



The RTC Bulletin

Rainbow Treatment Center • March 2021

What Is Self-Care, Really?

Self-care is a concept that has existed in many different forms over the years. The general idea of self-care is that you will deliberately put aside time that is specifically dedicated to yourself and the care of your mental, physical, emotional, and spiritual well-being. Many people may affiliate it with bubble baths or journaling, and those can be great ways to start. However, the fact is that self-care, in reality, looks different for everyone. What refreshes one person might drain another and that is just fine. For instance, Self-care is all about finding balance within your life between your wants, needs, and desires. You are choosing to do something for yourself, for no other reason except to improve your overall mental and potentially physical health. The stress of being unemployed or working a full-time job, being a spouse, sibling, parent, and just having to be "on" all the time can really wear a person down and leave us empty.

To avoid burnout, compassion fatigue, or an entire mental breakdown, self-care can be a bridge that allows you to take a pause to catch your breath, have time to reflect or decompress for daily stresses. It can also allow you time to get to know yourself better, set some limits, and identify what truly brings you joy.

Best regards,

Pamela Morris

My Recovery Story

Greetings, my name is Joy, and I have been FREE from drugs and alcohol for 2 ½ years. I was bound by addiction to meth, marijuana, alcohol, and tobacco. Today I am set free and no longer chase the high. As a kid I knew what alcohol was and the pain it brought; because of this I vowed to never consume alcohol. I am glad my grandmothers took me to church as a child. 7th grade I started using marijuana and alcohol. The end of 8th grade I started using cocaine. 10th grade I met a "gangster" who was about that life and introduced me to meth. That relationship was toxic, and, in the end, I was almost killed. I was devastated by the way this relationship ended because I truly thought I was in love. I then fell deeper into meth addiction and dropped out of high school, turning my mom's house into a drug house. 17 years old I was arrested, placed on probation, and ended going to treatment because I could not pass a drug test. I returned from treatment wanting to do better but fell back into addiction. At 19 years old I committed my life to Jesus Christ, joined the youth group, received my GED, received Christian Ministry AA degree, and got married. For a short

while I fell back into addiction but got back on the right track. My husband and I got involved in Church, joined the worship team, and were youth leaders. All was well until I stopped praying and seeking God. 2014 I started smoking cigarettes, using cocaine, stopped going to church, and then using meth after my grandpa died. Marriage problems and losing my job followed. I turned for the worse. I left my husband and cheated. I put my son in dangerous situations. I started not to care. This led to losing my home, my son, my husband, my vehicle, and basically my sanity. What I gained was not beautiful, there was guilt, shame, loneliness, hurt, pain, loss of trust, and abuse. Getting high was my escape. I turned to the dark and wicked things. I ended up in a relationship that was abusive and caused myself great pain and suffering. I put myself in a lot of dangerous situations and did not care. At the time I loved those situations. I stole. I cheated. I lied. I was so far gone I thought I would never return to Christ. I would go to sleep at night wondering if I would ever make heaven my home.

Then in the morning I did not care again and went back to being wicked. I embraced witchcraft and satanism and renounced God.

BUT GOD... this statement makes me cry because HE came in and intervened. I started getting put in jail more often. Every time I was in jail, I cried out to God; then I got out and went back to my addiction. This last time in jail I fasted and experience a breakthrough in my cell. I finally truly cried out to God and asked for His help. I got out of jail and went back to my addiction that lasted for a couple months. June 2018, I had court, placed on probation, ordered to go to treatment (by my request), and moved back with my grandma. Attended church and rededicated my life to Jesus Christ. I joined Rainbow Treatment Center's Women's Residential for 3 weeks, then the Bridge Program for a month, then Outpatient Treatment for 4 months, and moved on to the Scholarship Program. I have been with Scholarship since June 2019 and have 4 more classes until I receive my AA Degree in Business Accounting. I also got involved with my church

Self-Care by Kristen Ellsworth

"Best wishes as you practice self-care. Stay safe!"

During the pandemic, it is even more important than ever to take time for self-care. In addition to masking up, washing our hands, and social distancing, we can take care of ourselves physically, mentally, emotionally, and spiritually. Here are a few ideas for self-care in each area. There are many more. Find what works for you and make it your own! Even a few minutes a day can make a difference.

