

February 2016

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Destiny Sober Living

Graduation day

Two Men from the Destiny House Graduated from their Treatment Program. Each graduate "leaves" their legacy at Destiny by placing a leaf on the Tree of New Life on the wall of the group room where their recovery began to blossom and grow. Their names on the wall help others have hope as they move forward in their Recovery. During their graduation ceremony one of the residents shared their story of "How They Did It". He stated "I took suggestions from staff, my sponsors, my therapist's, and I went to meetings. I began to give back, and in so doing, began to get self-esteem. I learned that if I want self-esteem, I needed to do esteem-able acts. I began to see, with help, that coming from a victim mentality meant I also come from a mentality of entitlement. And if I am entitled, I am automatically in my own selfishness, which I learned, is the root of my trouble." Congrats the two men who were excellent role models to the others in recovery. We will be seeing them again at the Alumni Meetings.



Aftercare Program

Did you know that Destiny has a free Aftercare Program? Alumni of Destiny are able to return and attend support meetings that are held nightly at the Destiny Outpatient Center. Alumni also receive free phone support and resources for 1 year. Destiny currently has 3 groups run by Alumni. It is great to see those in recovery giving back!



SAMHSA Project

Destiny is pleased to Announce that we have been invited to participate in a SAMHSA work group regarding Integrating Care. Outcomes of this work group will be published by the end of 2016. Destiny is proud to be a part of SAMHSA's work in moving integrative care to new levels. We are excited to see what initiatives can help mental health facilities integrate with medical providers even better than what we are doing now.

New Changes

Destiny is pleased to announce that it has hired a new Medical Director. Dr. Kim joined Destiny at the beginning of February. We are excited to have her join our team.

Destiny has a new Electronic Health Record System. This has really assisted us in partnering with other agencies and collaborating more efficiently with them.



We Have Been At Work

Destiny was offered to partner with the



Phoenix Open this year. They were able to give many of our clients paid working positions. One client is still in the interview process of securing a permanent position through Waste Management. It was a wonderful opportunity given to our clients. We are very thankful!



It Is Possible

TCF Bank came out to our Men's and Women's Residential Facilities and signed up those who did not have bank accounts, with one. Many of our residents had something in common - poor credit, owed bank(s) money, and/or did not have money to open up a new account. TCF Bank works with any situation. They were able to open up accounts for our clients with no money down, no credit check, and no minimum balance required to maintain the account. Client's learned a valuable lesson - It Is Possible

.....More Giving

Client's did another clothing drive and donated to CASS. There are so many needs that resident's of Arizona have. If you or someone you know has ANY items they no longer want, please contact us. You can drop off the items or we can pick them up from you. Let nothing go to waste. You would be amazed at how just a used wall picture you were thinking of throwing out can brighten the room of a family who has nothing. Don't Waste-Call Us Today!



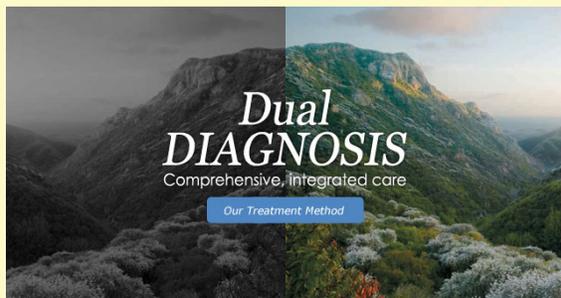
Dinner & Meeting

The Men's and Women's Treatment Facilities got together for a Dinner and an AA meeting. It was great seeing everyone together getting along and having fun in recovery. This is a monthly tradition that will continue. The spirit throughout the



night was contagious. The laughter and feedback given in the meeting was very powerful. The Destiny staff were very proud of each person who made the meeting a very memorable part of everyone's recovery.

TREATMENTS OFFERED AT DESTINY



Depression, Anxiety, Bipolar, Personality Disorders, or Schizoaffective Disorders to name a few. We offer solutions so you can live successfully.



Gender Specific Treatment helps individuals feel safe and promotes more honesty while working a program. It eliminates distractions and builds upon the unique gender differences that exist.



Destiny has a specialized Trauma Track for those who have experienced a trauma or when a past trauma is still exhibiting unwanted behaviors in the present.



Grief and loss are experienced differently by people. Sometimes, people do not even know their symptoms are related to grief. Special treatment plans are developed for those with grief and loss issues and individual techniques are given to assist in the grieving process. We teach others about Healthy Grief!



Destiny now offers Perinatal Mental Health Services. We help women who are pregnant through 1 year postpartum with mental health and addiction recovery.



INTENSIVE OUTPATIENT PROGRAM

Outpatient Services include Substance Abuse Programs, Domestic Violence and Relationship Groups, Mental Health Treatment, and Family Programs. If you have a referral for any Destiny service please contact us. If you have a prospective client and would like us to meet with the client with you or at your facility, we can make arrangements for a clinical staff person to do so. We understand that it is challenging at times to engage a client into treatment and we would like to assist you in any way possible. Destiny offers excellent interventionists at no charge to you.

The Future at Destiny

- *Youth and Children Services*
- *Las Vegas Services*



Contact

Destiny Sober Living

www.destinyhouse.biz

Phoenix, AZ 85015

We Take Most Insurance -

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