" ...*

**Girl, Age 13**

*"You should not do drugs because they can kill you. You shouldn't do drugs because drugs can only lead you to jail and it's the worst thing that can ever happen in your life."*

*"At BRO, we understand that each client uniquely different in their addiction and their road to recovery must be tailored to their unique needs"*

**~ STAFF TRAINING ~**

BRO was delighted to have our periodical staff in-services lead by best selling Author: Evan "The Anger Guy" Katz. Mr. Katz is a Licensed Professional Counselor and Master Addiction Counselor with more than 20 years experience.

His seminars offer counselors, social workers and substance

abuse counselors new tools, skill sets and methodologies for effectively working with angry people; especially men, adolescents and their parents.

The in-service was based on Professional and ethical client care, including preventing and avoiding ethical dilem-

mas. The topics he discussed with BRO staff were:

- ⇒ Proper care for clients.
- ⇒ Professionalism in clinical environment.
- ⇒ Preventing and avoiding ethical dilemmas.
- ⇒ Boundaries with clients and colleagues.



**~ BREAKTHROUGH EVENTS ~**



Breakthrough having fun.  
TERRIFIC TUESDAYS !

Fun in Recovery....BRO Executive Director Chris Jacobs, (pictured in blue shirt) believes Recovery must treat the whole individual: mind, body and spirit including

Recovery can be extremely painful and emotional as an Addict must face the consequences of their active drug use. BRO believes having fun in recovery will teach their clients how to balance their lives and show them they do not need any mood altering substances in order to have fun.

The most challenging thing for an Addict about having fun without drugs or alcohol is learning how to get outside of themselves. Their feelings within early sobriety are often dark and heavy, and it can be difficult to fight through these feelings and lighten up enough to enjoy yourself.



BRO Clients & staff member Andrew Jacob ,enjoying a "Fun in the Sun" day w/The Kona Ice truck. Enjoying delicious shaved ice to beat the heat...

**~ RECOVERY INFORMATION ~**

***The Stages of Relapse***  
By: April LaLand

Relapse is a process, it's not an event. In order to understand relapse prevention you must understand the stages of relapse. Relapse starts weeks or even months before the event of physical relapse. There are three stages of relapse:

1. Emotional relapse
2. Mental relapse
3. Physical relapse

In emotional relapse, you're not thinking about using. But your emotions and behaviors are setting you up for a possible relapse in the future.

In mental relapse there's a war going on in your mind. Part of you wants to use, but part of you doesn't. In the early phase of mental relapse you're just idly thinking about using.

Once you start thinking about relapse, if you don't use some of the

techniques learned in Recovery, it doesn't take long to go from emotional relapse to physical relapse, driving to the liquor store or driving to your dealer.

If you recognize the early warning signs of relapse, and understand the symptoms of post-acute withdrawal, you'll be able to catch yourself before it's too late. .

*"Relapse is a process, not an event"*

**~ CAREER COUNSELING ~**



One of the principal programs at Breakthrough Recovery Outreach is the Career Counseling program facilitated by Angela Rice and Christiana Olaga-Buah.

BRO offers a 12-week repetitive career counseling program to assist its' clients on their return and sometimes introduction into the workforce.

During active addictions, clients lose focus on maintaining the standards needed to excel while working and many times become unemployed.

It is imperative to teach clients how to present themselves professionally, positively and for them to learn new methods to anticipate the difficulties in re-entering the workforce.

Since its inception, BRO's Career Counseling program has assisted more than 90% of its clients in gaining employment while in treatment and maintaining employment upon graduation.

Career Counseling at Breakthrough Recovery Outreach gives its' clients "The real world approach" in preparing them for success...

**We are on the web!**

**[www.my-breakthrough.com](http://www.my-breakthrough.com)**

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**~ INTERNSHIP AT BREAKTHROUGH ~**

***BRO opens its' doors for an intern at Breakthrough because it is part of their commitment to serve the community and be an example of teaching excellence.***

***LeTanndra Thompson is a Licensed Master Social Worker from Huntsville, Alabama. She stated, "I am very grateful for the opportunity to serve as an intern at Breakthrough because it is providing me with valuable work experience and knowledge of substance abuse treatment programs."***

***ed, "I like the fact that Breakthrough Recovery Outreach is the first center in metro Atlanta to offer a holistic approach to treating mental illness, allowing for complete healing to occur.(a true breakthrough). "***

**VALUES**

**Respect** -- We honor the dignity of every patient and every member of our team.

**Safety** -- We hold the safety of our clients and the safety of our residential environment o the highest possible standard.

**Integrity** -- We commit to the highest caliber of personal ethics and responsibility.

**A Culture of Excellence** -- We strive to advance state-of-the-art, wholistic treatment of addictive disease.

**The Twelve Steps** -- We embrace the Twelve Steps of Alcoholics Anonymous as the corner stone of our operating philosophy.

**Teamwork** -- We embrace collaboration as the best method for achieving our mission and vision.

**Stewardship** -- We embrace cautious and responsible management of our most valuable resources.

