

Resiliency

Purpose

Care

TRANSFORMATIONS

we do recover

Faith

Hope

Self-Determination



Welcome.....

As we go through the process of recovery, transformations take place. We find out who we are, why we are here and begin to discover our true potential. If we apply ourselves we have the opportunity to reconnect with family, with friends and become productive members of society.

In keeping with this spirit, Northeast Treatment Centers proudly offers "Transformations"

This newsletter is designed to show the changes in people's lives that are made through an innovative program coupled with devoted staff, clear purpose, hope and faith. These things you will find when you open the pages of "TRANSFORMATIONS"

GIL G.



The Mission

The mission of this newsletter is to proudly display who we are, what we do and have done and our vision for the future. We confidently seek to inspire all that we can in the belief that we do recover and that possibilities are virtually endless. It is also our hope to reawaken dreams that were lost through the opportunities we provide and the triumphs of others.

Here and Now

Right now I feel good, my first two weeks here I hated the staff and the people, but through my group counselor and my peers I began to open and share what I felt. The warmth and how I was embraced changed my outlook on being here and now I look forward to coming here. Now I look forward to each and every group that I attend. I'm very grateful, I can actually share my innermost feelings and I feel blessed to be able to share and help others.

Lenwood Walter Jr.

When I first came into the Net's Wharton Center I felt as though there was nothing I could learn, that there was nothing I needed. I thought because I was older than everybody that I knew more. In spite of everything I learned a lot and I grew. We all may have had disagreements but through those disagreements I learned even more. With a support group of family, friends, community and strong significant other, I am happier than I've ever been in my life....**Rene Tindal**

There are more reasons than I could ever count for being grateful. My life is so full and so rich as compared to the confusion, pain and hopelessness of addiction. To be privileged to help others and to be productive lets me look in the mirror and like what I see and who I am. The NET has afforded me untold opportunities to realize dreams that I thought were lost and dreams I never knew I had and did not have the courage to pursue. The morning when I wake is the best part because I never know who may need my help or who may help me. The wrong side of the bed is an illusion for those who have not found hope, purpose and people to share with. These things with the grace of God I've found and cling to...Life again is so good and I get to share it with all that I meet**Gil G.....**

At this point in my life as someone who successfully completed the program I can honestly say that the NET gave me my life back. I still come back occasionally to see those who are still here and to see how I can help. Before I came to the NET I didn't really know how bad my life had become.

After 60 days at The Wharton Center with the help and counsel of people like Gil, Louis, Norm and others I began to learn, Then there was 8 months of I.O.P. and O.P. which gave me more tools that I keep with me and use each and every day of my life. I believe recovery for me would have been impossible had it not been for the NET. Being armed with all these tools I just have to continually put them to use and the struggle lessens each and every day**Steve Richardson**

Today I am feeling connected with my recovery and much more attached to the rooms of recovery. I say today with a strong conviction because the people in recovery stressed that I stay inside this very day that's been given to me and if necessary-this very moment! I feel a sense of freedom not only from incarceration but from a stronger bondage than that...the disease of addiction. Today, I will make my goal to obtain more tools to enable myself in staying clean and placing more balance in my life of recovery.....**Kenneth Harris**



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Recovery is change. During this process you can obtain the tools to make change possible. Through prayer, friendship and fellowship change is and always will...make a better you.
John Cox

I feel grateful, I feel hopeful and I feel positive-and I feel like going on.....
I always want to extend my hand and participate in whatever I can do to help others... **Lawrence Pickens**



I'm good... I'm a little anxious because I leave in a few days, however I feel sure I'm equipped with some tools that I know will save my life. I'll know how to respond to situations that previously had me lost. I know that service is a requirement because it helps me stay clean and gives me the opportunity to help others do better and fulfill God's will..**Kenny Harris**

Right now I feel coming into the Wharton Center saved my life. Coming here helped me to change my life. I have my family back, my job back and I'm looking forward to staying clean.

