

LAKEPLACE RETREAT CENTER  
 Additional CD Care Services  
**PROFESSIONAL ASSOCIATES**

At Lakeplace, men and women continually identify how their use of alcohol or other drugs has progressively affected their lives and the lives of others. With assistance from Lakeplace staff, *Professional Associates* and others, individuals are provided an opportunity to achieve hope, confidence and a reasonable expectation for a progressive, sober, quality of life. Progress and discharge reporting include specific plans for improvement in the following **“Significant Life Areas”**:

**RELATIONSHIPS**

A spouse or other concerned person may be invited for a weekend to participate in specialized, family oriented chemical dependency therapy groups and individualized sessions. The major focus is on identifying the primary impact of using chemicals and also recovering in relationships. Recreation, social events, featured Lakeplace Professional Associate speakers, concerned person groups, the Saturday evening meal and other activities are all designed to make this special weekend a memorable event.

**EMOTIONAL**

The emotional toll (symptoms) associated with the effects of using alcohol or other drugs and the emotional rewards of recovering are carefully examined. This analysis culminates in the preparation of a personal inventory (4<sup>th</sup> step). Various techniques of stress management such as biofeedback and meditation may be practiced as some of the many tools that may help prevent relapse. Presentations and interaction by the Lakeplace psychologist Professional Associate and several others help call attention to this important topic and help individuals identify when to ask for assistance in this area.

**PHYSICAL**

Improving physical fitness and nutrition are emphasized as important elements in balance necessary for future recovering. The staff RN Professional Associate administers the Lakeplace medication “Enhanced Self Adminstrating Process” and presents several topics related to physical well-being. Many Lakeplace recreational and other activities such as on campus activities and the YMCA are geared toward physical participation.

**VOCATIONAL**

Lakeplace devotes significant attention to job placement and future job satisfaction. Preparation for a GED, how to go back to school, visits to community colleges or vo-techs and assessment of talents and interests are all examples of how individuals at Lakeplace can channel their new found attitude about themselves and the notion (even if initially remote) they can try and because of their recovering, can now even succeed. Lakeplace enlists the assistance of professional associates and other outside sources of assistance in this area and maintains on site computer access at both the men’s and women’s facilities for job search and other computer learning opportunities.

**SOCIALIZATION**

The close knit Lakeplace recovering community and accommodations promote a living example of fellowship and intimacy. Living skills are progressively developed according to a sense of being included and may be transferred to involvement necessary for subsequent recovering. Individuals have the opportunity to witness this interaction in attending AA meetings while at Lakeplace and by observing how visiting AA, NA, CA or CMA groups give everyone, with a desire, a sense of attraction and belonging.

**SPIRITUALITY**

An often more difficult topic to approach because of religious connotation or other reasons is simplified for some persons by discussions of spirituality focusing on experiencing natural highs, anticipation of increased spiritual change, peace and expressing feelings of gratitude. Lakeplace has Spiritual Advisor Associates and has innovated **“Dimension 8”** for assessment and treatment planning of *“Spiritual Suffering and Spiritual Recovering of Chemically Dependent Persons”*. Please request detailed research and the “Rationale”

**LIVING SKILLS**

Practicing living skills at Lakeplace becomes a healthy bi-product of individuals learning to live together. Sharing housekeeping and cooking duties in the Lakeplace recovering communities, allocating time for assignments, recreation, group activities (on or off campuses) and quiet/alone time for hobbies, personal prayer or reflection can all facilitate a degree of responsibility, fellowship and sense of balance.

**LODGING, MEALS (planning and Preparation), LEISURE TIME, RECREATION & GROUP ACTIVITIES**  
*(All provided at Lakeplace)*

