



Esprit News

Fall 2018

3rd Anniversary Edition

From the Desk of Our Executive Director – Louis E. Wagner, Jr.

Dear Friends of SpiritLife,

As we look toward 2019, our fourth year of operation, SpiritLife has firmly established itself as a bastion for treatment, healing and recovery, anchored in Indiana County and serving all of Western Pennsylvania and beyond. We remain embedded in the epicenter of Pennsylvania's opiate epidemic and we are currently admitting 1,000 people a year suffering from alcohol and drug addictions. We at SpiritLife firmly believe that all individuals and families *deserve* recovery from the ravages of addiction, and that it can, will and does happen – and we remain firmly committed to our calling, with God's help and guidance, to help them succeed.

I am pleased to report that the renovation of *SpiritHouse* will commence in October! We are scheduled to close next week on the financing necessary to renovate the closed dormitory on campus, increasing our overall bed capacity from 48 to 102 beds in the Spring of 2019! We have also recently demonstrated, in two exciting outreach efforts, our commitment to the community we serve and our commitment to recovery that goes beyond treatment. On September 22nd, we opened the *SpiritLife Recovery Community Center* in downtown Indiana. "SLRCC" is a non-profit, faith-based recovery community organization established to serve as a bridge of support for local communities of recovery: assessing need for support services and treatment, advocating for people in recovery and family members, and educating the public policymakers and service providers about the power and multiple pathways of addiction recovery. Simultaneously, we are finalizing the establishment of a multi-unit sober living facility for adult men, also in downtown Indiana. People in recovery need stable, supportive and affordable transitional and long-term housing. The *Recovery Oriented System of Care* we are building will help people regain spiritual and physical health, self-respect, self-sufficiency and will strengthen recovery for individuals and families in the ways we need to heal our communities.

Finally, by far, our *Alumni Picnic* is SpiritLife's biggest annual event. Each year, we welcome all members of the recovery community as well as family and friends back to our campus in Penn Run to celebrate recovery and all the blessings that have been bestowed upon us over the last year. I therefore want to personally invite you to join your SpiritLife family for a day of good food, music, speakers and fun on **Saturday, October 13th** -- I look forward to seeing you there!

In gratitude,

Louis E. Wagner, Jr.

Executive Director

WE HAVE A GREAT CLINICAL TEAM!

Spiritlife's Clinical Team currently is comprised of six clinicians ranging in age of 28-65, two females and four males, with diverse clinical backgrounds. The clinical team cumulatively has over 100 years of experience in various theoretical approaches such as Cognitive Behavioral Therapy, Dialectical Behavior Therapy, Transpersonal Psychology, Existential Psychotherapy, and Trauma Therapy. We employ both Bachelor's level and Master's level clinicians with many who spent several years in the mental health field prior to moving to Drug and Alcohol.

--Crystal Martin, Clinical Supervisor

SpiritLife Opens Recovery Center in Downtown Indiana



Saturday September 22, 2018 was a big day for SpiritLife and for the town of Indiana. The morning was spent celebrating the opening of the SpiritLife Recovery Community Center, located at 574 Philadelphia Street Suite 201 in downtown Indiana. This was followed by a Recovery Walk to Memorial Park in Indiana to celebrate National Recovery Month. Guests were treated to refreshments, recovery speakers, musical selections, celebration, fun and fellowship. The SpiritLife Recovery Community Center will be open Monday through Friday 10am to 4pm. The following services will be offered at the Community Center:

- Recovery Coaching
- Recovery Meetings Including MARA (Medication-Assisted Recovery Anonymous)
- Recovery Training Series With PCB (Pennsylvania Certification Board)
- Education Providers
- CCAR Recovery Coach Academy
- Ethics for Peer Providers
- Family Support Groups
- Family Recovery Education
- Recovery Social Events
- Telephone Recovery Support (TRS)
- Community Partner Presentations

You can call (724)717-6492 to find out more information or visit our website at www.spiritliferecoverycenter.org

Photos and article submitted by Holly Allan, Clinical Counselor



Staff Spotlight



Doug Schomer, MA

My interest and dedication to helping others began at an early age. My parents were social workers in charge of child protective services in a small, middle Georgia town and I witnessed first-hand how passionate, dedicated service could benefit families. I also witnessed the reward my parents displayed due to helping families with their struggles. Through their example I learned how fulfilling it could be to help others find solutions to their problems. I applied this solutions-focused approach throughout my culinary and clinical careers, and in the completion of my graduate degree. When I came to SpiritLife I connected with the passion and spirituality. The programs and services matched my focus of helping persons find solutions through a holistic approach of recovery, treating mind, body, and spirit.



Shane Dushack, MA

I'm the creator of SpiritLife's AdventureTRAC program, which involves using nature as a tool to heal and connect the mind, body, and spirit. Whether its kayaking on our lake, hiking through the woods, or playing a round of golf, engaging in nature provides clients with a space to process what they've learned at SpiritLife in classes, group and individual therapy.

AdventureTRAC opens doors to new experiences that many of our clients have never tried before. These activities can become healthy pastimes that clients can take with them and use to create a positive structured and balanced lifestyle as they reintegrate back into the real world.

I received my BA from the University of Pittsburgh and my MAT from California University of Pennsylvania. The outdoors are my passion and I feel blessed to be able to share it with those who come through SpiritLife.

SpiritLife's 3rd Anniversary Alumni & Family Gathering

October 13, Noon-4PM

Hayrides

**Alumni & Family
Speakers**

Live Music Food & Fun !!!

**Please join us for a day full of food,
fellowship & fun!**

**Please RSVP:
724-465-2165**

Are You a SpiritLife Alumni?

*Join SpiritLife's Private
Alumni Facebook group and
Keep in Touch!*



Check out our website:

www.spiritlifeinc.org