My recovery is very important to me today and I also have new friends in my life-friends that are not using.....**Henry Thomas**

Just for today I would like to talk to all of you about our recovery and just remind all of us that we are all addicts. But just for today maybe we can set aq new goal and make friends, help another person get clean and sober and remember that all of our problems are the same and all of the paths of our lives in addiction were wrong-but just for today we can be strong and help another person get along. Just for today I know my choices can be better. Just for today I know all my sobrieties can make me stronger. Just for today I know I will never need drugs no longer. Today the NET has given me a new way. Just for today I hope we can stay clean and sober and live our lives with no more damage, no more struggles, no more sorrows and pain and just remember in all our addictions we are all the same.....**John Turing**

It's been a great experience for me to have found the foundation of the NET. This is a chance to change and believe in yourself again. Throughout my physical difficulties I've been able to manage to uphold my duties in the program. By me helping others, it strengthens me, gives me purpose and confidence. I help children, adults and ultimately myself.

I'm scheduled to be here one day a week but I come in as much as I can. I proudly look at my certificates for being responsible and it only makes me want to achieve more.....**Robert McKeithan**

The Second Annual Recovery Recognition Day

On April 8th, 2009 we celebrated our second annual Recovery Recognition Day celebration. Mere words cannot suffice to portray this occasion. There were smiles everywhere. Pride, dignity, and feelings of accomplishment were in the air. Everyone was dressed in their finest and those who attended for the first time were in awe. Happiness spread throughout the room as everyone arrived seeing old and new friends. Alumni returned to take part and by their presence, continued to validate what we do at the NET. I looked in the faces of the guest speakers as they watched everyone arrive and on their faces was a look of contentment and pride, it was obvious they were honored and where they wanted to be. As everyone spoke the theme stayed the same-there was an inherent pride in being a part of the NET. Everyone spoke from the heart and heaped praise on the accomplishments of us all. One of the most wonderful things was getting a perspective on how many of us have become peer specialists-it is truly phenomenal. Staff members spoke and expressed their pride in how we are always moving forward. This affair rivaled the OSCARS. The food was great, the tables were beautiful and there was constant laughter in the air. I'm sure that many thought as I did as the affair came to an end-We can't wait till' next year.....So we can do it again!!

Work and Fulfillment.....

To have the opportunity and responsibility of helping others help themselves has proven to be an experience that carries over into your everyday life because of the fulfillment that can be attained. No money, no drug or drink can match the feeling of seeing someone who previously were negative, lost and without hope become reawakened. To know you have played a part is indescribable. Work no longer becomes just work-it becomes challenging, purposeful and ultimately productive-yielding this rare gift of fulfillment.

What follows are the comments of those who have these opportunities here at the NET.....

Well..In the year that I have been here, I have seen a lot. There is a caring for the people here from the management and staff that shows responsible concern- this is something I really appreciate. What I also like are the training classes that the consumers receive at the Resource center on Parenting, Anger Management, Job Placement, Housing and the total assistance of staff. The support, camaraderie and teamwork among us all and the permeating theme of Responsible Concern exists on all levels-Thank you for allowing me to be a part of the Net.....**Katherine Griffin**

My name is Derrick Scott, I am the HIV Prevention Coordinator. I have found working here at the NET to be one of the most rewarding jobs I have had in a long time. What made it great has been management's support from the very beginning, whether it being in ordering supplies for testing or whatever was needed to keep the HIV prevention program going strong. I have worked for other Drug Treatment programs and found them to be lacking in this area and not because of lack of funds, but because they could. I do the work I do because I believe that sexual health is very important-something we often take for granted.....**Derrick Scott**

Although I may get overwhelmed at times, my strength is restored by faith, the willingness to help others and seeing the improvement in the behaviors of the clients here.....**Wanda Hudson**

It is impossible for me to adequately express my gratitude and thanks for the things that I've been allowed to do at the NET. Opportunities are everywhere I look. On so many days I may have been tired or frustrated as life hands you what it does and then the clients here rejuvenate my spirit. Knowing that more so than not, I have an answer, or a resource, I constantly feel equipped and confident. I don't feel like just an employee- it feels more like belonging to a family. A family that I've grown and learned with that keeps expanding... I am blessed.....**Gil Gadson**

I'm a computer specialist. Most of my job is done with other techs or alone. The occasions where consumers here at the NET need my help have become the best part of my day. I see people who previously were afraid of technology become hungry for knowledge and beam with pride and accomplishment as their skills increase. The looks of surprise as they realize what they are able to do is truly priceless-these are the moments I take home with me....thank you.....**Karl Gordon**

