BAYSIDE MARIN, FALL, 2009

BAYSIDE MARIN *REFLECTIONS*

Executive Director Tim Sinnott welcomes Bayside Marin's new Clinical Director Pamela Alba

Alba's goals:

"Customer service, referent & family collaboration and solid addiction treatment"

Bayside Marin, northern California's premier chemical dependency treatment program, has hired Pamela Alba, MA, MFT, as its new clinical director.

Pamela brings to Bayside her expertise in multi-disciplinary treatment for addiction, mental health disorders, eating disorders and other process addictions. She also specializes in treating post traumatic stress disorder as well as individuals who chronically relapse.

Having worked in some of the most respected and effective treatment centers in the country Pamela knows how important it is to develop an individualized treatment plan that thoughtfully engages a client's support system outside of the residential environment, something she says Bayside excels at.

"Bayside takes full advantage of the rich local resources by bringing nationally known speakers and mentors on a regular basis to work with clients and provide that extra inspiration that can so often make the difference for people who are ambivalent about their recovery or do not have the right tools to maintain their sobriety despite numerous past treatment attempts", she says.

(Continued on page 5)

INSIDE:

Bayside's NEW Evening Outpatient Program

National Recovery Month Balloon Launch & Celebration

New staff members

Chef Michael's recipe

Wellness - Recovery Connection

National Recovery Month Celebration and Balloon Launch at Bayside Marin, September 16, 2009

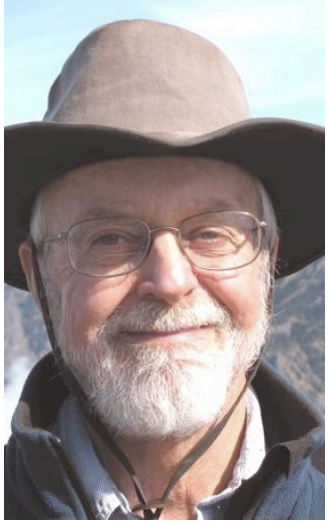
Kevin Griffin, author of One Breath at a Time: Buddhism and the Twelve Steps, read from his upcoming book A Burning Desire: Dharma God and the Path of Recovery.

"We hope our expansion will allow more people to get the help they need."

New Evening Outpatient Program

Now, more options for recovery

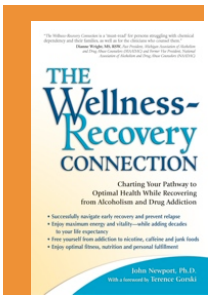
Bayside Marin's outpatient program now has an evening option for those who cannot attend in the morning. Both programs offer individual treatment planning, 30 group and 10 individual counseling sessions, an educational component, use of our gym and three years of aftercare.



Integrating Wellness Into Your Recovery

Inaugural column

By Dr. John Newport, Ph.D.



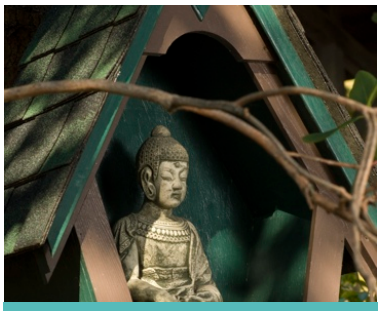
I am thrilled that Tim Sinnott, CEO of Bayside Marin, has invited me to run a series of columns in this newsletter focusing on "Celebrating Wellness in Recovery". I first met Tim three years ago when he was CEO at Crossroads Treatment Centre in Antigua. I immediately knew we were traveling the same path, as he enthusiastically embraced a wellness lifestyle and was pioneering a number of wellness initiatives at Crossroads. I am delighted that he is carrying on this tradition in his new role at Bayside Marin.

I would like to focus this column on the importance of integrating a wellness lifestyle into our recovery (we're all in recovery from something). Please feel free to share this with colleagues, clients, fellow alumni and anyone else who may benefit from the message.

Wellness can be defined as the process of taking charge of our health and programming ourselves to attain optimal health and well-being. A wellness lifestyle is highly supportive of recovery in a number of important ways. These include working to repair damage to our minds and bodies stemming from years of abusing addictive substances, anchoring ourselves in recovery by embracing positive lifestyle changes, and safeguarding against returning to use of alcohol or drugs. Significantly, both wellness and recovery are lifelong processes of growth and development which enable us to fully embrace the JOY of living!

In The Wellness-Recovery Connection I identify a number of key dimensions of wellness and recovery and elaborate on how readers can integrate these into their recovery, together with how they will benefit by doing so. Let me briefly highlight a few of these here.

Taking charge of our health – this entails a mindful awareness of our health-related beliefs and behaviors, and related choices. For example, do you tend to hold a fatalistic view toward health and illness, or do you believe that you are in the driver's seat and can, indeed, exercise a great deal of control over your overall state of health and well-being? Other key choices include the foods we put into our bod-



Wellness, not just sobriety, is the goal.

ies, whether we choose to take care of our bodies via regular exercise, and yes – what we are choosing to do with our lives.

Celebrating our unique sense of creativity and purpose in life – this means being fully awake to our unique potential, and consciously focusing on developing that potential for our own greater good and the good of those around us. I firmly believe that central purpose in life is the royal road to health and longevity!

Laying a solid nutritional foundation for our recovery – I will elaborate on this in next month's column.

