



# RTC Bulletin

Vol. 1 Issue 4

June/ July : 2018

July :

## Rainbow Treatment Center Keeps Busy For June and July!

### Cibecue Basketball Tournament

**VONDA Walks  
McNary/Hondah  
CBQ·Whiteriver  
June 4, 6, & 8, 2018**

**2018 Substance  
Abuse Conference  
June 13 & 14, 2018**

**Family  
Night**

**Eaglets & Family Discovery  
Camp - Hawley Lake  
June 19 - 22, 2018**

**Cibecue Family Day  
July 2, 2018**

**RTC Open House  
July 20, 2018**

**2018 Health Fairs  
McNary/Cibecue/Whiteriver  
July 12, 19, & 26, 2018**

**RTC Staff/Family Picnic  
Hawley Lake  
July 27, 2018**

McNary/Hondah VONDA walk participants warming up before the walk.



Cibecue's annual outdoor basketball tournament hosted by the CBQ Rainbow Treatment Center. One of the games well underway at Germantown's basketball court. Was a beautiful day for playing. With the hot weather, there was an endless supplies of water, fruits, and snacks on hand for all players.

*There is always great joy in learning that something you've said or done has been meaningful to another, especially when you do it without any thought of receiving anything in return. Your gift doesn't even have to be material. Helping others in a way - with a smile, a nod, or a pat on the back - warms the heart.*



RTC staff ready to serve everyone who came out to enjoy the basketball tournament.



Miss CBQ Apache Princess joins in for the walk in her community with her message, "Hugs Not Drugs".

*There is no substitute for work. Worthwhile results come from hard work and careful planning.*



# Photos From RTC Events



Balloon release after the Whiteriver Victory Over Native (American) Drugs and Alcohol awareness walk.



One of our breakout session presenters, Laramie Smith, who taught fly fishing.



Family Night themed "Under the Sea", which was held in conjunction with the conference was enjoyed by both children and adults as they were entertained by Hula dancers.



Mr. Rustin from Game & Fish presenting to the Eaglet's Kid's Camp attendees. He and his helpers raffled off a fishing pole and one lucky kid took a pole home.



RTC staff taking the stroll around Earl's Lake with the Eaglets.



Children anxiously waiting to get their face painted during the CBQ Family Fun day hosted by RTC. This event kicked off their community 4th of July celebration.



This group of children thoroughly enjoying playing with water while waiting on lunch to be served.



Was a nice day to be out at Hawley Lake.



CHR Program was one of many departments in attendance with their information booth at the Open House.



Ladies waiting to tour the newly remodeled RTC main building during the Open House.



Watermelon eating contest during the staff/family picnic.



## RTC Apache Warriors Participate in Spartans Race

### By Lenea DeClay

The Spartan journey began with a mere suggestion, luckily, Rainbow Treatment Center has supervisors who believe in self-care, who are willing to support their staff and who lead by example. I'd like to thank Michelle Perry for supporting this crazy idea from the beginning. She was able to get the paperwork started and drafted the necessary documents to give RTC employees an experience they will never forget. This event was open to all RTC staff but only a few accepted the challenge. We devoted three months of our lives to training for the event; through wind, rain, what felt like freezing temps and of course through the scorching heat everyone gave 100%. One of the compliments we received from Adrian was he has never had a group work so hard and not complain once. That's how we do it at RTC! Big thanks to Trainer Adrian Riley who provided the crucial training and support we needed to complete the event. Three days a week we met with Adrian and trained for approximately 2 hours per session. In the beginning it was extremely difficult, I even doubted myself at certain points, especially when carrying a 70lb anvil around the grand stand. Our bodies were bruised but we wore those bruises like a badge of honor. As the training progressed we all began to gain confidence and realize we are capable of doing so much more than we ever thought possible. We climbed ropes, carried kegs filled with sand, ran miles of stairs and bleachers and of course did countless push-ups and burpees. Thanks to the training the event was surprisingly

easier than we thought; we give credit to Adrian for getting us out of our comfort zones and pushing us past our limits. He said "Your training should always be harder than the actual event" and believe me, the training was very challenging from beginning to end.

Spartan is more than a race it is a way of life. As Spartans we believe you can't grow without pressure, that obstacles help shift our frame of reference and make us more resilient. The Spartan Sprint is designed to test your mental fortitude and physical strength. It is 3+ miles of 20+ obstacles ranging from wall climbing, rope climbing, box jumps, and jump rope just to name a few. This particular event was held in the University of Phoenix Stadium, home of the Arizona Cardinals. The race took us into the locker room of the cardinals and allowed us to

see parts of the stadium others will never see. This experience brought us closer together, the encouragement and support we received from each other was unbelievable.