I'm at the front door. Being the receptionist I actually get to see the clients as they walk through the doors of the NET for the first time. There will be those who struggle or who may not stay but for the most part I get to see others as they grow. Some of my co-workers are those who walked through these doors beaten, tired and with low self esteem. They now stand tall, are full of pride, accomplishment and have joined me in what we do at the NET. There is frustration on some days-that's just life, but What keeps me going is my firm belief that I am where God wants me-here..in a position where I can help others.....**Judy Cruz**

Coming into the NET was a challenge for me. Helping clients that are dual-diagnosed was not easy, however, through the concept of one- day- at- a-time, I was able to focus and become better at what I do. I believe one of my greatest strengths besides being a professional is the fact that I really care. I like to think that the clients know this and thus we form relationships that open doors for both of us. I feel that God has brought me to this place to help others on their road to recovery and fulfillment in my life..... **Nicole Taylor**

I don't do this for the money. I do this for the simple sake of humanity. My children will grow up in this world. The things I learn by working with the clients helps keep me in touch and in tune with what I need to do to help the ones I love, myself and anyone I come in contact with. I come in some days when I'm not scheduled because sacrifice has now become a joy and a privilege.....**Charles J.**

I woke up this morning, prayed and thank God for another blessed day. Then I thought about how great recovery really has been for me. I work at a job I love, I got my license back and a whole new life where I'm helping others each and every day..... **Ronald Wilcox**

The NET

FINDING A WAY.....

There are obstacles and responsibilities in life that we face on a daily basis. Be it bills, child care, relationships, dreams unfulfilled and a myriad of other things, we have to keep pushing on.

How we perceive life's difficulties will decide how we go about dealing with them and solving dilemmas. It's been said that some perceive anything with 50% capacity as half empty as opposed to half full. Figuratively speaking, if the latter is viewed with optimism it allows us to use fully what we have. As human beings we are blessed with the ability to choose-we have free will.

This gift allows us to change our perspective- thus enabling us to adapt and utilize our resources at their optimum value. One of the most profound things I have found at the NET is our ability to adapt and *find a way*. From the top of administration to the clients we foster an atmosphere of never saying what we cannot do and finding a way to do all that we can. On more occasions than I can remember we have adapted, fashioned, innovated and just stubbornly refused to accept situations in which others would throw their hands up in frustration and accept defeat. The mindset here at the NET is a can-do mindset, one that collectively allows us to be inventive, resourceful and always optimistic. The beauty is that once you face adversity or obstacles, give it your best and find a solution, it strengthens everyone involved.

There are certain realities that are unavoidable. Financial issues are always a problem but at the NET we innovatively look for solutions and alternatives without lessening the quality of service we provide. Some of the day to day problems which all facilities face we address by:

- #1. Having competent staff.
- #2. Total client involvement
- #3. Optimum use of funds
- #4. Always seeking new ways to generate needed funds.
- #5. Staying open to new ideas
- #6. Open to change when necessary
- #7. Open lines of communication.
- #8. Interaction with other entities.....

Each day is faced and viewed as a new day with new possibilities and the faith that we will always find a way.



The Consumer Council

In October of 2006 with the help of consumers the Recovery Support Center was created. This center which originally was located at the Spring Garden site is now at 4625 Frankford avenue. The constant objective of the NET is to provide an atmosphere and services which enable consumers to reenter society as productive members. The Recovery Support Center is where clients come for resources, information and sometimes just a listening ear. The resource center is primarily staffed by consumers, peer specialists and therapists at any given time. The new site at Frankford ave. has a bank of computers, business phone access, referrals to any number of programs, welfare referral, housing information, job information and training classes which range from Parenting classes to Anger Management. At the old site the Recovery Support Center became affectionately known as the Clubhouse-this is the name the clients use and prefer because of their feeling of involvement and affection for this haven of information.

Ideas give birth to new ideas and this was no different. The Consumer Council gave birth to.....The "Clubhouse". This Council was the first of it's type in Philadelphia.. The CC is entirely comprised of consumers who were chosen by their respective therapeutic group members by vote. Each representative from each respective group brings to the table the concerns, wishes and ideas of all the consumers at the Net. They also, with the help of others, are the ones who organize, put together, and facilitate Recovery Recognition Day. The level of involvement at the NET is high. Clients constantly attribute a great deal of their success to becoming a part of something where they saw the fruits of their labor blossom and benefit others.

