

The RTC Bulletin

Another Successful Basketball Camp

Submitted by Keoni Hill



The design on the Under Armour bags given to all participants.



Ryneldi and her assistant Theo ready for a day of fun.

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"The struggle you're in today is developing the strength you need for tomorrow."

The Rainbow Treatment Center sponsored the 2017 Holiday Basketball Camp on December 27 & 28, 2018. The camp was held for the youth in grades 1st through 8th and this time it was hosted at the Whiteriver Elementary School. The overall success of the camp can largely be credited to the camp facilitator Ryneldi Be-centi and her assistant Theo. Ryneldi comes to us from Farmington, NM to help RTC pull off its second successful camp in 2017. Ryneldi is a former Arizona State University and Phoenix Mercury basketball player. She has put on many camps throughout Arizona and the United States.

There were over 150 students that attended

the camps within the two days. On December 27 the camp was held for the 6th through 8th graders and on December 28 it was held for the 1st through 3rd graders in the morning and wrapped up with 4th and 5th graders in the afternoon. Ryneldi pushed the students and made sure they understood the concepts of hustling and teamwork in the game of basketball. The students were put through numerous drills and mini games interacting in competitions with Rainbow Treatment Center staff. Ryneldi made sure that all the students participated and worked with those that needed a little bit of extra help. At the end of the each sessions, Ryneldi rounded up all the students in

attendance and gave them a talk about the importance of education and her background story of growing up and how she got the opportunity to play in the WNBA. As the camp was completed, each of the students left with a t-shirt, water bottle, and an Under Armour backpack provided by RTC but the best sight was to see them leave with a smile of gratitude. With the rousing success of the Rainbow Treatment Center Basketball Camps in 2017, will be hosting a few more camps in 2018. So keep an eye out for the flyers and we look forward to working with more of the youth at these upcoming events.



The students all gathered around listening to what is being said, while some eager to ask questions.

Addiction, A Brain Disease?

Submitted by John Zacher, RTC Clinical Director

Addiction to alcohol or other drugs has been around for thousands of years but still remains as a mystery to many. Why don't my loved ones get well, why don't they quit, why don't they learn their lesson, why? The questions are many and have gone unanswered for thousands of years. Many different forms of behavior change have been used to treat the addict, from being locked up in stocks in the city square to being locked up in prison far away from the public eye. Yet the addict continues to use despite the harshest of treatments.

In 1953 the World Health Organization issued a definition of addiction as a disease. In 1966 the American Medical Association created a diagnosis as a disease. Research on the idea of addiction as a disease started in the 1960's and continues today. Debate about the idea of it being a disease continues as well. Some people see it as a moral weakness or a product of genetics and culture. What is the answer to all of our questions.

I have worked in the treatment business since 1983 and much has changed in these years. I have studied the research work of some of our leading researchers and today I wish to share some of the thoughts they have shared with all of us who work with those who still suffer.

The human body is made up of chemicals that work through various pathways or circuits. There are billions of cells that are controlled by the brain that make our bodies work. The human being is truly "wonderfully made" and a marvel to behold. The human brain is made up of different parts and each part controls different functions for our body. All of these circuits must work together in harmony for us to be healthy. The cells in the brain and the body must be able to communicate with each other for this balance to occur. When we add substances like psychoactive drugs all of this changes.

Drugs change the delicate balance of chemicals in the brain. It overproduces some and stops producing others. Over time the presence of drugs in the body and the brain begins to damage the cells and the body itself. The body begins to depend on the drugs "to feel good or normal". We now have dependency. The body craves for more drugs, to feel good. Detoxification is the process the body uses to "get the chemicals and cells back in balance". This often requires medical attention.

This where the idea of addiction being a brain disease began and is being proven through research.

Treatment

of addiction needs to focus on establishing and maintain the chemical balance the body requires. It also requires the repairing of all the damage done to a person's body, mind, relationships and spirit. Treatment requires a new "EVERYTHING" in a person. We have to fix our body, change our diet, change how we think and feel, change how we react to the world around us and how we live in the world around us. Recovery from a chronic disease is a life long process.

