

Connect ² Recovery

The newsletter for Gateway Alumni, Family & Friends

Game On!

Opening Day is Coming Soon to a Ballpark Near You!

A new season brings renewed hope and a fresh start. Important lessons that can be applied to recovery.

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Play Ball!

A new season brings renewed hope and a fresh start. Important lessons that can be applied to recovery.



Pull out your favorite player jersey and dust off those comfy seat covers because Opening Day for the baseball season is drawing near. Whether you're a fan of the Major, Minor or little leagues, there is an undeniable mystique that surrounds Opening Day.

Winter-weary fans will once again be filled with hope for their team to go all the way this year. Forgot about last season's low batting averages and losing streaks—fans are too consumed with the possibilities that lie ahead for their favorite team.

Like a loyal fan, it's important for the sake of your recovery to forgive yourself for past mistakes and be your own biggest fan. If you ever notice negative thinking patterns creeping up or that you're testing your will power, these types of red flags signal it is time to revisit your recovery game plan.

Need help refining your recovery plan? You can always contact your Gateway Counselor and show up for regularly scheduled Alumni and support group meetings to gain perspective and invaluable support. You may find it helpful to practice your favorite tools for recovery, like effective communication and mindfulness techniques. Consider asking your sponsor, spouse and support group allies to help you role play relevant real-life scenarios for added confidence and peace of mind.

Whether a fan of baseball or not, make the most of your life in recovery by being open to new experiences, like taking a loved one out to the ballgame or planning a group outing for your sober community of friends.

If you are interested in experiencing the exhilaration of Opening Day at a ballpark near you, following are dates of season home openers for Major and Minor leagues in Illinois and St. Louis:

March 31, 2014:

Chicago White Sox vs. Minnesota Twins at U.S. Cellular Field

April 4, 2014:

Chicago Cubs vs. Philadelphia Phillies at Wrigley Field

April 7, 2014:

St. Louis Cardinals vs. Cincinnati Reds at Busch Stadium

April 8, 2014:

Kane County Cougars vs. Fort Wayne TinCaps at Fifth Third Bank Ballpark in Geneva, IL

April 8, 2014:

Peoria Chiefs vs. Dayton Dragons at Dozer Park in Peoria, IL

May 16, 2014:

Gateway Grizzlies vs. Traverse City Beach Bums at GCS Ballpark in Sauget, IL

May 23, 2014:

Schaumburg Boomers vs. Florence Freedom at Boomers Stadium in Schaumburg, IL

Did You Know?

Since the Affordable Care Act ("Obamacare") went into effect on Jan. 1, 2014, all insurance carriers and Medicaid are required to cover the costs associated with treatment for substance use disorders on their insureds' behalf. As a result, a significant financial barrier for treatment is now lifted for millions of Americans who deserve the chance to get life back on track.

If you know individuals who have been denied insurance benefits for substance abuse and mental health treatment in the past, please let them know the financial hurdle standing in the way of their recovery is no longer an issue.

If you or a loved one is struggling with substance abuse issues, Gateway Treatment Centers can help.

Call our 24-Hour Helpline to take the first step and arrange a free consultation.

877-505-HOPE (4673)

Recovery Reading: **Brainstorm** by Dr. Daniel J. Siegel

A new book called *Brainstorm* by Dr. Daniel J. Siegel sets out to help adolescents and adults understand just how vulnerable the teenage brain is to addiction.

The book features new research evidencing teen drug use may alter the control of areas of the brain that regulate emotion or dopamine release. What this means is, early exposure to alcohol or drugs may in fact make a teen more vulnerable to substance abuse issues later in his or her life.

Dr. Siegel recommends mindfulness practices to help individuals support the development of their mind to better handle distressed emotions that can lead to substance abuse, such as anxiety and stress.

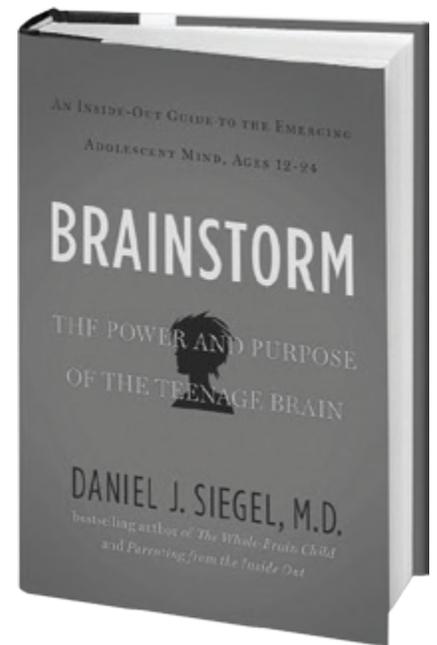
Mindfulness, as described by author Jon Kabat-Zinn, is: A gentle effort to be continuously present with experience...paying attention on purpose. The key to appreciating mindfulness is twofold:

1. Be aware and accepting of urges, cravings, emotions, and all aspects of your experience, while not driven to act on them.
2. Base motivation and actions on what need to be done in order to move towards a life worth living.