There is a theme of action and concern at the NET which gave us the term: "Responsible Concern" This is actually one of the requirements to get a certificate at Recovery Recognition Day.. To be responsible means to be able to be counted on when needed and when you see a need to step up without being asked. To be concerned simply means to care. When you put these two together you have Responsible concern-a person who with passion and their heart sees to the needs of others. The Consumer Council holds weekly meetings to bring concerns and ideas to the table, they also plan whatever upcoming event is on their agenda and bring information and news of whatever they may have learned which benefits the whole community.

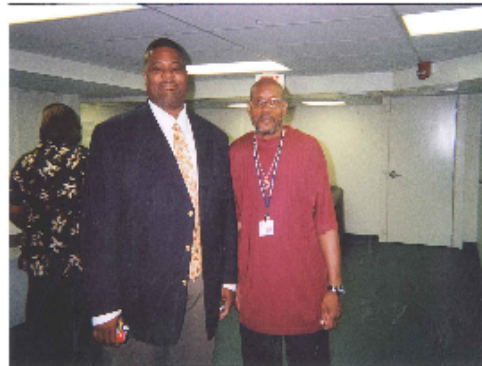
Recovery Recognition Day

After seeing the success of many of the clients at the Net, it became ultimately necessary to recognize these individuals. Motivation and encouragement are invaluable to those that are working on their recovery and a formal way to express acknowledgement gave birth to Recovery Recognition Day.

In December 2006 Recovery Recognition Day was born. One evening out of every month consumers receive certificates marking their achievements for the previous month. To qualify, consumers have to have good attendance, to have completed therapeutic assignments, actively participated in groups and display Responsible Concern for themselves, others and the community.

Family members as well as loved ones are encouraged to attend. There are guest speakers as well as consumers who share, there may be entertainment and the affair is culminated by a wonderful dinner.

The looks of pride and accomplishment on the faces of consumers as well as family members have become priceless and synonymous with each affair. Many consumers who have successfully completed the program periodically come back to give what they learned and encourage others to stay. They also look through pictures and reminisce about their journey-recalling those first accomplishments, friends that were made, therapists who genuinely cared and sometimes to simply get a shot of the positive energy that lives and grows at the net. I have personally seen therapists cry for joy when clients who did not think they would make it, graduate and excel. The awakening of the human spirit is a spectacle to behold. At the NET we get to do it each and every day and celebrate it every month on...Recovery Recognition Day.



Listen.....

Philadelphia is rapidly becoming the Mecca for recovery. Unbeknown to many, The Department of Behavioral Health and Mental Retardation Services (DBH/MRS) is courageously focusing on the individual as well as those directly affected. Common sense has dictated that for us to successfully continue to recover, we need the help of our peers. Respecting this, the process has become one that is peer oriented. This is a rare time in the history of substance abuse and mental health treatment. Included in this process is the unprecedented opportunities that await us. There are numerous training classes available as never before-free training classes! These classes not only help the individual but also prepare them to work in this field which is now open. I myself and many others like me are currently employed in this field. We all started as volunteers looking for more to do and more involvement. In this respect, Northeast Treatment Centers(which we affectionately call the NET) has been at the forefront of this effort for a number of years.

The whole approach at the NET has always been total client involvement. We have a consumer council composed of people currently in treatment who are responsible for any number of functions that are available at the NET. This involvement has led to numerous employment opportunities for us all. Our past, which previously seemed to be a weight around our necks, has now become our experiences and a wellspring to draw on so that we may help others. Our past is now our resume. No longer do we have to bow our heads in shame-on the contrary, our experience has given us the tools to help others. Who better to welcome into the process of recovery than those who've been there and are successfully seeing their way through. For some, we have lost our self esteem and harbor feelings of helplessness. The road to a full life may seem so far away, however, I and many others are here to tell you that it is now within reach. Get involved, volunteer, make new acquaintances, have some faith and see the rewards that will surely follow. Ultimately these opportunities will aid us as we reconnect with family members, friends and the community again as productive members of society.

