

TURNING POINT OF TAMPA, INC.
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The Village Voice

by Joan Browne

Hello avid Turning Point of Tampa enthusiasts. Well as of February, I have worked here at The Point for ten years. My first four years were as a House Manager and the last six years as the Client Coordinator. I have seen many changes in programs, staff, and types of clients. The Program Manager Mike Hicks, with eight years seniority, and I often say to each other, "Just when you think you have heard it all, a more interesting new scenario presents itself." Never ever a dull moment in the pursuit of carrying the message and educationally raising the bottom for our clients. This career has been very stimulating as well as kept me on my recovery toes to say the least.

I am very pleased about one of the more exciting groups we are now offering here at Turning Point. It is part of Life Skills Group, Paint Therapy! Every two or three months Mike and I purchase three canvases about four feet by five feet in size. Prior to painting we ask the clients to form teams and design a recovery theme to paint on their canvas. When the groups meet again, at Fireside, they have their rough sketch, a canvas, several paint brushes, a selection of colored paints and a lot of creative energy. After some time, a few Higher Power related discussions, a few drops of well targeted paint (not landing on the canvas) it is just amazing the talented spiritual works of art that are produced. The finished paintings are hung proudly in the client's houses for them to enjoy as well as a taste of being happy, joyous and free for all that participated. Great fun, great group.

As always Alumni, I want to remind you of the 6:00 p.m. Fireside meeting on Sunday evenings at the village as well as the new Wednesday Fireside meeting at 8:00 p.m. Please come and be part of the recovery!



OF TAMPA, INC.

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TURNING POINT

Welcome

We would like to take this opportunity to introduce our new Admissions staff.

David Hall is the new Director of Admissions. David comes to Turning Point of Tampa with more than 12 years experience in admissions and assessments within the mental health field. He spent a majority of that time working in the Charter Hospital systems.

Sheri Clark comes to Turning Point from the United States Air Force where she spent the past six and one half years working in the Mental Health/Substance Abuse field. Sheri is working towards her CAAP II and completing her Bachelor's Degree in Health Care Management at Touro University.

Jenni Coppola comes to Turning Point of Tampa following three years employment in Care Management at Cigna Behavioral Health. She has recently graduated from the University of South Florida with a Master's Degree in Rehabilitative Counseling and is working toward becoming a Licensed Mental Health Counselor.

Moving Forward

by Robin Piper

During the past several years, Turning Point of Tampa has realized many of its goals. Most noticeably, we now own our complete one campus treatment facility. But as 2003 has approached, it is time to start looking forward and planning again.

Turning Point of Tampa's Strategic Planning committee has met on several occasions during the first few months of 2003. As we prepared for the meeting, all members were asked to come to the table with ideas about where Turning Point can go from here. During our first meeting, I can tell you that I was more than pleasantly pleased with the creative new ideas and dreams our employees have for this organization.

As we tweak and develop our 3 year plan, you will see many new and exciting changes at Turning Point. Keep your eyes and ears open. I would also like to express my heartfelt gratitude to all the employees who have helped us get where we are and those who are moving forward on our new journey.

Our Staff

Owner

Michelle Ratcliff-Castellano, R.N.

C.E.O./Clinical Director

Robin Piper, M.S., C.A.P.

Medical Director

Renee Haney, M.D.

Nurse

Ellen Seto, R.N.

Program Director

Michael C. Hicks, B.A., C.A.P.

Counselors

Andrea Holmes, M.P.H., L.M.H.C.

Margery Porter, B.S., C.A.P., C.E.D.S.

Robert G. Zentarski, M.S., C.A.P.

Tina Bauman, M.S.,

Hans Lutz, M.A.

Outpatient Counselor

Stephanie Brooks, M.A., M.S., L.M.H.C.

Debbie Wilson, M.S.

Nutritionist

Lori Herold, R.D., L.D

Director of Admissions

David Hall

Admissions Coordinators

Sheri Clark

Jenni Coppola

Administrative Assistant/ Human Resources/ Privacy Officer

Stacy Washburn

Medical Records

Pam Calvo

Professional Relations

Terry Hutchinson

Clara Wells

Business Manager

Cheryl Slate

Receptionist

Shirley Polak

Client Coordinator

Joan Browne

And Our Village Staff

Accredited by J.C.A.H.O.



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Food Addiction

by Lori Herold, RD, LD/N

If you had asked me years ago if I believed that food could be an addiction like alcohol and drugs, I would have said "no." I did not distinguish between an overweight individual and someone who was truly addicted to food. I also did not recognize that normal weight and underweight people could also be suffering from a food addiction. I was convinced that a "food problem" could never be as devastating as alcohol and drugs. Well, I was wrong.

