Welcome to the fourth edition of The Anchor!

There have been many exciting events and positive changes to our program since the last edition went to print in October. We’ve hosted events with speakers such as Governor Chris Christie and Deepak Chopra, we’ve experienced staffing changes with Brad Sorte taking the helm as our Executive Director of Caron Renaissance and Ocean Drive, and we’ve launched our new and updated website, be sure to check it out! With these extensive developments, our primary goal of excellence in client care remains paramount.

In this edition, you will find information regarding our third annual Ocean Drive Alumni Weekend. Elizabeth Gilbert, author of New York Times best seller Eat Pray Love, will be our guest during the Sunday Brunch. You will also find updates on our outstanding Counselor Assistant (CA) Team, beautiful letters of gratitude from our alumni, and other articles on the happenings here at Ocean Drive.

I would like to personally thank all of you for your unwavering support of our team and our mission here at Ocean Drive.

We hope that you enjoy this edition of The Anchor, and we look forward to seeing you at our Alumni Weekend on May 13th -15th!

With gratitude,
Phoenix Adams, LCSW
Managing Director, Ocean Drive
COMMENTARY: LET’S TALK ABOUT ADDICTION – AND DO SOMETHING ABOUT IT

Originally Posted: Saturday, Dec. 12, 2015
Palm Beach Post

By Bradley Sorte
Executive Director, Caron Renaissance and Ocean Drive

With all of the noise surrounding the 2016 presidential election campaign, it would be easy to miss an emerging area of consensus among candidates of both major parties. Candidates as diverse as Gov. Chris Christie and former Secretary of State Hillary Clinton are speaking out on the importance of expanding access to treatment for people who are addicted to drugs, including prescription opiates and illegal substances such as heroin. Other candidates ranging from former Gov. Martin O’Malley and Sen. Bernie Sanders to Sen. Marco Rubio, Carly Fiorina and former Gov. Jeb Bush also have spoken out about this important topic.

Addressing the treatment needs of people suffering from addiction and behavioral health issues wasn’t on the agenda of any of the candidates when election season opened earlier this year. It started with a grass-roots movement by voters who brought the topic up at town halls and campaign rallies and, one by one, the candidates realized this is a topic on people’s minds and in their hearts. Addiction is a public health crisis that has reached pandemic proportions. We have all felt the impact, either directly or indirectly, and the time has come for us to take action.

A quick look at recent trends explains why. According to the U.S. Centers for Disease Control and Prevention, between 2001 and 2013 deaths due to heroin overdoses quintupled and deaths linked to prescription drug overdoses rose 250 percent. Here in South Florida, the news is just as distressing. A recent report from the National Institute on Drug Abuse (NIDA) reported heroin deaths increased by 89 percent across Florida between 2011 and 2012, including a jump of 120 percent in Miami-Dade County. Hospital admissions to treat heroin doubled between 2012 and 2013.

The alarming increase in deaths connected to prescription opiates and heroin is not coincidental. As the use of addictive prescription pain medicines rose, we began to tighten access to such medications. As a result, many patients turned to heroin to satisfy their addiction after their prescriptions ran out. This pattern created a vicious cycle of self-destruction and illegal behavior leading to a surge in incarcerations, many times for non-violent offenders. In 2014, half of all inmates in federal prisons were serving time for drug offenses and one-third of those on parole had been convicted on a drug charge.

We know prison is not the place to help people treat their addiction and begin the difficult road to recovery. This is why it is refreshing to hear national figures like Gov. Christie speak with such passion about the need to shift our attention from incarceration to treatment; http://bit.ly/1GNJ5ti.

We need to do more at a national and local level to help families heal. We need to invest in prevention, research, and longer-term treatment. Medication-assisted treatment programs that use medications such as Vivitrol, provide patient’s with a nonaddictive evidence based tool to help them maintain life long abstinence. The best outcomes combine medicine as appropriate with an individualized clinical approach to treatment that holistically addresses all aspects of a patient’s life.

Finally, we need to continue talking about these issues so that people — including the presidential candidates — can let those in the midst of a family crisis know they are not alone, they are not being ostracized, and that treatment is there for them and their families
Hi Brad,

I am recent alum of Ocean Drive. I was there for 56 days from early October through early December, and am just home from a recharge week.