So is addiction a disease, yes it is. It's a disease of the body, mind, emotions and spirit. It won't get better unless it is treated in every aspect by a team of professionals. At Rainbow Treatment Center we approach addiction as a disease. What drug I use is a symptom of my disease but the disease is centered in my brain and in my spirit.



Mr. Zacher pictured with Ryneldi after the staff in-service.

Recovery requires work but the pay is INCREDIBLE! Stay Strong & Don't

Recovery requires work but the pay is INCREDIBLE! Stay Strong & Don't Give Up!



Congratulations to Rainbow Treatment Center Clients for finishing the AZ Rock and Roll 10K, Half Marathon and the Full Marathon on January 14, 2018 in Phoenix, Az. We are proud of your accomplishments!

Ten clients from the **Stepping to Sobriety** class worked hard every day to prepare for the AZ Rock and Roll Marathon.

These clients were out in the cold and in the rain running through the streets of

Whiteriver, slowly starting from 1 to 2 miles and increasing their running miles every week eventually running a half marathon to prepare for this big run.

These clients set a goal and they accomplished it; with hard work, determination and dedication anything is possible.

If you have any questions regarding the **Stepping to Sobriety** class, you can call the class facilitator Ranelda Hastings at (928) 338-1307. Classes are held on Mondays, Wednesdays, and Fridays: 10:30am to 12:00pm.

The Runner's Prayer (By Carolyn Erdman & Jay Hodde)

*Lord, watch over me today as I run.
This is the day and this is the time
for the race.*

*Watch over my body.
Keep it free injury.*

*Watch over my mind.
May I listen to the signals from
within as I enjoy the scenes from
without.*

Watch over my spirit.

*Watch over my competitors.
Remind us that we are all struggling
equally.*

*Lord, let me win.
Not by coming in ahead of my
friends, but by beating myself.*

*Let it be an inner win.
A battle won over me.*

Break Time Word Find

ADDICTION
ALCHESAY
BAGS
BASKETBALL
BECENTI
CENTER
DISEASE
DRUGS
GOALS
HUSTLE
MARATHON



RAINBOW
ROCKANDROLL
RUNNERS
RYNELDI
SHIRTS
SOBRIETY
TEAMWORK
THEO
TREATMENT
YOUTH

We're on the Web!
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EVENTS

Tune into KNNB for the RTC talk show every other Wednesday. On March 28 @ 11AM we will have the Scholarship Program on air.



2017 Client "Cowboy Christmas" Holiday Party

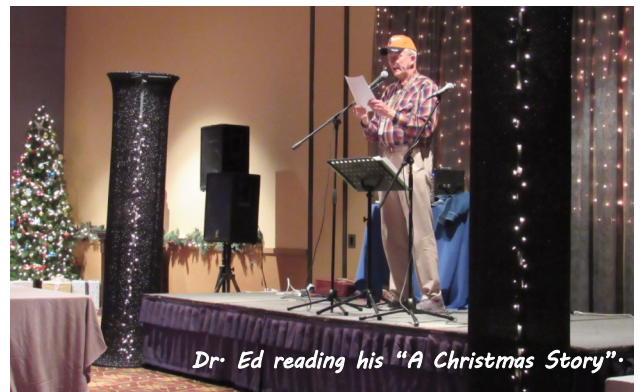
held on December 13, 2017 at Hon-Dah was a huge success. Clients and their families enjoyed a delicious holiday meal followed by desserts. They were also given a chance to take photos with Santa.



Staff wrapped hundreds of gifts for all the children in attendance of the Holiday Party.



RTC Staff started off 2018 with a "Staff Development" for 2 days in Hon-Dah with presentations and team building exercises.



Dr. Ed reading his "A Christmas Story".



CONGRATULATIONS FALCONS!

As the Alchesay Falcons had yet another impeccable basketball season, Rainbow Treatment Center proudly supported them and cheered them on at their home games. The Events & Outreach Dept. along with other staff members were in attendance at the Activity Center to hand out Seat Cushions, Pom Poms, T-Shirts (design pictured), Water Bottles, & Stickers. **CONGRATULATIONS** to both the Lady Falcons and Falcon Boys on their season.

Falcon Boys 2A State Runner-Ups