



SEPTEMBER 2016

Ascension Counseling Center

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LOVING AN ADDICT, LOVING YOURSELF

There was no August Newsletter due to the disruption caused by the flooding. This edition completes Tips 6–10 of the 10 Survival Tips for Loving an Addict which we began in the July Newsletter.

The following information is from the book “Loving an Addict, Loving Yourself: The Top 10 Survival Tips for Loving Someone with an Addiction” by Candace Plattor. It can be purchased from Amazon and also comes with a workbook.

Addictive behaviors include alcohol and other drugs, cigarettes, eating disorders, gambling, internet addiction, compulsive overspending, sex addiction, and codependency in relationships. If you love an addict, chances are that your life is anything but easy, that you are probably caught up in the unpredictable chaos their addictive behaviors have created, that you have likely tried everything you could think of to try to make them stop using their addictive substance or stop their addictive behavior, and that you are at your wits' end and don't know what to do next.

Survival Tips:

6. **Don't give in to manipulation.** Addicts want what they want when they want it, and they want it now.

They learn to be master manipulators. Manipulation includes lying, cheating raging, and incessant coaxing. They may also attempt to blame and shame you. Your addicted loved one is hoping you will find it easier to give in than to set clear and consistent boundaries. Coddling and scolding won't work. Learn to say “No” and repeat it as often as needed. If you feel pressured to give an explanation, use something generic such as “That's just not going to work for me.”

7. **Ask yourself the “magic question”.** If you've been focused

*Things work out best for those
who make the best of how
things work out.*

~ John Wooden

too much on your addicted loved one's behavior's you are probably not concentrating on your own life. The Magic Question is "How would my life be different if I didn't have this situation or problem to deal with? If you didn't have the daily fears, worries, and anxieties, what possibilities would open up for you in your own life?"

8. **Know that "self-care" does not equal "selfish".** Selfishness = "I want what I want when I want it, and I want it right now." Self-care = "I respect myself enough to take good care of myself in all areas of my life, to the best of my ability. The Self-Care Creed: "Although I care about other people's feelings, the way I feel about myself is most important to me". Your addicted loved one is very invested in keeping the focus on him/herself and off of you. You must meet your physical, emotional, mental, and spiritual needs first to be able to help others meet their own.
9. **Rebuild your life.** You will need to rebuild your life (remember the magic question?) and have the courage to change. Often this takes baby steps at first. What is one small physical, emotional, mental, and spiritual step that you can take. Remember that rebuilding is an ongoing process. We are all works-in-progress. Be gentle and patient with yourself.
10. **Don't wait until the situation is really bad—reach out for help now!** How bad is "really bad?". Many addicts begin normally and then progress until they hit "rock bottom". Their addiction begins to affect their job, home, health, and significant relationships. For every person struggling with an addictive behavior, many others are usually affected, including partners, children, parents, siblings, friends, colleagues, and neighbors. Reaching out and asking for help at any stage is important. Secrets keep us sick. Suffering in silence probably hasn't worked. Reach out for help now.

PERSON-CENTERED STATEMENT

At Ascension Counseling Center you are at the center of your own care. Our goal is to treat you with dignity and respect. If you are not satisfied with the services that you are receiving, please let the receptionist know that you would like to speak to Lisa Weber-Curry, Clinical Manager (225/450-1172) or Suzanne Hamilton, Director (225/450-1160).

NEWS, TRAINING & OUTREACH

NEW STAFF PERSON

Please join us in welcoming **Sarah Farlough**, Certified Social Worker, to our staff. She will be completing Medicaid applications, providing case management services to clients, providing resource referrals to community members, and conducting emergency assessments. Sarah received her Masters in Social Work from Louisiana State University. She comes to us from Louisiana Spirit, part of the Louisiana Department of Health and Hospitals, where she was a crisis counselor for individuals affected by natural disasters. She has also worked as a school counselor in Assumption Parish.

ASSESSMENT/TREATMENT: ADHD

Attention Deficit/Hyperactivity Disorder:

The last edition discussed ADD (Attention Deficit). This edition discuss ADHD (hyperactivity and impulsivity). You may have Attention Deficit Hyperactivity if you have 6 or more of the following symptoms for 6 months or more. This information cannot take the place of a professional evaluation.

- Often fidgets with or taps hands or feet or squirms in seat.
- Often leaves seat in situations when remaining seated is expected (leaves place in classroom, in the office or other workplace, or in other situations that require remaining in place).
- Often runs about or climbs in situations where it is inappropriate (In adolescents or adults, may be limited to feeling restless).
- Often unable to play or engage in leisure activities quietly.
- Is often “on the go”, acting as if driven by a motor (is unable to be or uncomfortable being still for extended times, as in restaurants, meetings; may be experienced by others as being restless or difficult to keep up with).
- Often talks excessively.
- Often blurts out an answer before a question has been completed (completes people’s sentences; cannot wait for turn in conversation).
- Often has difficulty waiting his or her turn (while waiting in line).
- Often interrupts or intrudes on others (butts into conversations, games, or activities; may start using people’s things without asking or receiving permission; for adolescents and adults, may intrude into or take over what others are doing).

www.AscensionParish.Net/MH

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**HELPING INDIVIDUALS AND
FAMILIES CHANGE BEHAVIORS AND
CHANGE LIVES.**

The mission of Ascension Counseling Center is to provide individuals, couples, and families who reside in Ascension Parish with counseling services to improve their cognitive, emotional, and behavioral functioning to improve their lives.

HOURS

Business Hours

Mon - Thur: 8 am - 5:30 pm; Fri: 8 am - noon

Counseling Hours

Mon - Thur: 7 am - 8 pm; Fri: 8 am - noon

Psychiatrist Hours

Monday and Tuesday: 8 am - 6 pm

GROUPS / EVENTS

Mondays:

- ***Adult Substance Abuse Treatment group***, 6 - 8 pm, Gonzales.
- ***Adolescent Substance Abuse Treatment group***, 4 - 6 pm, Gonzales.

Tuesdays:

- ***KKAY 1590 Radio 10 AM***: 9/6=Marybird Perkins, 9/13=Volunteer Ascension; 9/20=CASA; 9/27=Off due to LCA conference
- ***Adult Substance Abuse Treatment group***, 6 - 8 pm, Gonzales.

Wednesdays:

- ***Adult Substance Abuse Treatment group***: 10 - 12 pm & 6 - 8 pm, Gonzales.

Thursdays:

- ***Adult Substance Abuse Treatment group***: 6 - 8 pm, Gonzales.



SERVICES WE OFFER

COUNSELING

We offer outpatient mental health counseling for children, adolescents, adults, couples, and families in a comfortable setting with licensed professional counselors. Individuals come to us with a variety of issues of daily living, including academic failure, academic conduct problems, difficulty completing homework, difficulty falling or staying asleep, depression, anxiety, failure to perform up to potential at work, substance use, divorce, relationship conflict, poor communication skills, and more. To see if we can help you or someone you love, contact Dawn at 450-1158.