

Turning Point
OF TAMPA, INC.

Turning Point of Tampa, Inc.

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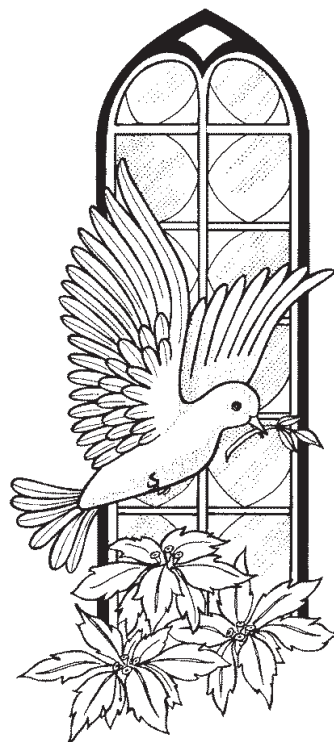
From the Desk of the CEO

It's hard to believe that another year has passed and we are looking right at 2008. The past year there has been continued growth and progress here at Turning Point. Our new outpatient building has been a great addition to our campus and the outpatient programs are continuing to grow. Beginning in January 2008 we will introduce a new tier system into our current outpatient programming. These tiers, one and two, will allow people to be placed into clinically appropriate groups depending on their stage of recovery. Tier one is for clients who are new to recovery and just getting out of their addiction. Tier two allows those who have been to residential treatment or completed tier one the opportunity to be placed in a group that focuses on the issues that come up during early recovery. We are hoping that this new tier system provides people early in recovery a place to process the issues that arise while living life on life's terms.

And speaking of life on life's terms I hope that this holiday season brings you and your family hope, peace and serenity. May the gifts and promises of recovery become your reality this coming year.

In recovery,

Robin Piper, CEO/Clinical Director



*Wishing Everyone a Safe,
Happy Holiday Season
and a Prosperous
New Year!*



Our Staff

Owner

Michelle Ratcliff-Castellano, R.N.

C.E.O./Clinical Director

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

Medical Director

Darren M. Rothschild, M.D.

Nursing

Ellen Seto, R.N.

Utilization Review

Gwen Taylor, L.M.H.C., C.A.P.

Director of OutPatient Services

Human Resources Director

Stacy Washburn, S.P.H.R.

Program Director

Hans Lutz, L.M.H.C., C.A.P., C.S.T.

Counselors

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

Belinda Goncalves, MA

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

Tina Bauman, M.S.

Regina Conklin, PhD

Outpatient Counselors

Jim Dwyer, B.A., C.A.A.P.-II

Debra Thomas, M.S.

Nutritionist

Lori Herold, R.D., L.D.

Admissions Director

Beverly Womack

Admissions Coordinators

Fern Baker

John Browne

Medical Records

Pam Calvo

Kim Goodwin

Professional Relations

Terry Hutchison

Clara Wells

Business Manager

Cheryl Slate

Receptionist

Shirley Polak

Client Coordinator

Joan Browne

And Our Village Staff

12 Steps of No-Hope, Anonymous

I ran across this a few years back – I don't recall exactly where I did come across this, but I found it funny and enlightening. I hope you do too. Have a great holiday season.

Hans Lutz, LMHC, CAP, CST

1. We admitted we were powerful over alcohol – that is was our wives that had become unmanageable.
2. Came to believe that no power greater than ourselves could possibly exist
3. Made a decision to turn our will and our spouses over to the care of the Welfare department, as we understood they would pay our bills.
4. Made a searching and fearless moral inventory of all the people in our neighborhood.
5. Admitted to every person we met the exact nature of their wrongs.
6. Were entirely ready to insist that they patch up these defects on their character.
7. Humbly asked many persons to loan us money for drinks
8. Made a list of all persons who had harmed us – and made a drunken vow to get even with every one of them.
9. Made direct threats to all persons who would not buy us drinks – except when to do so might get us arrested.
10. Continued to take inventory and when anyone was wrong we promptly told them so.
11. Sough through alcohol and medication to blot out all conscious contact with reality – praying only in extreme emergencies.
12. Having been run out of the neighborhood as a result of these steps – we decided it is time to give AA some serious consideration.

Outpatient Services

Diversified and fully staffed Turning Point of Tampa's outpatient program has reached fruition. Located in the new building, "Marge Porter Resource Center", we offer non-residential treatment to client with dual diagnoses. Treatment is based on a holistic approach, emphasizing the physical, emotional and spiritual needs of the whole person.