I wanted to take a moment to share with you the profound respect and gratitude that I have for the program, and more importantly for the staff that bring it all to life. Rarely have I come across a more skilled, dedicated team of people so invested in the work they do and the people they serve.

Besides the fabulous support staff and CA's, Mary Castro, and all those who help the wheels turn, I wanted to point out a few folks who made my time there particularly rich and rewarding.

My primary therapist was Davida - and though at times she was tougher on me than I thought I could take - her skill, experience, wisdom and what I came to know as a gentle, kind heart were the perfect combination of attributes for guiding me through my healing journey and continued sobriety of mind, body and spirit.

Randal was my family therapist, and I think he is nothing short of a miracle worker. The way he navigated me and members of my family through some highly tangled webs was astonishing. Whether working with me and my husband, my 83-year old (very challenging) mother, or my first husband and 13 year old son - Randal brought a level of sensitivity, respect and understanding to all parties involved that was paramount in working through some deep and painful issues. The learning and healing that took place is allowing me (and hopefully others) to move forward with a much gentler, kinder heart.

I had the opportunity to work with Robert Johnson as he facilitated a trauma group at Caron Renaissance that I participated in as part of my treatment plan. The skill, love, dedication and humor that he brought to that group was a great gift to me and I think the young adults who were also part of that group. The topics we covered were very challenging, as you can imagine, and Robert’s “tough guy with a heart of gold” approach was remarkable. Being a part of that group was a huge part of my healing journey.

And last but certainly not least - I don’t think I need to tell you how well known and loved Gary Pressman
is for the magic he creates in the amazing food we were provided with. The love that is in Gary’s heart clearly comes through in the food he prepares, but the gifts he gave me far surpassed the feeding and nourishing of my physical body. I am an early riser, and would often come down to the kitchen and chat with Gary while he was busily preparing our food for the day. And while I always enjoyed our conversations, I knew it was more than that… Gary was sharing his heart and his experience as a fellow traveler - always letting me know that I was not alone in the challenges that I was facing. One morning - after a sleepless night during a particularly rough patch in my journey, I came down to the kitchen and reached out to Gary to ask for a hug. While this may seem like no big deal - asking for that level of support was a big deal for me. That hug and the kindness and encouragement that came from Gary was a turning point for me that day, serving as an energy that continued throughout my stay, and something that I still carry with me to this day. He is one of my favorite people at Ocean Drive - and one of the people I looked forward to seeing the most when I recently returned for recharge week. As I said - Gary’s love, kindness and dedication to those at Ocean Drive is quite special and goes way beyond the amazing food he prepares. He not only fed my body, but my heart and soul as well.

So - I believe I have gone on long enough, but wanted to take a moment to share my experience with you. We are all so very fortunate to have such an amazing team of people helping us through our healing and continued sobriety.

With deep gratitude, MB

With the New Year just around the corner, it’s easy to jump quickly into our hopes for the future. But in moving from this year to the next, I want to pause, reflect, take inventory and celebrate!

Never in my wildest dreams this time last year did I imagine that life could go from feeling like my heart had been taken away to living WHOLEHEARTEDLY today.

So, “Thank You” is the prayer I say everyday for the entire Ocean Drive Team who helped get my heart back, especially to those that have given me countless reasons to feel extraordinary gratitude on ordinary days:

Brad - for not “laughing out loud” when I initially challenged you to a game of “Name that Tune” Ocean Drive Style: “If the program is 28 days, I can do it in 8,” and, then I followed up by announcing I was here to “EXPLORE” my issues.

Shari, who helped me get a second chance at getting my children and family back.
Chef Gary, for sharing his energy and enthusiasm which was contagious. Your mere presence is a constant reminder that every day is the chance to begin again. Not to mention, his meals were first class! Then again, I guess that’s because he injected mine with extra fat...So long Caron, Hello Canyon Ranch!
The CA Team, who taught me quickly that what happens in the med room stays in the med room! And it’s because of you all that I laughed a little harder, I cried a little less (cuz I had to get my own kleenex), and I smiled a LOT more.
Circling back to where I began, the myth suggests rehab is the most difficult piece, but looking back, it felt more like a place of safety. Instead, it was transitioning away from Ocean Drive and stepping outside of that comfort zone. I’ve learned, though, that life changes, even the difficult ones, can lead to good things and even be the blessing(s) of a lifetime. That said, I could have never done it alone.
Davida and Liz, y’all have been the glue that keeps our home group together, with your endless support, camaraderie and always promoting a safe gathering place that we look forward to stepping back into every Monday evening; and Jonathan, you’ve been a tremendous part of my journey and transition. You’ve encouraged but never pushed me to reach a destination; having you as my guide has been like walking towards a star in the sky.