At the NET, these dreams live and prosper on a daily basis. Proudly, I invite those interested to take an active part, ask questions and find what many others here at the NET have found...Fulfillment.

Gil G.

From Our Hearts and Minds

Hope

I saw a pregnant woman today walking
carrying a life.
I hoped a husband was nearby somewhere-
I prayed she was someone's wife.
I prayed the child would grow to be
someone to change the world-
someone with hope, faith and love-
for all the boys and girls.
Someone to dry the tears
that stain the faces of us all
Someone to inspire-
someone who'd stand tall.

A beacon of light
in a darkening world-
making sense of all the turmoil.

I hope she's carrying a leader-
an author, maybe a scientist
a righteous rebel
a crusader
who marches with clenched fists.

Someone to love, someone to care
who will fill the need...
No lies,
no pain,
no deceit
just giving, knowing no greed.
Why can't I dream for one like this?
To save this troubled world
it makes no difference at all to me if it's a boy or girl.
Sometimes I think they're already here
Sleeping in me and you
and as I stop and look around
some of you see it too.
Don't you???

Together

Didn't know what to do
thought no one would care
someone sat next to me
and they begin to share
They spoke of how their life had been
and what they had been through
by the time their story ended
they'd spoken of me and you
Now I see the similarities
not the differences that we all see-
a common enemy
that we can beat
we have the strength
together-you and me
it won't be easy
yes, this I know is true
but it'll get easier
together...
me and you.....

Calming me

I'm in a feeling I can't explain
My heart and my mind
are in a very deep pain
My heart is going one way, my mind another.
But the answer to my problem-
is for me to discover.
What I am writing is calming me.
Oh Lord I am asking you to please....
Please help me see my physical being
is not all that fine, and my subconscious mind
is in another space and time.

Geraldine Sipes



Choose to Believe

Smile

It's free
costs you nothing
everybody has it.
A smile.,
It can warm the heart
It can make you blush.
It can change your mind.
A smile....
Born with it
never can run out.
Give it a shot -
go on
try it
Smile.

In light of the recent inauguration of Barack Obama as president of the United States, many now have a renewed faith and hope as to the limitless potential of us all. This historic event was started with a simple belief, a belief that anything is possible. The odds seemed insurmountable, the naysayers said it could never happen but lo and behold-it is here, it stands before us. There were those who simply chose to believe. Life and all that it carries consists of daily decisions. Some are dictated- due to circumstance and others are viewed, weighed and then chosen after careful scrutiny. The reasons behind the decisions we make in life are many, however, one indisputable fact is that we have a choice. We can choose to be pessimistic, believing that nothing can and will change, or we can choose to believe in change. In recovery, our fortitude, our strength, our faith and belief in things to come can and will be renewed. Along with this, why not choose to believe? Believe in yourself. Believe in a higher power who has brought you this far and wishes to grant your fondest dreams. Believe in the power of faith, love and kindness. Believe that you can achieve what you thought impossible and out of reach. Choose to believe in yourself love yourself as your higher power has chosen to love you and believe in you.....
Keep it movin'

Gil G.

Solutions

A solution has been defined as the process of determining an answer to a problem. Everyday life demands solutions, but before you can solve a problem you have to clearly identify it-you have to be honest as to the cause of the problem and most of all be ready and willing to do whatever is necessary to eliminate it.

The state of the world has gotten so far away from spiritual purpose and simple humanity .The youth have lost all respect for authority as they see the hypocrisy and cowardice of the so called political and religious leaders. In a capitalist society they have been taught to measure their worth by what they have, see and possess. Spirituality has taken a backseat where at one time it was the glue that held friendships, marriages, families and ultimately whole communities together.

So many sit back and selfishly only pursue materialistic things which will fade , go out of style and become the illusions that they always were. The solutions to society's problems are very simple. It is us who make them complicated through our selfish wants and desires,

We complicate it with greed, dishonesty, lust, envy, the manipulation of others and most important of all...we have gotten away from spiritual principles. There are those who have the audacity to manipulate God's word for personal gain with no regard for the multitudes they are misleading and the children who haven't been given a chance to see and learn the truth. The solution is very simple....the solution is truth, and this truth can only be found in spiritual principles.