Physical

- Exercise
- Get enough sleep
- Eat healthy foods

Mental

- Engage in personal hobbies
- Learn something new that interests you
- Try mindfulness exercises
- Do a puzzle of some kind

Emotional

- Practice self-compassion
- Take a break when stress is high
- Talk to someone you trust
- Write in a journal

Spiritual

- Connect to nature
- Pray or meditate
- Participate in spiritual or religious practices

My Story Continued...

involved with my church and am now a greeter, children's leader, and outreach minister. God has definitely changed my life. I have my son back and relationships are being restored. I have my trust back with my family. God has been providing and restoring. I am no longer the old person. I am new. I am different. I am better. There is more ahead.

I want to take this time and say that God has a prosperous life and future planned for you. If you struggle with addiction, there are resources out there that can help you get out of it. Family members of those struggling with addiction, do not give up on them. There is hope for us. Keep praying for them. I hope what I have written encourages you. Thank you.

*make
yourself
a priority.*

UPCOMING EVENT
Virtual Substance Abuse
Conference in June
More info soon!

Need someone to talk to?
Call us to talk to a counselor.
1-888-338-0003

From the Intake Department

Since 1975, we at the Rainbow Treatment Center have been helping our Native people overcome alcoholism and drug addiction.

Our hours of service are from 8:00am to 5:00pm Monday thru Friday, with an emergency phone line available on the weekends. There is always someone standing by to help you.

The RTC Intake Department is supervised by Dr. Donna Stevens, and coordinated by Selma Declay, BHT (*BHT stands for Behavioral Health Technician*). Your phone call will be directed to Aaron Tate, BHT, who will collect your basic information, such as phone number, address, birth date, etc. Next, Jackie Manuel, BHT, or Patsey Clawson, BHT, will schedule a time for your assessment over the phone. The assessment is simply a set of questions you will be asked in order to help RTC understand your situation and provide you with the best treatment.

Your assessment information will remain confidential and will be given to Linda Gushoney, BHT, who will prepare a Treatment Plan based on the assessment. When the written Treatment Plan is complete, Linda will phone you (and mail you a letter) that lets you know you are ready to begin your RTC classes. All of us at RTC look forward to welcoming new clients, as well as former clients who may be returning.

You will be happy to know that our Intake staff, as well as *all* of the 130 employees at RTC, are continually updating our professional skills through frequent training sessions. During the pandemic, we have continued our training via Zoom, just like our clients have been attending their classes via Zoom. We look forward to the end of the pandemic so we can return to the RTC classrooms and greet our wonderful clients and assist them in-person. If you, or someone you know, needs our services, please reach-out to us and let us help. You will be glad you did.

What is the Working to Wellness Program? - Eliza Lupe & Norma Kinney

The Working to Wellness Work Program is a program initiated by Substance Abuse Counselors who recognized that successful employment gave clients meaning, social support, direction, built self-esteem, offered structure and provided financial well-being. These important factors assisted client in maintaining a sober lifestyle. A Substance Abuse Counselor would assist a client to gain work related skills and confidence, so that clients could potentially gain employment. This is the very reason; Rainbow Treatment Center created the Work Rehabilitation Program to assist those type of clients. By understanding the struggle clients have with substance abuse and providing them with the necessary skills, attitude and motivation to seek full time employment. Some key purposes for the program are to develop self-esteem, assist participants in gaining and maintaining employment, assist participants in seeking permanent full-time employment, assist participants in providing financial stability for their families, providing support to with stand 'triggers' to prevent relapse and how to apply and prepare for a job interview.

Here are 10 tips on to "How to Be an Effective Team Member" things that management looks for in an employee.

1. **RELIABILITY:** A person who gets the work done, follows through consistently and can be counted on all the time.
2. **COMMUNICATES CONSTRUCTIVELY:** A person who speaks up and express thoughts and ideas clearly, directly and honestly. And makes suggestions in a positive, confident and respectful manner.
3. **LISTENS ACTIVELY:** A person who can receive criticism without reacting defensively but listens first and speaks second.
4. **ACTIVE PARTICIPANT:** A person who comes prepared for active participation at work, someone who listens and speaks up with respect in discussions and does not back on the sidelines.
5. **SHARES OPENLY AND WILLINGLY:** A person who is willing to share information, knowledge and experience. Takes initiative-does not always have to be told what to do and keeps all team members informed to get the job done.
6. **COOPERATES AND PITCHES IN TO HELP:** A person who figures out ways to work

together to solve problems and get the work done and pitches in to help get things done.