We never really arrive, but we certainly know we are headed in the right direction. You are an inspiration and your ability to help others find their sense of value, purpose and at the end of the day, reclaim their life is both a talent and treasure!
So, as the year comes to end, I can finally say with conviction that I now have every reason NOT to finish my book, “You can’t make this sh-t up” and every reason to begin a new one, “happily ever after!”
Thank you from the bottom of my heart to all of you that have touched my life throughout 2015. Meeting each of you has been some of the best moments of my life. Wishing you all a Happy, Healthy, and Gratitude-filled 2016!
Warmly, JP

"I want to thank the ENTIRE staff of Ocean Drive from the bottom of my heart. Their guidance caring and affection put me on the path to recovery and I will be forever indebted to all of them. Over two years after my stay I am still on the right path. I pray everyday that G-d blesses all the staff and gives them the strength to continue saving lives."
Ocean Drive Alum

“Thank you for opening my eyes to understand that I don’t want to live the future of my past.” JD
JOIN US TO EAT, PRAY AND LOVE

The 2015 Gratitude Weekend was an event that our alumni are still talking about. Those who joined us, and there was a huge presence, experienced a weekend of continued growth and fellowship. We are so excited for the upcoming 3rd Ocean Drive Alumni and Family Reunion Weekend scheduled for May 13th through 15th and we think it will be another event for the record books. We look forward to seeing you all for this special weekend and trust us when we say you don’t want to miss it!

Please contact Elizabeth Duffy at E Duffy@caron.org with any questions or to reserve your space.

THIRD ANNUAL OCEAN DRIVE
Alumni and Family Weekend

WHEN YOU ARE STANDING IN THAT FOREST OF SORROW, YOU CANNOT IMAGINE THAT YOU COULD EVER FIND YOUR WAY TO A BETTER PLACE. BUT IF SOMEONE CAN ASSURE YOU THAT THEY THEMSELVES HAVE STOOD IN THAT SAME PLACE, AND NOW HAVE MOVED ON, SOMETIMES THIS WILL BRING HOPE.

Elizabeth Gilbert, Eat, Pray, Love

SCHEDULE OF EVENTS

Transportation will be provided throughout the weekend

Friday May 13th | Guest Arrival at the Seagate Hotel
Welcome Dinner at the Seagate Country Club | Reception 6pm | Dinner 7pm

Saturday May 14th | Breakfast at the Seagate Hotel 8:30am - 9:45am
Alumni and Family Recharge Workshops | Ocean Drive Clinical Team 10am - 11:30am
Lunch at the Seagate Hotel 11:30am - 12:30pm
Alumni and Family Recharge Workshops | Ocean Drive Clinical Team | 1:30pm - 3pm
Clambake Dinner at Seaspray House | 5:45pm - 7:45pm

Sunday May 15th | Send off Brunch at the Seagate Beach Club | 10am
Special Guest Speaker Elizabeth Gilbert
Elizabeth Gilbert’s memoir Eat, Pray, Love has been called “a generation’s instruction manual” (Toronto Sun). Exploding onto the scene in 2006, the bestseller famously chronicled the year Gilbert spent traveling the world after a shattering divorce. Translated into more than 30 languages, Eat, Pray, Love has sold over ten million copies worldwide. The book—“fueled by a mix of intelligence, wit, and colloquial exuberance that is close to irresistible” (The New York Times Book Review)—catapulted its author from respected but little-recognized writer to a woman Oprah Winfrey has called a “rock star author.”

Educated at New York University, Elizabeth Gilbert hails from an ascetic childhood in rural Connecticut. Fearless reporting skills and an abiding appreciation for working-class values have colored her writing from the beginning. Meanwhile, a persistent longing to understand the world and her place in it have made her not merely a writer, but an explorer.