Once I started working in the eating disorders field, and had recorded hundreds of diet histories from food addicts, I found that they do intoxicate themselves with food, overmedicate themselves with food, and reportedly feel drunk from the effects of food.

When you compare the criteria used for substance dependence and hear the increased amounts of food the food addict needs to use, withdrawal symptoms, inability to cut down or control food, how they isolate themselves, give up all the important activities they used to do, and despite knowing the physical consequences, they continue to use the food to excess; then you realize that this is a very complicated problem. Food addiction can lead to a cycle of bingeing and purging that is very much out of control.

So, can food act like a drug? Absolutely! Do people become dependent on that drug? Yes. This is why they will have some of the same withdrawal effects when they no longer have that drug. Now to add a little biochemistry.

Serotonin is a powerful neurotransmitter that helps our bodies to feel calm and improves our mood and sense of well-being. Serotonin Dysfunction can present itself in different ways including: alcoholism, compulsive over eating, panic disorders, depression, and many other forms. It is believed that Serotonin levels are much lower in compulsive over eaters than in non-binge eaters. When Serotonin is low, you may feel depressed and feel some discomfort. Medicating yourself with food and feeding your feelings, especially with sugar, white flour, high fat, and highly processed foods, boosts Serotonin in the brain. Thus making you feel better... that is temporarily. These foods act as drugs to medicate a poorly functioning Serotonin-emotional system.

Alcohol and food can have the same effect on the body to make us temporarily feel better. It appears that many alcoholics have a deficiency in serotonin. Alcohol is used to boost serotonin. Alcohol is a processed grain that is much like liquid sugar. An alcoholic will self medicate with alcohol the same way a food addict will self medicate with sugar, white flour, high fat, and highly processed carbohydrates (chips, Doritos, Cheetos, etc).

When the food addict comes into treatment and admits that they are powerless over food, admits that their lives have become unmanageable and begins working the 12 Steps, their obsession with food is lifted. They learn to live without eating compulsively and become abstinent. After adjusting to a new way of eating a new food plan, NOT a diet, the client is restored to a happy, productive life. We emphasize the importance of abstaining from all binge foods and foods that trigger these cravings. Turning Point's goal is for the client to find a life of recovery. Looking at this as a food problem and NOT a weight problem can make all the difference. If you take care of yourself and take care of the food, the weight will take care of itself.

Negotiating With Higher Power

by Michael Hicks

Sometimes I remember when I would promise my Higher Power I would never drink again if only I would stop being sick, not lose my license, not have everyone mad at me, not go to jail, etc. I guess we have all been down that road. This is my favorite story about making a deal with your Higher Power that I heard many years ago from the late Brother Dave Gardner, a man who's views on life I sorely miss.

A very wealthy businessman from North Carolina had to travel to New York City on an urgent business trip. It required him to travel by air, and since he had never flown before, he was extremely nervous. Shortly after the flight took off, it ran into a violent thunder storm. Lightening crashed around the plane and it bounced up and down through the turbulent air. The terrified businessman cried out loud, "Lord, get me through this and I will give you half of everything I own." Seated behind the businessman was a preacher who overheard what he had said. No sooner were the words out of the businessman's mouth that the sky turned blue, the plane leveled out, and they had a smooth trip into New York. As the passengers were walking through the terminal the preacher caught up with the businessman and grabbed him by the arm. He said to him, "Brother, I heard what you said on the plane and I know you are going to give half of everything you own to the Lord." "No, I'm not," the businessman replied. "I made a better deal with him as I got off the plane. I told him that if I ever get on another one, he can have it all."

Enjoy Those Roses Today

One of the most tragic things I know about human nature is that all of us tend to put off living. We are all dreaming of some magical rose garden over the horizon-instead of enjoying the roses that are blooming outside our windows today.

—Dale Carnegie



The staff of Turning Point would like to thank our military troops and their families for their service to our country. Our prayers are with you!

Thank You

from Clara and Terry, Professional Relations Department

To our clinical contacts: Thank you for all your support and for the dedication you bring to healing the body, mind, and spirit.

To our alumni: Thank you for keeping Turning Point of Tampa a part of your on going recovery network and, through your support, helping Turning Point to grow and continue the healing process.

To our staff: Thank you for creating a work environment that is joyful and supportive. Thank you for your professionalism and commitment to helping our clients learn how to stay in recovery from chemical dependency and eating disorders.

It is our privilege to work in a treatment facility whose primary purpose is to help individuals begin the process of change that is necessary for a healthy, balanced life in recovery, one day at a time.

Keep on Keeping on!

Change

Change is an irresistible force.

That sometimes reshapes our lives.

Bringing new challenges and goals.

New commitments to be made.

You can use change to your advantage.

By letting it move you,

to a new and wonderful place

you never would have thought to go.