Working at the Rainbow Treatment Center, we are advised that we are "dealing with people's lives" and being an employee here, we don't take that lightly. We take great fulfillment in our quest to help our people, we spend hours preparing, teaching, guiding and providing support. Working in the helping profession can also be highly stressful and we are also advised to "take care of ourselves" Therefore, our commitment to this program has



Some of the RTC Apache Warriors after completing the course. L-R: (Standing: Trainer - Adrian Riley, Onalee Massey, Shanna Edwards-Antonio, Clarion Henry, Lenea DeClay, Malinda Edwards, Kateri Parker, Brenda Paxson, Tiffany Hinton, Steven Benally. Kneeling: Konawva Beatty, Felicia Suttle

helped us cope with the stress that is not physically seen but felt mentally, emotionally and spiritually of working at Rainbow Treatment Center. We can't help others if we can't help ourselves and alleviating the stressors through the Spartan training has actually helped with our energy levels, increased productivity and thought process. I am extremely proud of the participants and their dedication to the training program. It was an incredible journey but the journey is not complete until we get that Trifecta! As Spartans we have set our site on the next level of Spartan racing... the Spartan Super. Thank you so much to all those who made this experience possible!

Thank you, Rainbow Treatment Center.

#### Spartan's Race Participants

Shanna Antonio-Edwards  
Konawva Beatty  
Steven Benally  
Lenea DeClay  
Malinda Edwards  
Clarion Henry  
Tiffany Hinton  
Jonathan Lacapa  
Onalee Massey  
Chancey Pahe  
Heather Pahe  
Kateri Parker  
Brenda Paxson  
Michelle Perry  
Bret Quintero  
Norberta Quintero  
Adrian Riley  
Felicia Suttle  
Jason Varney



Melinda E., Onalee M., Clarion H., and Michelle P. happily running along the course as a team.





**Main Building**  
302 W. Ponderosa Dr.  
Whiteriver, AZ 85941  
**Business Hours**  
Monday - Friday  
8:00AM - 5:00PM

**Phone:** (928) 338-4858  
**Fax:** (928) 338-1987

**CIBECUE RTC:**  
**(928) 332-2305**

*Helping those who struggle  
with Substance Abuse since  
1976.*

**Check us out on the web!**  
[www.rainbowtreatmentcenter.net](http://www.rainbowtreatmentcenter.net)



## One Spartan's Training Experience

Good job teammates! Good job to the RTC leadership for allowing such an incredible opportunity to it's staff member and providing great support to encourage wellness! The experience of the Spartan training was pretty incredible for me. I have to say I surprised myself, since I don't like to get dirty or to sweat, I especially don't like my hands to get dirty. The Spartan training was crazy intense, our workouts meant I had to roll around on the ground, touch the ground, the dirt, the walkways, the equipment, tires, anvils, sweaty bags, then wipe the sweat from my brow, leaving a brown streak across my forehead. Eventually I got over it and just focused on keeping up with everyone else. I didn't know everyone on the team at first, since there isn't much time for talking during training. After a few sessions I started to recog-



**#WeAreSpartan**  
**#39of162Teams**

The challenge of training for a race is quite new to me. After training for the Tillman run I decided I would continue training because it made me feel good and was fun. The intensity of the Spartan training however was something different and on a whole other level. It was not fun at first. Over time I noticed that I felt confidence in my physical abilities, I felt motivated by others work and felt the camaraderie that can only come with intense effort and shared purpose. In the process of training my coworkers became my teammates and I definitely feel closer to all those who shared my pain and triumph. I am certain if we apply this same commitment and support to our tasks as employees our organization will continue to be phenomenal. - Jonathan Lacapa

nize and remember everyone's name, especially those who were always encouraging each other. I noticed the encouragement was like an energy boost, I started to try to encourage people as well. Sometimes I'd show up to training with so much on my mind work issues, employment issues, family issues, and I didn't want to be at training, I'd sit in my car and just want to go home. I always got out of my car though, I was sure if the RTC staff can do it, then so could I! After our training sessions, I'd feel amazing! The endorphins were incredible! All the issues I was faced with would be forgotten, I'd even have energy to do things at home!! The trainer was tough and encouraging, he was always 1-step ahead of what we needed to train on, the amount of work everyone put into the workouts started to show! I really didn't know what my body was capable of until this training. The team started to comment on the

physical changes that were occurring throughout the team, I started wondering why I wasn't losing weight or why I didn't see any muscles, I actually gained 8 lbs!!! I was discouraged until I unpacked my favorite pair of threadbare jeans I've had for 10 years and I finally saw the difference I was pleasantly surprised. I know, I know, I was in the military so I should be used to this right? nope, I was such a Barbie in the military, I was dainty, skinny and complained a lot haha! This training was mos def tougher than the military, makes me wonder if our trainer was in the military, if not, for sure in a previous life he helped build the pyramids. Lastly I just want to thank RTC for inviting me, for allowing me to be a part of this - it meant the world to me! I'm hoping we keep going, so what is the next event we're doing?

**From: Jessica Rudolpho**  
**DHP Executive Director**