With Eat, Pray, Love, Gilbert attracted an adoring international audience. The courage and humor that mark Eat, Pray, Love make it the kind of book that people keep on their nightstands for years, pages flagged, passages highlighted, margins filled with the reader’s own thoughts and revelations. In 2010, Eat, Pray, Love was made into a feature film starring Julia Roberts and Javier Bardem—an experience Gilbert has called “surreal,” “amazing,” and “touching.”

In 2010, Gilbert published Committed: A Love Story, the breathlessly anticipated follow-up to Eat, Pray, Love. Committed tells the story of Gilbert’s unexpected plunge into second marriage—this time to Felipe, the man with whom she falls in love at the end of Eat, Pray, Love. Part memoir, part meditation on marriage as a sociohistorical institution, Committed is rich with Gilbert’s trademark humor, sparkling prose, and warm, intimate voice—and she is quite grateful to be forever liberated from the pressure to write the follow-up to Eat, Pray, Love.

Named as one of the Best Books of the Year by The New York Times, O Magazine, NPR, and TIME, Gilbert’s novel The Signature of All Things is a sweeping story of botany, exploration and desire, spanning across much of the 19th century. It is being produced as a miniseries by PBS’s Masterpiece.

Ten years ago, Gilbert captivated the world with her powerful and transformative memoir Eat Pray Love, encouraging millions of readers to make changes, large and small, in their own lives. In the ensuing decade, people worldwide have sought further advice from Gilbert on how to lead a bold and inspired life and she has dedicated herself to exploring the mysteries of creativity and courage. Out of this period of investigation Gilbert has written a brilliant nonfiction treatise, Big Magic: Creative Living Beyond Fear, in which the author digs deep into her own generative process to share her wisdom and unique perspective about creativity.

Awards

2014 Wellcome Book Prize, shortlist, Signature of All Things

2006 New York Times Notable Book of the Year, Eat, Pray, Love

2002 Finalist, National Book Critics Circle Awards, The Last American Man

2002 Finalist, National Book Award, The Last American Man

2002 Library Journal Best Books of the Year, The Last American Man

1998 Pushcart Prize, Pilgrims

1998 Best First Fiction Award for Pilgrims, from The Paris Review, The Southern Review & Ploughshares

For more information about Elizabeth Gilbert and her work, please go to www.elizabethgilbert.com.

Ted Talks:

www.ted.com/talks/elizabeth_gilbert_on_genius
Dear Ones

Last night I watched the harrowing documentary AMY, about the life and tragic death of Amy Winehouse. It’s a brilliant film, but it was difficult for me to go to sleep after seeing it. It’s hard not to imagine all the other directions Amy’s life could have taken. If only she could have held on through the chaos of her youth, and somehow come out on the other side – wiser and calmer and having shed all the self-hatred and self-destruction.

If only she could have survived herself long enough to become herself.

I was so struck by this line that the (apparently immortal) Tony Bennett said at the end of the documentary, about what he wished he could have told Amy. The full quote is: “Slow down. You’re too important. Life teaches you how to live it, if you live long enough.”

This reminded me of what Iyanla Vanzant always says – that life is her friend, and that all it’s trying to do is teach her how to live. Like a good friend, life sometimes tells you things you don’t want to hear about yourself – but that’s OK. It’s all being offered with love. Tough love, sometimes – but love. As Iyanla always says, “You might have to repeat third grade six or seven times, before you learn what you needed to learn to advance – but once you learn the lessons, life will let you move on.”

Life never lets you move on, until you have learned what it is trying to teach you.

Like a good friend, life keeps trying to show you the way – keeps trying to show what isn’t working for you and what behaviors need to stop. When you keep banging your head up against the same destructive scenarios, life will patiently keeping showing you the painful consequences – until you get it. Life will teach you the same lesson time after time after time, until you finally start to learn. Life will try to teach you what kind of people are bad for you, and what kind of situations makes you sick and weak, what kind of substances are a no-fly-zone for you, and what kind of existence brings you into bloom. Life will try to show you what was never meant to be yours, and life will try – by any means necessary – to teach you how to look for something else, when it’s time to change.

As we get older, there’s a trust that grows within us about life – that something out there is trying to teach us SOMETHING.

I was never as self-destructive as Amy Winehouse in my youth, but I certainly spent many, many years doing things to myself that were terribly bad for me. Like many of us, the only way I could ever learn where the boundaries were was to run about 10 miles past them. Only later, looking back over my shoulder – exhausted, ashamed, hurt, and defeated – could I see: “Oh! So I guess THAT was the boundary, then? About 10 miles back?”

