



**Sunshine Coast  
Health Centre**  
Powell River, BC

# Sunshine Coast Recovery News

Your Partner in Recovery

Fall 2007

## Relapse Prevention Programs Now Available for SCHC Alumni

As an alumnus, we recognize that it is difficult to maintain the sense of renewal and hope you experienced working with your peers and staff. You may be frustrated that the world you have returned to does not seem all that different from the one you left. Moreover, much of the unresolved business is still there waiting for you. At some point during your recovery, you will find yourself in a situation where the urge to drink or use drugs exceeds your capacity to for self-management.



**Terence Gorski**

During these critical moments in your recovery experience, Sunshine Coast Health Center is here to help. Graduates of the 49 Day

Residential or Intensive Outpatient Programs have several options to support their efforts at maintaining sobriety following treatment.

### The 30 Day Program

While the 49 Day Program lays a foundation for recovery, the 30 Day Relapse Prevention Program offers alumni the opportunity to focus on their unique triggers and underlying behavior that has led them to relapse. Participation in the relapse prevention program can shift the view of relapse as a failure to a teachable moment. When swift, decisive action is taken, relapse can be an opportunity to strengthen your recovery plan.

### The 7 Day Program

The Short-term Lapse Intervention Program (or SLIP Program for short) is a seven day intensive program for at-risk alumni who are (1) showing symptoms of an imminent return or (2) are in the initials stages of a return to drinking or drug use. SLIP is designed to be an emergency response to the threat of relapse so our normal intake procedures are put aside to facilitate your immediate return.

In consultation with Terence T. Gorski, Sunshine Coast Health Center is proud to be offering the latest in relapse prevention services through use of the CENAPS Model of Treatment. Terence T. Gorski is an internationally recognized expert on substance abuse, mental health, and crime. The National Institute of Drug Abuse (NIDA) has recognized the Gorski-CENAPS Model as one of the top three "best known and most respected treatment approaches in the United States. For more information visit [www.cenaps.com](http://www.cenaps.com).

## A Christmas Invitation for Alumni

Sunshine Coast alumni are invited to reconnect with staff and current program participants with several events during the Christmas season:

### Friday Dec 7, Saturday Dec 8, Sunday Dec 9

Alumni are invited to come and join us and stay on-site for the weekend to do this decorating and setting up for the seasonal holidays while also connecting with current clients. We will have a gift wrapping session for presents for current clients etc. Staff will also attend and help set-up. Meals and accommodation included.



### Saturday Dec 22 to Wednesday Dec 26

Alumni clients can come and stay at the centre and join in on the festive cheer. They can share their stories in group while also attending group etc. This will be an act of random kindness week (people doing nice surprises for each other), holiday carol singing, gift exchange, and Christmas dinner. Meals and accommodation included.

Call us toll-free at 1-866-487-9050 to speak with Janet. We hope to see you there!



**The Vancouver Airport  
Marriott**

## Mark Your Calendars for the 3rd Annual Richmond Road Show

Alumni can start planning for another opportunity to meet staff at the 3rd Annual Richmond Road Show set for Saturday April 26, 2008. This full-day event will take place at the Vancouver Airport Marriott Hotel in Richmond. In feedback from last year's event, alumni have indicated that they

wanted more group and less speeches so expect more therapy and education next Spring! More details will follow in 2008!

## So Long, Matt

Matt B. of Calgary passed away suddenly in Prescott, AZ on Monday, October 22, 2007 at the age of 31 years. Alumni may remember Matt's stay with us in early October. Matt was outgoing, gregarious and loved to make new friends wherever he went. He will be sadly missed by the many friends and family members whose lives he touched. Matt will be lovingly remembered as a beloved son and devoted big brother.

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