

COVE RECOVERY NEWSLETTER



*A PLACE FOR HEALING,
A TIME FOR LEARNING,
AN OPPORTUNITY FOR CHANGE*

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24 SW 10th Street, Units A-D Fort Lauderdale, FL • 888-38SOBER • www.CoveCenterforRecovery.com

Bi-Weekly & Weekly Outings

Billy's Swamp Buggy Safari

IMAX Movie

Beach Walks

Gym



WHAT IS HAPPENING



LABOR DAY PICNIC

Clients enjoyed the Labor Day picnic at a local scenic park. They participated in a full range of activities from sports to dancing. Clients had the opportunity to relax and be part of the community at large. Boating and Nature Trail were a big hit. The pond apple tree which appears in large quantities throughout the wetland portion of this trail was a new scenic experience to many. Clients were able to observe Herons, egrets, osprey, marsh rabbits, and raccoons.



THE MIRACLE OF ADDICTION RECOVERY

Recovery is an emotional, physical, cognitive, and spiritual process, and happens inside forever, once the commitment to such a powerful change is made. It is wrenching to change all those habits at once. Eventually though, with new programs installed in your brain and habits established, it is possible to maintain a maintenance regimen.

After hitting your bottom, most folks are not sure how much credibility they can place in their own thoughts and perceptions, since those are the thoughts and perceptions which got them into trouble in the first place.

The first step to recovery is the physical detox, which can take some time depending on the drug of choice. At this stage, supervision by a medical expert may be very important.

During this stage the body, which is designed to function in a very healthy way, and heal itself if given the correct fuel, will begin to right itself, including resuming neurogenesis, which is the growth of new brain cells.

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PUT THE COVE IN YOUR RECOVERY!

The Miracle of Addiction Recovery

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New brain cells will be in great demand as the neurons recalibrate and close up receptors which were opened to handle the metabolization of recreational chemicals. It will take some time for the brain to replace the wear and tear, but rest assured, it is working to build new cells.

As the brain rights itself physically, then thinking patterns can begin to be addressed, which involves another critical capacity of the human brain, neuroplasticity (term used to describe the brains ability to rewire and re-connect itself in a ceaseless search for more effective connections and more effective circuits for maintaining survival behavior).

At this point in your drug addiction program counseling will begin to address the thinking components of recovery, which involve the neuroplasticity of the human brain.

The key component of healthy recovery from drug addiction is a healthy brain, and a healthy brain means you need to take care of the pillars of brain fitness, getting enough physical exercise, proper nutrition, including omega 3 fatty acids to keep your neurons supple and flexible, for good signal sending and receiving, good sleep, stress management and novel learning experiences, which certainly includes puzzling over how to create your recovery. **The key piece of recovery from drug addiction is to manage your thinking.**

In a sense automatic negative thoughts are like computer viruses. You install your 12 step filter, for example, and reboot the brain as you become aware of each negative thought. Soon you will be repeating thoughts which leave you feeling good, simply because you can and now your neuroplasticity is becoming effective in a positive way.

At Cove Center for Recovery Behavioral Treatments help clients participate in the addiction treatment process, adjust their core beliefs on drug abuse and drug addiction, recognize their triggers to their addictive behaviors, become accountable for their choices and actions with regards to drug addiction, resolve interpersonal conflicts and recognized marriage and/or family dynamics. Treatment for drug abuse and addiction may consist of a variety of behavioral approaches. The Cove Center for Recovery embraces psychotherapy, solution focused therapy, narrative therapy, expressive therapy, trauma therapy, cognitive therapy, and experiential therapy as tools for assisting the addicted recovering individual find solutions for the problems associated with drug or alcohol addiction. **Put The Cove in your ReCOVEry!**



SUCCESSFUL TREATMENT KEEPS DREAMS ALIVE

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