

April 29, 2016

Destiny Sober Living

May 2016 Newsletter

CARF SURVEY OCCURRED

Destiny Sober Living had it's initial CARF Survey in April. We are so excited to report that we were awarded the highest credential of a 3 year accreditation. The team at Destiny worked incredibly hard for this. Destiny is very blessed to have such a dynamic, caring, and passionate team,



Three Year
Accreditation

DONATION DRIVE

Destiny Sober Living is having a donation drive. We are collecting towels, wash cloths/loofah's, and blankets. We have already had generous donors. Donations will go to benefit the homeless. If you have anything you would like to donate Destiny will gladly pick up the items or you can drop it off at our mens facility located at:

**5306 N 17th Ave
Phoenix AZ 85015**

RECOVER TOGETHER

In an initiative to strengthen the recovery of every participant in the Destiny Program, the Men and Women programs have been having speaker meetings and dinner together each Friday evening. The meetings have been amazing and all residents have enjoyed the influence that each house brings. Residents are learning to have fun together - making each person stronger in their own recovery.



RECOVERY GARDENING

The men and women have planted their spring gardens. Herbs will soon be added to the healthy meals those in recovery are making.



ADDICTION IS A BRAIN DISEASE

Many people do not understand why or how other people become addicted to drugs. It is often mistakenly assumed that drug abusers lack moral principles or willpower and that they could stop using drugs simply by choosing to change their behavior. In reality, drug addiction is a complex disease, and quitting takes more than good intentions or a strong will. In fact, because drugs change the brain in ways that foster compulsive drug abuse, quitting is difficult, even for those who are ready to do so. Through scientific advances, we know more about how drugs work in the brain than ever, and we also know that drug addiction can be successfully treated to help people stop abusing drugs and lead productive lives.

What Is Drug Addiction?

Addiction is a chronic, often relapsing brain disease that causes compulsive drug seeking and use, despite harmful consequences to the addicted individual and to those around him or her. Although the initial decision to take drugs is voluntary for most people, the brain changes that occur over time challenge an addicted person's self-control and hamper his or her ability to resist intense impulses to take drugs.

Fortunately, treatments are available to help people counter addiction's powerful disruptive effects. Research shows that combining addiction treatment medications with behavioral therapy is the best way to ensure success for most patients. Treatment approaches that are tailored to each patient's drug abuse patterns and any co-occurring medical, psychiatric, and social problems can lead to sustained recovery and a life without drug abuse. Similar to other chronic, relapsing diseases, such as diabetes, asthma, or heart disease, drug addiction can be managed successfully. And as with other chronic diseases, it is not uncommon for a person to relapse and begin abusing drugs again. Relapse, however, does not signal treatment failure—rather, it indicates that treatment should be reinstated or adjusted or that an alternative treatment is needed to help the individual regain control and recover. (Samhsa Excerpt)

Treatment Is the Key

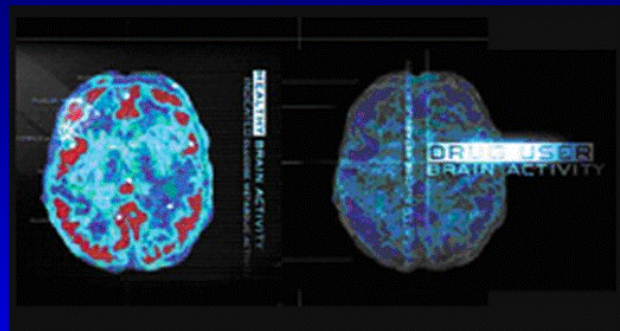
Drug addiction is a treatable disease. When the right type of treatment is engaged in, and the recovering person can remain sober, the brain can have an

opportunity to heal. Destiny is able to help others remain sober and we offer specific treatments during a person's healing process that help support the brain's recovery back to optimal healing. Destiny offers bio-feedback sessions that help others learn to control their breathing, assist them in relaxation, and ultimately tap into portions of their brain that are responsible for ultimate decision making.

DESTINY TREATS
ADDICTION AS A
BRAIN DISEASE

type of treatment is the brain can have an

What is Addiction? Addiction is A Brain Disease



- Characterized by:
 - Compulsive Behavior
 - Continued abuse of drugs despite negative consequences
 - Persistent changes in the brain's structure and function

COMING SOON

BIBLE STUDY

Women at the Carver House have been attending Passages Christian Fellowship church on Sunday's. Passages was generous enough to bring to Carver a 2 hour bible study each week on Wednesday's. Thank you Passages. We appreciate your dedication and compassion for helping our women. -

with Gratitude, Destiny Staff

www.destinyhouse.biz

Meet Some of Our Staff



KATHLEENBYNUM, LPC

Executive Director



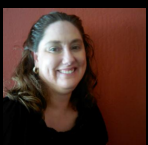
HOLLY BETZER

Therapist and Doctoral Student



RHONDA KIPHUTH

Program Director



KELLY KIRLIN

Program Manager

DESTINY HEALTH & WELLNESS

Our Adolescent Outpatient is coming soon. Treating children, adolescents and families.

DID YOU KNOW ?

Destiny has a women's Transitional Living home in Buckeye. If you are an adult woman looking to rebuild your life and gain your independence once again, please contact us. We accept those who may be disabled and unable to work and who are receiving SSI.

Destiny has an outpatient substance abuse and mental health center in Phoenix. Contact us for more information.



DESTINY RESIDENTIAL SERVICES

Our Men and Women's Residential Inpatient programs specialize in dual-diagnosed persons. We have gender specific programming and treat those with trauma, serious mental illness, and addictions. Contact us today to learn about our individualized care plans.

602-249-6674 or 1-800-249-0367

Most Insurance Accepted