Dr. Siegel believes the more people use mindfulness to generate internal education and inner life focus, the likelier they are to be able to effectively regulate their emotions and think clearly.

"It's a broad skill you develop. You are learning literally the internal techniques of how to balance your emotions, and deal with upsetting memories, and deal with them well," Dr. Siegel explains to *TheFix.com*.

At Gateway Treatment Centers, adults and adolescents can learn how to address their substance use disorder and help prevent relapse using mindfulness. To learn more, please visit RecoverGateway.org/Mindfulness.



Gateway: More Convenient And Better Than Ever

While your life has experienced positive growth, so has Gateway! It was a very busy 2013, opening two new, state-of-the-art Gateway outpatient treatment centers and completing a major makeover at our Lake Villa residential treatment center.

To better serve the needs of the **Chicago** area, a Gateway center specializing in Adult Outpatient Treatment is now located in Chicago's River North district near The Merchandise Mart.

Pictured: Gateway River North



In the **St. Louis Metro East** area, we relocated to Swansea from Belleville, IL. The center provides Outpatient Treatment for adults and adolescents in addition to family counseling and medication assisted treatment as part of integrated approach to treatment.

Pictured: Gateway Swansea

Last but not least, our **Lake Villa** residential center underwent major cosmetic renovations to provide a more comfortable, relaxed atmosphere for recovery. The renovated public spaces, corridors and guest rooms feature a soothing, natural palette. Lounge area updates included the addition of new comfortable furnishings and flat screen televisions. And, residents have access to areas dedicated to studying, meditating and DIY laundry.

Pictured: Gateway Lake Villa



Mark Your Calendar and Refresh Your Recovery Outlook!

Got cabin fever? It's time to stop hibernating and start socializing with friends, old and new, at your local Gateway Treatment Center. So, please mark your calendar and make a date with your friends at Gateway. Friends and family members also are welcome to join us!

AURORA

400 Mercy Lane, Aurora, IL 60506

For more info or to RSVP contact: Pamela Gomez-Scott at 630-966-7436

Alumni Spring Solstice Dinner - Health & Happiness

Friday, March 21, 5 p.m.

RSVP by 3/17/14

CARBONDALE

1080 E. Park St., Carbondale, IL 62901

For more info or to RSVP contact: Nikole Justice at 618-529-1151 x 2937

Tips on Managing Stress

Tuesday, April 15, 6 p.m.

RSVP by 4/11/14

Launch into Summer

Tuesday, May 20, 6 p.m.

RSVP by 5/15/14

CASEYVILLE

600 W. Lincoln St., Caseyville, IL 62232

For more info or to RSVP contact: Jason Ford at 618-345-3970 x 3416

Bowling Outing

Thursday, March 20, 6-8 p.m.

RSVP by 3/16/14

Pre-Easter Dinner

Thursday, April 17, 6-8 p.m.

RSVP by 4/13/14

Mexican Cuisine

Thursday, May 15, 6-8 p.m.

RSVP by 5/11/14

Alumni Group Meeting Schedule

Maintain your connection with Gateway Foundation, other Alumni and the recovery community by attending our monthly Alumni meetings. Visit RecoverGateway.org/Alumni to download a schedule.

Interested in more Alumni news? Visit RecoverGateway.org/Alumni for Alumni events, meeting schedules and past newsletters. If you would like to be removed from our mailing list, please send an email to contactus@recovergateway.org.

If you know a family member or friend struggling with alcohol or drug abuse, Gateway Foundation can help.

24-Hour Helpline
877-505-HOPE (4673)
RecoverGateway.org

Help Us Help Others

Help continue our tradition of excellence. Donations to the Gateway Charitable Foundation help ensure that each person, regardless of economic status, has access to effective treatment and the chance to lead a productive, drug-free lifestyle. Visit RecoverGateway.org/Donate to donate in any amount.

MORE WAYS TO STAY CONNECTED

