



Maureen M.

“I didn’t want to hurt my family anymore”

In Her Own Words:

“ I entered Mount Regis on 09/19/2016 when I was fired from a medical training program. Although I considered my situation hopeless, I didn’t want to hurt my family anymore. I completed Mt. Regis’ partial hospitalization and intensive outpatient programs. The Recovery Coaches gave me hope that I could feel OK again, someday.

Going to AA and NA meetings while a patient helped me build relationships in both fellowships that I continue to nurture.

Recovery made it possible for me to re-enter the medical field and after working as a general doctor for two years, I am now living in Seattle with my partner (also in recovery) and training at University of Washington as a Psychiatrist. ”

You Are Not Alone

Stay on track with MRC Alumni Association

- Transition to everyday life/new skills
- Help prevent relapse
- Encouragement/Support
- Stay connected/Fellowship



www.mtregis.com/about/alumni



Message from Curt Lane
CEO, Mount Regis Center

Have you been on “corona-cation” the past three months? Whether you have or haven’t, the uncertainty and challenges related to COVID-19 and social distancing have affected all of us: boredom, isolation, loneliness, concern for the health of loved ones and ourselves, financial strain, etc.

Self-care the past few months has been essential. As we slowly get back to normal, don’t let your guard down. Continue to make self-care a priority. Sometimes emotions flood in after the storm. Be good to yourself. You deserve it.

Mount Regis Center

We motivate and empower people to improve their lives

540.389.4761 Anytime

www.mtregis.com



Informing People Improving Lives

Top Stories for August 2020

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Avoiding Relapse During COVID-19

If you are in treatment for substance use COVID-19 is likely disrupting your recovery or increasing your risk of relapse. Among the changes you might be experiencing are reduced screening, cut-back in residential services or the introduction of online support groups.



Distancing Policies Ensure Your Safety

Virtual is good but it just doesn't give you the same support you are used to getting from your group. Distancing may have left you feeling alone. Here are some ways to combat the isolation.

Strengthen your health with a structured routine

Get your 7-9 hours of sleep every night. Exercise to keep your mood up. Eat healthy meals. If you are working, take at least one day a week off to reduce some of the stress.

Be Aware of your triggers

Everybody in recovery has personal triggers. Know yours to avoid relapse. The isolation of COVID-19 can be a trigger in itself.

Take advantage of digital communications.

Stay engaged with your recovery network. No matter where in the world you are, you can ZOOM.

Stay Accountable

The most important thing is to stay accountable to someone other than yourself. You do not have to be alone. Spend time with like-minded others safely doing good, like helping others avoid relapse. You'll be too busy and too gratified to think about anything else.



MRC Is Now A 35 Day Program

If you are a healthcare professional or other referral source, we can now offer your patients more treatment. Length of stay is a key indicator of improved prognosis and is all the more important as we continue to develop stronger recovery plans.

Recovery begins with an admission of powerlessness. Addiction is a state in which one's will is out of control. Recovery depends on acknowledging one's powerlessness over one's behavior and will.

This crucial admission of powerlessness is the moment of truth that can set your patients free. It has a deeply humbling effect that can be life-changing, even life-saving.

A longer length of stay allows for a deeper understanding of the factors that contributed to the initial substance dependence.

Do you need help with addiction?



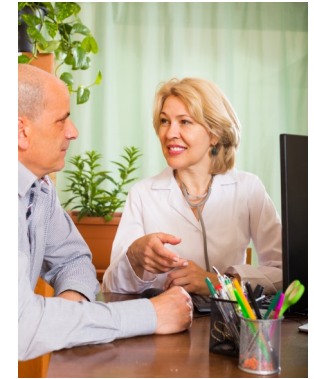
Call Mount Regis Now

540.389.4761

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Recovery Choice Alumni Outreach



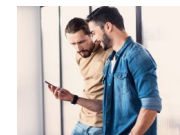
A Game Plan For Recovery After Treatment

Discharge is not the end of your relationship with the Mount Regis team. We'll be there to encourage your recovery. As an alum you'll have access to:

- Free aftercare support for one year
- Regular phone and email contact
- Help finding resources near you

Reconnect Today

855.831.2925



Recovery is possible
It happens every day

MAP Health has harnessed the power of tele-help to support individuals and families in recovery with on-demand, real-life Peer Support Services. Coming to Mount Regis, September 1, 2020.



Expand the continuum of care with Peer Recovery Support Services for 12+ months



Peer Specialists demonstrate better engagement with people in recovery



MAP delivers on-demand Peer Support quickly in a comfortable, private setting



Promote recovery and reduce preventable medical costs such as ER visits

Visit: www.thisismap.com