Throughout human history there were those who stood up for what they knew and felt was the truth. The defining characteristics of these individuals was their courage, determination, clearness of purpose, selflessness, spirituality and love-real unconditional love.. Their lives were devoted to sharing the truth and helping others reach their full potential and find true purpose in their lives. Our society has lost it's heart, -it's courage and sold out to illusions which fade and leave us in a place where hopelessness, despair and ultimately death reside. The solution is simple- the solution is getting back to our primary purpose—a purpose that was set forth for us by our creator- a creator who does not lie, who does not tire, whose love and strength is immeasurable. The solution is God, spirituality, courage ,and all he stands for. In this....we cannot fail.....Peace and Love.....G.G.

You and me

When I help you
and you help me
we open the doors
for us both to see
Just who we are
and who we can be

If I listen to you
and you listen to me
we open our hearts
so we both can see
God's grand design
for you and me.
And when we go on this great journey
we both will know-
yes- we both will see
how we needed each other
you and me.....



I can hear

I can hear what my children actually say
want and need-with sober ears
I can see the beauty all around me with sober eyes
I can enjoy food again with taste buds
that are re-awakened.
I watch what I say
and how I say it
with a sober mind and heart.
The God of my understanding
talks to me because
I listen and strive to do his will
I'm blessed.....
I can see others who have found this path.
They showed me where to look-
and what to do
gratitude is in my heart.
And this heart swells-everyday -
because I know it's just begun.....

Recovery

Reaching
Earning
Changing
Opening
Victory
Enjoying
Responding
Yearning

This is what recovery means to me
I had to reach out my hand for help. I needed
to earn respect for myself and others.
I had to change my whole attitude
and thought and thought process
I had to open up my mind, heart and soul
to my higher power
and allow someone to teach me how to live.
This helped me to reach victory over myself
and my addiction. I
I now had the ability to start enjoying
my life and had the ability to continue
to grow. Now I also had the knowledge
to respond to others who were closer
to the God of my understanding-
which helps me to keep recovering.

NEWS PAGE

Off and Running.....

Net "Resilients" win opener!!!!

Net's recovery soft ball team(aka"The Resilients"), won their inaugural game over 'Minute by Minute" in Philadelphia's Recovery Softball league. The Resilients won the game 5 to 1.

Peer Specialist Eric Sanders had the team's very first hit, run and RBI on the team's first home run.

Peer Specialist Marzel Brickhouse followed with a two-run homer to open a 3 to 0 lead in the first inning.

Derrick Stokes pitched a masterful game, holding the opposition to just one unearned run.

Derrick also homered in the second inning. From the look of things we are definitely..... off and running!!

The Net "Resilience" did it again!!!!!!

On Saturday the 16th of May, they won their second game in a row by a score of 9 to 5. Even though it's the beginning of the season and the "Resilience" are a new team, their performances so far have been excellent. I'm sure the competition will get harder but with a start like this we can't help but be optimistic.....

It seems like the Resilience can't be stopped.
We blew out Einstein by a score of 21 to 0 on May 23rd.

On May 30th we won by forfeit over the Northeast Team.

The Last Word

I'm often asked where I get ideas from and what inspires me to write. I usually smile because everything I see, every conversation I have becomes a part of my thoughts, my dreams and my imagination. I often quietly just observe others interacting and growing right before my eyes.

Each and every day at the NET I count my blessings as I'm allowed to share in other people's lives and hear our stories as they unfold. The best ones are always those where others find that they have strengths and talents that they previously thought non-existent or long gone. I've seen people look at things they themselves may have written and marvel at their own thoughts and how well they expressed themselves. I have to thank all those who helped me complete this publication and with smiling faces proudly contributed-I love you all. To all the staff and consumers- you have my heart. So many of you stopped what you were doing and took the time to give a bit of yourself and you did it with a smile-thank you so very much.

Faith is the glue that makes hope, belief and life come together in a harmonious concert. I cannot adequately express my gratitude for the faith and confidence that is given so freely, these things strengthen us all on a daily basis making each day new and opening up opportunities to continue on in this path of helping others renew themselves and in the process becoming better at what we do. The NET has helped so many awaken to live dreams they thought were lost and find their place in this world and I am proud to be a part of the miracle of recovery.....

See ya' next issue.....

Gil Gadson....Editor of "TRANSFORMATIONS"