I had to repeat these destructive behaviors dozens – sometimes hundreds – of times before I got the picture. It was painful, but apparently that’s the only way I could learn.

My pain was just life trying to show me what doesn’t work for me.

My heart breaks for all those restless souls who could not live long enough to let life teach them how to live it. And to all who are confused and lost and in pain right now, my prayer is that you will learn how to listen with trust and respect and love to what your life is trying to teach you. Your life is your friend. It’s trying to help you.

Slow down.

You’re too important.
Find the teaching hidden in the chaos.

Heart, LG
ALIGNING YOUR CAREER WITH YOUR RECOVERY/SPRITUAL GOALS AND FINDING MORE PURPOSE

By Jonathan Saltzburg,
Director of Executive Consulting Services

I was in my second year of the Master of Business Administration program at the Wharton School of the University of Pennsylvania when I had the opportunity to take a course with Dr. Jerry Wind, author and renowned expert in the in the field of marketing. Naturally, thinking that the world revolved around me, I would stop by Dr. Wind’s office frequently to chat and speak about business, marketing, finance, and overall career interests. Although I was performing well in his classes, I struggled to find direction and overall purpose in a number of areas during my last semester. I went to Dr. Wind’s office and I spoke to him about my dilemma of choosing between being happier overall by finding my ideal career or seeking the hot job pursued enthusiastically by countless peers. Dr. Wind suggested the following exercise to me:

“Pretend The New York Times is doing a piece on you ten years from now. What do you want it to say?”

I had no idea how to respond. What would I want this piece to say about me and my career, or about my overall integrity as a business man, a son, a sibling, a friend or a volunteer? My ego wanted to make sure that the article spoke about the millions of dollars I would make in private equity and/or venture capital; however, there was also that inner voice that whispered the possibility of something deeper and more substantial. What would this voice say? Perhaps, the article could speak about my personal qualities, but how was I demonstrating those qualities?

The exercise prompted me to think seriously about the idea of finding a career that is fulfilling personally as well as professionally and to which I feel truly connected.

I write about this experience because, as we engage in this process of recovery, part of that process may include seriously considering, for the first time, what we really aspire to do with our lives (as professionals, as volunteers, as leaders, and as individuals). This may or may not be consistent with what our parents, siblings, or significant others had in mind for our career, but this kind of reflection-based decision-making is an important part of the journey of recovery.
UPDATES ON THE ALL STAR RESIDENTIAL TEAM

By Ross Donahue
Operations Director

It is with great pleasure and excitement that I get to fill you all in on the latest and greatest news and accomplishments from the Ocean Drive Residential Staff. The team was busy in 2015, both inside and outside of the workplace, and we aren’t showing any signs of slowing down in 2016:

2015:

• 2015 was a big year for weddings, which allowed us to truly perfect our dance moves. The year started off with the wedding of Heidi and Andrew (AM Lead CA), followed by the Griselda’s (Housekeeper) wedding. And, in case you don’t know, Griselda can really dance! A short time later we celebrated the weddings of Stephen (Overnight Lead CA) and Kim (Medical Services Coordinator) and then Sean (Evening Operations Manager) and Josey (Primary Therapist). Congratulations to them all!

• But 2015 wasn’t just about weddings. Stephen, Marisol and Chef Laurie all bought their dream homes and have been extra busy moving and playing junior contractor.

• Two of our staff members received well deserved promotions. Scott, who formerly was in the CA department, is now working in the admissions department as a Case Specialist and Dan transitioned from a CA to his new role as a Neurofeedback Technician. If you need any help with a referral or want to have your brain mapped, we have you covered.

• Then came the blessed arrival of the babies. Scott kicked off the year with the birth of his first child, baby Julien, and Griselda finished out the year welcoming her twin grandchildren. They are both ecstatic but definitely have had some dark circles under their eyes recently.

• Finally, we welcomed seven new staff members in 2015. Please join me in welcoming Vanessa, Laura, Jessica, Scott C, Ben, Michelle and Sivilla to the CA team. They have all been wonderful additions and have truly complimented our already fantastic team.