Our focus on the life skills and tools needed for early recovery are an essential part of the clients treatment to ensure a successful recovery process. The 12-step philosophy of recovery is embraced and recovery for the total person is supported. Recovery requires healing for all aspects of an individual. Family members are encouraged to become involved in the client recovery program and in their own recovery program.

Turning Point of Tampa's outpatient program is transforming individuals and families from addiction to recovery.

The Village Voice

By Amy Anderson

When I finally decided to enter treatment for my eating disorder in the summer of 2005, Turning Point of Tampa was my last choice of facilities. As a matter of fact, I didn't want to go anywhere that practiced a 12-step program. As a devout atheist, I refused to accept that a higher power could somehow restore my sanity. For my first week in Turning Point, I refused to say "God" in the serenity prayer. My therapist, connected with me at first glance. He encouraged me to develop some sense of spirituality. Fortunately, my higher power brought me to Turning Point. I came to feel so comfortable there that I wanted to stay. After my miniscule thirty-day stint, I would call the therapist asking to simply rent a room. Life was difficult on the outside.

Never in a million years did I think that it would bring me back and certainly not in the capacity of an employee. This past summer, I began working at Turning Point as a House Manager. Since then it has been a whirlwind experience. I find that it has strengthened my recovery in so many ways. It's a matter of no longer just talking the talk, but also walking the walk. I am surrounded by recovery every time I clock in. I often find myself repeating some of my diseased behaviors, yet today, I am unable to recognize them. My people pleasing character defect has reared its ugly head and I had to evaluate whether or not I was acting on my perfectionism. I also see so much of myself in each and every client and I am able to learn from them. Sometimes I will have these "ah-ha" moments while working and come to find serenity in my place of employment. Every single day I work is a meeting for me as I am always sharing my experience, strength, and hope. People at my "real job" don't get me; they aren't as crazy as I am. For me, it's not just a job – it's my way-of-life. Urine drop are definitely my least favorite part of the day and driving the "buggy" isn't as easy as it looks. I have a hard time when clients order pizza. Yet, if I could, I would quit my "real job" and work at Turning Point because it is where I belong. Where else can I get paid to take a group of clients bowling, teach them how to have fun; clean, sober and abstinent? What other job could include so much recovery?

Alumni News

By Michael Hicks

Our alumni group has grown to the point where we are offering two sessions each week. Aftercare Groups are held on Tuesdays and Wednesdays, from 6:30 to 7:30 p.m., at the main office, 6227 Sheldon Road. **In addition, the following 12 step meetings take place on Turning Point property:**

1. **Monday:** AA Big Book Meeting, 8:00 p.m., at the Marge Porter Building, 6311 Sheldon Road.
2. **Tuesday:** NA Speaker Meeting, 8:00 p.m. at the Marge Porter Building.
3. **Wednesday:** OA Meeting, 7:45 p.m., at the main office, 6227 Sheldon Road.
4. **Wednesday:** Alumni Support Meeting, 7:40 p.m. to 8:10 p.m, at the main office, 6227 Sheldon Road.
5. **Wednesday:** AA Step Meeting at 8:15 p.m., Fireside in the village.
6. **Sunday:** AA Open Meeting at 6:00 p.m., Fireside in the village.

Since our last newsletter, the following alums have picked up anniversary chips:

Four Years: Kathy A., Bill I.

Three Years: Chris S., Marlene L., Alex A., Rod G.

Two Years: David G., Steven S.

One Year: Tom H., Kathy M., Jennifer C., Brian T., Randy R., Matthew Z., Dave M., Ashley P., Laura R., Angie B., Charlotte M., Marie B.

Our alums are busy getting ready for their Christmas Party, which will be held on Sunday, December 9, 2007, from 3:00 to 6:00 p.m. at the Turning Point Offices. This year's theme is "**Gratitude**" and the alums will be addressing the needs of Alpha House of Tampa as a way of giving back. Please call me if you plan to attend and have not signed up at one of the groups.

Please remind any contacts you have with Turning Point alums who did not receive this newsletter that they can go to our web site at www.tpoftampa.com and then to the alumni page to submit their current address and be placed on our mailing list.

I am greatly impressed and encouraged by all of our alums and their individual efforts to work recovery as well as their combined efforts to offer what the have to others. JOIN THE GROUP!

