



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

# Sunshine Coast Recovery News

Your Partner in Recovery

Spring 2008

# eNewsletter

## Welcome Aboard, Claire

Sunshine Coast welcomes a new member to its counselling team, Claire Cummings, MS. During the past decade as an addictions counselor, Claire has worked in a variety of settings including Maple Ridge Treatment Centre and



**Claire Cummings, MS**

more recently in outpatient addiction services in Nanaimo. After being exposed to a variety of treatment modalities she has identified the client-centered approach at Sunshine Coast as most in keeping with her personal philosophy.

Claire has been educated in both Canada and the United States and obtained her Master of Science degree with

a specialty in addictions obtained at Nova Southeastern University in Florida. Claire is also a member of the International Network on Personal Meaning.

## Planning for a Life after Recovery Just Got a Lot Easier

The field of addiction treatment is starting to realize that problems with drugs and alcohol need a long-term approach rather than a quick fix cure. Since addiction is a chronic condition, this only makes sense. The question, however, for residential treatment centers remains: how do you provide long-term support for clients after discharge? At Sunshine Coast, one way we believe we can foster long-term sobriety is with a personal planner.

With a personal planner, we are inviting clients to consider their recovery as a project that can be planned, designed and built just like any other big project like a house or a business. Clients are encouraged to plan their stay while in treatment and take time to acknowledge their accomplishments. Stickers have been designed for both reminders and milestones.

Far from being an off-the-shelf personal planner from your local office supply retailer, the Sunshine Coast personal planner is custom designed for people in recovery. In its 232 pages, clients will find sections that include space for their:

- denial pattern checklist,
- relapse intervention plan,
- high risk situation list,
- and recovery goals.

Like other planners, it also has room to record emergency contacts, home community contacts, alumni contacts, and important dates (birthdays, anniversaries, and dates of personal importance). The personal planner is good for a half-year's worth of daily and weekly plans and notes. If you are an alumni and are interested in purchasing your own personal planner please give us a call toll-free at 1-866-487-9050.

## Clients Now Have Their Own Personal Trainer!

Addiction is considered a Biopsychosocial condition, meaning that its treatment must include biological, psychological, and social approaches. Clients at Sunshine Coast can now work with Kai Taylor to get themselves back into shape and reconnect with their bodies. As a Registered Kinesiologist, Kai is able to assess clients in the early stages of their treatment and work with them to develop a program that is suitable for their current level of fitness. Kai is committed to having clients incorporate fitness into a new healthy lifestyle following the eventual return to their home communities.

## Construction Update

We're starting to see light at the end of the tunnel! The building exterior is pretty much done, we're painting inside, and tiling the floor.