Super-charging our recovery with daily physical exercise.

Freeing ourselves from nicotine addiction – the leading cause of death for people in recovery – and other dangerous substitute addictions.

In future columns I'll elaborate on how to apply the above, and other dimensions of wellness, in your life and your recovery. Until next time – to your health!

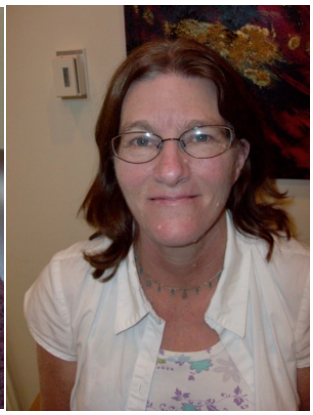
John Newport ("Dr. John") is author of The Wellness-Recovery Connection: Charting Your Pathway to Optimal Health While Recovering from Alcoholism and Drug Addiction", Health Communications, Inc., 2004. He is based in Port Townsend, Washington and travels around the country conducting workshops on wellness and recovery for addictions professionals, as well as for people struggling with addiction and their families. You may direct your questions and concerns regarding wellness and recovery to "Dr. John" by emailing him at drjohn@wellnessandrecovery.com. Further information is also available on his website www.wellnessandrecovery.com.

c/john/Bayside Marin Integrating Wellness into Recovery 8.0

Welcome New Staff Members

Gael Murphy, MFT, Therapist

Becky Merkeley, Counselor



"...we will continue to improve our excellent programming by providing additional specialized services for chronic relapse clients and clients who are dually diagnosed, including those who engage in process addictive behavior"

- Pamela Alba

BAYSIDE MARIN'S NEW CLINICAL DIRECTOR (CONTINUED FROM PAGE 1)

"One of the benefits of being back in the bay area, where I grew up, is that there are so many truly gifted people working in the helping professions and who choose to call this beautiful place home, Pamela says, adding that she is "hopeful" for Bayside's future. "In the year to come, we will continue to improve our excellent programming by providing additional specialized services for chronic relapse clients and clients who are dually diagnosed, including those who engage in process addictive behavior as well as those with mental health disorders."

Bayside Marin, an 18-bed residential chemical dependency treatment program, which also offers outpatient services, is uniquely positioned to provide its clients with an individualized program that blends a world-class, peaceful, private environment with a solid, evidence-based program, preparing clients for their next step in the recovery process.

Pamela replaces Kristen Schaefer, Psy.D. who is leaving to begin her life as a new mom. Executive Director Tim Sinnott calls Schaefer "a great asset to the clinical team who will be sorely missed".

"Recipe" for Success
Nutrition in Recovery

Radicchio and Romaine Salad
With Toasted Walnuts, Pomegranate Seeds & Comice Pear Vinaigrette

by Chef Michael Chipchase

Ingredients;

1 large head of Radicchio
2 small heads of Hearts of Romaine
¾ cup toasted Walnut halves
1 large pomegranate, seeded
1 large ripe Comice pear

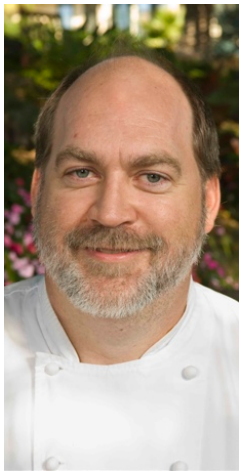
Vinaigrette;

1 Shallot
¼ cup Pear Vinegar
½ cup Olive Oil
Kosher Salt and Fresh Ground Pepper to taste

To Prepare;

Cut and soak the radicchio and romaine in cold water. Spin dry and place in large bowl. Break or chop walnuts into large pieces. Remove seeds from pomegranate. Peel, core and cut pear into bite size pieces. Toss all into salad bowl. Chill until ready to serve.

To prepare vinaigrette simply chop the shallot, then whisk with oil and vinegar and season to taste with salt and pepper. Toss together and serve.



Bayside Marin Chef Michael Chipchase, formerly of Robert Mondavi Winery

Congratulations to Bayside Marin's Clinical Coordinator Thomas Bourne for his "Outstanding Employee Performance" in 2009, by CRC Health.

UPCOMING EVENTS:

Wednesday, October 14th
Meditation Instruction
Bayside Marin Outpatient Services
718 Fourth Street, San Rafael
7 - 8 p.m. (NOTE TIME CHANGE)

Tuesday, November 17th
Chemical Dependancy & Eating Disorders as a Co-occuring Condition
In cooperation with Center for Hope of the Sierras in Reno, NV
Bayside Marin Outpatient Services
718 Fourth Street, San Rafael
6 - 7 p.m.

Tuesday, December 1st
Alumni Holiday Gathering
Hors de'orves, refreshments
Entertainment @ 7p.m.
Bayside Marin Outpatient Services
718 Fourth Street, San Rafael
6 - 8 p.m.
R.S.V.P. 415.721-2000

EVERY WEDNESDAY 6-7:30P.M.
DROP-IN ALUMNI SUPPORT GRP
718 Fourth Street, San Rafael

*If you are a Bayside alumnus interested in sharing at the residential facility on a on a Saturday evening @ 7p.m. please call Darlene DuCharme @ 415.721.2000