

Sea Currents

December 2007

Volume 6, Issue 2

Sober Living by the Sea
Newsletter

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The Alumni Department wants to hear from you:

Call or send an email to keep in touch and let us know how you are doing!

Alumni Hotline: 949-675-6107

Email: mary.davis@soberliving.com

Alumni Website:

www.soberliving.com/alumni.php

The Holidays Are Coming: Sober Survival Tips

Soon, it will be that "magical" time of year where Santa comes down the chimney only to find he has burned his butt on an open fire!

Here are some Sober Holiday Tips to help you through this time:

1. Go through a holiday season and avoid all sugar.

As addicts and alcoholics we can eat ourselves into numbness with all the sweets available during the holidays. Try a year without them and notice how well you feel.

2. Avoid all the good movies that are out and go on Christmas day.

Bring as many friends and family as possible and make it a blockbuster.

3. Get out in the light as much as possible without sunglasses and sunscreen.

We need light to stimulate our Pineal Gland in the brain. Light is the main treatment for Seasonal Affective Disorder, also known as winter depression (also try increased carbohydrate intake and more sleep).



4. Do service in a soup kitchen or shelter.

The best remedy for getting out of ourselves is to serve others.

5. GO TO A MEETING!

Some of the best meetings of the year are during holidays. It is a time to celebrate our sobriety and others sobriety.

6. Get through the day

Remember it's only one day and we can all do one day at a time.

Happy Holidays!

Jerry Brown



Jerry Brown has worked over 37 years in the counseling field, and over 25 years in the field of recovery.

Sober Living by the Sea Weekly Alumni Meetings

What: Sober Living by the Sea Alumni Meeting.

Our alumni meeting is still going strong and we hope you'll stop by if you're in the area to see some familiar faces and strengthen your recovery:

When: Every Thursday from 7:00 to 8:00

Where: Call 949-675-6107 for info and location

What: Victorian Of Newport Beach Alumni Eating Disorder Support Group.

This free group is open to all alumni of the Victorian.

When: Every Wednesday from 7:00-8:30

Where: Call 949-673-2423 for info and location

The Landing: Successful Men's Recovery in Newport Beach

Sober Living by the Sea has built its reputation as the World's Premier Treatment Community with programs like The Landing for Men in Newport Beach.

The Landing is an exclusive 30 day private facility designed to release men from the grasp of an addiction.

Residents stay in an intimate 6 bed private home nestled on the sand with the healing waters of the Pacific Ocean just steps away.

With an emphasis on sub-

stance abuse, trauma and men's specific issues The Landing provides a safe, private and healing atmosphere for men to begin their journey into recovery.

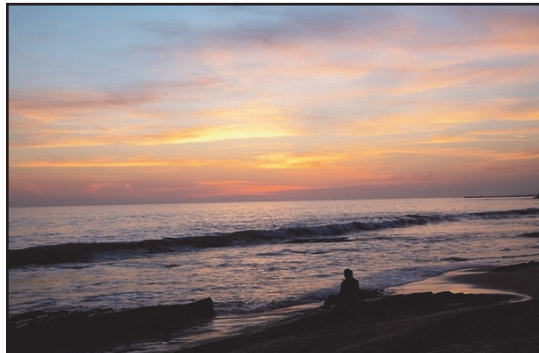
With a private chef, outdoor activities and massage therapy men can balance themselves to focus working on their core issues.

Intensive individual and group therapy will focus on those needs specific to men in recovery. Men struggling with trauma in their lives related to their addiction or

dual diagnosis will have a safe outlet in which to process with a private therapist.

The Landing is a twelve step based treatment facility utilizing a variety of methods to help nurture men in their recovery process.

For More information Call 800-647-0042



The ocean setting for our men's program "The Landing" is an ideal place to begin the journey into recovery.

Share Your Milestones With Us!

Email:

mary.davis@soberliving.com

Alumni Dept. Phone:

949-675-6107

Website:

www.soberliving.com/alumni.php

Birthday Milestones

Name	Date	Years	Name	Date	Years
Chris M.	10/3/1999	8	Rachel L.	10/15/2001	6
Jaime G	10/7/2004	3	Tim B.	10/18/2004	3
Justin M	10/8/2003	4	Daragh K.	10/30/2006	1
Tim W	10/9/2004	3	Rick R.	11/1/2005	2
Marc H.	10/12/2001	6	Sandy C.	11/3/1999	8
Anya S.	10/14/2005	2	Tom N.	11/3/2003	4
Tracy C.	10/15/2005	2	Megan F.	11/5/2004	3
Jeff G.	10/16/2001	6	Justin V.	11/6/2004	3
Katie J	10/17/2006	1	Forrest M.	11/6/2006	1

Alumnus Success Story

"My name is Scott T. My sobriety date is 8/31/01. I am a graduate of the SLBTS and the TEACH program.