7. **EXHIBITS FLEXIBILITY:** Someone who deals with change in a positive way, does not complain, whine or get stressed out because of something new and is able to adapt to changing situations.
8. **COMMITMENT TO THE TEAM:** Someone who cares about their work, cares about the team, and shows up every day with a positive attitude.
9. **WORKS AS A PROBLEM-SOLVER:** Someone who is willing to deal in a positive way with problems, and Solution oriented.
10. **TREAT OTHERS IN A RESPECTFUL AND SUPPORTIVE MANNER:** Being Courteous, considerate, understanding, team player and work as a professional.

If you have any further question, please feel free to call us:

(928) 338-3935

The hardest part of your recovery is that you have to keep at it, everyday, all day, on good days, and on bad days. No Matter What.



Thank you to all our RTC clients who have continued with your program during the Covid-19 pandemic/shutdown. Welcome back to those of you who are returning, and welcome to all our new clients. If you or anyone you know is interested in any programs that RTC has to offer, please call our office at 928-338-4858 with any questions you may have. Reminder, we continue to do assessments on a daily basis via phone calls. RTC is also offering Online Counseling Incentives for Sobriety which is a "Rewards Program" for all active clients.



"Helping those who struggle with substance abuse since 1976."

Rainbow Treatment Center: P.O. Box 1790 • 302 W. Ponderosa Dr. • (928) 338-4858 • Fax: (928) 338-1987
Outpatient Building: 306 Bengay Dr. • (928) 338-4853/5122
CBQ RTC: 293 E Rodeo Dr. Cibecue, AZ • (928) 332-2305

Whiteriver Restaurant Update — Kristopher Bergen

The Restaurant team has been feeding positive Covid-19 patients and first responders nearing 12,000 meals since May of 2020. Currently providing services to patients but also attending to students who are interested in Culinary while continuing a life of recovery. Rainbow Culinary Program facilitates Zoom classes focused on Mindful Cooking and Storytelling from Elders in our community Tuesdays 7pm. RCP is currently exploring ways to serve our community in a safe environment while observing pandemic protocols. We will keep in touch as things evolve.

Thank you and don't be a dry-guy wear a mask.

Current Restaurant Hours:

Tuesday – Saturday
12 Noon to 6 PM

For orders: (928) 338-4927

We're on the WEB!

Follow us online at the following links.

Website: <http://rainbowtreatmentcenter.net>

Facebook & Instagram:
@WMATRTC

Stay sober. Make amends.

Show up for others.

Have courage. Be selfless. Pray.

Remain grateful. Love yourself.

Love others. Face your fears.

**Tune in to KNNB
EVERY FRIDAY for
RTC's talk show
at 11AM!**

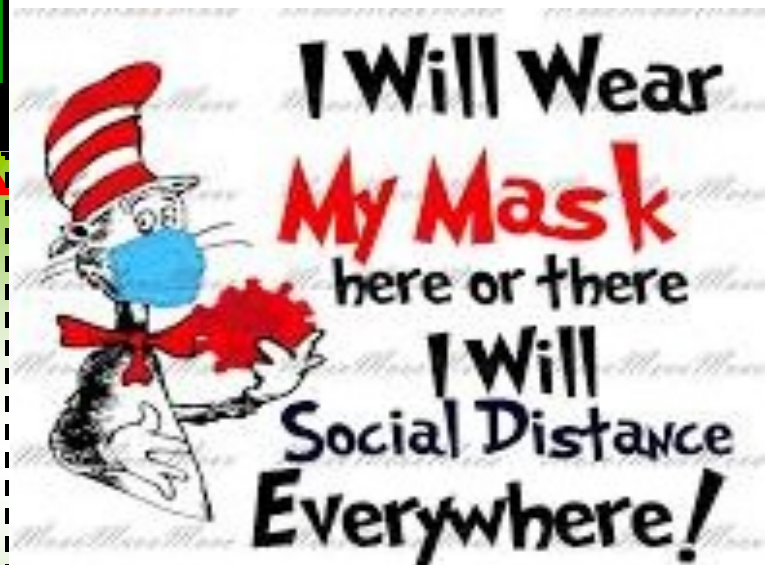
New Groups Starting Soon!

SOBRIETY WITH GRIEF AND LOSS

Facilitators: Donna & Jon
Every Thursday @ 11AM
Beginning April 8, 2021
@ 11 AM

SOBRIETY AND SELF-ESTEEM

Facilitators: Donna & Mariella
Every Friday @ 11AM
Beginning April 9, 2021



**please continue
to mask up!**