As for things to come in 2016:

• I will be kicking the year of weddings off when in May I marry my fiancé, whom you all know as Nurse Julie.

• Michelle is closing on her first home in the next couple of weeks.

• As for babies, Chef Adam will kick off this year when he welcomes his new baby boy in May.

• Next up will be an influx of degrees. I will complete my Master of Health Administration degree in March, followed by Scott H, Nate and Vanessa receiving their Master of Social Work degree’s in May. Jessica will round out the spring semester with a BA in Psychology and Sean will begin his Master of Health Administration program as well.

I think you will agree that we have a lot to celebrate. And, we still have seven months to make 2016 one of the best years yet! I look forward to updating you all about more weddings, houses, promotions, babies, degrees and new hires in the future. We truly have a lot to be grateful for and appreciate the opportunity to work together.
NOW, BACK BY POPULAR DEMAND, TWO RECIPES FROM THE SEASPRAY AND 740 KITCHENS...

FRENCH TOAST CASSEROLE
From the kitchen of Chef Laurie
Serves 10-12 people

INGREDIENTS:
9 large eggs
2 cups milk
1/3 cup heavy cream
1/4 cup sugar
1 tablespoons pure vanilla extract
1/4 teaspoon ground nutmeg
2 teaspoon ground cinnamon
3/4 teaspoon ground ginger
1/2 teaspoon salt
1 loaf challah or brioche bread (sliced about 3/4 inch thick)
1/2 cup pecans (coarsely chopped or crushed)
3 tablespoons granulated sugar

DIRECTIONS:
1. Beat eggs in a bowl.
2. Whisk in milk, heavy cream, sugar, vanilla extract, nutmeg, ginger, cinnamon and salt.
3. Dip the bread slices into batter to coat. Overlap brioche slices in a greased 9 by 13 inch ceramic or glass baking dish. Pour remaining batter over top.
4. Refrigerate, covered, for at least 2 hours.
5. Preheat oven to 375 degrees
6. Top with pecans and sprinkle with 3 tablespoons sugar.
7. Bake, covered with parchment-lined foil, for 25 minutes. Uncover; bake until top is golden brown and crunchy, 20 to 25 minutes more. Serve with syrup.

MARINATED GREEK CHICKEN SKEWERS
From the kitchen of Chef Adam
Serves 3 - 4 people

INGREDIENTS:
1 (8 ounce) container fat-free plain yogurt
1/3 cup crumbled feta cheese
1/2 teaspoon lemon zest
2 tablespoons fresh lemon juice
2 teaspoons dried oregano
1/2 teaspoon salt
1/4 teaspoon ground black pepper
1/4 teaspoon crushed dried rosemary
1 pound skinless, boneless chicken breast halves - cut into 1 inch pieces
1 large red onion, cut into wedges
1 large green bell pepper, cut into 1 1/2 inch pieces

DIRECTIONS:
1. In a large shallow baking dish, mix the yogurt, lemon zest, lemon juice, oregano, salt, pepper, and rosemary. Place the chicken in the dish, and turn to coat. Cover, and marinate 3 hours in the refrigerator.
2. Preheat an outdoor grill for high heat.
3. Thread the chicken, onion wedges, and green bell pepper pieces alternately onto skewers. Discard remaining yogurt mixture.
4. Grill skewers on the prepared grill until the chicken is no longer pink and juices run clear.
5. Top with feta cheese when platting.
Theses are a great main course or appetizer for any event!
Note: when using wood skewers, soak in water for at least 1 hour prior to using.
PLEASE JOIN IN OUR WEEKLY ALUMNI SUPPORT GROUP

Where: Ocean Drive Offices, Client Lounge
When: Every Monday evening from 5:30 until 7pm
How: Either in-person or via go-to-meeting.
If you would like to join via GoToMeeting, please enter GoToMeeting ID 242-086-903 at www.gotomeeting.com. If you have questions about these or other Ocean Drive alumni events, please feel free to contact Liz Duffy at EDuffy@caron.org or call (561) 982-3043.

Support for the Family
Caron Renaissance offers Family Support Groups in addition to Continuing Care Groups. These Groups provide a place for ongoing support and encouragement from other families who have experienced similar situations relating to addiction and the family dynamic. More detailed information on each group is listed online at: www.CaronRenaissance.org/CRFamilySupportGroups