After starting my journey into recovery at S.L.B.T.S. and getting my education back on track in the T.E.A.C.H. program, I transferred to Chapman University where I graduated in December of 2006 with a B.S. in Psychobiology, also receiving psychology honors, and Deans List. My graduating GPA was 3.89 which is amazing considering that I was kicked out of Indiana University with a 0.89 GPA for three semester's worth of work! When it was time for me to take the LSAT I did quite well. I was accepted to USC Gould School of Law where I am currently studying.

I used to go to the SLBTS Alumni Meeting every week, and I was the secretary of that meeting for 6 months (say hi to Bart for me). I just took my 6 year chip. Say hi to Johnny O, Chris Swanberg, and anyone else who's been there since 2001."

Birth Milestones

Brendyl A. welcomed Noah in 3/2007

Brian B. welcomed Hogan on 8/1/2007

Rick L. welcomed Saffron on 8/1/2007

Nicholas C. welcomed Anthony on 7/5/2007

Heather R-F. welcomed Calli-Jean on 7/14/2007

Weddings

Dianna D. Married Giancarlo L. On 8/4/2007

Brandon B. Married on 8/1/2007



Clinical Corner: Letting Go and Keeping the Peace!

I thought I would share a bit about what my clients have told me has been especially helpful to them, and that is about looking for the gifts to be found in the midst of life's adversities. It is all about allowing outside people and forces to "make" us feel a certain way, rather than accepting that we have a choice in what we feel. No one can make us feel anything. When new to this concept, it can be difficult to "wrap your head around it", but with practice it does get easier...and permanent. Best of all, it makes your life so much more peaceful. So, when someone ticks you off, think to yourself, do you have to be right? What would happen if you just let the other person be right? It keeps us humble and we don't give up our power to them, so it also keeps our peace. Try practicing this.

I'd like to close by sharing with you Wayne Dyer's 10 Secrets for Success and Inner Peace:

1. Have a Mind that is Open to Everything and Attached to Nothing.
2. Don't Die with Your Music Still in You.
3. You Can't Give Away What You Don't Have.
4. Embrace Silence.
5. Give Up your Personal History.
6. You Can't Solve a Problem with the Same Mind that Created It.
7. There are No Justified Resentments.
8. Treat Yourself as if You Already Are What You'd Like To Be.
9. Treasure Your Divinity.
10. Wisdom is Avoiding All Thoughts that Weaken You.



Tanya DesLoover runs our Reflections Program for Mature Adults and joined the staff of SLBTS in 2004, following a 20 year career in pediatric research at Children's Hospital in Seattle. Tanya recently completed her masters in Counseling Psychology

Purple = Alumni Red = Staff Green = Staff that are Alumni

Name	Date	Years	Name	Date	Years
Mary D.	11/15/2007	3	Jon C.	12/5/2002	5
Scott H.	11/17/1987	20	Hannah D.	12/5/2005	2
Dusty C.	11/18/2001	6	Alex C.	12/9/2006	1
Brandon B.	11/20/2004	3	Betsy B.	12/11/1995	12
Howard H.	11/28/1998	9	Robert A.	12/12/1998	9
Keith M.	12/2/1993	14	Jason S.	12/12/2003	4
Aimee B.	12/2/2004	3	Joni S.	12/18/2003	4
James A.	12/2/2005	2	Sandy T.	12/21/1984	23
Justin V.	12/2/2006	1	Drew G.	12/25/2004	3

In Memoriam:

- Ian Z. Passed on 6/16/2007
- Judy S. Passed on 7/9/2007
- Daniel G. Passed on 7/13/2007
- Susan W. Passed on 10/24/2007

T.E.A.C.H. Program Enters its 11th Year of Helping Recovering Student Advance their Education



More recovering students than ever are attending Saddleback College through our T.E.A.C.H. program and getting their advanced education in order.

The T.E.A.C.H. program was groundbreaking back in 1997 because it helped students in every aspect of continuing their education including things like organizing transcripts, career assessment testing, personal academic counseling, monitored study sessions, and transportation to and from classes.

If you are a T.E.A.C.H. success story (like Scott T. on Page 2), we would like to keep track of what other schools you have matriculated to and where your education has taken you. Please call or email us to give us an update.

SLBTS Sea Currents Newsletter

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Alumni Dept: 949-675-6107
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**HAPPY HOLIDAYS
FROM NEWPORT
BEACH, SOUTHERN
CALIFORNIA**



Announcing Alumni Celebration in March 2008!

SLBTS, Sierra Tucson, and Life Healing Center hope that you will join us at our Costa Mesa Facility on March 29th 2007.

It will be a fun day of workshops and a luncheon. You can hear some of your favorite speakers from SLBTS, see some old friends, and maybe even win a great prize in the raffle.

For information visit www.soberliving.com/alumni.php or call our alumni hotline (949) 675-6107.